



SPRING PROGRAMMING

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



Mondays @ Coralville—Creekside Ballpark

- Rookie + Developmental 4:30-5:45 pm
- Advanced QB 5:45-6:45 pm

Apr 8 – May 20 | 7 weeks

Tuesdays @ Cedar Rapids—MYFA Complex

- 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 – May 28 | 8 weeks

Apr 9 & 16

Playmakers &
Developmental

Apr 23

Scrimmage

Apr 30

Tumble
Rumble

May 7 & 14

Playmakers &
Developmental

May 21

Tumble
Rumble

May 28

Scrimmage

Wednesdays @ Bettendorf—Crow Creek Park

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

Apr 10 – May 29 | 8 weeks

Apr 10 & 17

Playmakers &
Developmental

April 24

WR/DB

May 1

Scrimmage

May 8

RB/LB

May 15

Playmakers &
Developmental

May 22

WR/DB

May 29

7v7

Thursdays @ Tiffin—CCA Middle School

- Scrimmage + Tumble Rumble 5:30-6:45 pm

Apr 11 – May 30 | 8 weeks

Fridays @ Ely—City Park

- Rotating Group (see schedule below) 4:45-6:00 pm
- 7v7 Prep 6:00-7:30 pm

Apr 12 – May 17 | 6 weeks

Apr 12

Rookie
& Developmental

Apr 19

Tumble
Rumble

Apr 26

Junior QB

May 3

Rookie
& Developmental

May 10

Tumble
Rumble

May 17

Junior QB

Saturdays @ North Liberty—Centennial Park

- Spring Ball+ Tackle Training 8:30-10:00 am
- Rotating Group (see schedule below) 10:00-11:30 am

Apr 27 – May 11 | 3 weeks

Apr 27

Junior QB

May 4

Scrimmage

May 11

Tumble
Rumble

Sundays @ Davenport—Prairie Heights Park

- Rookie + Developmental 5:00-6:30 pm
- Spring Ball + Tackle Training 6:30-8:00 pm

Apr 28 – May 19 | 4 weeks

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. Players may attend back-to-back sessions that they fit the age group for. 2 sessions = 2 credits cost

Rotating Group: different group each week, all with similar age range; opportunity for well-rounded development or pick preferred skill/position dates



SUMMER PROGRAMMING

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Mondays @ Coralville—Creekside Ballpark

June 3 – July 15 | 7 weeks

- League Prep Camp 1st-3rd 4:00-5:15 pm
- League Prep Camp 4th-6th 5:15-6:30 pm
- Front 7 + Tackle Training 6:30-8:00 pm (*June 3, 10, & 24 only*)

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

Wednesdays @ Bettendorf—Crow Creek Park

June 5 – July 17 | 6 weeks

- Rookie + Developmental 4:30-5:45 pm
- Jr QB* 5:15-6:30 pm
- Advanced QB* 6:30-7:45 pm
- Rotating Group (see schedule below) 6:30-8:00 pm

no camp on July 3

June 5

Playmakers +
Tackle Training

June 12

Bootcamp
+ WR/DB

June 19

RB/LB +
Scrimmage

June 26

Playmakers +
Tackle Training

July 10

Front 7 +
+ WR/DB

July 17

Bootcamp +
Scrimmage

* must pre-register for all 6 QB sessions for 8 credits. 8 spots only per QBs group.

Jr QBs may join from 4:30-5:15 with Rookie + Devo group for no extra charge. They will peel off with Coach Sweers for QB work at 5:15.

Advanced QBs may stay until 8pm joining in with the rotating group's last drills at no extra charge

Thursdays @ Tiffin—CCA Middle School

June 6 – July 18 | 6 weeks

- JR QB* 4:30-5:30 pm
- Advanced QB* 5:30-6:30 pm

no camp on July 4

* must pre-register for all 6 QB sessions for 8 credits. 8 spots only per QBs group.

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

Saturdays @ North Liberty—Centennial Park

June 8 – July 13 | 6 weeks

- Rotating Group (see schedule below) 8:30-10:00 am
- Rookie + Developmental 10:00-11:30 am

June 8

WR/DB +
Playmakers

June 15

Scrimmage
+ RB/LB

June 22

Playmakers
+ Bootcamp

June 29

Tackle Training
+ Scrimmage

July 6

WR/DB +
RB/LB

July 13

Tackle Training
+ Scrimmage

Sundays @ Davenport—Prairie Height Park

June 23 – July 14 | 4 weeks

- Tumble Rumble + Scrimmage 5:00-6:30 pm
- 7v7 Prep Camp 6:30-8:00 pm

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