



## **2026–2027 Summer Workout Information for Fall Sports**

All summer workouts are voluntary for student-athletes. Athletes will not be penalized, nor will attendance or nonattendance be held against them, if they are unable to participate in summer workouts.

Once the official FHSAA practice season begins, coaches may hold student-athletes accountable for attendance, participation, and team expectations.

Fall Sports: First Official FHSAA Practice Date

The first official practice date for the following fall sports is July 27, 2026:

- Cross Country
- Football
- Golf
- Swimming
- Girls Volleyball

Winter and spring sports official practice dates will be announced when available.