

Important Winter Sport Dates:

Boys and Girls Basketball Tryouts/First practice date (Week 18) – **Oct. 26**

Coaches Contacts: Boys Henderson Taylor henderson.taylor@polk-fl.net

Girls Thomas Lindsey thomas.lindsey@polk-fl.net

Girls Weightlifting First practice date (Week 16) – **Oct. 12**

Coaches Contact: Jeremy Bennett jeremy.benett@polk-fl.net

Boys and Girls Soccer First Day of tryouts/practice (Week 17) – **Oct. 19**

Coaches Contacts: Girls Craig Nance mhsan@aol.com

Boys Shawn Fitzgerald shawn.fitzgerald@polk-fl.net

Wrestling First practice date (Week 20) – **Nov. 9**

Coaches Contact: Winston Phan winston.phan@polk-fl.net

Competitive Cheerleading First practice date (Week 16) – **Oct. 12**

Coaches Contact: Crystal Adbon crystal.abdon@polk-fl.net

As per FHSAA Policies all student athletes must complete an EL2 and EL3 before tryouts/practice begins. Forms are in the LHS athletic office and front office.

As per FHSAA Policies all student-athletes are required to watch the following **FREE** NFHS Learn courses annually.

- [Concussion in Sports](#)
- [Concussion for Students](#)
- [Heat Illness Prevention](#)
- [Sudden Cardiac Arrest](#)

Course Ordering Step 1: Go to www.nfhslearn.com.

Step 2: **“Sign In”** to your account using the e-mail address and password you provided at time of registering for a nfhslearn account.

OR

If you do not have an account, **“Register”** for an account.

Step 3: Click **“Courses”** at the top of the page.

Step 4: Scroll down to the specific course from the list of courses.

Step 5: Click **“View Course”**.

Step 6: Click **“Order Course.”**

Step 7: Select **“Myself”** if the course will be completed by you.

Step 8: Click **“Continue”** and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for these courses.)

Beginning a Course

Step 1: Go to www.nfhslearn.com.

Step 2: **“Sign In”** to your account using the e-mail address and password you provided at time of registering for an nfhslearn account

. Step 3: From your **“Dashboard,”** click **“My Courses”**.

Step 4: Click **“Begin Course”** on the course you wish to take.