

CREIGHTON PREP

FOOTBALL 2023

Summer Schedule



Core Values:

Competitive, Hard Working, Unselfish, Tough, Relentless

FIND A WAY OR MAKE A WAY!

WE > me

May

May 13th: ACLp3 Screening by Athletico PT (8:30a- Seniors; 9:30a- Juniors; 10:30a - Sophs) in MULLEN or LEAHY STADIUM

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

May 18th: Team Meeting (ALL current 9th - 11th graders / 3p - 3:30p)

May 22nd: Equipment Check-out! All current 11th & 10th graders! (After LAST EXAM - 10:30am)

1030a - Current Juniors / 11:15a - Current Sophomores

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

1030a - Current Freshman

June

June 5th: Jr. High Lifting Camp Starts (June 5 - June 29) / (10:30a & 11:30a) (Mondays, Tuesdays & Thursdays)

June 5th: **Varsity, JV, Reserves Start of Summer workouts!** (**WEIGHT ROOM & LEAHY STADIUM**)

***Lifting Times:** Seniors, Juniors, approx. 20 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 5th: **In-coming Freshman Summer Strength & Conditioning Starts!** (**WEIGHT ROOM & LEAHY STADIUM**)

***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

June 7th: Passing League @ Papillion LaVista Monarchs (JV & Varsity) Arrive @ 9:30a / Start @ 10:00a

June 12th & 13th: Nebraska Team Camp (\$195 / player) / Would like to take 70-80 players (Full Padded camp)

June 14th: Passing League @ Bellevue East (JV & Varsity) Arrive @ 8:30a / Start @ 9:00a

June 19th - 22nd: Youth Football Camp **TIME: 10a - Noon** (NEED 25 H.S. PLAYERS TO HELP w/ CAMP!)

June 26th, 27th & 28th: Bober Academy Camp @ Creighton Prep: 8am - Noon (H.S. O-Line Camp)

June 28th: Passing League vs. Westside (JV & Varsity) / Arrive @ 9:30a / Start @ 10:00a

OVER

July

July 3rd: Freshman Football Players start ON-FIELD workouts 10:30a - 11:30a (LEAHY STADIUM)

July 4th & 5th: NO LIFTING (resume on July 6th)

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

July 11th - 13th: QB Academy Camp (1st - 8th grade) / Time: 10a - 1p (LEAHY STADIUM)

July 15th: 7v7 Round Robin Tourney @ Prep (8a - Noon) (Prep, North, Lewis Central,

July 17th - 19th: Freshman Football Camp / Time: 6p - 8p! **FREE!** (LEAHY STADIUM)

July 21st: Freshman Football Equipment Check-out! 9a - 11a

July 17th - 20th: Creighton Prep Football Camp (**ALL** -Soph., Jrs. & Srs.) 8:15a - 10:30a!
(Helmets, Sh. Pads, Shorts & Cleats) (LEAHY STADIUM)

July 22 - July 29: (VARSITY & JV) OFF DAYS PRIOR TO FALL CAMP STARTING ON JULY 31ST!

July 29th - Aug. 6: (RESERVE & FRESHMAN TEAMS) NSAA DEAD WEEK!

July 30th: Coaches Meeting @ 10a / Player Meeting @ Noon

August

July 31st: Football Practice starts for JV & Varsity / **EARLY START BECAUSE OF WEEK ZERO GAME ON AUG. 18TH**

July 31st: 7a - 9a (Helmets Only) / Meeting & Snack 9a - 10:15a / 10:30a - 11:30a Walk-Thru (Helmets Only)

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

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

August 5th : 7a - 8a (Helmets Only - Walk Thru) / 9:30a - 11:30a Practice (FULL GEAR) / Scrimmage

August 6th: NO PRACTICE

August 7th: Sophomore & Freshman Practices officially start (Helmets ONLY!)

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

August 8th: 7a - 9a (FULL GEAR) / 3:15p - 5:45p (FULL GEAR)

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

August 10th: 3:15p - 5:45p (½ SHELL or FULL GEAR)

August 11th: BLUE / WHITE Scrimmage @ 6pm (Var./JV)

August 12th & 13th: NO PRACTICE

August 18th: @. BELLEVUE WEST 7:00pm

Creighton Prep FB twitter: @CPFootball17

Creighton Prep FB Instagram: cpjrjaysfootball