



2024 ENC HBCU Combine Event Overview

TIME AND PLACE

April 26-27, 2024

Day 1: Friday, April 26, 2024

Location: Pitt Community College, Winterville, NC

Time: 5:30pm - 7:30pm

Day 2: Saturday, April 27, 2023

Combine & Showcase

Location: Farmville Central High School, Farmville, NC

Time: 9:00am - 5:00pm

*Registration begins at 9am




IMPORTANT REINDERS

- Things to bring:
 - Helmet, Shoulder Pads, jersey (you will be reporting your helmet color, jersey color, and jersey number during registration)
 - Sneakers and cleats. Crocs or "slides" are not acceptable for the weight room.
 - No food will be allowed. Water bottles are acceptable.
 - Gameday supplies (towel, gloves, etc...)
 - Any medications or medical supplies athlete may need throughout the day
- Refershements/Meals supplied
 - Light breakfast (granola bars, fruit, muffins, Danishes, etc...)
 - Box lunch
 - Water & Gatorade

TESTS BEING MEASURED

1. 40 yard dash – On grass
2. 5-10-5 shuttle run – On grass
3. Vertical Jump
4. Broad Jump
5. Bench Press: Total reps at 155/185 lbs

DRILLS

DEFENSIVE DRILLS	OFFENSIVE DRILLS
<p>DL: William Walker Assistant Coach - Clayton HS</p> <ul style="list-style-type: none">● Stance & Starts vs air, bags Defensive Line Stance & Starts● Push/Pull Drill  Erik Slaughter teaches the pu...● Pass Run Figure 8 Drill  Miami Dolphins pass rush figu...	<p>OL: Ronnie McClary Head Coach - Goldsboro HS</p> <ul style="list-style-type: none">● Stance and Start Drill● Footwork & Hand Position Drill● Fit & Finish Drive Drill  3 Football Drills to Become a ...

<p>LB: Justin VanWegen Assistant Coach - Farmville Central HS</p> <ul style="list-style-type: none"> ● Stance and Stance Drill ▶ LB Stance and Start ● Bag Drills ▶ Football Outside Linebacker ... ● Shuffle Control Drill ▶ LSU DC Dave Aranda works ... 	<p>QB: Cameron Avery Assistant Coach - Fike HS</p> <ul style="list-style-type: none"> ● Static Arm Warmup Throws ▶ RYAN STOUTT QB- 6 ESSEN... ● Movement Base Drills w/ cones ▶ QB training QB Drills w Game ... ● 3 step/5 step drops ▶ Quarterback Academy - Drops... ●
<p>DB: Corey Roberts Assistant Coach - Farmville Central High School</p> <ul style="list-style-type: none"> ● Backpedal Weave Drill ▶ Defensive Back Weave Techn... ● Box/Hip Flip Drills ▶ Defensive Back Transition Drills ● Sticks in the Box Drill ▶ 5 DRILLS FOR DEFENSIVE BACK ... 	<p>RB: Carlos Smith Assistant Coach - E.E. Smith High School</p> <ul style="list-style-type: none"> ● Bag Agility Drill ● Cone Drill ● Pass Pro Drill ▶ 3 Football Drills to Become a Better ...
	<p>WR: General Barrett Former WR, Elizabeth City State</p> <p>Starts, Stance, Release (SSR) ▶ ISU 18 WR Drills</p> <ul style="list-style-type: none"> ● 6 Cone Stick Route Drill (3:53) ▶ 10 RECEIVER DRILLS THAT WILL ... ●

REGISTRATION FEES

Individual Registration Fee: \$50.00

Team Registration Fee: \$450.00

*Team registration covers 10 student-athletes and 1 high school coach. If a team has more than 10, then the fee will be \$40 each additional student-athlete.

Combine registration fees can be paid by money order, check, or online via EventBrite

Mail registration form(s) along with payment to:

HBCU Coalition

Att: ENC HBCU Combine

P.O. Box 461

Winterville, NC 28590

Please make checks payable to HBCU Coalition; memo/reference: ENC HBCU Combine

Link to online payments:

[ENC HBCU Combine Online Payment](#)