

PALMER ATHLETICS

PRIDE. HONOR. STRENGTH.

TERRORS TOGETHER

THANK YOU!!

- We know the transition to the online registration system came late, but we hope you know how much we appreciate your diligence and patience through the process.

Welcome Back!

- Athletic/Business Office Staff
 - Athletic Director and Business Office Manager – Christina Miner
 - Athletic Secretary – TBD
 - Bookkeeper – Maripat Webster
 - Accounting Clerk – Mandi Rasdall
- District Athletic Director – Chris Noll
- Trainer – Amo Bolorin

MISSION STATEMENT

- PALMER HIGH SCHOOL

- William J Palmer HS is dedicated to pursuing academic excellence by engaging our diverse student body in a globally relevant, appropriately rigorous education to meet the changing demands of the future.

- PALMER ATHLETIC/ACTIVITIES DEPARTMENT PURPOSE STATEMENT

- TOGETHER we aim to provide all students with a positive experience to build character and skills, while demonstrating PRIDE, HONOR, and STRENGTH, through participation in athletics and activities.

CHSAA POLICIES

- Arbiter – All athletes need to have an account, and one parent/guardian
- Transfer rule – As of June 1, 2018, if you transfer schools without a move, you sit Varsity competition for 365 days.
 - If you have not attended Palmer for the last 365 days, and you have not done transfer paperwork, stop by and see me!!!
- Attendance – Athletes must be in class to participate
 - If they miss more than 50% of their scheduled classes, they cannot practice or play that day.
 - Their attendance on the last day of school before non-school days, impacts their ability to participate.
 - i.e. Their attendance on Friday, effects their ability to play on Saturday

CHSAA POLICIES

- Initial Eligibility
 - Freshmen are automatically eligible as long as they have at least 5 credits this semester.
 - 10th-12th graders
 - Had to take 5 full credits last semester.
 - Fail no more than one class
 - Taking at least 5 credits this semester
- Weekly Eligibility Checks – Wednesdays at 3am. Can't have more than 1 F
 - Changes to eligibility ONLY IF: 1. Work made up within 2 days of excused absence OR 2. Teacher errors

ATHLETIC TRAINER

Amo Bolorin

Amarilees.bolorin@d11.org

IT IS NOT JUST A NEW LOGO

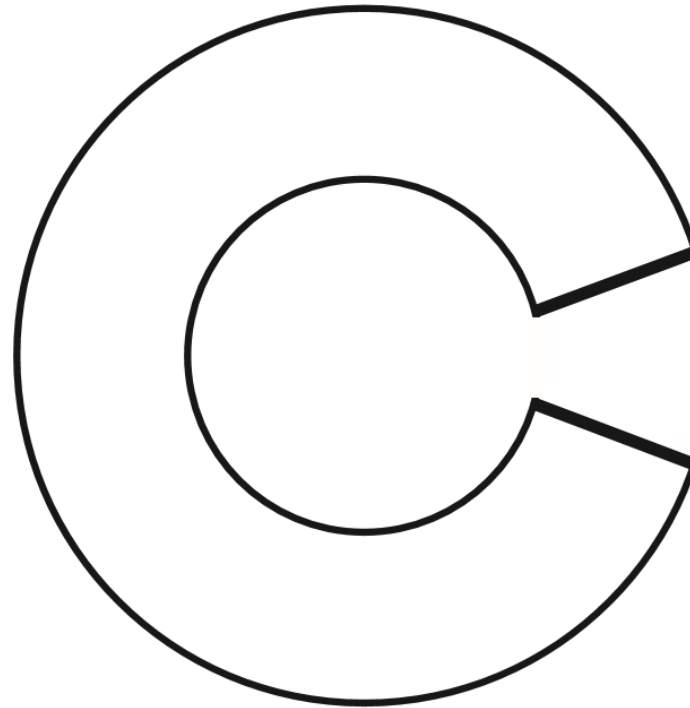
WHO ARE WE & WHAT IS OUR PURPOSE?

