

2022

June

Head Coach: Ben Ryan Cell: (402) 677-0979 email: benjamin.ryan@ops.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02 BEGIN: Strength & Explosion Camp 7:30-10am (M, Tu, Th, F)	03 Strength & Explosion Camp 7:30-10am	04
05	06 Strength & Explosion Camp 7:30-10am	07 Strength & Explosion Camp 7:30-10am	08 7v7 8:00-10am @ Gross High School	09 Strength & Explosion Camp 7:30-10am	10 Strength & Explosion Camp 7:30-10am	11
12	13 Strength & Explosion Camp 7:30-10am	14 Strength & Explosion Camp 7:30-10am	15 7v7 8:00-10am @ Northwest High School	16 Strength & Explosion Camp 7:30-10am	17 Strength & Explosion Camp 7:30-10am	18
19	20 Strength & Explosion Camp 7:30-10am	21 Strength & Explosion Camp 7:30-10am	22 7v7 8:00-10am @ Norris Middle School	23 Strength & Explosion Camp 7:30-10am	24 Strength & Explosion Camp 7:30-10am	25
26	27 Strength & Explosion Camp 7:30-10am	28 Strength & Explosion Camp 7:30-10am	29 7v7 8:00-10am @ Bennington High School	30 <i>Strength & Explosion Camp</i> 7:30-10am (EQUIPMENT CHECK)	01	02
03	04	Notes: <h2>BUILD THE FOUNDATION BE A FREAK</h2>				

2022

July

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01 Strength & Explosion Camp 7:30-10am (EQUIPMENT CHECK)	02
03	04 OFF	05 OFF	06 OFF	07 OFF	08 OFF	09
10	11 Team Camp 7:30-11am	12 Team Camp 7:30-11am	13 Team Camp 7:30-11am	14 Team Camp 7:30-11am	15 Team Camp 7:30-11am	16
17	18 SCRIMMAGES @ Bennington High: 8-10am vs BHS 10am-12pm vs TBD	19 Team Camp 7:30-11am	20 Team Camp 7:30-11am	21 Team Camp 7:30-11am	22 Team Camp 7:30-11am End of Camp Team Bonding 2pm	23
24	25 Strength & Explosion resumes	26 Strength & Explosion Camp 7:30-10am	27 Strength & Explosion Camp 7:30-10am	28 Strength & Explosion Camp 7:30-10am	29 Strength & Explosion Camp 7:30-10am	30
31	01	Notes: BUILD THE FOUNDATION BE A FREAK				

2022

August

Head Coach: Ben Ryan Cell: (402) 677-0979 email: benjamin.ryan@ops.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 PLAYER LED WORKOUTS	02 PLAYER LED WORKOUTS	03 PLAYER LED WORKOUTS	04 OFF	05 OFF	06
07	08 OFFICIAL START OF FOOTBALL SEASON: FALL CAMP 7:30-11am	09 FALL CAMP 7:30-11am	10 FALL CAMP 3-6pm	11 FALL CAMP 3-6pm	12 FALL CAMP 3-6pm	13 FALL CAMP 7:30-11am
14	15 FALL CAMP 3-6pm	16 FALL CAMP 3-6pm	17 FALL CAMP 3:20-6:00pm	18 Intersquad Scrimmage Kickoff: 7:00pm	19 Game 1 Week 3:20-6:00pm	20 PRACTICE 7:30-11:00am
21	22 PRACTICE 3:20-6:00pm	23 PRACTICE 3:20-6:00pm	24 PRACTICE Team Dinner 3:20-6:00pm	25 Game 1	26	27
28	29	30	31	01	02	03
04	05	Notes: BUILD THE FOUNDATION BE A FREAK				