

# Lake Howell Athletics Summer Workouts

Summer training is happening every day at Lake Howell during the off season. Please see the list below for some information about summer workouts. **Not all sports have summer workouts.** If you have any questions please contact the athletic office at 407-746-9011.

**All athletes MUST have a current physical on file in the athletic office in order to participate in any summer workouts. Physical paperwork can be downloaded from the website.**

- Football- Starting June 10<sup>th</sup>  
Varsity/JV- Tuesday/Wednesday/Thursday 6pm-8pm  
Freshman- Tuesday/Wednesday/Thursday 5pm-7pm  
Varsity Skills 7on7- Monday 6pm-8pm  
Any questions please email coach at [lorenzsz@scps.k12.fl.us](mailto:lorenzsz@scps.k12.fl.us) or visit our website at [www.silverhawkfootball.com](http://www.silverhawkfootball.com)
- Girls Volleyball- July 8<sup>th</sup> and July 10<sup>th</sup> 10:00-1:00  
University of Tampa Team Camp July 11<sup>th</sup>-14<sup>th</sup>  
Any questions please email coach at [kimberly\\_vach@scps.k12.fl.us](mailto:kimberly_vach@scps.k12.fl.us)
- Baseball- Starting June 4<sup>th</sup> Weight training  
Tuesday, Wednesday Thursday 4:00-5:00pm  
Please email Coach Lyon for more information at [Lincoln.lyon@yahoo.com](mailto:Lincoln.lyon@yahoo.com)
- Cross Country- Please email Coach for schedule. [martinmz1@scps.k12.fl.us@scps.k12.fl.us](mailto:martinmz1@scps.k12.fl.us@scps.k12.fl.us)
- Boys Lacrosse- Please email Coach with any questions. [mark\\_ayad@scps.k12.fl.us](mailto:mark_ayad@scps.k12.fl.us)
- Girls Lacrosse- Please email Coach with any questions [bziobro19@gmail.com](mailto:bziobro19@gmail.com)
- Softball- Starting June 11<sup>th</sup> Tuesday/Thursday 9:00-10:30  
Slow-Pitch Starts August 14<sup>th</sup>  
Any questions please email Coach at [thomas\\_kreahling@scps.k12.fl.us](mailto:thomas_kreahling@scps.k12.fl.us)
- Boys Basketball- Please email Coach for dates and times.. [suttonmt@scps.k12.fl.us](mailto:suttonmt@scps.k12.fl.us)
- Girls Basketball- Please email Coach Sutton at [durenem@scps.k12.fl.us](mailto:durenem@scps.k12.fl.us)
- Cheerleading- Starting June 3<sup>rd</sup> Monday/Wednesday MPR 8:00am-11:00am  
For more information email Coach Fox at [elishak78@yahoo.com](mailto:elishak78@yahoo.com)