



# REGIONAL EXPOSURE CAMP

## CAMP ITINERARY

### 11:00 AM - 12:00 PM: Player Registration Begins

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

### 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