

CRS FOOTBALL 2022 PDP Schedule

May

Monday 05/02/22	Tuesday 05/03/22	Wednesday 05/04/22	Thursday 05/05/22	Friday 05/06/22	Saturday 05/07/22	Sunday 05/08/22
<b>2:45pm - 4:15pm</b>	<b>2:45pm - 4:15pm</b>	OFF	Parent/Guardian Meeting 7pm in the Cafeteria	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>					
<b>6:00pm - 7:30pm</b>	<b>Leadership Council Meeting 4:15</b>					
<i>Freshmen Team Lift</i>						
Monday 05/09/22	Tuesday 05/10/22	Wednesday 05/11/22	Thursday 05/12/22	Friday 05/13/22	Saturday 05/14/22	Sunday 05/15/22
<b>2:45pm - 4:15pm</b>	<b>2:45pm - 4:15pm</b>	OFF	<b>5:30pm - 7:30pm</b>	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>		<i>O/D Skills &amp; V/JV Lift</i>			
<b>6:00pm - 7:30pm</b>			<b>6:00pm - 7:30pm</b>			
<i>Freshmen Team Lift</i>			<i>Freshmen Team Lift</i>			
Monday 05/16/22	Tuesday 05/17/22	Wednesday 05/18/22	Thursday 05/19/22	Friday 05/20/22	Saturday 05/21/22	Sunday 05/22/22
<b>2:45pm - 4:15pm</b>	<b>2:45pm - 4:15pm</b>	OFF	<b>5:30pm - 7:30pm</b>	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>		<i>O/D Skills &amp; V/JV Lift</i>			
	<b>Leadership Council Meeting 4:15</b>					
Monday 05/23/22	Tuesday 05/24/22	Wednesday 05/25/22	Thursday 05/26/22	Friday 05/27/22	Saturday 05/28/22	Sunday 05/29/22
<b>2:45pm - 4:15pm</b>	<b>2:45pm - 4:15pm</b>	OFF	OFF	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>					
Monday 05/30/22	Tuesday 05/31/22	Wednesday 06/01/22	Thursday 06/02/22	Friday 06/03/22	Saturday 06/04/22	Sunday 06/05/22
OFF	<b>2:30pm - 5:30pm</b>					
	<i>Practice - Helmets</i>					
	<b>JV/V TEAM MINI CAMP</b>					

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June

		Wednesday 06/01/22	Thursday 06/02/22	Friday 06/03/22	Saturday 06/04/22	Sunday 06/05/22
		<b>2:30pm - 5:30pm</b>	<b>2:30pm - 5:30pm</b>	<b>2:30pm - 4:00pm</b>	OFF	OFF
		<i>Practice - Helmets</i>	<i>Practice - Helmets</i>	<i>Practice - Helmets</i>		
		<b>JV/V TEAM MINI CAMP</b>	<b>JV/V TEAM MINI CAMP</b>	<b>JV/V TEAM MINI CAMP</b>		
Monday 06/06/22	Tuesday 06/07/22	Wednesday 06/08/22	Thursday 06/09/22	Friday 06/10/22	Saturday 06/11/22	Sunday 06/12/22
<b>2:45pm - 4:15pm</b>	<b>2:45pm - 4:15pm</b>	OFF	OFF - Graduation	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>					
Monday 06/13/22	Tuesday 06/14/22	Wednesday 06/15/22	Thursday 06/16/22	Friday 06/17/22	Saturday 06/18/22	Sunday 06/19/22
<b>4:00pm - 5:30pm</b>	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>V/JV Lift</i>		<i>Lineman Lift</i>			
	<i>V/JV O or D Workout</i>		<i>JV/V 7on7 @ The George School 6p -7:30p</i>			
Monday 06/20/22	Tuesday 06/21/22	Wednesday 06/22/22	Thursday 06/23/22	Friday 06/24/22	Saturday 06/25/22	Sunday 06/26/22
<b>4:00pm - 6:00pm</b>	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>	OFF	OFF	OFF
<i>V/JV Lift</i>	<i>Lineman Lift</i>		<i>V/JV Lift</i>			
<i>V/JV O or D Workout</i>	<i>JV/V 7on7 @ CB West 6p -7:30p</i>		<i>Full Team O or D Workout</i>			
Monday 06/27/22	Tuesday 06/28/22	Wednesday 06/29/22	Thursday 06/30/22	<b>Summer Workouts are important but so are Family Vacations and Trips! Go away with your family if you the chance too! Full Team Lifts and Workouts include Freshmen</b>		
<b>4:00pm - 6:00pm</b>	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>			
<i>Full Team Lift</i>	<i>Lineman Lift</i>		<i>V/JV Lift</i>			
<i>V/JV O or D Workout</i>	<i>JV/V 7on7 @ CB South 6p -7:30p</i>		<i>Full Team O or D Workout</i>			

