OHS Summer Workout/Practice Information

Please reach out head coaches of each respective sport with questions.

Football: **Coach Walt Alexander - alexanderw@usd290.org**

Weights and Workouts begin on Monday June 1, 2026
Mon through Thurs - 6:00 AM - 7:30 AM - Weights
Mon through Thurs -7:30 AM - 9:15 AM - FB Workouts on Game Field (bring cleats)
7 on 7 Summer League (Varsity/JV) begins- June 1st - Every Monday in June
Thursday June 11th- Contact team camp @ Ottawa-Sponsored by Revive Performance
Thursday June 18th - Contact Team Camp @ Rossville 9:00 AM (Varsity/JV)
Thursday July 16th - Contact Team Camp @ Rossville 9:00 AM (Varsity/JV)

Volleyball: Coach Chrissy (Christina) Jeannin - jeanninc@usd290.org

Weights and workouts begin on Monday, June 1, 2026
Weights and Conditioning - Mon through Thurs - 7:30 - 9:00 am
OHS Team Camp, Grades 9:00 am - 1:00 pm - June 1 through June 4 @ OHS
Open Gym begins June 9th on Mondays and Wednesday from 9:00 to 10:30 am
Midwest Summer League June 3rd, 5th, 10th, 17th, 24th, and 26th @ Wellsville HS
MoKan Jamboree Tournament June 21 @ Washburn University
Summer Team Camp @ KU June 6th-8th

Boys Soccer: Coach Roland Jaworski - jaworskir@usd290.org

Weights and workouts will begin on Monday, June 1, 2026
Strength and Conditioning every Mon, Tues, Wed, Thurs from 7:30 AM to 8:30 AM
Soccer Training every Mon, Tues, Wed, Thurs, from 9:00 AM to 10:30 AM
Soccer Kick Arounds every Tuesday night in June and July from 7:00 PM to dark
OHS Boys Soccer Camp - June 9th - 12th from 9:00 AM to 11:00 AM
ORC/OHS Youth Soccer Clinic in June - Details are TBD and will be shared out

Girls Tennis: Coach Anessa Nation - nationa@usd290.org -

June Workouts: Tuesday and Thursday from 6:00-8:00 pm @ Forest Park
July Workouts: Tuesday, Wednesday, and Thursday from 9:00-11:00 am @ Forest Park

Girls Golf: Coach Ryan (Michael) Gutierrez - gutierrezm@usd290.org

It is the recommendation of the coaching staff that student athletes are lifting and working out at OHS or playing rounds of golf on their own as time permits.

Cross Country: Coach Cadence Haney - haneyc@usd290.org

Summer conditioning camp will be Mon through Fri, June 22nd-June26th. Runners will meet at 6:30 AM-9:00AM, starting in the South Gym parking lot. After the camp, student-athletes will be encouraged to attend summer weights and conditioning.

Boys Basketball: Coach Cliff McCullough - mcculloc@usd290.org

Weights and Conditioning begin on June 1st, 2026
Open Gym: OHS - June 10, 17, 24 from 7:00 - 9:00 PM
OHS Team Camp grades 9 - 12: June 1 - 4, 1:30-3:30 PM
Varsity - Santa Fe Trail Summer League: (Tuesdays, through June); KAMO Hoops Tournament (KC) June 5, 6, 7. Cost involved. Coach McCullough will be in touch.

Girls Basketball: TBA -

Weights and Conditioning - Mon through Thurs - 7:30 am - 9:00 am
Team Camp TBA
Open Gym begins TBA
Wellsville Summer League - TBA

Wrestling: Coach Brandon Ott - ottb925@gmail.com

Open mat time from 6:00 PM to 7:30 PM every Tuesday in June and July.
Coach Harman will be at the 9:30 AM session of weight training to work with wrestlers who attend at that time

Cheer and Dance: Coach Denise Hiatt - hiattd@usd290.org

Summer Practice Schedule
May 21st and 22nd - 3:30 PM to 4:30 PM
May 26th to May 29th - Cheer 6 - 8 AM & Dance 6:30- 8:30 AM - Cyclone Room and S Gym
June 1st to June 5th - Cheer 6 - 8 AM & Dance 6:30- 8:30 AM - Cyclone Room and S Gym
June 8th to June 10th - Cheer 6 - 8 AM & Dance 6:30- 8:30 AM - Cyclone Room and S Gym
June 11th to June 13th - Cheer & Dance Camp 8 am - 6 pm -North Gym and S Gym

Baseball: Coach Shawn Herrmann - herrmanns@usd290.org

Baseball preseason arm care and workouts take place during the school year.
Weights and Conditioning - Mon through Thurs - 7:30 - 9:00 am
We will be having open field workouts this summer at Orlis Cox Complex. Dates and times will be announced ASAP.
If your son is interested in baseball and is a incoming freshman or returning player, please contact Coach Herrmann at herrmanns@usd290.org

Girls Soccer: Coach Josh Setzer - setzerj@usd290.org

Weights and workouts will begin on Monday, June 1, 2026
Strength and Conditioning every Mon, Tues, Wed, Thurs from 7:30 AM to 8:30 AM
Soccer Kick Around every Tuesday night in June and July from 7:00 PM to dark
Soccer Kick Around every Thursday night, in June and July starting at 7:00 PM to dark

Softball: Coach Chris Rose - rosec@usd290.org

The team is encouraged to attend summer weights and conditioning and if any individual work is wanted, players are encouraged to reach out to a member of the coaching staff to set up times that the field is available.

Track: Coach Darius Johnson - johnsond@usd290.org

The team is encouraged to attend summer weights and conditioning.

Boys Tennis: Coach Trista Wilt - wiltt@usd290.org

The team is encouraged to attend summer weights and conditioning.

Boys Golf: Coach Mark Eggold - eggoldm@usd290.org

The team is encouraged to attend summer weights and conditioning

Weight Lifting:

Mon through Thurs - 6:00 AM - 7:30 AM - OHS Football
Mon through Thurs -7:30 AM - 9:15 AM - All Other Sports
Mon through Thurs -9:30 AM - 10:30 AM - OMS Football - Coach Caleb Locke

ALL WORKOUTS WILL BE SUSPENDED FOR OBSERVANCE OF THE KSHSAA SUMMER MORATORIUM FROM MONDAY, JUNE 29TH THROUGH SUNDAY, JULY 5TH.