



# **Welcome to Portsmouth High Athletics!**

*Home of the Clippers*

## **2018 PHS FALL SPORTS INFORMATION**

**All athletes must have a current (within the past two years) physical BEFORE tryouts begin. Physical forms can be picked up in our office or downloaded from the [www.cityofportsmouth.com](http://www.cityofportsmouth.com) website.**

### **Cross Country ( CO-ED )**

Cross Country will begin the week of Monday August 13<sup>th</sup>, 9:00-11:00 AM in the old foyer at Portsmouth High School. Be ready to run on this day. The Cross Country team competes in Division II. The coaches are Stan & Mike Lyford.

Website: <https://sites.google.com/site/portsmouthhightrack/>

For more info, contact Coach Mike Lyford: [mlyford@sau52.org](mailto:mlyford@sau52.org)

### **Field Hockey ( Girls )**

Field Hockey will begin the week of Monday August 13<sup>th</sup>; 8-10 AM & 4-6 PM on the PHS Varsity Field Hockey Field. The Field Hockey program consists of a Junior Varsity and Varsity team, and competes in Division II. The coach of the Varsity Girls Field Hockey team is Sara Carpenter. For more info: email Coach Carpenter: [scarpenter@sau52.org](mailto:scarpenter@sau52.org)

### **Football ( Boys )**

First practice and tryouts will be held on the Football field on Monday August 13<sup>th</sup>, 4:00-7:00 PM. Our Football team competes in Division I. There is a Varsity and Reserve program. Please go to [clipperfootball.com](http://clipperfootball.com) and register for more info and to be added to our email list. The coach of the Varsity Football team is Coach Brian Pafford, email [coachpaff@comcast.net](mailto:coachpaff@comcast.net)

### **Golf ( CO-ED )**

Tryouts start Monday August 13<sup>th</sup> at Pease Golf Course, 8:00 AM. On Tuesday August 14<sup>th</sup> and Wednesday August 15<sup>th</sup>, we will start at 6:30 AM at Pease Golf Course. Our golf team competes in Division II and has 8 scheduled matches for the season. The top 7 teams participate in the State Tournament in October. We will have a JV team as well. The coach of the Varsity Golf team is Eric Johnson, email : [Johnsonnh2001@yahoo.com](mailto:Johnsonnh2001@yahoo.com)

### **Boys Soccer**

Boys Soccer will begin the week of Monday August 13<sup>th</sup> on the PHS Varsity Soccer Field, 8:00-9:30 AM & 5:00-6:30 PM.

Players should bring water, soccer gear, cleats and running shoes to tryouts. The Boys Soccer program consists of a Freshman, Junior Varsity and Varsity team, and competes in Division I. The coach of the Varsity Boys Soccer team is Eric Martens, email [ericmartens23@gmail.com](mailto:ericmartens23@gmail.com) for more information and summer conditioning schedule.

### **Girls Soccer**

Girls Soccer will begin the week of Monday August 13<sup>th</sup>, 8-10:15 AM for 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders. 10:15 AM-12 PM for 9<sup>th</sup> graders only on the PHS Varsity Soccer Field. The Girls Soccer program consists of a Freshman, Junior Varsity and Varsity team, and competes in Division I. Check in with our website, <https://sites.google.com/site/portsmouthgirlssoccer/home> for more information. The coach of the Varsity Girls Soccer team is Cyd Scarano, email: [cydscarano@yahoo.com](mailto:cydscarano@yahoo.com) for more pre-season info.

### **Volleyball ( Girls )**

Volleyball tryouts will begin the week of Monday August 13<sup>th</sup>, 5:30 PM in the gymnasium at Portsmouth High School. The girls' volleyball program competes in NH Division I Volleyball. There is a Freshman/Reserve, Junior Varsity and Varsity Volleyball team. The coach of the Varsity Volleyball team is Stefany Shaheen.

For more information and summer conditioning programs, email Coach Shaheen at [stefanyshaheen@gmail.com](mailto:stefanyshaheen@gmail.com).

### **Cheerleading ( Girls )**

Cheerleading practices will begin the week of Monday August 13<sup>th</sup>, 3:45 PM in the gymnasium at Portsmouth High School. The cheerleading team is coached by Whitney Corcoran [whitney.corcoran@comcast.net](mailto:whitney.corcoran@comcast.net), Sam Freni [freni.samantha@gmail.com](mailto:freni.samantha@gmail.com) and Danielle Fealy [Dfealy0215@gmail.com](mailto:Dfealy0215@gmail.com)

### **Mountain Biking (Co-ed)**

Mountain Bike practices will begin on Thursday, August 23<sup>rd</sup>, 3:00 PM at the PHS Auditorium entrance / Old Foyer. The Mountain Bike team competes in the Northern New England High School Mountain Bike Series. The coaches are Sean McGrimley, Clyde Logue and Tom Martin. All athletes interested in Mountain Biking should send an email to: [smcgrimley@sau52.org](mailto:smcgrimley@sau52.org).

For more information on Portsmouth High School Athletics, call 436-7100, ext. 2906

Go to [www.cityofportsmouth.com](http://www.cityofportsmouth.com) and go to the  
SCHOOL DEPARTMENT, HIGH SCHOOL, and ATHLETICS links.