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July

We will be doing several 7on7's through out the summer, they will be posted as they are scheduled				Friday 07/01/22	Saturday 07/02/22	Sunday 07/03/22
				OFF	OFF	OFF
Monday 07/04/22	Tuesday 07/05/22	Wednesday 07/06/22	Thursday 07/07/22	Friday 07/08/22	Saturday 07/09/22	Sunday 07/10/22
OFF	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>	OFF	OFF	OFF
	V/JV Lift		V/JV Lift			
	V/JV O or D Workout		Full Team O or D Workout			
Monday 07/11/22	Tuesday 07/12/22	Wednesday 07/13/22	Thursday 07/14/22	Friday 07/15/22	Saturday 07/16/22	Sunday 07/17/22
<b>4:00pm - 5:30pm</b>	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>	OFF	OFF	OFF
V/JV Lift	V/JV Lift		Lineman Lift			
	V/JV O or D Workout		JV/V 7on7 Home NHS 6p - 7:30p			
Monday 07/18/22	Tuesday 07/19/22	Wednesday 07/20/22	Thursday 07/21/22	Friday 07/22/22	Saturday 07/23/22	Sunday 07/24/22
<b>4:00pm - 5:30pm</b>	<b>4:00pm - 6:00pm</b>	OFF	<b>4:00pm - 6:00pm</b>	OFF	OFF	OFF
V/JV Lift	V/JV Lift		V/JV Lift			
	V/JV O or D Workout		Full Team O or D Workout			
Monday 07/25/22	Tuesday 07/26/22	Wednesday 07/27/22	Thursday 07/28/22	Friday 07/29/22	Saturday 07/30/22	Sunday 07/31/22
<b>4:00pm - 5:30pm</b>	<b>4:00pm - 6:00pm</b>	OFF	OFF	<b>All Paperwork Due</b>	OFF	OFF
V/JV Lift	V/JV Lift					
	V/JV O or D Workout					

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August into September						
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						
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
3:15pm - 6:00pm	3:15pm - 6:00pm	3:15pm - 6:00pm	3:15pm - 6:00pm	3:00pm - 4:30pm	OFF	OFF
Practice	Practice	Practice	Practice	Practice		
*Helmets*	*Helmets*	*Uppers*	*Uppers*	*Helmets*		
Freshmen Season to Starts 8/15/2022 - See Freshmen Team Calendar						
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
3:00pm - 6:30pm	3:00pm - 6:30pm	3:00pm - 6:30pm	3:00pm - 6:30pm	3:00pm - 5:45pm	8:30:00 AM - Arrive	OFF
Practice	Practice	Practice	Practice	Practice	Scrimmage vs Egan (Home) 10am	
*Full Pads*	*Full Pads*	*Full Pads*	*Full Pads*	*Uppers*		
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
3:00pm - 6:20pm	4:10pm - 6:20pm	5:30pm - 7:30pm	3:30pm - 5:30pm	Varsity Game Day	9:30am - 11:00am	OFF
Practice	Practice	Practice	Practice	William Tennent (Away) 7pm	Train & Recover	
*Full Pads*	*Full Pads*	*Uppers*	*Uppers*			
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	2:45pm - 6:00pm	2:45pm - 5:30pm	3:00pm - 5:00pm	Varsity Game Day	JV Game - Away	OFF
3:30p Tennent	Practice	Practice	Practice	Neshaminy (Home)	10am Neshaminy	
3:30pm - 5:30pm	*Full Pads*	*Full Pads*	*Uppers*		9:30am - 11:00am	
Varsity Practice					Varsity Train & Recover	
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 - 6:00pm	2:45pm - 5:30pm	3:00pm - 5:00pm	Varsity Game Day	9:30am - 11:00am	OFF
	Practice	Practice	Practice	Pennsbury (TBA)	Train & Recover	
	*Full Pads*	*Full Pads*	*Uppers*			