



NORTHERN PROGRAMMING



CEDAR RAPIDS AREA

for session descriptions & age ranges, go to redzoneia.com/camps
to view them on a calendar layout, go to redzoneia.com/calendar

SPRING

Tuesdays @ Cedar Rapids—MYFA Complex

Apr 9 – May 28 | 8 weeks

- Junior QB 4:30-5:30 pm
- Rotating Group (see schedule below) 5:30-6:45 pm
- Spring Ball + Tackle Training 6:45-8:00 pm

Apr 9 & 16

Playmakers & Developmental

Apr 23

Scrimmage

Apr 30

Tumble Rumble

May 7 & 14

Playmakers & Developmental

May 21

Tumble Rumble

May 28

Scrimmage

Fridays @ Ely—City Park

Apr 12 – May 17 | 6 weeks

- Rotating Group (see schedule below) 5:00-6:30 pm
- 7v7 Prep 6:30-8:00 pm

Apr 12

Rookie & Developmental

Apr 19

Tumble Rumble

Apr 26

Junior QB

May 3

Rookie & Developmental

May 10

Tumble Rumble

May 17

Junior QB

SUMMER

Tuesdays @ Cedar Rapids—MYFA Complex

Jun 4 – July 16 | 7 weeks

- Rookie & Developmental 4:45-6:00 pm
- Playmakers 6:00-7:00 pm
- Front 7 & Tackle Training 7:00-8:00 pm

Fridays @ Ely—City Park

morning sessions

June 7 – July 19 | 6 weeks

- Tackle Training & Bootcamp 8:30-10:00 am
- Rookie & Developmental 10:00-11:30 am

no camp July 5

All sessions on this page may be attended on a drop-in basis with punch card enrollment, anytime & anywhere. Each session costs 1 credit per player. Rotating Group: different group each week, all with similar age range; opportunity for well-rounded development or pick preferred skill/position dates. Players may attend back-to-back sessions that they fit the age group for. 2 sessions = 2 credits cost