



CRS FOOTBALL 2022 PDP Schedule

**Aug-22**

Monday 08/01/22	Tuesday 08/02/22	Wednesday 08/03/22	Thursday 08/04/22	Friday 08/05/22	Saturday 08/06/22	Sunday 08/07/22
OFF	OFF	OFF	OFF	OFF	OFF	OFF

**JV/Varsity Season Starts - Heat Acclimation**

Monday 08/08/22	Tuesday 08/09/22	Wednesday 08/10/22	Thursday 08/11/22	Friday 08/12/22	Saturday 08/13/22	Sunday 08/14/22
3pm Player Arrival	3pm Player Arrival	3pm Player Arrival	3pm Player Arrival	2:45pm Player Arrival	OFF	OFF
<b>3:15pm - 3:45pm</b>	<b>3:15pm - 3:45pm</b>	<b>3:15pm - 3:45pm</b>	<b>3:15pm - 3:45pm</b>	<b>3:00pm - 4:30pm</b>		
<i>Defensive Meetings</i>	<i>Offensive Meetings</i>	<i>Lift</i>	<i>Lift</i>	<i>Combo Practice</i>		
<b>4:00pm - 5:30pm</b>	<b>4:00pm - 5:30pm</b>	<b>4:00pm - 5:30pm</b>	<b>4:00pm - 5:30pm</b>	*Helmets*		
*Helmets*	*Helmets*	*Uppers*	*Uppers*			

Monday 08/15/22	Tuesday 08/16/22	Wednesday 08/17/22	Thursday 08/18/22	Friday 08/19/22	Saturday 08/20/22	Sunday 08/21/22
3pm Player Arrival	3pm Player Arrival	3pm Player Arrival	3pm Player Arrival	2:45pm Player Arrival	8:30am Player Arrival	OFF
<b>3:10pm - 3:35pm</b>	<b>3:10pm - 3:35pm</b>	<b>3:10pm - 3:35pm</b>	<b>3:10pm - 3:35pm</b>	<b>3:00pm - 5:30pm</b>	<b>10:00am</b>	
<i>O Meetings</i>	<i>D Meetings</i>	<i>O Meetings</i>	<i>D Meetings</i>	<i>Speed Day Practice - *Long*</i>	<i>Scrimmage vs Egan</i>	
<b>3:50pm - 6:20pm</b>	<b>3:50pm - 6:20pm</b>	<b>3:50pm - 7:20pm</b>	<b>3:50pm - 6:20pm</b>	*Helmets*		
*Full Pads*	*Full Pads*	*Full Pads*	*Full Pads*			

**Game Week - William Tennent**

Monday 08/22/22	Tuesday 08/23/22	Wednesday 08/24/22	Thursday 08/25/22	Friday 08/26/22	Saturday 08/27/22	Sunday 08/28/22
3pm Player Arrival	3pm Player Arrival	3pm Player Arrival	2:45pm Player Arrival	<b>Game Day</b>	OFF	OFF
<b>3:10pm - 3:35pm</b>	<b>3:10pm - 3:35pm</b>	<b>3:10pm - 3:35pm</b>	<b>3:00pm - 4:45pm</b>	<i>William Tennent (Away)</i>		
<i>Lift</i>	<i>Meetings</i>	<i>Lift</i>	<i>Speed Day Practice</i>			
<b>3:50pm - 6:20pm</b>	<b>3:50pm - 6:10pm</b>	<b>3:50pm - 6:00pm</b>	*Helmets*			
*Full Pads*	*Full Pads*	*Full Pads*				

