



FOOTBALL UNIVERSITY

2024 FBU REGIONAL CAMP ITINERARY

Under The Lights

DAY 1

6:00 PM – 7:15 PM	Camp Registration
7:15 PM – 7:30 PM	Welcome Orientation
7:30 PM – 7:40 PM	Athletes Depart to Field
7:40 PM – 8:05 PM	Athlete Position Group Meetings
8:05 PM – 8:15 PM	Dynamic On-Field Warmup
8:15 PM – 10:00 PM	On-Field Session #1
10:00 PM – 10:05 PM	Athlete Breakdown and Dismissal

DAY 2

7:45 AM – 8:10 AM	Team Meeting FBU Path
8:10 AM – 8:20 AM	Athletes Depart to Classroom
8:20 AM – 9:00 AM	Athlete Position Group Meetings
8:20 AM – 9:00 AM	NCSA Parent Recruiting Profile Demonstration
9:00 AM – 9:15 AM	Athletes Depart to Field
9:15 AM – 9:25 AM	Dynamic On-Field Warmup
9:25 AM – 11:25 AM	On-Field Practice #2
11:25 AM – 12:35 PM	Athlete Lunch <i>(Athletes are on their own for lunch)</i>
12:35 PM – 12:50 PM	Athletes Report to Field
12:50 PM – 1:00 PM	Dynamic On-Field Warmup
1:00 PM – 2:50 PM	On-Field Practice #3
2:50 PM – 3:00 PM	Lineman Showcase
3:00 PM – 3:15 PM	Athlete Breakdown & Awards

Camp Itinerary and Times Subject to Change

WHERE FOOTBALL PLAYERS GET BETTER

