



Incoming Students and Parents,

Welcome to Manual High School! As you will soon find out, the large portion of our students participate in an extracurricular activity in addition to their regular academic load. It is our belief that Manual High School's combination of academics and activities is unmatched in the state of Kentucky.

Manual offers 27 athletic programs, in which there are 50 levels of competition (varsity, junior varsity, and freshmen). During the 2024-25 school year, there have been over 700 individual students participating on one of our athletic teams, nearly 40% of Manual's entire student body.

If athletics is not your interest, then get involved in one of our many student clubs and organizations.

Studies have shown many benefits of participation in extracurricular activities. Some these include:

- Participants have a better connection to the school versus students that do not participate.
- Participants perform better academically versus students that do not participate.
- Participants have a better attendance rate versus students that do not participate.
- Participants have less disciplinary problems versus students that do not participate.
- Participants have a better support system in place at school (coaches, sponsors, etc.).

Participating in activities at Manual is not easy. It takes determination, commitment, and personal sacrifice from the student. It also takes a tremendous amount of support from family, friends, and faculty. It is this support and commitment that allows our extracurricular activities to thrive.

On behalf of the athletic department, coaching staff, current students, alumni, and support staff, we welcome you to duPont Manual High School. We are glad you are here! Go Crimson!

David Zuberer
Athletic Director
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IMPORTANT LINKS FOR MORE INFORMATION

[DUPONT MANUAL HS ATHLETICS - ATHLETIC DEPARTMENT CONTACT INFORMATION](#)

[DUPONT MANUAL HS ATHLETICS - TEAM CONTACT INFORMATION](#)

[25-26 DUPONT MANUAL STUDENT ATHLETE REGISTRATION](#)

[DUPONT MANUAL HS ATHLETICS - ATHLETIC ELIGIBILITY INFORMATION](#)

[CRIMSON & RAM CARD INFORMATION \(SEASON PASSES\)](#)

[DUPONT MANUAL HIGH SCHOOL LISTING OF APPROVED CLUBS](#)