

CB EAST FOOTBALL

EAST SIDE PRIDE

ON THE RISE!

FAQs

When? June 1 (6-7:30 pm), June 2 (6-7:30 pm), and June 3 (6-7:30pm)

Where? Patriot Stadium

Why? Develop the football skills of future Patriots and get them excited about being a part of CB EAST FOOTBALL!

DAY 1-Speed Camp: All athletes will receive top quality speed development instruction. It will consist of a dynamic warm up, speed/agility/change of direction/explosive drills. Instruction will also occur in the Pro Agility, 3 cone, Broad Jump, and 40 yard dash.

DAY 2-Football Skills & Drills: All athletes will receive top quality instruction on both sides of the ball (Offensive and Defensive position teaching)

DAY 3-Speed Combine Testing / 7v7 tournament: Testing will occur via age group in the Pro Agility, 3 cone, Broad Jump, and 40-yard dash. Players will be divided by age groups into teams that will compete in a "7v7 tournament".

* **Eligibility:** Athletes ages 6-14 (rising 8th graders). Athletes will be grouped grades 1-4 and 5-8.

* **Camp Staff:** Will consist of the high school staff and current Patriots.

***Equipment:** Cleats/sneakers/athletic attire.

***Fee:** \$40 includes T-Shirt and enthusiastic/skilled instruction

* **Check in Registration:** Competitors are to report to the concession stand in Patriot Stadium!

***Contact Information:** Email Coach Donnelly at jodonnely@cbsd.org

***Viewing Area:** Parents are welcome to either view from the stands or behind the fence surrounding the track

***Incident Weather:** Adjustments made if necessary.

11th Annual RISING PATRIOT Speed Camp SKILLS & DRILLS *sponsored by* CB EAST FOOTBALL



EAST SIDE PRIDE

Monday-Wednesday

June 1-3 2020

Visit us at
CBEASTFOOTBALL.ORG
for more camp info.

PAYMENT & PAPERWORK

Registration: May 1- June 1

- ✓ Go to CB Community School at:
<http://cbsd.org/domain/78>
- ✓ Create an Account at:
Mypaymentsplus.com then login
- ✓ Click on **COMMUNITY SCHOOL EXTRA ACTIVITIES**
- ✓ Click on **SPORTS CAMPS & CLINICS**
- ✓ Follow instructions to register and pay



PATRIOT PRIDE PATRIOT TRADITION

CHAMPIONSHIPS

1979 - 2001 - 2005

PLAYOFF APPEARANCES

1996 - 2000 - 2001 - 2005 - 2015 - 2016 - 2018

CB CUP CHAMPIONSHIPS

2005 - 2009- 2015 -2018