

Athletics (Track & Field) & Soccer 2009 Season

Location	Lake Mary High School 655 Longwood Lake Mary Road Lake Mary, FL 32746
Time	8:30am to 10:00am
Head Coach (Athletics)	Wayne Tarkenton: 407-221-4871, tark49@aol.com
Assistant Coaches (Athletics)	LaShawna Lowery: 407-431-2336
Head Coach (Soccer)	Stephanie Sharrer: 301-247-9898, soccerpanda24@cfl.rr.com

Saturday, January 10, 2009	Practice
Saturday, January 17, 2009	Cancelled
Saturday, January 24, 2009	Practice
Saturday, January 31, 2009	Practice
Saturday, February 07, 2009	Practice
Saturday, February 14, 2009	Practice
Saturday, February 21, 2009	Practice
Saturday, February 28, 2009	County Games - Lake Mary High School - TBA
Saturday, March 07, 2009	Practice
Saturday, March 14, 2009	Practice
Saturday, March 21, 2009	Practice
Saturday, March 28, 2009	Area Games- Orange County- TBA
Saturday, April 04, 2009	Practice
Saturday, April 11, 2009	No Practice- Easter Weekend
Saturday, April 18, 2009	Practice
Saturday, April 25, 2009	Practice
Saturday, May 02, 2009	Practice
Saturday, May 09, 2009	Practice
Fri. - Sun., May 15-17, 2009	State Games- Disney's Wide World of Sports- TBA

Cycling 2009 Season

Location	Lake Mary High School 655 Longwood Lake Mary Road Lake Mary, FL 32746 Gold's Gym 130 E. Altamonte Drive, Altamonte Springs, FL 32701
Time	8:30am to 10:00am
Head Coach	Fran Carrozza: 321-297-8669, francarrozza56@hotmail.com
Assistant Coaches	Mills Riddick: 407-237-4884, mills.riddick@ceredexvalue.com

Saturday, January 10, 2009	Practice
Saturday, January 17, 2009	Practice
Saturday, January 24, 2009	Cancelled
Saturday, January 31, 2009	Practice
Saturday, February 07, 2009	Practice
Saturday, February 14, 2009	Practice
Saturday, February 21, 2009	Practice - Gold's Gym
Saturday, February 28, 2009	County Games - Details TBA
Saturday, March 07, 2009	Practice
Saturday, March 14, 2009	Practice - Gold's Gym
Saturday, March 21, 2009	Practice
Saturday, March 28, 2009	Area Games- Orange County- TBA
Saturday, April 04, 2009	Practice
Saturday, April 11, 2009	No Practice- Easter Weekend
Saturday, April 18, 2009	Practice
Saturday, April 25, 2009	Practice
Saturday, May 02, 2009	Practice
Saturday, May 09, 2009	Practice
Fri. - Sun., May 15-17, 2009	State Games- Disney's Wide World of Sports- TBA

Volleyball 2009 Season

Location	Metro Life Christian Church 910 South Winter Park Dr Casselberry Fl 32707 Lake Mary High School 655 Longwood Lake Mary Road Lake Mary, Fl 32746
Time	8:30 am to 10:00 am
Head Coach	Brian Nyberg: 407-234-0112, greenbadgers@bellsouth.net
Assistant Coaches	Amy Cottrill: 941-773-8758, acottrill04@yahoo.com Titilayo Cogdell: t_cogdell@hotmail.com

Saturday, January 10, 2009	Practice
Saturday, January 17, 2009	Practice
Saturday, January 24, 2009	Cancelled
Saturday, January 31, 2009	Practice
Saturday, February 07, 2009	Practice
Saturday, February 14, 2009	Practice
Saturday, February 21, 2009	Practice (Lake Mary High School)
Saturday, February 28, 2009	County Games - Orange County
Saturday, March 07, 2009	Practice
Saturday, March 14, 2009	Practice
Saturday, March 21, 2009	Practice (Lake Mary High School)
Saturday, March 28, 2009	Area Games- Orange County- TBA
Saturday, April 04, 2009	Practice
Saturday, April 11, 2009	No Practice- Easter Weekend
Saturday, April 18, 2009	Practice
Saturday, April 25, 2009	Practice (Lake Mary High School)
Saturday, May 02, 2009	Practice
Saturday, May 09, 2009	Practice
Fri. - Sun., May 15-17, 2009	State Games- Disney's Wide World of Sports- TBA

Tennis 2009 Season	
Location	Westmonte Park - 624 Bills lane Altamonte Springs, Fl 32714
Time	8:30 am to 10:30 am
Head Coach	Kevin: 407-257-7730, klajeunesse@specialolympicsseminolecounty.org Mark
Assistant Coaches	Jackie Barry:407-786-2509, littleoldme1258@yahoo.com

Saturday, January 10, 2009	Practice
Saturday, January 17, 2009	Cancelled
Saturday, January 24, 2009	Practice
Saturday, January 31, 2009	Practice
Saturday, February 07, 2009	Practice
Saturday, February 14, 2009	Practice
Saturday, February 21, 2009	Practice
Saturday, February 28, 2009	County Games - Details TBA
Saturday, March 07, 2009	Practice
Saturday, March 14, 2009	Practice
Saturday, March 21, 2009	Practice
Saturday, March 28, 2009	Area Games- Orange County- TBA
Saturday, April 04, 2009	Practice
Saturday, April 11, 2009	No Practice- Easter Weekend
Saturday, April 18, 2009	Practice
Saturday, April 25, 2009	Practice
Saturday, May 02, 2009	Practice
Saturday, May 09, 2009	Practice
Fri. - Sun., May 15-17, 2009	State Games- Disney's Wide World of Sports- TBA

Bocce 2009 Season	
Location	Westmonte Park - 624 Bills lane Altamonte Springs, Fl 32714
Time	2:00 pm to 4:00 pm
Head Coach	Dani Lundy:321-377-2646, danikay@cfl.rr.com
Assistant Coaches	Ben Lupo: 321-696-3519, fl1083@aol.com

Saturday, January 10, 2009	Practice
Saturday, January 17, 2009	Practice
Saturday, January 24, 2009	Practice
Saturday, January 31, 2009	Practice
Saturday, February 07, 2009	Practice
Saturday, February 14, 2009	Practice
Saturday, February 21, 2009	Practice
Saturday, February 28, 2009	County Games - Details TBA
Saturday, March 07, 2009	Practice
Saturday, March 14, 2009	Practice
Saturday, March 21, 2009	Practice
Saturday, March 28, 2009	Area Games- Orange County- TBA
Saturday, April 04, 2009	Practice
Saturday, April 11, 2009	No Practice- Easter Weekend
Saturday, April 18, 2009	Practice
Saturday, April 25, 2009	Practice
Saturday, May 02, 2009	Practice
Saturday, May 09, 2009	Practice
Fri. - Sun., May 15-17, 2009	State Games- Disney's Wide World of Sports- TBA