

# June 2022

“The Will To Win Means Nothing Without The Will To Prepare”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The weight room will be open from 7-9 am May 25 & 26	<b>30</b> <b>Memorial Day</b> Enjoy time with your FAMILY !!!!	<b>31</b> Weights 7-8am Team Defense 8-9am	<b>1</b> Weights 7-8am Offense 7 on 7 8-9am	<b>2</b> Weights 7-8am Team Offense 8-9am	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Weights 7-8am Team Offense 8-9am	<b>7</b> Weights 7-8am Team Defense 8-9am	<b>8</b> Weights 7-8am Offense 7 on 7 8-9am	<b>9</b> Weights 7-8am Team Offense 8-9am	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Weights 7-8am Team Offense 8-9am	<b>14</b> Weights 7-8am Team Defense 8-9am	<b>15</b> Weights 7-8am Offense 7 on 7 8-9am	<b>16</b> Weights 7-8am Team Offense 8-9am	<b>17</b> Scrimmage at Paola-9:00am	<b>18</b>
<b>19</b> <b>Father's Day</b>	<b>20</b> Weights 7-8am Team Offense 8-9am	<b>21</b> Weights 7-8am Team Defense 8-9am	<b>22</b> Weights 7-8am Offense 7 on 7 8-9am	<b>23</b> Scrimmage at Paola-9:00am	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Weights 7-8am Team Offense 8-9am	<b>28</b> Weights 7-8am Team Defense 8-9am	<b>29</b> Weights 7-8am Offense 7 on 7 8-9am	<b>30</b> Weights 7-8am Team Offense 8-9am	<b>July 1</b>	<b>2</b>

# July 2022

"PLAY FOR THE MAN NEXT TO YOU!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	June 27 Weights 7-8am Team Offense 8-9am	28 Weights 7-8am Team Defense 8-9am	29 Weights 7-8am Offense 7on7 8-9am	30 Weights 7-8am Team Offense 8-9am	1	2
3	4 SUMMER MORATORIUM	5 No weights or practice from July 4-10	6	7	8	9
10	11 Football Camp	12 Football Camp	13 Football Camp	14 Football Camp	15 Football Camp Hog Ball	16
17	18 Weights 7-8am	19 Weights 7-8am	20 Weights 7-8am	21 Weights 7-8am	22	23
24	25 Weights 7-8am	26 Weights 7-8am	27 Weights 7-8am	28 Weights 7-8am	29	1st practice Aug. 15th

## **WELLSVILLE EAGLE FOOTBALL 2022 IRONMAN**

The summer of 2022 is very important to our **TEAM** success this coming season. The coaches have put together a challenging summer workout regimen that will develop your athletic ability, increase your football knowledge, as well as provide activities for team building.

Starting May 31st you will have the opportunity to earn Ironman points by completing a number of workouts, training sessions, and team activities. During each activity you will have the chance to earn one point by showing up on time and giving 100% effort.

The activities are:

Weight room/conditioning	40 possible
Team/position practices	20 possible
WHS team camp	20 possible
Conditioning week	10 possible
Paola scrimmages	10 possible

It is possible for you to earn 100 points this summer. To become an Ironman you must earn at least 75 points.

Other than your increased physical fitness, positive impact on the field, and becoming a stronger team, there are other incentives for you to earn these points. Every athlete that reaches the 75-point mark will receive an Ironman T-shirt, and a night out with the coaching staff.

**“THE HARDER YOU WORK  
THE HARDER IT IS TO SURRENDER”**

# 2022 Eagle Football Camp

\* **July 11-15** (Monday through Friday) at WHS practice field  
For any student entering grades 9-12 in the Fall

\* **TIMES:** 7:00AM – 9:00AM each day

\* **COST:** \$40 (make checks payable to Mike Berg)

- \* **CAMP PHILOSOPHY:** The purpose of the Wellsville Football Camp is to
- \* teach fundamental techniques for individual player improvement
- \* implement our offensive and defensive plays
- \* provide an opportunity for team development
- \* promote competition through hard work and sportsmanship

**QUESTIONS** - contact Wellsville HS coach Mike Berg (mberg@usd289.org)

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**RETURN TO:** Mike Berg (Players can bring this to Summer weights)

Parent/Guardian Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_ Grade (Fall of '22) \_\_\_\_\_

T-shirt size Adult - 3XL 2XL XL L M S

As parent/guardian of \_\_\_\_\_, I consent to his participation in the Wellsville High School Football Camp. I certify that my child has no injury which would limit his participation in camp. I understand that participation will involve football drills and other football related activities. If an injury occurs to said child, I agree that no claim will be brought against any camp instructor, Wellsville High School, or U.S.D. #289.

Parent/Guardian signature \_\_\_\_\_

## Summer 2022 College Camps

School	Dates	Type
Benedictine College	May 22	Individual
Mid-America University	July 23,30	Prospect
Bethel College	June 10,30 July 1	Indy, skills OL/DLskills
<u>Div. 2</u>		
Pitt State	June 15	Prospect
Emporia St.	July 15,22	Prospect
Washburn	June 16	Prospect
Mo Western	May 21 July 17 May 28	Showcase Specialist
UCM Mules	June 4,5	Prospect
Missouri Southern	July 21	Prospect
<u>Div. 1</u>		
Kansas	June 15, 24 June 22	Mega camp Under lights OL/DL camp
K-State	June 26 July 29 June 5 and 10 June 1	Elite prospect OL/DL camp Elite specialist