



CENTRAL PROGRAMMING

IOWA CITY AREA



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

SPRING

Mondays @ Coralville—Creekside Ballpark

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

Apr 8 – May 20 | 7 weeks

Thursdays @ Tiffin—CCA Middle School

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

Apr 11 – May 30 | 8 weeks

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 13 – May 11 | 5 weeks

Apr 13

Rooke &
Developmental

Apr 20

Scrimmage

Apr 27

Junior QB

May 4

Scrimmage

May 11

Tumble
Rumble

SUMMER

Mondays @ Coralville—Creekside Ballpark

- League Prep Camp 1st-3rd 4:30-5:45 pm
- League Prep Camp 4th-6th 5:45-7:00 pm
- Front 7 + Tackle Training 6:30-8:00 pm (*June 3, 10, & 24 only*)

June 3 – July 15 | 7 weeks

Thursdays @ Tiffin—CCA Middle School

- JR QB* 4:30-5:30 pm
 - Advanced QB* 5:30-6:30 pm
- * must pre-register for all 6 QB sessions for 8 credits. 8 spots only per QBs group.

June 6 – July 18 | 6 weeks

no camp on July 4

Saturdays @ North Liberty—Centennial Park

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

June 8 – July 13 | 6 weeks

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

All sessions on this page, except summer Jr/Advanced QB sessions, 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