



OVIEDO HIGH SCHOOL ATHLETICS

2022-2023



Winter Sports	Head Coach	Email		
Girls Weightlifting	Danny Evans	daniel_evans@scps.k12.fl.us	10/10/2022	The first day of practice will be on Monday, October 10 at 2:45pm in the Athletic Weight Room.
Competitive Cheer	Allie Rondone	boardmaz@scps.us	10/17/2022	To participate in Competitive Cheer, you must also participate in Sideline Cheer. The team will be announced on October 15.
Boys Soccer	Ben Luker	benluker@hotmail.com	10/17/2022	Tryouts will begin on Monday, October 17 from 3:00-5:00pm at Shane Kelly Park.
Girls Soccer	Scott Waisanen	scott_waisanen@scps.k12.fl.us	10/17/2022	Tryouts are on Monday, October 17 from 3:00-5:00pm at Shane Kelly Park & Tuesday, October 18 from 5:45-7:45pm on John Courier Field at Oviedo High School.
Girls Basketball	Steve Jacobus	s.jacobus.34@gmail.com	10/25/2022	Girls Basketball tryouts will begin on Tuesday, October 25 from 5:30-7:30pm in the RWL Gym. There will be an informational meeting on Wednesday, October 19 at 1:30pm in the Media Center for all Girls interested in trying out.
Boys Basketball	Jason Vallery	vallerjz@scps.k12.fl.us	10/31/2022	Boys Basketball tryouts will be on October 31-November 2. Tryouts will be at 2:30-5:00pm or 5:00-8:00pm in the RWL Gym. Please email Coach Vallery for final times and additional information.
Girls Wrestling	Zach Waters	zachary_waters@scps.k12.fl.us	11/7/2022	Girls Wrestling practice will start Monday, November 7 right after school in the RWL Gym. Practices will be daily from 2:45-5:00pm. We are a no cut team, anyone that can stick it out is on the team automatically.
Boys Wrestling	Zach Waters	zachary_waters@scps.k12.fl.us	11/7/2022	Boys Wrestling practice will start Monday, November 7 right after school in the RWL Gym. Practices will be daily from 2:45-5:00pm. We are a no cut team, anyone that can stick it out is on the team automatically.

Participation in interscholastic athletic programs by a student is a **privilege**, not a right. Students who participate are required to meet the requirements established in state law, FHSAA regulations, Seminole County Public Schools and Oviedo High School.

TO PLAY SPORTS AT OVIEDO HIGH SCHOOL:

- The student-athlete must be currently enrolled at Oviedo High School or have submitted the correct paperwork as a home-schooled student (EL7) or non-FHSAA member private school student (EL12/EL14) and approved for participation.
- The student-athlete must have a current FHSAA/SCPS Sports Physical (must be on an EL2 Form) on file with our Athletic Department. This form, along with additional documents, must be submitted to www.AthleticClearance.com. Upon submitting all paperwork, you will receive an email stating whether or not you have been cleared. If you are cleared to participate, the coach of the sport you elected to participate in is automatically notified of your clearance. A student-athlete is not eligible to participate in any athletic event, this includes any conditioning, workouts, practices, or games, until he or she has been cleared through www.AthleticClearance.com.
- Beginning in the 2022-23 school year, Seminole County Public Schools is requiring an Electrocardiogram (ECG) for all students prior to participating in any athletic activity. An ECG heart screening is only required one time in a child's high school career and can be completed in the student's 8th grade year or after.
- The student-athlete must have a cumulative unweighted GPA of a 2.0 or higher at the conclusion of each semester to be academically eligible during the next semester.
- The student-athlete must be a US Citizen or have received clearance to participate as an International student by the Athletic Office.
- The student-athlete must watch three NFHS videos as mandated by the FHSAA. The videos can all be found on www.NFHSLearn.com. The courses include "Concussion in Sports," "Heat Illness Prevention," and "Sudden Cardiac Arrest."
- The student-athlete must adhere to the SCPS Citizenship Standards for Participation in Extracurricular Activities.

[For more eligibility information and full athletic clearance instructions, click here.](#)