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Game Week - Neshaminy - School Starts							
Monday 08/29/22	Tuesday 08/30/22	Wednesday 08/31/22	Thursday 09/01/22	Friday 09/02/22	Saturday 09/03/22	Sunday 09/04/22	
JV Game - Home 3:30pm	2:45pm - 3:15pm	2:45pm - 3:15pm	3:00pm - 5:00pm	Game Day	JV Game - Away 10a	OFF	
3:30pm - 4:00pm	JV Lift	Special Teams Meeting	Speed Day Practice	Neshaminy (Home)	8:15am Arrival		
Varsity - Watch JV	3:15pm - 3:45pm	3:40pm - 5:30pm	*Uppers*		8:35am Depart		
4:10pm - 4:45pm	O & D Film/Install	Defensive Practice			10:00am Game		
Varsity Lift	4:00pm - 6:00pm	*Uppers*			Varsity Train & Recover		
4:45pm - 5:30pm	Offensive Practice				9:30am - 11:00am		
Varsity O & D Films	*Full Pads*				*Helmets*		
5:30pm - 6:00pm							
Game Week - Pennsbury (Off Monday, Sept 5th for Labor Day )							
Monday 09/05/22	Tuesday 09/06/22		Wednesday 09/07/22	Thursday 09/08/22	Friday 09/09/22	Saturday 09/10/22	Sunday 09/11/22
OFF - Labor Day	2:45pm - 3:15pm		2:45pm - 3:15pm	2:45pm - 3:15pm	Game Day	OFF	OFF
	JV Lift	JV Lift - Varsity Films	Team Films	Pennsbury (@ Truman)			
	3:15pm - 3:45pm	3:30pm - 5:30pm	3:30pm - 5:30pm				
	O & D Film/Install	*Uppers*	*Uppers*				
	4:00pm - 6:00pm		Freshmen Home vs PW				
*Full Pads*		3:30p					
Game Week - Truman							
Monday 09/12/22	Tuesday 09/13/22	Wednesday 09/14/22	Thursday 09/15/22	Friday 09/16/22	Saturday 09/17/22	Sunday 09/18/22	
JV Game - Home 3:30pm	2:45pm - 3:15pm	2:45pm - 3:15pm	3:00pm - 5:00pm	Game Day	Train & Recover	OFF	
3:30pm - 4:00pm	JV Lift	Special Teams Meeting	Speed Day Practice	Truman (Away)	9:30am - 11:00am		
Varsity - Watch JV	3:15pm - 3:45pm	3:40pm - 5:30pm	*Uppers*		*Helmets*		
4:10pm - 4:45pm	O & D Film/Install	Defensive Practice					
Varsity Lift	4:00pm - 6:00pm	*Uppers*					
4:45pm - 5:30pm	Offensive Practice						
Varsity O & D Films	*Full Pads*						
5:30pm - 6:00pm							
Game Week - Quakertown							
Monday 09/19/22	Tuesday 09/20/22		Wednesday 09/21/22	Thursday 09/22/22	Friday 09/23/22	Saturday 09/24/22	Sunday 09/25/22
JV Game - Home 3:30pm	2:45pm - 3:15pm		2:45pm - 3:15pm	3:00pm - 5:00pm	Game Day	Train & Recover	
3:30pm - 4:00pm	JV Lift	Special Teams Meeting	Speed Day Practice		9:30am - 11:00am		
Varsity - Watch JV	3:15pm - 3:45pm	3:40pm - 5:30pm	*Uppers*		*Helmets*		

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<b>4:10pm - 4:45pm</b>	<i>O &amp; D Film/Install</i>	<i>Defensive Practice</i>		<b>Quakertown (Home)</b>		OFF
<i>Varsity Lift</i>	<b>4:00pm - 6:00pm</b>	*Uppers*	Freshmen Home vs Nesh 3:30p			
<b>4:45pm - 5:30pm</b>	<i>Offensive Practice</i>					
<i>Varsity O &amp; D Films</i>	*Full Pads*					
<b>5:30pm - 6:00pm</b>						
<b>Game Week - Hatboro Horsham</b>						
Monday 09/26/22	Tuesday 09/27/22	Wednesday 09/28/22	Thursday 09/29/22	Friday 09/30/22	Saturday 10/01/22	Sunday 10/02/22
<b>JV Game - Away 3:30pm</b>	<b>2:45pm - 3:15pm</b>	<b>2:45pm - 3:15pm</b>	<b>3:00pm - 5:00pm</b>	<b>Game Day</b>	Train & Recover	OFF
<b>3:30pm - 4:00pm</b>	<i>JV Lift</i>	<i>Special Teams Meeting</i>	<i>Speed Day Practice</i>	<b>Hatboro Horsham (Home)</b>	<b>9:30am - 11:00am</b>	
Varsity - Watch JV	<b>3:15pm - 3:45pm</b>	<b>3:40pm - 5:30pm</b>	*Uppers*		*Helmets*	
<b>4:10pm - 4:45pm</b>	<i>O &amp; D Film/Install</i>	<i>Defensive Practice</i>				
<i>Varsity Lift</i>	<b>4:00pm - 6:00pm</b>	*Uppers*				
<b>4:45pm - 5:30pm</b>	<i>Offensive Practice</i>					
<i>Varsity O &amp; D Films</i>	*Full Pads*					
<b>5:30pm - 6:00pm</b>						