

# CPA Patriots

For God has not given us a spirit of fear, but power and love and self-discipline. 2 Tim 1:7

[www.christprepfootball.com](http://www.christprepfootball.com)



## Frequently Asked Questions

### Where do you practice?

Our main practice field is located at Red Bridge Baptist Church at 4901 East Red Bridge Road, Kansas City, MO 64137. But we occasionally at the beginning of the season will practice at Little Mill Creek Park (LMC) which is located at 14000 West 79<sup>th</sup> Street, Lenexa, KS 66215.

Our off season workout program is configured into a POD system so depending on where you live would determine which POD you are located in, this helps make it easier since our players come from all over the Kansas City Metropolitan area (Leavenworth, KS, Overland Park, Peculiar, MO, Lees Summit, MO, St. Joseph, MO, etc).

### When do you practice?

**July/August:** During the pre-season (the end of July, first of August), we have conditioning camps and 2adays. Conditioning camp is Monday – Friday from 6:30pm-8:30pm.

2adays are two times per day for 7-10 days, first practice in the morning at 6:30-8:00am, the second practice is in the evening from 6:00-7:30pm. One tradition we have is that families that live near the practice field have offered players that live a good distance from practice to stay in their homes during 2adays, in order to get enough rest and save on transportation cost.

**Sept-Oct:** Once the season starts, we will practice Mon, Tues, Thurs and Fri (Friday practice will only be on weeks we play on Saturday or we have a bye week). Regular Season practice is from 5:45 - 8:00pm.

Wednesday practice (for those able to attend) is from 4:00-5:30pm so everyone can attend Church activities.

### Locations:

Current plans call for our practice locations to be as follows:

**Weightlifting:** POD's (Jan./Feb. kickoff) Location TBD

**Conditioning Camp:** LMC Park or Red Bridge Practice Field - TBD

**2adays:** Morning & Evenings Red Bridge Practice Field

**Season Practice:** Mon-Fri Red Bridge Field

### Where are your games?

**Junior High games:** are played throughout the city, our home 8-man games are played at Red Bridge and most of our away games are within a 30-45 minute drive depending on where you live. Because of our increased numbers we will be playing more 11-man games so we are looking for a home 11-man field now.

**High School games:** home games are played at CBAC which is next to Olathe Northwest High School. Away games are in smaller towns within a 1-5 hour drive of Kansas City.

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