



2022-2023

HIGHLANDER ATHLETICS

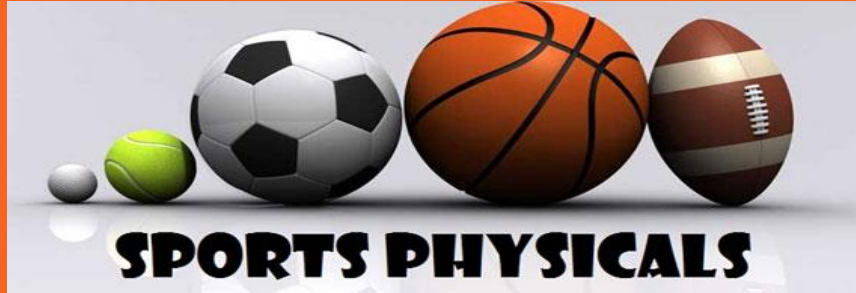




ALL FEMALE ATHLETICS SUMMER WEIGHTS

**MONDAY & WEDNESDAY
STARTS JUNE 6TH
NEW WEIGHT ROOM
7:30-8:45 AM**

FREE



AT LAKE WALES HIGH SCHOOL
MAY ?
JULY 25TH

HIGHLANDER FOOTBALL



SUMMER WORKS
BEGAN BEGINS
MONDAY, JUNE 6TH
8:00-11:00

SPRING PRACTICE
APRIL 25TH-MARCH
19 4:00-6:00



Lady Highlanders Soccer

Consistently among the best Girls Soccer Teams in the County.

District Champions

8 out of the last 10 years.

Regional Runner-Ups

2 out of the last 3 years.

Interested? Competition for a spot is tough.
What can you do to get yourself ready?

- Practice juggling a soccer ball
 - Run and maintain cardio fitness.
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FHSAA requirements:

*GPA 2.0 or above

*All forms filled out and turned into the school by conditioning or tryout date. If these are not done you can not try out until completed.



Questions? Contact....

Head Coach Heather Romanosky

Office # (863) 456-4317

Email:

heather.romanosky@lwcharterschools.com

BOYS SOCCER

Upcoming dates:

*September- October conditioning time and dates TBA

*October 17th-21st Tryouts



Boys and Girls Cross Country

Since 2016, the Cross Country program has won multiple team and individual titles at the County, District, Regional, and State levels. We have sent 5 athletes to the Division 1 Level in 4 years and even more athletes to various universities across the state.

Our goal next year is to continue the success we have achieved previously and go farther than ever before! No previous experience or talent needed, just show up! Cross Country is a great way to get in shape for other sports such as soccer or lacrosse.



For questions regarding summer conditioning beginning in June, please contact Coach Willis at 863-207-2219

Cheerleading



Sideline


- Varsity & JV team
- we cheer football & basketball season

- Tryout Dates -

April 19, 20, 22, 23, 25

contact Coach Brandi Kehres
if interested in trying out

Brandi.Kehres@lwcharterschools.com

 lakewales_cheerleading

Competition

- we compete at local competitions, FHSAA state, UCA regionals & NHSCC at Disney World



Lake Wales Varsity Swim Team



Interest Meeting: Tuesday, May 10th @ 6:30pm (LWHS Library)

Summer Weightlifting
Conditioning: Monday & Wednesday 7:30-8:45am

Swimming Conditioning: August 1st

Tryouts: August 15th-16th

Head Coach: Ana Pizarro
ana.pizarro@lwcharterschools.com



Lady Highlander VOLLEYBALL

Important Dates:

OPEN GYM

Mondays and Wednesdays until May 18th
3:30 PM - 5:00 PM

SUMMER CONDITIONING

July 12-14 and July 26-28
10:00 AM-12:30 PM

TRYOUTS

August 1st-3rd 3:30 PM-6:00 PM

Questions? Contact Coach Anderson at
lillian.anderson@lwcharterschools.com



BOWLING CYPRESS LANES

Lake Wales Boys & Girls Weight lifting Teams

**Summer Workout Times:
9:30-11:30am Monday, Tuesday,
Wednesday. Starts June 1st**

**Home of Champions Come be apart
of a great Tradition and Family and
develop as athlete and Person!!!**





Girls Golf

Begins end of July

Experience Preferred but Beginners Welcome

Ranked 19 in the Nation in 2021 played @ Pinehurst for Nationals

3 time District Champions
 2 time Regional Champs
 3 time State Championship invites with 5th place finish in 2021, 9th in 2020 and 11th in 2019



**BOYS & GIRLS GOLF
INTEREST MEETING**

MAY 3RD

LAKE WALES COUNTRY CLUB

4:00-6:00



Lake Wales Girls Basketball
Kindreek Williams is Coach of the
Year as well as Jameria Robison
Made All-County 1st team. Great
season Ladies.



HIGHLANDER BASKETBALL





Lake Wales Wrestling Club Boys and Girls, ages 5-17



Are you interested
in putting your
child in wrestling
this summer?!

We will be having two
informational meetings:

1. March 29, 2022
2. April 2, 2022

Time: 6pm

**Where: Lake Wales High School
Wrestling Room**

Contact Information

Coach Kimbrough: 863.632.2810

Coach Snell: 863.280.2349

lakewaleswrestlingclub@gmail.com



All County Wrestling- Lake Wales High School - Jenna
Mustafa in Lakeland Fl. Tuesday March 29, 2022. ERNST
PETERS/ THE LEDGER Ernst Peters /The Ledger

First Team



All County Wrestling- Lake Wales High School - Andrea
Larin in Lakeland Fl. Tuesday March 29, 2022. ERNST
PETERS/ THE LEDGER Ernst Peters /The Ledger

GIRLS LACROSSE



TRY SOMETHING NEW!!!



Current record 13-2; excellent sportsmanship and teamwork
Clinic on June 2nd and 3rd; watch social media for more details, NO EXPERIENCE NEEDED!!!

BOYS LACROSSE



LADY HIGHLANDER SOFTBALL





HIGHLANDER BASEBALL



Lady Highlander Tennis



Boys Tennis





HIGHLANDER ROCKET LEAGUE
UNDEFEATED SEASON & SECURED
A POST SEASON #1 SEED!!

**NEXT MEETING WILL BE IN
MAY!!
DETAILS TO COME!!!**

