

High School Summer Schedule

Dead Weeks:
 May 16th – May 27th
 July 3rd – 7th (Wednesday – Sunday)
 August 1st – August 9th

9th–12th Girls

Strength & Conditioning

Mon, Tues, Wed, & Thur
 7am – 8:15am

9th–12th Boys

Strength & Conditioning

Mon, Tues, Wed, & Thur
 7:45am – 9am

BOYS HIGH SCHOOL BASKETBALL

High School Skills: (Starting May 28th)
 Tuesday & Thursdays 10–11am (after weights)

High School Team Camps:

FC Camp May 28th, 29th, & 30th
 JV/V Host Conestoga: May 31st
 June 4th @ Tekamah-Herman Team Camp
 June 11th @ FC Reserve only
 June 14th @ Concordia University JV & Varsity
 June 17th @ Arlington JV Camp
 June 21st @ Kearney High Team Camp
 June 24th @ Oakland Craig JV ONLY
 June 25th @ Oakland Craig Varsity ONLY



jfoconnor@fcpioneers.org

GIRLS HIGH SCHOOL BASKETBALL

High School Skills: (Starting May 28th)
 Tuesday & Thursday 11am–12pm

High School Team Camps:

FC High School Camp: May 28th, 29th, & 31st: 8:30–10:30 am
 FC High School Camp June 11th: 8:30–10:30 am

High School Team Camps (all day)
 Thursday, June 13th @ Doane University
 Monday, June 17th @ Tekamah-Herman JV only
 Tuesday, June 18th @ Tekamah-Herman Varsity only

Open Gyms:
 @Bennington: June 20th @ 1–3pm
 @Brownell-Talbot: July 2nd @ 11:15–12:15 pm
 @Plattsmouth-1BA



ejones@fcpioneers.org

Cheer

Skills/Practice:

Tuesdays & Thursdays
 (starting May 28th)
 9:30–10:30 am (after sports)

kjohnson@fcpioneers.org



Dance



Skills/Practice:
 Monday & Wednesdays
 (starting May 29th)

9:45–10:45 am (after sports)
Team Camp:
 June 17th–20th UDA
 Overnight Camp

mweingaertner@fcpioneers.org

High School Cross Country

High School Skills: (starting May 28th)

Monday - Thursday @ 6:40 am

Skills: Friday @ The FORT @ 7am

7th-12th XC Camps:

Night Camp: June 18, 19, 20 (time TBA)

XC Team Camp: July 23, 24, 25 (evenings TBA)

kyle.mcmahon@plcschools.org



HIGH SCHOOL FOOTBALL

High School Skills (starting May 29th)

Monday & Wednesday 9am-10am

Wednesday:

7v7 June 5th-July 10th @ 10-11am

Team Camp:

Monday July 15th - Wednesday July 17th

@830-11:30am

zbbyrd@fcpioneers.org



High School Softball

Open Hitting:(Monday)

June: 3, 10, 17

July: 1, 8, 15, 29

8:15-9:15 am

At Softball Field

WSC Team Camp Varsity

July 17th & 18th

Central CG Team Camp JV &

Varsity

July 24th

Time:1BA

Open Fielding:(Wednesday)

June: 5, 12, 19

July: 10, 22, 31

8:15-9:15 am

At Softball Field

FCHS Team Camp (7th-12th)

June 24 & June 26th

8:15-10am @softball field



mtaylor@fcpioneers.org

High School Volleyball

High School Skills: (Starting May 29th)

Monday & Wednesdays 8:15am-9:30am

Setters: Wednesdays 9:30-10am

Camps:

FC Team Camp: June 10th & 12th @ 8:15am-11:30am

Varsity Team Camp @ UNL: July 21st-23rd

League:

Varsity League: @ Westview Tuesdays-May 28, June 4, 11, 18, 25

JV League: @ DC West Thursdays-May 30, June 6, 13, 20, 27

lsaurik@fcpioneers.org



Boys High School Wrestling

High School Skills: (Starting May 28th)
Tuesdays-9am-10am

Clinicians: Fridays 9am-10am

High School Camps:

Ralston League: June 5, 12, 19, @ 4:30pm at Ralston HS
Doane University Team Camp: June 24th-26th -9am
Beach Wrestling Tournament: June 22 @ 5pm at the Fort Bar



dwelchert@ftcplioneers.org

Girls High School Wrestling

High School Skills: (Starting May 28th)
Tuesdays 8:15-9:15am

Clinicians: Fridays 9am-11am

High School Camps/Clinics

Purler Camp: June 3-June 7 @ FCHS
Ralston League: June 15, 12, 19 @ 4:30pm
Beach Wrestling Tournament June 22nd @ 5pm at Fort Calhoun Fort Bar



Other Opportunities:

SCC-All Girls Camp: June 9-11
Iowa Girls Camp: June 21 & 22
UNL Girls Camp: June 24-28
Legends Wrestling Camp: June 26-28
Creighton Prep Camp: July 20-21

lqossman@ftcplioneers.org

Golf: By Appointment only, athletes need to communicate with coach Humphrey ahead of time.

