

2025 ZEPHYRHILLS HS SUMMER WORKOUT SCHEDULE

NOTICE- (GYM WILL CLOSED FROM JUNE 25 – AND WILL REOPEN ON JULY 7) GYM FLOOR IS BEING REDONE.

GIRLS BASKETBALL- JUNE- 9TH STARTING UP- MON, TUES, WED. 6:00- 7:30

VOLLEYBALL- JULY 7- JULY 25- 7.00 AM- 9:00AM- MON- THURS.

VOLLEYBALL TRYOUTS ARE ON JULY 28- JULY 30 TIME (TBA)

CHEER- MON- THURS- 4-6. PRACTICE STARTS ON JUNE 9. TRYOUTS ARE ON JUNE 2-5

WRESTLING- 7/8- 8/21- MON- THURS. 3:30- 5:45

BOYS BASKETBALL- MON- THURS- 11-2- STARTING ON JUNE 3TH

SWIM- CONDITONING- JULY 15- TUES. WED. THURS. 7:00 AM- 8:30 AM UNTIL JULY 24

SEASON STARTS JULY 28

CROSS COUNTRY- STARTS JUNE 2- MON- THURS- 8-11 AT HS TRACK.

FRI. HOBBY LOBBY HILLS- 8-11

SAT. WITHLACOOCHEE RIVER- 9-11

GIRLS TRACK- STARTS JUNE 16 MON- THURS- 8-9:30- WEIGHTROOM & TRACK

BASEBALL- TUES. & WED. 5:45 AT BASEBALL FIELD STARTING ON JUNE 3

****ALL ATHLETES MUST HAVE A SPORTS PHYSICAL UP TO DATE ON ATHLETIC CLEARANCE AND MUST BE CLEARED IN ORDER TO DO SUMMER WORKOUTS.**