



FOOTBALL UNIVERSITY

2024 FBU REGIONAL CAMP ITINERARY

Under the Lights

Saturday

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|-------------------|---------------------------------|
| 5:00 PM – 6:15 PM | Camp Registration |
| 6:15 PM – 6:30 PM | Welcome Orientation |
| 6:30 PM – 6:40 PM | Athletes Depart to Field |
| 6:40 PM – 7:05 PM | Athlete Position Group Meetings |
| 7:05 PM – 7:15 PM | Dynamic On-Field Warmup |
| 7:15 PM – 9:00 PM | On-Field Session #1 |
| 9:00 PM – 9:05 PM | Athlete Breakdown and Dismissal |

Sunday

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|---------------------|--|
| 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 PM | On-Field Practice #2 |
| 11:25 PM – 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