dhumphrey@ftcplioneers

Track: By Appointment only, athletes interested need to communicate with coach Taylor. Coach Taylor will also communicate outside camp options, so if you would like to be added the the team list, please email her.

mtaylor@ftcplioneers

Youth & Junior High Summer Schedule

Dead Weeks:

May 16th - May 27th
July 3rd - 7th (Wednesday - Sunday)
August 1st - August 9th

7th & 8th Grade: Strength & Conditioning

Monday, Tuesday, Wednesday, & Thursday
10am - 11am



Boys & Girls Youth Basketball

June & July (week of the 4th off)

*Skills: Tuesday & Thursday

Going into 3rd-5th 10-11am
Going into 6th-8th 11-12pm

*Wednesdays

3on3/Fast Break League
11am-12pm



Contact TJ O'Connor & Eric Jones
tjconnor@fcpioneers.org
ejones@fcpioneers.org



Youth 3rd-8th Girls Basketball

June 24th 8:30-11:30am

June 25th 12-3pm

\$30 for BB Camp only or \$50 Both

<https://forms.gle/wswMZRWLveYYXNZHSd7>

For dual participants lunch will be provided both days
June 24th by HS Girls Basketball & June 25th by HS Volleyball.

<https://forms.gle/wswMZRWLveYYXNZHSd7>



Cross Country

Junior High Skills

Girls Skills:

Mon-Thur 8:15am-9:15

Friday 7am

Boys Skills:

Mon-Thur 9-10am

Friday 7am

Camps: 7th-12th

Night Camp: June 18, 19, 20 (time TBA)

XC Team CVamp: July 23, 24, 25 (evenings TBA)

See Flyer for Youth Speed Camp
grades (entering) 1st-6th →

Fort Calhoun Cross Country

presents

PIONEER SPEED SCHOOL

A Running Development Series for athletes in

All sports!

July 15, 16, 17, 18

6:30-7:30 P.M.

Fort Calhoun High School
Practice/Outdoor Field



- Proper Technique
- Running Efficiency
- Rhythm/Coordination
- Range of Motion & Flexibility
- Snacks, games, t-shirt!

For more information on this event, please visit www.fcpioneers.org or contact the cross country coach at ericjones@fcpioneers.org by June 30.

Youth Football Schedule

Youth Skills:

Sundays starting June 23-July 28
(Going into these grades)

1-2pm Kindergarten-1st grade

2-3pm 2nd grade-3rd grade

3-4pm 4th grade-6th grade

Youth Football Camp:

K-6th July 22nd-24th
6-7:30pm

zbyrd@fcpioneers.org

jasonthomas@fcpioneers.org



Junior High Softball

Open Hitting:

Dates: June 3, 10, 17, &
July 1, 8, 15, & 29th
Time: 8:15 - 9:15 am
Softball Field

Open Field

Dates: June 5, 12, 19 &
July 10, 22 & 31st
Time: 8:15 - 9:15 am
Softball Field

FCHS TEAM CAMPS:

June 24th & June 26th
Time: 8:15 - 10am
Location: Softball Field



Youth Volleyball

3rd-8th Grade Volleyball Camp

June 24th 12-3pm

June 25th 8:30-11:30am

\$30 for VB Camp only or \$50 Both

isevck@fcpioneers.org

For dual participants lunch will be provided both days
June 24th by HS Girls Basketball & June 25th by HS
Volleyball.

<https://forms.gle/w5MZRWLveYXNzHSdZ>



Junior High Skills:
Mondays 9:15-10am
Scrimmages: 9:15-10am
(select Wednesdays)
Setters: Wednesdays 9:30-10am

Boys Youth Wrestling

Mon. 6/3- Fri. 6/7-Purler Camp
9-4pm @ FCHS 3rd grade - 12th
<https://forms.gle/ht60913M9t899s>

Both Boys & Girls

Sat, June 22nd 2-4pm Youth

Wrestling Games at the Fort Bar

Kindergarten-6th

Sat, June 22nd 5-11pm Beach

Wrestling Tournament at the Fort

Bar

<https://forms.gle/37Vn9t129z1517>

dwecker@fcpioneers.org
lgserrano@fcpioneers.org

Girls Youth Wrestling

• Mon. 6/3- Fri. 6/7-Purler Camp
9-4pm @ FCHS 3rd grade - 12th
<https://forms.gle/ht60913M9t899s>

<https://forms.gle/ht60913M9t899s>

- Scrap Lab- Every Wednesday & Sunday Night 5:45-7:15pm (bring a partner!) \$15 a session
- Iowa Girls Camp June 21 & June 22
- * (entering 5th-12th in the Fall)

<https://www.campworkonline.com/col/events/weights/kajshw/2a3b5a>

- Creighton Prep Camp Girls 5th-12th grade 12pm-2pm
- July 20 & 21st - Cost \$60

4th-6th Strength & Conditioning

Mon 5-6pm & Wed 4-4:5pm (starts week of June 10th - July 31st)

<https://forms.gle/37Vn9t129z1517>



BEACH WRESTLING

FUNDRAISER
WHEN: SATURDAY JUNE 22, 2024
FORT BAR, 1311 COURT STREET, FORT CALHOUN, NE 68023

FOR ALL
BOYS & GIRLS
K-12 GRADE



ENTRY FEE: \$10 TO COMPLETE
COME ENJOY A FUN NIGHT,
FILL WITH BEACH WRESTLING, FOOD,
AND DRINKS!

