



Welcome to Portsmouth High Athletics!

Home of the Clippers

2020 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 website.

Cross Country (CO-ED)

Cross Country will begin the week of Tuesday September 8th, Times TBA at Portsmouth High School. Be ready to run on this day. The Cross Country team competes in Division I. The coaches are Stan & Mike Lyford.
Website: <https://sites.google.com/site/portsmouthhightrack/> For more info, contact Coach Mike Lyford: mlyford@sau52.org

Field Hockey (Girls)

Field Hockey will begin the week of Tuesday September 8th, Times TBA 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

Football (Boys)

First practice and tryouts will be held the week of Tuesday September 8th, Times TBA on the Football field. Our Football team competes in Division I. There is a Varsity, JV and Reserve program. Please go to 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 for more information on summer conditioning and team workouts.

Golf (CO-ED)

Tryouts are being held the week of Tuesday September 8th, Times TBA 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 dependent on participant numbers. The coach of the Varsity Golf team is Kyle Harrison. For more information, please email kharrison@sau52.org

Boys Soccer

Boys Soccer will begin the week of Tuesday September 8th, Times TBA on the PHS Varsity Soccer Field.
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 for more information about the program and the summer conditioning schedule. Summer pick-up will be on Mondays, Wednesdays, & Fridays 4-7 PM at Portsmouth HS starting Monday June 8th through July.

Girls Soccer

Girls Soccer will begin the week of Tuesday September 8th, Times TBA on the PHS Varsity Soccer Field. The Girls Soccer program consists of a Freshman, Junior Varsity and Varsity team, and competes in Division I. Pick-Up soccer on Tuesdays and Thursdays, 5:00-7:00 PM begins Tuesday June 9th through July at PHS. For more info, email Head Coach, Brint Shone bshone1970@gmail.com

Volleyball (Girls)

Volleyball tryouts will begin the week of Tuesday September 8th, Times TBA 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 coaches of the Varsity Volleyball team are Madison Lightfoot & Demi Muses.
For more information and summer conditioning programs, email Coach Lightfoot, madison.j.lightfoot@gmail.com

Cheerleading (CO-ED)

Cheerleading tryouts will begin the week of Tuesday September 8th, Times TBA at Portsmouth High School. The cheerleading team is coached by Whitney Corcoran whitney.corcoran@comcast.net and Sam Freni freni.samantha@gmail.com. Please contact the coaches for more information on summer conditioning.

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

Go to www.cityofportsmouth.com and go to the SCHOOL DEPARTMENT, HIGH SCHOOL, and ATHLETICS links.