

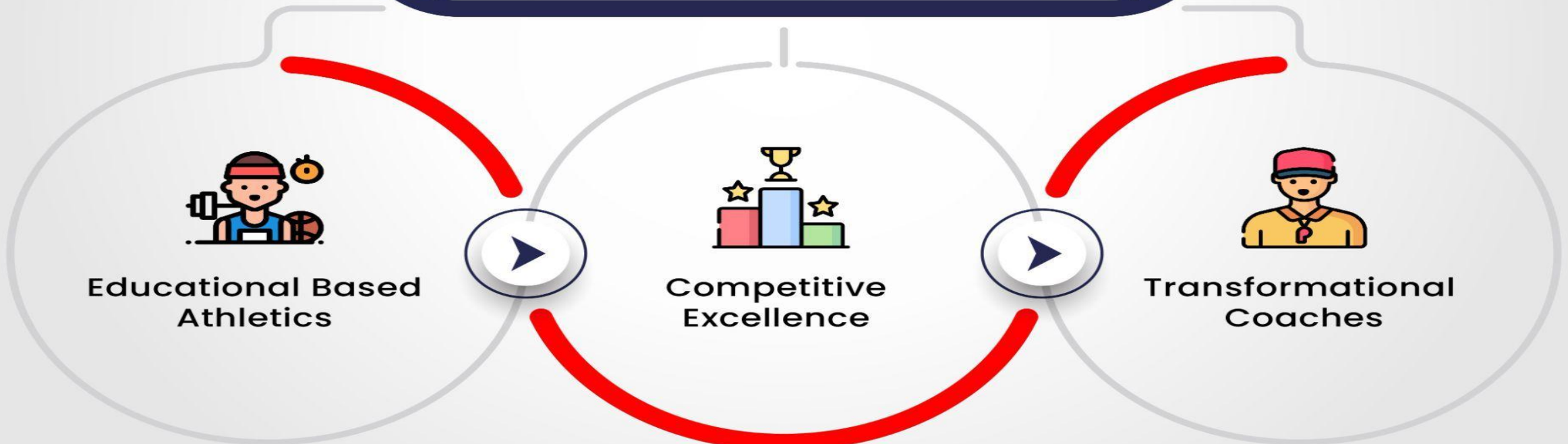
PEMBROKE HIGH SCHOOL ATHLETICS

1. Welcome/Introduction
2. PHS Athletics Philosophy
3. Sports Offered
4. Patriot League
5. PHS Student-Athletes
 - Olivia Sowersby & Jayden Leonard
6. You'll Be Great
7. Questions





STUDENT ATHLETE



The word '**culture**' comes from the Latin cultus, which means '**care**'

WHY HIGH SCHOOL ATHLETICS?

- Higher GPA's in athletes vs non-athletes
 - Grade 10- 8 out of top 10 in class are student-athletes
 - Grade 11- 9 out of top 10 in class are student-athletes
 - Grade 12- 9 out of top 10 in class are student-athletes
- Student-Athletes have higher attendance and graduation rates than non-athletes
- 95% of corporate office employees participated in high school athletics
- High school athletics often represent the best drop-out prevention, crisis intervention and drug prevention programs which a community can offer



21 Student-Athletes committed to play college athletics.

FALL SPORT OFFERINGS

- ☐ Field Hockey
 - (Varsity & JV)
- ☐ Football
 - (V/JV/Freshman)
- ☐ Boys & Girls Cross Country
- ☐ Golf
 - (V & JV)
- ☐ Boys & Girls Soccer
 - (V & JV)
- ☐ Volleyball
 - (V/JV/Freshman)
- ☐ Cheerleading



WINTER SPORT OFFERINGS

- ☐ Boys/Girls Ice Hockey

- Varsity & JV

- ☐ Boys/Girls Basketball

- Varsity & JV & FR

- ☐ Boys/Girls Swimming

- ☐ Indoor Track

- ☐ Gymnastics

- ☐ Wrestling

- ☐ Cheerleading



SPRING SPORT OFFERINGS

- ☐ Baseball
 - (V & JV)
- ☐ Softball
 - (V & JV)
- ☐ Outdoor Track
- ☐ Boys Lacrosse
 - (V & JV)
- ☐ Girls Lacrosse
 - (V & JV)
- ☐ Boys Tennis
- ☐ Girls Tennis

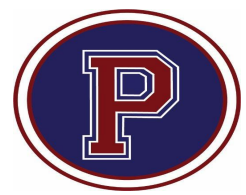


SUMMER STRENGTH & CONDITIONING

☐ OPEN TO ALL INCOMING FRESHMAN

- Starts July 7th





PATRIOT LEAGUE

Fisher Division	Keenan Division
Pembroke	Plymouth North
Scituate	Silver Lake
Plymouth South	Duxbury
Quincy	Hingham
North Quincy	Marshfield
Hanover	Whitman-Hanson



Jayden Leonard



Olivia Sowersby



You'll Be Great



Student-Athlete Expectations

Diversity, Equity & Inclusion

Zero tolerance for hazing & bullying.

Your words are powerful. Use appropriate language at all times.

YOU represent Pembroke



Communication

ANY QUESTIONS??

- Pembroke Athletics Website
 - Pembrokek12.org/athletics
- Pembroke Athletics Twitter: [@PHS_Titans](#)
- Pembroke Athletics Instagram: [PHS.Titans](#)
- E-Mail - Brian.Phillips@pembrokek12.org

