



THE JOANNE LANGFITT JUNIOR SHOWCASE



Event Overview

The Joanne Langfitt Junior Showcase is a combine that is an *invitation only* showcase for quarterbacks, running backs, wide receivers, tight ends, defensive backs, linebackers, specialists, and both defensive and offensive linemen to show off their athletic ability.

Each athlete will be wearing a state of the art Catapult One tracking system. The Catapult One tracking system measures the core metrics that improve performance, reduce the risk of injury, and develop coach to player communication. This system tracks athletes' acceleration, top speed, and much more. The SimpliFaster brand new digital laser timing system will be tracking the 40 yard dash, L-Cone and the Pro-Shuttle stations.

AWARDS: Awards will also be given out for the fastest man, strongest man, overall combine MVP, and the Joanne Langfitt Award.

WHEN AND WHERE: The Joanne Langfitt Junior Showcase will be held on Friday, December 9th at 5:30 p.m. at Doug Shaw Memorial Stadium (the day before the Touchstone Energy North vs South All-Star Game).

HOW THE PLAYERS ARE SELECTED: The top players in the state will be selected by an anonymous committee of coaches, media affiliates, and community members.

COST FOR THE SHOWCASE: FREE - this includes Combine Events, Catapult Verified Recruiting Data and being included in their recruiting database, Individual Player Profile, Performance T-Shirt (along with more gear), and awards to be given. Entrance into the North vs South All-Star game the following day is also included with your participation.

Full Schedule

Event	Duration	Time
Registration	30 Min	4:00 - 5:30
Welcome	5 Min	5:30 - 5:35
Combine	2 Hours	5:35 - 7:35
Transition	10 Min	7:35 - 7:45
Individual	20 Min	7:45 - 8:05
Competition	45 Mn	8:05 - 8:50
Closing	10 Min	8:50 - 9:00

Combine Broken Down

Station	Duration	Time
1	13 Min	5:35 - 5:48
Rotate	2 Min	5:48 - 5:50
2	13 Min	5:50 - 6:03
Rotate	2 Min	6:03 - 6:05
3	13 Min	6:05 - 6:18
Rotate	2 Min	6:18 - 6:20
4	13 Min	6:20 - 6:33
Rotate	2 Min	6:33 - 6:35
5	13 Min	6:35 - 6:48
Rotate	2 Min	6:48 - 6:50
6	13 Min	6:50 - 7:03
Rotate	2 Min	7:03 - 7:05
7	13 Min	7:05 - 7:18
Rotate	2 Min	7:18 - 7:20
8	13 Min	7:20 - 7:33