

Summer Sport/Extracurricular Workout Schedule- 2024



All participants must be cleared through athleticclearance.com

Reach out to coaches/sponsors for more information

Football	
<ul style="list-style-type: none"> Summer Football Conditioning and Weightlifting starts on 6/3, Monday-Thursday 8am-12pm. Athletes need athletic clothing, shoes, & cleats. 	<ul style="list-style-type: none"> Go to IG: freedomfootball_tampa; Twtter: @FreedomFBTampa Coach- Ron Perisee (Ronald.perisee@hcps.net)
Cheerleading	
<ul style="list-style-type: none"> Cheer Tryouts: 6/3-6/6 10am-12pm- Gym USF Camp: 7/13-7/15 	<ul style="list-style-type: none"> Coach- Katie Dindinger (Katherine.dindinger@hcps.net)
Cross Country	
<ul style="list-style-type: none"> Practice in the mornings – Mon-Fri- 8am at Flatwoods & Freedom 	<ul style="list-style-type: none"> Coach- Alex Hernandez (Alexander.hernandez@hcps.net)
Volleyball	
<ul style="list-style-type: none"> Conditioning in the gym 7/31-8/9 4-6pm Tryouts- 8/13-8/16 Parent meeting 8/19-6pm 	<ul style="list-style-type: none"> Coach: Renee Thompson (Renee.thompson@hcps.net)
Softball	
<ul style="list-style-type: none"> Weight Room- 6am-7:15am Conditioning 7:30am-10:00am 	<ul style="list-style-type: none"> Coach: Grace Eckert (Grace.eckert@hcps.net)
Golf	
<ul style="list-style-type: none"> First Practice- Monday, 7/31- 2pm @ Tampa Palms Golf & Country Club 	<ul style="list-style-type: none"> Boys Coach: Dan Sidwell (dan.sidwell@hcps.net) Girls Coach: Lindy Patterson (lindy.patterson@hcps.net)
Swim & Dive	
<ul style="list-style-type: none"> First Practice- Tuesday 8/8- 6am at the New Tampa YMCA; Team Practice T/TH- 6am-7am 	<ul style="list-style-type: none"> Coach: Kristy Udagwa (kritttyp3@msn.com) Coach: Matthew Suits (matthew.suits@hcps.net)
Boys Basketball	
<ul style="list-style-type: none"> Workouts- 5-7pm Gym Mon-Friday 	<ul style="list-style-type: none"> Coach: Ken Angel (ken.angel@verizon.net)
Flag Football	
<ul style="list-style-type: none"> June Conditioning- W/Th- 9:00am-10:30am 	<ul style="list-style-type: none"> Coach: Eric Galante (eric.galante@hcps.net)
Band/Color Guard	
<ul style="list-style-type: none"> Color Guard Training- 6/15; 6/29 - 9am-2pm Parent/Student Meeting- 7/19- 5-8pm Band Camp- 7/22-7/26- 8am-4pm 	<ul style="list-style-type: none"> Color Guard Sponsor: Jason Danahy-Sheldon (Jason.danahy-sheldon@hcps.net) Band Director: Travis Ando (travis.ando@hcps.net)
FHS Athletic Administration	
<ul style="list-style-type: none"> Athletic Director- Jenna Lamour (Jenna.lamour@hcps.net) 	<ul style="list-style-type: none"> Secretary of Athletics- Melissa Nanns (Melissa.nanns@hcps.net)

