

## FAQ's

**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!

\* **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 8<sup>th</sup> 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

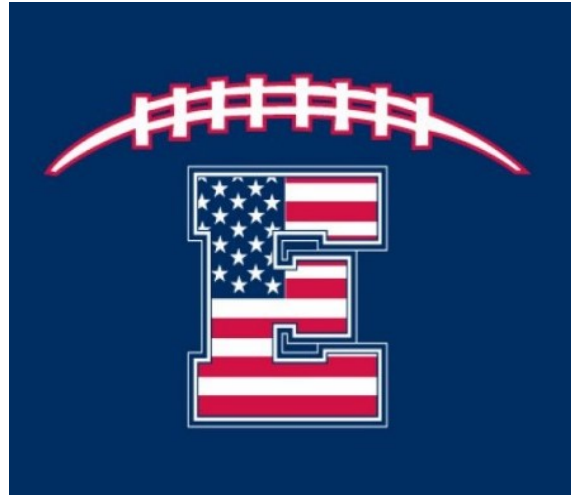
\* **Check in Registration:** Competitors are to report to the concession stand in Patriot Stadium!

\***Contact Information:** Email Coach Donnelly at [jodonnely@cbsd.org](mailto: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.

# 11<sup>th</sup> 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  
[www.mypaymentsplus.com](http://www.mypaymentsplus.com) and then login
- ✓ Click on CB East Athletics
- ✓ Click on Rising Patriot Speed Camp / Skills & Drills
- ✓ 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**