Fall 2018

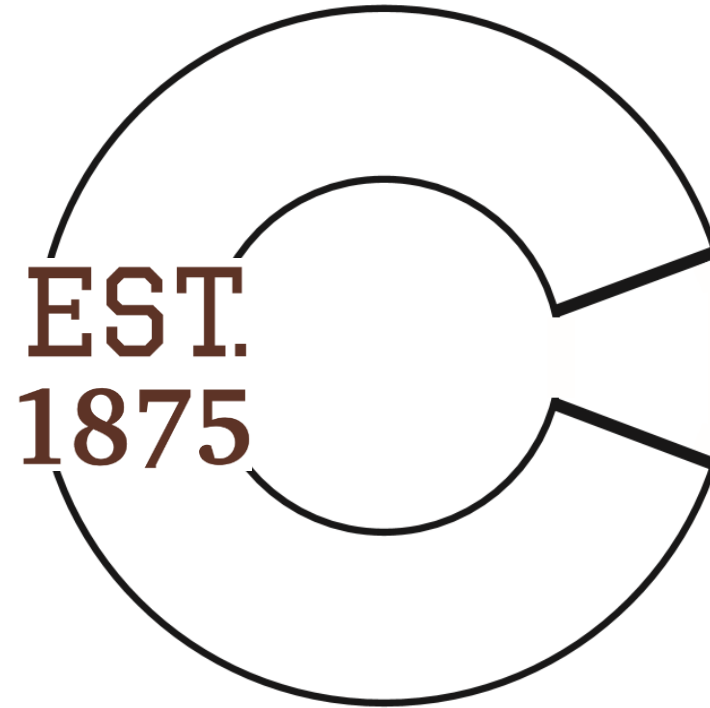
LAST SPRING – STUDENT CONTEST

Kyle Moore

BROKEN CIRCLE



ESTABLISHED 1875



PALMER TERRORS



Eagle Beak 2 – Easier to replicate



Full rendition of the logo



TERRORS TOGETHER



PRIDE.
HONOR.
STRENGTH.

PRIDE. HONOR. STRENGTH.

- ACADEMIC STATE CHAMPIONS
 - 16 TEAMS SINCE 2015-16 SCHOOL YEAR
 - LAST YEAR
 - GIRLS SOFTBALL
 - BOYS CROSS COUNTRY
 - GIRLS CROSS COUNTRY
 - GIRLS SWIM
 - GIRLS GOLF
- Last year Athletic Average GPA: 3.48





PRIDE

- **SPORTSMANSHIP**

- ALL athletes, students and spectators are expected to show positive sportsmanship at ALL events
- If you are dismissed from an event, you are banned from all Palmer events for a minimum of 2 weeks

- **SUPPORT ALL ATHLETICS AND ACTIVITIES**

- We encourage you to come out and support a variety of events to experience the Palmer PRIDE!
- Our students and community are amazing! Getting involved helps all students connect and perform better in the classroom and in athletics/activities

PRIDE

• TERROR WEBSITE & TERROR SOCIAL MEDIA

- WEBSITE: www.phsterrors.org – Score updates, weekly events are posted, stories from coaches
 - MAKE SURE YOU SIGN UP FOR ALERTS – CANCELLATIONS & SCHEDULE CHANGES WILL BE PUSHED OUT THROUGH THESE ALERTS
- FACEBOOK: PALMER HS ATHLETICS
- TWITTER: @TERRORATHLETICS
- INSTAGRAM: TERROR_ATHLETICS
- D11 LOOP: Available in the app store – d11.org/loop for directions



PRIDE

• GEAR

- Palmer Gear is on sale in the Business Office during school hours and tonight
- Teams will also offer opportunities for athletes and parents to purchase gear

• STUDENT AND PARENT ATHLETIC PASSES

- Student Passes – icon on their ID for \$15. Get in free to all home events, except hockey
- Parent Passes - \$25 for 10 punch, punch card

• AUGUST 31 – TAILGATE before the Palmer v. Mitchell Football Game

- Opportunities for teams and clubs to raise money by having booths

HONOR



- **HARD WORK & DEDICATION**

- Our coaches and student-athletes work hard and are very dedicated
- Give them the benefit of the doubt, HONOR their hard work & dedication

- **POSITIVE SPORTSMANSHIP HONORS OUR KIDS**

- **COMMUNICATION PROTOCOL**

- If you are upset, wait 24 hours. I have asked the coaches to wait the same period of time.
 - DO NOT approach a coach during or right after a game
- **FIRST** - Athletes communicate with coach(es)
- Then anyone can request meeting with parent, coach and athlete
- Then anyone can request a meeting with athletic director, parent, athlete and coach

HONOR

A large, semi-transparent watermark of the Dallas Mavericks logo is centered in the background. The logo features a stylized eagle head in profile, facing right, with a yellow beak and a grey body. The words "DALLAS" and "MAVERICKS" are written in a circular path around the eagle. The text "EST. 1980" is visible on the left side of the eagle's head.

