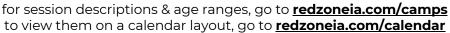


SPRING PROGRAMMING





Apr 8 - May 20 | 7 weeks

Apr 9 – May 28 | 8 weeks

Apr 10 - May 29 | 8 weeks

Apr 11 - May 30 | 8 weeks

Apr 12 – May 17 | 6 weeks

Apr 27 - May 11 | 3 weeks

May 28

Mondays @ Coralville—Creekside Ballpark

• Rookie + Developmental 4:30-5:45 pm

Advanced QB 5:45-6:45 pm

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

<u>Apr 9 & 16</u> <u>Apr 23</u> <u>Apr 30</u> <u>May 7 & 14</u> <u>May 21</u>

 Playmakers &
 Scrimmage
 Tumble
 Playmakers &
 Tumble
 Scrimmage

 Developmental
 Rumble
 Developmental
 Rumble

Wednesdays @ Bettendorf—Crow Creek Park

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

 Apr 10 & 17
 April 24
 May 1
 May 8
 May 15
 May 22
 May 29

 Playmakers &
 WR/DB
 Scrimmage
 RB/LB
 Playmakers &
 WR/DB
 7v7

Playmakers & WR/DB Scrimmage RB/LB Playmakers & Developmental Developmental

Thursdays @ Tiffin—CCA Middle School

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

Fridays @ Ely—City Park

Rotating Group (see schedule below)7v7 Prep6:00-7:30 pm

Apr 12 Apr 19 Apr 26 May 3 May 10 May 17 Rookie Tumble Junior QB Rookie Tumble Junior QB & Developmental Rumble & Developmental Rumble

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 4 May 11
Junior QB Scrimmage 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

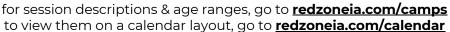
All sessions on this page may be attended on a drop-in basis with punch card enrollment, anytime & anywhere.

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





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

<u>Wednesdays @ Bettendorf—Crow Creek Park</u>

June 5 – July 17 | 6 weeks

Rookie + Developmental 4:30-5:45 pm no camp on July 3

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

June 12 June 19 June 26 July 10 July 17 June 5 Playmakers + Bootcamp RB/LB+ Playmakers + Front 7 + Bootcamp + + WR/DB **Tackle Training** Scrimmage Tackle Training + WR/DB Scrimmage

Thursdays @ Tiffin—CCA Middle School

June 6 - July 18 | 6 weeks

no camp on July 4

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

Fridays @ Ely—City Park

morning sessions

June 7 – July 19 | 6 weeks

no camp July 5

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

Saturdays @ North Liberty—Centennial Park

June 8 - July 13 | 6 weeks

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

June 22 June 29 June 8 June 15 July 6 July 13 Scrimmage WR/DB + Playmakers **Tackle Training** WR/DB+ Tackle Training **Playmakers** + RB/LB + Bootcamp + Scrimmage RB/LB + Scrimmage

Sundays @ Davenport—Prairie Height Park

June 23 – July 14 | 4 weeks

Tumble Rumble + Scrimmage 5:00-6:30 pm7v7 Prep Camp 6:30-8:00 pm

All sessions, except Jr/Advanced QB, 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

^{*} 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

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