

## **IF PARENTS CALL FOR INFORMATION ABOUT WHEN CONDITIONING STARTS**

or other questions related to certain sports,  
please provide them the Coach's name/email and below media site...

Coach Name@sdhc.k12.fl.us

Below are the following Sports that have Social Media sites to get information out to  
their Athletes:

### **TWITTER:**

**Football**-Coach Alonzo Ashwood-SumnerHSFootball  
**Boys Basketball**-Coach Jamie Turner-Sumner Stingrays Basketball  
**Baseball**-Coach Kennedy Duran-SUMNERBASEBALL1  
**Softball**-Coach Autum Hernandez-SumnerHS\_Sball  
**Boys Soccer**-Coach Michael Lankford-Sumner\_Soccer  
**Flag Football**-Coach Michael Cooper-Stingrays\_FFBSumner\_StingRay\_Pressbox

### **INSTAGRAM:**

**Volleyball**-Coach Rachel Boehner-sumner\_volleyball  
**Girls/Boys Cross Country & Track**-Coach Brianna Ward (girls)  
Coach Aaron Ahonen (boys)-sumner\_xc\_track  
**Boys Soccer**-Coach Michael Lankford-Sumner\_soccer  
**Cheerleading**-Coach Courtney Hasty-sumnercheerleading  
**Girls Basketball**-Coach Marika Starks-sumner\_girlsbb  
**Flag Football**-Coach Michael Cooper-stingrays\_ffb

### **WEBSITE:**

**Flag Football**-Coach Michael Cooper-  
[https://flagfootballreport.com/sumner\\_stingrays](https://flagfootballreport.com/sumner_stingrays)