



FOOTBALL UNIVERSITY

FBU FRESHMAN BOWL QB QUALIFIER

Event Itinerary

SUNDAY, MAY 26TH

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|--------------------------|---|
| 1:15 PM – 2:00 PM | Registration & Measurements (<i>HT/WT/HAND STADIUM</i>) |
| 2:00 PM – 2:15 PM | Welcome Orientation |
| 2:20 PM – 2:40 PM | Dynamic On-Field Warmup |
| 2:45 PM – 3:45 PM | On-Field Practice 1 |
| 3:45 PM – 4:15 PM | Athlete Position Meetings (<i>Assigned Classroom Stadium</i>) |
| 4:20 PM – 5:20 PM | On-Field Practice 2 |
| 5:30 PM – 5:45 PM | Parent & Coach Q&A (<i>Assigned Classroom Stadium</i>) |
| 5:45 PM – 6:00 PM | Athlete Breakdown & Dismissal |

MONDAY, MAY 27TH

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|----------------------------|--|
| 9:00 AM – 9:15 AM | Team Meeting FBU Path (<i>Stadium</i>) |
| 9:20 AM – 9:40 AM | Dynamic On-Field Warmup |
| 9:45 AM – 11:00 AM | On-Field Practice 3 |
| 11:00 AM – 11:15 AM | Athlete Break |
| 11:15 AM – 12:00 PM | Target Competition & 40's |
| 12:00 PM – 12:20 PM | Athlete Breakdown & TOP GUN Invites (<i>Top 30</i>) |
| 12:20 pm – 12:30 PM | Dismissal |

Itinerary Subject to Change

WHERE FOOTBALL PLAYERS GET BETTER

