

**1. What sports are offered at PBHS?**

Fall

Football (JV and Varsity)  
Cheerleading (JV and Varsity)  
Cross Country (Boys and Girls)  
Girls Volleyball (JV and Varsity)  
Golf (Boys and Girls)  
Swimming (Boys and Girls)

Winter

Basketball (JV and Varsity) (Boys and Girls)  
Competitive Cheerleading (Varsity Only)  
Soccer (Boys and Girls, JV Girls Only)

Spring

Baseball (JV and Varsity)  
Softball (JV and Varsity)  
Tennis (Boys and Girls)  
Track (Boys and Girls)  
Girls Flag Football (JV and Varsity)  
Boys Volleyball (Varsity Only)  
Water Polo (Boys and Girls)  
Lacrosse (Boys and Girls)

**2. What do I need in order to participate?**

ALL OF THIS IS TO UPLOADED AND DONE ON ATHLETICCLEARANCE.COM

- a. EL2- Physical form on the FHSAA approved form
  - i. This is different than the one for admission to school. It must be filled out on the form provided. Physicals are good for 365 calendar days.
- b. Copy of insurance card
  - i. If you do not have insurance you can purchase through [schoolinsuranceofflorida.com](http://schoolinsuranceofflorida.com) (Football insurance is good for football only)
- c. EL3- Consent form
- d. Broward Health form
- e. Sportsmanship Policy
- f. Social Networking Policy
- g. An unweighted GPA of 2.0

**3. How do I find out about summer camps and preseason workouts?**

- a. Email the coach, many teams do some form of training in the offseason
- b. Sign up for Remind, Coaches will update through text messages.

**4. What kind of training does each team do before the season?**

- a. Each team is different in their preseason routines. We like each sport to have at least 1 week of conditioning prior to their season starting. At this time all paperwork must be turned in.
- b. Students without the proper forms will not be permitted to condition or tryout for the team.

**5. Can I play two sports at the same time?**

- a. In most cases, I would say it is not going to work but it has in certain circumstances. The sports that it seems to work with are non team sports. Accommodations can be made but it is up to the coach's discretion.

**6. What time are practices?**

- a. Generally the practice times for the majority of our sports programs occur afterschool. The end time varies based on the sport, coach, and available venue to practice.
- b. Most sports practice from about 4-6 pm. Basketball is different with 4 teams sharing a gym.

**7. How do I get home from practice?**

- a. Parents can pick you up or you can ride the city bus. We do not provide a school bus to your house after practice or games. It is the responsibility of each player to make sure that they have a ride home after events. Coaches are required to stay until the last athlete is picked up, so please make sure that you have the available transportation.
- b. The activity bus picks up @ 4:45 and will drop off the students at their closest elementary school. This is not an option for many of the players on the teams at PBHS as practice is just getting going. Each coach and sport is a little different with their allowance of athletes to leave early.

8. **I play club and have club practice during my season is that a problem?**
  - a. We love that many of our students have a love and desire to take their games to the next level. However, it is very important that the coaches are able to develop a team atmosphere and able to work on things that will enable the team at PBHS to compete at the highest level.
  - b. We feel that is necessary to be at practice on a regular basis in order to make it work and be fair to all participating. Some club season's overlap with the high school season and though we do not want athletes to give up the level of competition of the their club sports for high school sports. We do expect that athletes will attend our practices on a regular basis or face dismissal from the team and or lack of playing time
9. **How much do sports cost at PBHS?**
  - a. The ability to play sports is a right of all students in Broward County Public Schools. The Athletic Department and separate teams will be doing fundraisers during the school year in order to better serve our athletes. Although it is not required to participate in said fundraisers, we appreciate everyone's help and support.
10. **What schools do we play?**
  - a. Each sport is a little different as far as who is in your district (league). The majority of our districts include some of the smaller public schools and the private schools.
  - b. The remainder of the schedule is filled in with other Broward County Public Schools.
11. **How many games does our season contain?**
  - a. Most sports we are limited to 22 contests and tournament games.

