

# 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 11th  
Varsity/JV- Monday/Tuesday/Thursday 6am-8am  
Freshman- Monday/Tuesday/Thursday 4pm-6pm  
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 11<sup>th</sup>, 12<sup>th</sup>, 16<sup>th</sup> and 18<sup>th</sup> 10:00-12:30  
University of Tampa Team Camp July 19<sup>th</sup>-22<sup>nd</sup>  
Any questions please email coach at [kimberly\\_vach@scps.k12.fl.us](mailto:kimberly_vach@scps.k12.fl.us)
- Baseball- Please email Coach Lyon for more information at [Lincoln.lyon@yahoo.com](mailto:Lincoln.lyon@yahoo.com)
- Cross Country- TBA
- 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 12<sup>th</sup> Tuesday/Thursday 9:00-11:00  
Slow-Pitch Starts August 15<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. [jonathan\\_castaneda@scps.k12.fl.us](mailto:jonathan_castaneda@scps.k12.fl.us)
- Girls Basketball- Please email Coach Sutton at [suttonmt@scps.k12.fl.us](mailto:suttonmt@scps.k12.fl.us)
- Boys/Girls Golf- Wednesday's at Deer run for lessons/practice at 4:00.  
More information email Bill Norris at [norriswa@hotmail.com](mailto:norriswa@hotmail.com)
- Cheerleading- Starting June 11<sup>th</sup> Monday/Wednesday MPR 8:00am-11:00am  
For more information email Coach Fox at [elishak78@yahoo.com](mailto:elishak78@yahoo.com)