

Fall Sports

Tryouts and Practice

Below is the schedule for tryouts and practices for the first week of each sport. All practices will be at the high school unless noted. Please make sure athletes are properly prepared to participate. E-mails of the coaches have been provided in case you have any further questions.

Registration - <https://arbiter.io/>, please make sure you log into For Families/Students

Schedules- <https://pembrokeathletics.bigteams.com/>

Sports Awareness Night Tuesday 8/25 at 7:00pm in the Auditorium for all athletes and parents.

Football- Will Moher

E-Mail- wmoher@sau53.org

Football starts on Friday, 8/14 Anybody interested in playing needs to contact Coach Moher for more information

Boys Soccer- Drou Goff

E-Mail- drou.goff@gmail.com

8/17 thru 8/20 Double Sessions 9-10:30am and 4-5:30pm at PA, 8/21 Varsity soccer @ NHTI Jamboree JV practice 3-5pm

Girls Soccer- Jess Kaufman

E-Mail- coachjesskaufman@gmail.com

8/17 8-11am at TRS, 4-6pm at TRS, 8/18 Off Day, 8/19-8/21 8-11am at PA, 8/22 Goffstown Jamboree

Field Hockey- Ashley Gladu

E-Mail- agladu@sau53.org

8/17-8/19 Tryouts 3:30-5pm, 8/20-8/21 Practice 3:30-5pm at PA

Golf- Josh Coughlin

E-Mail- jcoughlin@sau53.org

8/17-8/19 4pm 8/20 3pm

Tryouts/Practice are at Pembroke Pines CC

Cross-Country- Alaina Larochelle

E-Mail- arkenney19@gmail.com

8/17-8/21 6pm except Wednesday, that is a rest day. Meet in the PA parking lot at the north end of the track.

Fall Spirit- Julia Denoncourt

E-Mail-denoncourtjulia@gmail.com

8/17, 8/19, 8/20 6:30-8:30pm, 8/22 Choreography 8:30am-3:30pm PA Gymnasium

Girls Volleyball- Sandy Benard

E-Mail sandy_benard2@hotmail.com

8/17 thru 8/21 Double Sessions 7:30-9am and 4-6pm PA Gymnasium