When are tryouts and when does the season begin and end for my sport?

**FALL**

**Football** (July 30th) Coach Jones  
 Email: [Coachmelj@gmail.com](mailto:Coachmelj@gmail.com)  
 Remind: Text 81010 message @pbhsfb

**Cheer** (July 30th) Coach Jackson  
 Email: [Carreon.jackson@browardschools.com](mailto:Carreon.jackson@browardschools.com)  
 Remind: Text 81010 message @pbhschee

**Swimming** (July 30th) Coach Judd  
 Email: [Michael.judd@browardschools.com](mailto:Michael.judd@browardschools.com)  
 Remind: Text 81010 message @ pbhssw

**Cross Country** (July 30th) Coach Didymus  
 Email: [Thomas.didymus@browardschools.com](mailto:Thomas.didymus@browardschools.com)  
 Remind: Text 81010 message @PompanoXC

**Golf** (July 30th) Coach Hammond(B)/Campbell (G)  
 Email: [Billy.hammondjr@browardschools.com](mailto:Billy.hammondjr@browardschools.com)  
 Email: [skigolf50@gmail.com](mailto:skigolf50@gmail.com)  
 Remind: Text 81010 message 4g79f

**Girls Volleyball** (July 30th) Coach Pico  
 Email: [Luis.beauchamp@browardschools.com](mailto:Luis.beauchamp@browardschools.com)  
 Remind: Text 81010 message pbhsvl

**Winter**

**Girls Soccer** (Oct 22nd) Freddys Aguilar  
 Email: [jason.frey@browardschools.com](mailto:jason.frey@browardschools.com)  
 Remind: text 81010 message @6989g3

**Boys Soccer** (Oct 22nd) TBD

**Boys basketball**(Nov 5th) Coach Stone  
 Email: [jamesy.stone@browardschools.com](mailto:jamesy.stone@browardschools.com)  
 Remind: text 81010 message @pbhsbal

**Girls Basketball** (Oct 29th) Coach Wright  
 Email: [dawnawright25@gmail.com](mailto:dawnawright25@gmail.com) Remind: Text 81010 message @tornadoesg

**Spring**

**Tennis** (Jan 22nd) Coach Messano  
 Email: [jdmessano@aol.com](mailto:jdmessano@aol.com)  
 Remind: Text 81010 message @pbhs201

**Baseball** (Jan 29th) To Be Determined

**Softball** (Jan 22<sup>nd</sup>) Coach McGuire  
 Email: [wheelsmc4@hotmail.com](mailto:wheelsmc4@hotmail.com)  
 Remind: Text 81010 message @pbhssb

**Track** (Jan 22<sup>nd</sup>) Coach Didymus  
 Email: [Thomas.didymus@browardschools.com](mailto:Thomas.didymus@browardschools.com)  
 Remind: Text 81010 @pbhstrackp

**Water Polo** (Jan 22nd) Coach Moore  
 Email: [Scott.moore@copbfl.com](mailto:Scott.moore@copbfl.com)  
 Remind: Text 81010 message @fef6ef

**Boys Volleyball** (Feb 5<sup>th</sup>) Coach Pico  
 Email: [Luis.beauchamp@browardschools.com](mailto:Luis.beauchamp@browardschools.com)  
 Remind: Text 81010 message @

**Flag Football** (Feb 12th) Coach Firth  
 Email: [Johnathan.firth@browardschools.com](mailto:Johnathan.firth@browardschools.com)  
 Remind: Text 81010 message @h248h

**Lacrosse** (Jan 29<sup>th</sup>) Coach O, Cifuentes  
 Email: [Oscar123cifuentes@gmail.com](mailto:Oscar123cifuentes@gmail.com)  
 Remind: Text 81010 message @pbhsgl

GET UPDATES ON ALL ATHLETICS BY FOLLOWING US ON TWITTER  
 @coachfreypbhs  
 Email: [jason.frey@browardschools.com](mailto:jason.frey@browardschools.com)  
 Remind: Text 81010 @PBHSat