

National Preps Norcal Showcase Schedule

3/14/26

OL/DL

8:00am: Registration/Verified Measurements/Functional Movement

10:15am: Dynamic Warm Up (All Positions)

10:30am: Testing – 40 Yard Dash/Star Drill/BJ

11:45am: OL/DL Position Specific Drills

12:30pm: Competition 1on1's

1:00pm: Bring it up / Awards

RB/LB

8:00am: Registration/Verified Measurements/Functional Movement

10:15am: Dynamic Warm Up (All Positions)

10:30am: Testing – 40 Yard Dash/Star Drill/BJ

11:45am: RB/LB Competition Cat and Mouse

12:00pm: RB/LB Position Specific Drills

12:40pm: Competition 1on1's Routes

1:00pm: Bring it up / Awards

QB/WR/TE/DB

11:45am: Registration/Verified Measurements/Functional Movement

2:00pm: Dynamic Warm Up (All Positions)

2:15pm: Testing – 40 Yard Dash/Star Drill/Broad Jump

3:30pm: QB/WR/DB/TE/ Position Specific Drills

4:15pm: Competition 1on1's

5:00pm: Bring it up / Awards