



REGIONAL EXPOSURE CAMP

CAMP ITINERARY

11:30 AM – 12:00 PM: Player Registration Begins

Players check in, take headshots, receive gear, and interview with media & scouts.
NCSA Recruiting Seminar led by Paul Putnam.

12:00 PM – 12:15 PM: Introduction & Warm Up

Detailed explanation of the day.
Warm up led by Coach Lo Wood.

12:15 PM – 1:20 PM: Individual Skill Stations (Indy's)

Position specific training session led by nationally respected coaches.

1:20 PM – 2:00 PM: 1 v 1 & 2 v 2

(Skill Players: 1 v 1 & 2 v 2)
(OL/DL: 1 v 1 & 5 v 5)

2:10 PM – 3:10 PM: 7 on 7 Tournament

(Skill Players: 7 on 7 Tournament)
(OL/DL: Indy's & 3 by 2 Drill)

3:15 PM – 3:40 PM: Lineman Standoff

The top 5 OL & the 5 DL will compete in front of the whole camp.

3:40 PM – 4:00 PM: Awards & Final Remarks

All American Showcase Presentation Ceremony