



WINTER SPRINGS HIGH SCHOOL OFFICIAL ATHLETIC DEPARTMENT SCHEDULE Girls Weightlifting 2023-2024

DAY	DATE	OPPONENT	Site	Time
THURS.	OCT. 26	CCHS	CCHS	2:00pm
WED	NOV. 1	LHHS	WSHS	3:30 pm
WED	NOV. 8	OHS	OHS	4:00 pm
WED	NOV. 15	SHS	WSHS	4:00 pm
WED.	NOV. 29	LMHS	WSHS	4:00pm
WED	DEC 6	LHS(Senior Night)	WSHS	4:00 pm
SAT.	DEC. 16	SUWANNEE	SHS	10:00am
WED.	DEC. 20	LBHS	WSHS	
WED.	JAN. 11	CONFERENCE	TBD	TBD
WED.- SAT.	JAN. 25-28	DISTRICTS	TBD	TBD
THUR.- SAT.	FEB. 2-4	REGIONALS	TBD	TBD
FRI-SAT.	FEB. 17-18	STATES	Lakeland, FL	TBD

Coaches:

John Mosure- john_mosure@scps.k12.fl.us

[Assistant Coach: Jesse Lopez](#)

Principal: Mr. Peter Gaffney

Athletic Director: Mr. Scott Gomrad

Head Trainer: Dr. Heather White

