

Pioneer Summer Workouts/Camps

The best way to find success on the field or court, here at LHS, is through summer workouts/camps. The schedule is attached.

For more information, please contact the coach of the sport in question, or the Athletic Director, at (913) 684-1550.

Weight Room:

| | |
|--------------------|-----------------------------|
| 7:00 - 8:00 a.m. | Wrestling/Baseball/Softball |
| 8:00 - 9:00 a.m. | Football/Boys Basketball |
| 9:00 - 10:00 a.m. | Cheer/Girls Basketball |
| 10:00 - 11:00 a.m. | Soccer |
| 11:00 a.m. - Noon | Volleyball |
| 6:00 - 7:30 p.m. | Wrestling |

Main/Auxiliary Gym:

| | |
|--------------------|------------------|
| 8:00 - 10:00 a.m. | Volleyball |
| 9:00 - 11:00 a.m. | Boys Basketball |
| 10:00 - 12:00 a.m. | Girls Basketball |

Pioneer Stadium:

| | |
|-------------------|----------|
| 7:00 - 8:00 a.m. | Football |
| 8:00 - 10:00 a.m. | Soccer |
| 7:00 - 8:00 p.m. | Soccer |

Tennis Courts:

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|------------------|-------------------|
| 6:00 - 8:00 p.m. | Tennis Hit-around |
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***Summer Workouts start
June 3 and end July 25, 2019.***

Camps:

| | | | |
|------------|--|---------------|---|
| May 28-31 | LHS (USM) Team Camp; 7:00-11:00 a.m.; Pioneer Stadium | July 15-17 | Youth Football; 6:00-8:00 p.m.; Pioneer Stadium |
| June 3-7 | Theatre Camp; 5-8th grades: 9:00-Noon; PreK-4th grades: 1:00-4:00 p.m.; LHS Auditorium | July 16-18 | Girls Basketball; Elem: 9:30-11:00 a.m.; Middle & High School: 1:00-3:00 p.m.; LHS Main Gym |
| June 10-13 | Volleyball; LHS: 8:00-10:00 a.m.; Elem & Middle School: 10:00-11:30 a.m.; LHS Main Gym | July 29-Aug 2 | LHS Band; 6:00-10:00 p.m.; LHS Band Room |
| June 24-27 | Boys Basketball; 10:00 a.m.-Noon; LHS Main Gym | | |

Coach Contact Information:

Fall Sports:

Girls Tennis - Shad Langfoss; shad.langfoss@lvpioneers.org

Girls Golf - Jon LeBar; jon.lebar@lvpioneers.org

Volleyball - Cassie Rockers; cassie.rockers@lvpioneers.org

Cross Country - Willis Willmeth; willis.willmeth@lvpioneers.org;
Rob Marriott; rob.marriott@lvpioneers.org

Boys Soccer - Brenden Olesen; brenden.olesen@lvpioneers.org

Football - Sean Sachen; sean.sachen@lvpioneers.org

Cheerleading - Darcy Romondo; darcy.romondo@lvpioneers.org

Spring Sports:

Girls Soccer - Brenden Olesen; brenden.olesen@lvpioneers.org

Girls Swimming - TBD

Softball - Kacy Tillery; kacy.tillery@lvpioneers.org

Baseball - Justin Bode; justin.bode@lvpioneers.org

Track - Willis Willmeth; willis.wilmeth@lvpioneers.org;
Rob Marriott; rob.marriott@lvpioneers.org

Boys Tennis - Shad Langfoss; shad.langfoss@lvpioneers.org

Boys Golf - Jon LeBar; jon.lebar@lvpioneers.org

Winter Sports:

Girls Basketball - Ryan Foster; r.fosterell@gmail.com

Boys Basketball - Prentes Potts; prentes.potts@lvpioneers.org

Wrestling - Matt Long; matthew.long@lvpioneers.org

Bowling - Nathan Troyer; nathan.troyer@lvpioneers.org

Boys Swimming - TBD

Powerlifting - Sean Sachen; sean.sachen@lvpioneers.org

Cheerleading - Darcy Romondo; darcy.romondo@lvpioneers.org

***ALL athletes must have a
completed sports physical on file
before they can participate
(find online and in the LHS office).***

***The first day of practice for fall sports
is August 19, 2019.***

It's a great day to be a Pioneer!