- D11 DRUG, ALCOHOL, TOBACCO POLICY
 - Year-round policy
 - First infraction miss 30% of the season
 - Second infraction miss 50% of the season
 - Third infraction done participating in athletics
- ATTENDANCE
 - Attend practices – only way you will get better
 - Lack of attendance will impact playtime
- CLASSROOM SUCCESS LEADS TO ATHLETIC SUCCESS

STRENGTH

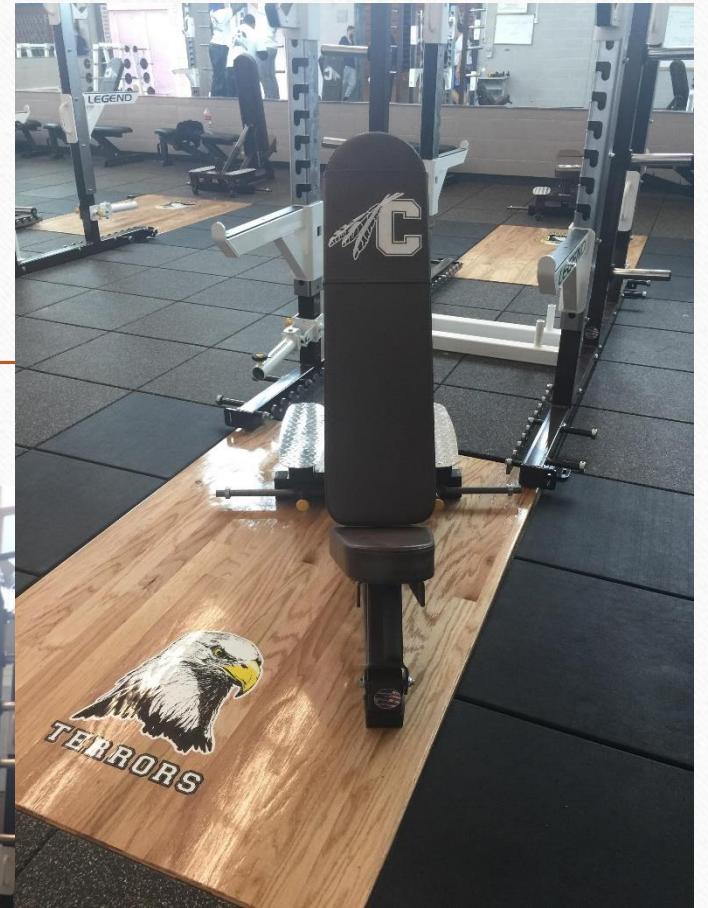


- ABILITY TO DEMONSTRATE STRONG CHARACTER
- INTEGRITY
- NEVER GIVE UP ON SELF OR TEAM
- MULTI-SPORT ATHLETES
 - Stay connected all year
 - Top recruits tend to be multi-sport athletes
- OFF-SEASON OPPORTUNITIES – Check with your coaches

STRENGTH



- **Strength & Conditioning – Invest in yourself!**
 - Athletes are highly encouraged to get in classes.
 - Weight Room - \$30,000 upgrade last year
 - NSCA Grant
 - Benefits
 - For ALL athletes
 - Faster, stronger, competitive
 - Reduces injuries



TERRORS TOGETHER



- OUR KIDS DESERVE THE BEST!
- WE ALL CONTRIBUTE TO THE SUCCESS OF TEAMS AND INDIVIDUAL ATHLETES
- SUCCESS=GROWTH IN CHARACTER & SKILL, ON AND OFF THE FIELD
- THE TERRORS HAVE A HISTORY OF COMING TOGETHER TO SUPPORT THOSE IN THE TERROR COMMUNITY AND BEYOND THAT ARE STRUGGLING.

OUR PURPOSE!

TERRORS TOGETHER



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TOGETHER we aim to provide all students with a positive experience to build character and skills, while demonstrating **PRIDE, HONOR, and STRENGTH**, through participation in athletics and activities.

MEETING ROOMS

A large, faint watermark of the Palm Beach State University logo is centered in the background. The logo features a stylized eagle head facing right, with the text "PALM BEACH STATE UNIVERSITY" around the perimeter and "EST. 1875" on the left side.

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- **CHEERLEADING: 129**
 - **CROSS COUNTRY: 127**
 - **FOOTBALL: AUDITORIUM**
 - **GOLF: 220**
 - **SOCCER: 125**
 - **SOFTBALL: 126**
 - **TENNIS: 122**
 - **VOLLEYBALL: Lecture Hall**