



**WINTER SPRINGS HIGH SCHOOL  
OFFICIAL ATHLETIC DEPARTMENT SCHEDULE  
Girls Weight Lifting 2018-2019**

<i>DAY</i>	<i>DATE</i>	<i>OPPONENT</i>	<i>Site</i>	<i>Time</i>
<b>WED</b>	<b>Oct. 31</b>	<b>TPHS, LHS</b>	<b>WSHS</b>	<b>4:00 pm</b>
<b>WED</b>	<b>Nov. 7</b>	<b>Hagerty</b>	<b>WSHS</b>	<b>4:00 pm</b>
<b>WED</b>	<b>Nov. 14</b>	<b>Oviedo</b>	<b>WSHS</b>	<b>4:00 pm</b>
WED	Nov. 28	Lyman	Lyman	4:00 pm
WED	Dec. 5	Lake Brantley	Lake Brantley	4:00 pm
<b>WED</b>	<b>Dec. 12</b>	<b>Seminole</b>	<b>WSHS (Senior Night)</b>	<b>4:00 pm</b>
<b>WED</b>	<b>Dec. 19</b>	<b>Lake Mary</b>	<b>WSHS</b>	<b>2:00pm</b>
WED	Jan. 16	Conference	Hagerty	<b>5:30pm</b>
TBA	Jan. 21-26	Regionals	TBA	TBA
FRI	Feb 8	FHSAA State Finals	Panama City Beach	8:00am
SAT	Feb 9	FHSAA State Finals	Panama City Beach	8:00am

**Coaches:** John Mosure- [john\\_mosure@scps.k12.fl.us](mailto:john_mosure@scps.k12.fl.us)  
[Assistant Coach: Jesse Lopez](#)

**Principal:** Mr. Peter Gaffney  
**Athletic Director:** Mr. Scott Gomrad  
**Head Trainer:** Mr. Mark Benedict

