



## **Summer Sport/Extracurricular Workout Schedule- 2025**



**All participants must be cleared through [athleticclearance.com](http://athleticclearance.com)**

**Reach out to coaches/sponsors for more information**

<b>Football</b>	
<ul style="list-style-type: none"><li>• Summer Football Conditioning and Weightlifting starts on 6/9, Monday-Thursday 8am-12pm.</li><li>• 6/30-7/4—OFF; Resume 7/7</li><li>• Athletes need athletic clothing, shoes, &amp; cleats.</li></ul>	<ul style="list-style-type: none"><li>• Go to IG: freedomfootball_tampa; Twttr: @FreedomFBTampa</li><li>• Coach- Ron Perisee (<a href="mailto:Ronald.perisee@hcps.net">Ronald.perisee@hcps.net</a>)</li><li>• (407) 551-9402</li></ul>
<b>Cheerleading</b>	
<ul style="list-style-type: none"><li>• Cheer Tryouts: 6/9-6/11-- 9am-1pm- Cafeteria</li><li>• Camp: 7/15-7/17- 9am-12pm- Cafeteria</li><li>• July 18- 9am-4pm Choreography camp</li><li>• Summer Conditioning- 7/21-23; 7/28-29- Cafe</li></ul>	<ul style="list-style-type: none"><li>• Coach- Jamie Miller (<a href="mailto:jamie.miller1@hcps.net">jamie.miller1@hcps.net</a>)</li></ul>
<b>Cross Country</b>	
<ul style="list-style-type: none"><li>• Practice in the mornings – Mon-Thurs- 7am @ Flatwoods &amp; Freedom</li></ul>	<ul style="list-style-type: none"><li>• Coach- Alex Hernandez (<a href="mailto:Alexander.hernandez1@hcps.net">Alexander.hernandez1@hcps.net</a>)</li></ul>
<b>Volleyball</b>	
<ul style="list-style-type: none"><li>• Conditioning Starts 6/9</li><li>• M-W- 10am-12pm- Stadium</li></ul>	<ul style="list-style-type: none"><li>• Coach: Renee Thompson (<a href="mailto:Renee.thompson@hcps.net">Renee.thompson@hcps.net</a>)</li></ul>
<b>Softball</b>	
<ul style="list-style-type: none"><li>• Contact Coach for Fall Ball info</li></ul>	<ul style="list-style-type: none"><li>• Coach: Grace Eckert (<a href="mailto:Grace.eckert@hcps.net">Grace.eckert@hcps.net</a>)</li></ul>
<b>Golf</b>	
<ul style="list-style-type: none"><li>• First Practice- Tuesday, 7/29- 2pm @ Tampa Palms Golf &amp; Country Club</li><li>• Practice T-Th 3:30pm-5:30pm</li></ul>	<ul style="list-style-type: none"><li>• Boys Coach: Gregory Vincent (<a href="mailto:gregory.vincent@hcps.net">gregory.vincent@hcps.net</a>)</li><li>• Girls Coach: Dan Sidwell (<a href="mailto:dan.sidwell@hcps.net">dan.sidwell@hcps.net</a>) &amp; Lisa Reale (<a href="mailto:lisa.reale@hcps.net">lisa.reale@hcps.net</a>)</li></ul>
<b>Swim &amp; Dive</b>	
<ul style="list-style-type: none"><li>• First Practice- Tuesday 8/12- 6am at the New Tampa YMCA; Team Practice T/TH- 6am-7am</li></ul>	<ul style="list-style-type: none"><li>• Coach: Kristy Udagwa (<a href="mailto:kritttyp3@msn.com">kritttyp3@msn.com</a>)</li><li>• Coach: Matthew Suits (<a href="mailto:matthew.suits@hcps.net">matthew.suits@hcps.net</a>)</li></ul>
<b>Boys Basketball</b>	
<ul style="list-style-type: none"><li>• Workouts- start 6/9</li><li>• M/W-9:30am-11:30am; T/Th- 10am-12pm</li></ul>	<ul style="list-style-type: none"><li>• Coach: Dion Curry (<a href="mailto:dioncurry1@gmail.com">dioncurry1@gmail.com</a>)</li><li>• Coach: Paul Mahon (<a href="mailto:paul.mahon@hcps.net">paul.mahon@hcps.net</a>)</li></ul>
<b>Girls Basketball</b>	
<ul style="list-style-type: none"><li>• Contact Coach for information</li></ul>	<ul style="list-style-type: none"><li>• Coach: Passion Hodge</li><li>• <a href="mailto:Passion.hodge1@hcps.net">Passion.hodge1@hcps.net</a></li></ul>
<b>Flag Football</b>	
<ul style="list-style-type: none"><li>• Contact Coach for information</li></ul>	<ul style="list-style-type: none"><li>• Coach: Eric Galante (<a href="mailto:eric.galante@hcps.net">eric.galante@hcps.net</a>)</li></ul>
<b>Band/Color Guard</b>	
<ul style="list-style-type: none"><li>• Color Guard Auditions – 6/3 &amp; 6/5- 4pm-6pm</li><li>• Color Guard Practice- 6/21 &amp; 7/12- 9am-1pm</li><li>• Band Camp- 7/21-7/25 &amp; 7/28-7/30- 8am-5pm</li></ul>	<ul style="list-style-type: none"><li>• Color Guard Sponsor: Jason Danahy-Sheldon (<a href="mailto:Jason.danahy-sheldon@hcps.net">Jason.danahy-sheldon@hcps.net</a>)</li><li>• Band Director: Travis Ando (<a href="mailto:travis.ando@hcps.net">travis.ando@hcps.net</a>)</li></ul>
<b>FHS Athletic Administration</b>	
<ul style="list-style-type: none"><li>• Athletic Director- Jenna Lamour (<a href="mailto:Jenna.lamour@hcps.net">Jenna.lamour@hcps.net</a>)</li></ul>	<ul style="list-style-type: none"><li>• Secretary of Athletics- Aileen Bringas (<a href="mailto:aileen.bringas@hcps.net">aileen.bringas@hcps.net</a>)</li></ul>