

Important Dates

- **First Voluntary Workout:** Monday, March 31st
- **Last Day of School:** Friday, May 30th
- **NO WORKOUTS → Week of June 2nd**
- **Summer Workouts Start:** Monday, June 9th
- **School Starts:** Monday, August 11th

Social Media / Contact Info.

Twitter: Sunlake Athletic Director → @CoachHodros

Instagram: sunlake_weightlifting

EMAIL → bhodros@pasco.k12.fl.us

CHAMPIONSHIPS ARE BUILT IN THE OFF-SEASON

X9 years Conference Champs
X10 years in a row District Champs
X4 years Regional Champs
X2 years State Champs

2025

Conference Champs
District Champs
Regional Runner Up
State 3rd Place

SUMMER SCHEDULE

Week 1 – June 9th to June 12th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 2 – June 16th to June 19th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 3 – June 23rd to June 26th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 5 – June 30th to July 4th (NO WORKOUTS)

Week 6 – July 7th to July 10th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 7 – July 14th to July 17th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 8 – July 21st to July 24th (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

Week 9 – July 28th to July 31st (Monday, Tuesday, Wednesday, Thursday 9:00 a.m.)

****TEACHER PLANNING WEEK****

Week 10 – August 4th to 7th (Monday, Tuesday, Wednesday, Thursday 2:00 p.m.)

➔ School Starts August 11th