CONTACT US AT:
FCPIONEERWRESTLINGCLUB@GMAIL.COM

ALL PROCEEDS GO TO
SUPPORT THE
FORT CALHOUN
GIRLS & BOYS
WRESTLING PROGRAMS



**Boys & Girls
Beach Wrestling!
Help Support the
High School
Teams!**



Fort Calhoun Cross Country presents PIONEER SPEED SCHOOL

A Running Development Series for athletes in ALL sports!

July 15, 16, 17, 18
6:30-7:30 P.M.

Fort Calhoun High School
Practice Football Field

\$40/STUDENT
ALL STUDENTS
ENTERING GRADES
1-6 WELCOME



- Proper Technique
- Running Efficiency
- Rhythm/Coordination
- Range of Motion & Flexibility
- Snacks, games, t-shirt

To sign up, please email student name, grade, and t-shirt size to Coach McMahon at kmcmahon@ftcpioneers.org by **June 30**.

Payment can be made via cash or check to FC Running Club.

BEACH WRESTLING FUNDRAISER

WHEN: SATURDAY JUNE 22, 2024
FORT BAR, 1311 COURT STREET, FORT CALHOUN, NE 68023



FOR ALL
BOYS & GIRLS
K-12 GRADE



ENTRY FEE: \$10 TO COMPETE

COME ENJOY A FUN NIGHT
FILL WITH BEACH WRESTLING, FOOD,
AND DRINKS!

CONTACT US AT:
FCPIONEERWRESTLINGCLUB@GMAIL.COM

ALL PROCEEDS GO TO
SUPPORT THE
FORT CALHOUN
GIRLS & BOYS
WRESTLING PROGRAMS



Summer Information!

Youth Football Schedule



Youth Skills:

- Sundays starting June 23-July 28 (Going into these grades)
- 1-2pm** Kindergarten-1st grade
- 2-3pm** 2nd grade-3rd grade
- 3-4pm** 4th grade-6th grade

Youth Football Camp:

K-6th July 22nd-24th
6-730pm



zbyrd@ftcpioneers.org
jasonthomas@ftcpioneers.org

Boys Youth Wrestling

Mon. 6/3- Fri. 6/7-Purlier Camp
9-4pm @ FCHS 3rd grade - 12th
<https://forms.gle/h1YqJQfA2MrF4u2U6>

Both Boys & Girls

Sat, June 22nd 2-4pm Youth Wrestling Games at the Fort Bar
Kindergarten-6th

Sat, June 22nd 5-11pm Beach Wrestling Tournament at the Fort Bar

<https://forms.gle/87Vmeitb2pzeZs5v7>
dwlcheri@ftcpioneers.org
lgoesman@ftcpioneers.org

Girls Youth Wrestling

• Mon. 6/3- Fri. 6/7-Purlier Camp
9-4pm @ FCHS 3rd grade - 12th
<https://forms.gle/h1YqJQfA2MrF4u2U6>

- Scrap Lab- Every Wednesday & Sunday Night 545-715pm (bring a partner!) \$15 a session
- Iowa Girls Camp June 21 & June 22 * (entering 5th-12th in the Fall)

<https://www.campworksonline.com/v2/events/register/as3b>

- Creighton Prep Camp Girls 5th-12th grade 12pm-2pm
July 20 & 21st - Cost \$60

4th-6th Strength & Conditioning
Mon 5-6pm & Wed 4-45pm (starts week of June 10th - July 31st)
<https://forms.gle/CWJE7GeKFw4z7sKN9>

Youth 3rd-8th Volleyball

June 24th 12-3pm

June 25th 8:30-11:30am

\$30 for VB Camp only or \$50 Both

lsevick@ftcpioneers.org



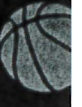
Youth 3rd-8th Girls Basketball

June 24th 8:30-11:30am

June 25th 12-3pm

\$30 for BB Camp only or \$50 Both

egones@ftcpioneers.org



For dual participant lunch will be provided both days
June 24th by HS Girls Basketball & June 25th by HS Volleyball.

<https://forms.gle/waM7ZPWlveVYN7L1Sd7>



Boys & Girls Youth Basketball June & July (week of the 4th off)

- *Skills: Tuesday & Thursday
Going into 3rd-5th 10-11am
Going into 6th-8th 11-12pm
- *Wednesdays
3on3/Fast Break League
11am-12pm

Contact TJ O'Connor & Eric Jones
tjoconnor@ftcpioneers.org
ejones@ftcpioneers.org