



OVIEDO HIGH SCHOOL FOOTBALL

2024 INFORMATION



SUMMER WORKOUTS FOR SOPHOMORES, JUNIORS & SENIORS

May 28, 2024 – June 27, 2024	Monday, Tuesday, Wednesday, Thursday from 8:30-10:30am <i>meet in the Athletic Weight Room</i>
June 28 – July 7, 2024	Off for Summer Break
July 8, 2024 – July 25, 2024	Monday, Tuesday, Wednesday, Thursday from 8:30-10:30am <i>meet in the Athletic Weight Room</i>
July 29, 2024	First Day of Practice
July 29 – August 2, 2024	Practice from 9:00-11:30am <i>meet in the Football Locker Room</i>
August 5 – August 9, 2024	Practice from 3:00-5:30pm <i>meet in the Football Locker Room</i>

SPRING & SUMMER WORKOUTS FOR INCOMING FRESHMEN

April 30 – May 9, 2024	Monday, Tuesday, Thursday from 5:30-6:15pm <i>Five Spring Dates: April 30, May 2, May 6, May 7, May 9</i> <i>meet on John Courier Field</i>
May 28, 2024 – June 27, 2024	Monday, Tuesday, Wednesday, Thursday from 10:45-12:00pm <i>meet in the Athletic Weight Room</i>
June 28 – July 7, 2024	Off for Summer Break
July 8, 2024 – July 25, 2024	Monday, Tuesday, Wednesday, Thursday from 10:45-12:00pm <i>meet in the Athletic Weight Room</i>
July 29, 2024	First Day of Practice
July 29 – August 2, 2024	Practice from 9:00-11:30am <i>meet in the Football Locker Room</i>
August 5 – August 9, 2024	Practice from 3:00-5:30pm <i>meet in the Football Locker Room</i>

TO PARTICIPATE IN ANY WORKOUTS OR PRACTICES, YOU MUST BE **CLEARED** THROUGH WWW.ATHLETICCLEARANCE.COM AND BE CURRENTLY ENROLLED AT OVIEDO HIGH SCHOOL.