

CREIGHTON PREP

FOOTBALL 2022

Summer Schedule



Core Values:

Competitive, Hard Working, Unselfish, Tough, Relentless

WE > me

May

May 14th: ACLp3 Screening by Athletico Physical Therapy (8:30a- Seniors; 9:30a- Juniors; 10:30a - Sophs) in HEIDER CENTER

**This is a free screening of all our FB players to detect any physical weaknesses that may lead to an ACL injury!*

May 19th: Team Meeting (ALL current 9th - 11th graders / 3p - 3:30p)

May 23rd: Equipment Check-out! All current 9th - 11th graders! (After LAST EXAM - 10:30am)

June

June 2nd: **Jr. High Lifting Camp Starts** (goes through July 1 / (10:30 & 11:30a) (Mondays, Tuesdays & Thursdays)

June 5th: Nebraska 7v7 Tourney in Lincoln (Team of 20 players) (8:30a - 2:30p)

June 6th: **Varsity, JV, Reserves Start of Summer workouts!** (**WEIGHT ROOM & EAST GRASS**)

***Lifting Times:** Seniors, Juniors, 15+ Sophs (M, T, TH, F) 6:30am - 8am (Bigs & Littles)

Sophomores **NOT** lifting early! (M,T, TH,F) 10:30a -11:20a

***On-Field Position Time w/ Coaches:** 8a - 9:30a (Mondays & Thursdays)

(Mondays): **Varsity Offense** / JV & Soph. Defense

(Thursdays): **Varsity Defense** / JV & Soph. Offense

June 6th: **In-coming Freshman Summer Strength & Conditioning Starts!** (**WEIGHT ROOM & EAST GRASS**)

***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 (EAST GRASS)

June 8th: Passing League @ Papillion LaVista (8:15am) (JV & Varsity)

June 12th - 14th: Nebraska Team Camp (\$195 / player) / Would like to take 70-80 players (Full Padded camp)

June ?: **BATTLE 7v7 Tourney (NO DATE FOR THIS EVENT YET)**

June 15th: Passing League @ Central (8:15am) (JV & Varsity)

June 22nd: Passing League @ Westside (8:15am) (JV & Varsity)

June 24th: Sand Volleyball / Team building (after lifting session) 10a - Noon

June 27th - 30th: Youth Football Camp **TIME: 10a - Noon** (NEED 20 H.S. PLAYERS TO HELP w/ CAMP!)

June 29th: Passing League @ North vs. North & Fremont (8:15a) (Varsity ONLY)

OVER

July

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

July 6th & 7th: Middle School (6th - 8th grade) O & D Lineman Camp 10a - Noon (EAST GRASS)

July 12th - 14th: QB Academy Camp (1st - 8th grade) / Time: 9a - Noon (EAST GRASS)

July 18th - 20th: Freshman Football Camp / Time: 6p - 8p! **FREE!** (EAST GRASS) *** (July 19th camp from 4p - 6p)***

July 22nd: Freshman Football Equipment Check-out! 9a - 11a

July 21 & 22 / 25 & 26: Creighton Prep Football Camp (**ALL** -Soph., Jrs. & Srs.) 8:15a - 10:30a!
(Helmets, Shirts, Shorts & Cleats) (EAST GRASS)

July 27 - July 31: (VARSITY & JV) OFF DAYS PRIOR TO FALL CAMP STARTING ON AUGUST 1!

July 23rd - July 31st NSAA DEAD WEEK for RESERVE & FRESHMAN TEAMS ONLY!

July 31st: Coaches Meeting @ 10a / Player Meeting @ Noon / Fundraising Univ. Kick-off @ 1p

August

August 1st: Football Practice starts for JV & Varsity / **EARLY START BECAUSE OF WEEK ZERO GAME ON AUG. 19TH**

August 1st: 7a - 9a (Helmets Only) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

August 2nd: 7a - 9a (Helmets Only) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

August 3rd: 7a - 9a (Helmets & Sh. Pads) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

August 4th: 7a - 9a (Helmets & Sh. Pads) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

August 5th: 7a - 9a (FULL GEAR) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

August 6th : 7a - 9a (FULL GEAR) / 11:30a - 1p Practice (FULL GEAR) / Scrimmage

August 7th: NO PRACTICE

August 8th: Sophomore & Freshman Practices officially start (Helmets ONLY!)

August 8th: 7a - 9a (FULL GEAR) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets ONLY)

August 9th: 7a - 9a (FULL GEAR) / 3:15p - 5:45p (FULL GEAR)

August 10th: 3:15p - 5:45p (FULL GEAR)

August 11th: 3:15p - 5:45p (½ SHELL or FULL GEAR)

August 12th: BLUE / WHITE Scrimmage @ 6pm (Var./JV)

August 13th & 14th: NO PRACTICE

August 19th: vs. BELLEVUE WEST 7:00pm