

CREIGHTON PREP

FOOTBALL 2022



Freshman Summer Schedule

Creighton Prep FB twitter: @CPFootball17
Creighton Prep FB Instagram: cpjrjaysfootball
tjohnk@creightonprep.org - Varsity HC
pewing@creightonprep.org - Frosh A HC
gglenn@creightonprep.org - Frosh B HC

Core Values:

Competitive, Hard Working, Unselfish, Tough, Relentless

WE > me

June

June 6th - July 29th: **Freshman Summer Strength & Conditioning Starts!** ****This will run through July 29th!**
*Lifting Days / Times: (M, T, TH, F) 9a - 10:30a (Bigs Lift & Littles Run then swap after 45 min.)
*On-Field Position time w/ Coaches (**Starts July 5th**): 10:30a - 11:30a
NOTE: A LINK TO SIGN-UP FOR STRENGTH & CONDITIONING WILL BE SENT VIA EMAIL.
REPORT TO THE BELL TOWER ON JUNE 6TH BY 8:50a!

July

July 4th: No Football Activities!!

July 5th: Freshman Football Players start ON-FIELD workouts 10:30a - 11:30a (EAST GRASS)

July 18th - 20th: Freshman Football Camp / Time: 6p - 8p! **FREE!** **NOTE: JULY 19th Camp time is 4p - 6p**

July 22nd: Freshman Football Equipment Check-out! 6p - 8p (Last name A - L @ 6p / Last name M - Z @ 7p)

(over)

August (NOT Finalized!)

August 1st - 7th: NSAA DEAD WEEK!

August 8th: Football Practice starts for all levels (Freshman & Reserve Teams)

August 8th: Freshman Practice #1: 3p - 5:30p (Helmets ONLY!)

August 9th: Freshman Practice #2: 3p - 5:30p (Helmets ONLY!)

August 10th: Freshman Practice #3: 3p - 5:30p (Helmets & Shoulder Pads)

August 11th: Freshman Practice #4: 3p - 5:30p (Helmets & Shoulder Pads)

August 12th: Freshman Practice #5: 3p - 5:30p (Full Gear)

August 13th : Freshman Scrimmage: Time TBD!

August 14th: NO PRACTICE

August 15th: 3:15p – 5:45p (FULL GEAR)

August 16th: 3:15p – 5:45p (FULL GEAR)

August 17th: 3:15p – 5:45p (FULL GEAR)

August 18th: 3:15p – 5:45p (FULL GEAR)

August 19th: 3:15p - 5:45p (FULL GEAR)