

Summer Outdoor Sports Schedule – Summer 2023

JUNE

*Schedule subject to change based on coaches' vacations and gym cleaning schedule.
Sign up for your team's communication tool (Remind/GroupMe/etc.) to stay up to date.*

Questions – Contact the Head Coach – contact info found on the school website under “Athletics” tab.

Anyone participating in workouts MUST be registered on Final Forms in that particular sport for 2023 - 2024, even if your physical has not expired.
See the website for directions on how to register in Final Forms.

Week of May 29 – June 3				1	2	3	
Week of June 5 - 10	5 BS – 8:00a – 2:00p	6 BS – 8:00a – 2:00p FB – 9:00a – 11:00a SOC–9:00a–10:30–Bennet	7 BS – 8:00a – 2:00p FB – 9:00a – 11:00a	8 BS – 8:00a – 2:00p FB – 9:00a – 11:00a	9	10	
Week of June 12 - 17	12 BSC–9:00a – 11:00a YFB –9:00a–12:00p	13 FB – 9:00a – 11:00a YFB – 9:00a–12:00p GSC – 9:00a – 11:00a	14 FB – 9:00a – 11:00a YFB – 9:00a–12:00p BSC – 9:00a – 11:00a	15 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	16 BSC – 9:00a – 11:00a	17	
Week of June 19 - 24	19 BSC–9:00a – 11:00a	20 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	21 FB – 9:00a – 11:00a BSC–9:00a – 11:00a	22 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	23 BSC–9:00a – 11:00a	24	
Week of June 25 – July 1	26 BSC–9:00a – 11:00a	27 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	28 FB – 9:00a – 11:00a BSC–9:00a – 11:00a	29 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	30 BSC–9:00a – 11:00a		

FB= Football, Meet in the Boys Locker Room area for workouts

YFB = Youth Football Camp – using practice and game fields

XC = Cross Country, bring plenty of water and a towel, workouts will last 60 – 75 minutes

BSC = Boys Soccer, workouts at the track at UHS

GSC – Girls Soccer, workouts at Bennett Park in Orange City

SW = Both Girls & Boys Swimming, open lanes at Deltona YMCA

BS = Youth Baseball Camp – using baseball & softball fields

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See the website for directions on how to register.

Week of June 27 – July 2						1	
Week of July 4 - 9	3 FB – 9:00a – 11:00a BSC–9:00a – 11:00a	4	5 FB – 9:00a – 11:00a BSC–9:00a – 11:00a	6 FB – 9:00a – 11:00a GSC – 9:00a – 11:00a SW – 7:00p – 8:30p	7 BSC–9:00a – 11:00a	8	
Week of July 11-16	10 XC – 7:00a – UHS FB – 9:00a – 11:00a BSC–9:00a – 11:00a SW – 7:00p – 8:30p	11 XC–7:00a – Mill Lake FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	12 XC –7:00a – Dewey FB – 9:00a – 11:00a BSC–9:00a – 11:00a	13 XC–7:00a–Lyonia Preserve FB – 9:00a – 11:00a GSC – 9:00a – 11:00a SW – 7:00p – 8:30p	14 XC– 7:00a – Bennett BSC–9:00a – 11:00a	15	
Week of July 18 = 23	17 XC – 7:00a – UHS FB – 9:00a – 11:00a BSC–9:00a – 11:00a SW – 7:00p – 8:30p	18 XC–7:00a – Mill Lake FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	19 XC –7:00a – Dewey FB – 9:00a – 11:00a BSC–9:00a – 11:00a	20 XC–7:00a–Lyonia Preserve FB – 9:00a – 11:00a GSC – 9:00a – 11:00a SW – 7:00p – 8:30p	21 XC– 7:00a – Bennett BSC–9:00a – 11:00a	22	
Week of July 25 - 30	24 XC – 7:00a – UHS FB – 9:00a – 11:00a BSC–9:00a – 11:00a SW – 7:00p – 8:30p	25 XC–7:00a – Mill Lake FB – 9:00a – 11:00a GSC – 9:00a – 11:00a	26 XC –7:00a – Dewey FB – 9:00a – 11:00a BSC–9:00a – 11:00a	27 XC–7:00a–Lyonia Preserve FB – 9:00a – 11:00a GSC – 9:00a – 11:00a SW – 7:00p – 8:30p	28 XC– 7:00a – Bennett BSC–9:00a – 11:00a	29	

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**Fall Practices
Begin on
Monday July 31!!!**