

FAQ's

When: May 30 (6-7:30 pm), May 31 (6-7:30 pm), and June 1 (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!

* **Day1-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)

***Day3-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:** \$50 includes T-Shirt and enthusiastic/skilled instruction

* **Check in Registration:** Competitors are to report to the concession stand in Patriot Stadium at 5:30pm on Day 1.

***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

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

14th Annual Rising Patriot Speed Camp - Skills & Drills *sponsored by* CB East Football



EAST SIDE PRIDE

May 30&31, and June 1

2023

(Tues-Wed-Thurs)

Visit us at

CBEASTFOOTBALL.ORG for

PAYMENT & PAPERWORK

Registration: opens May 1

- ✓ Go to CB Community School at:
<http://cbsd.org/domain/78>
- ✓ Create an account at
www.mypaymentsplus.com and then login
- ✓ Click on: Community School Extra Activities
- ✓ Click on: Sports Camps and Clinics
- ✓ Follow instructions to register and pay



PATRIOT PRIDE PATRIOT TRADITION

CHAMPIONSHIPS

1979 - 2001 - 2005

PLAYOFF APPEARANCES

1996 - 2000 - 2001 - 2005 - 2015 - 2016

2018 - 2021 - 2022

CB CUP CHAMPIONSHIPS

2005 - 2009- 2015 -2018