

# PHS Clubs-Activities

(Alphabetical)



**Academic Decathlon Team** is a PHS team of nine students from Grades 9-12 with a GPA of A, B, or C respectively( three A's, three B's, three C's) that competes at the State Decathlon in March usually at DHS under a specific theme. There are 10(10) areas of study or competition for which a multiple-choice exam is administered, and there is a written (essay) and an oral (speech/interview) portion for which the students prepare during the year. The students have resource and study guides as well as practice tests to assist them in their preparation for the competition. Teachers at PHS give mini seminars to help the students prepare in art, music and in science or social studies. We also have the alternate category for students who wish to practice the competition before participating on the first team.

Maryann Pendleton- [pendlm@portlandschools.org](mailto:pendlm@portlandschools.org)



**Art Club** meets after school one day per week. Students who have an interest in visual art are encouraged to join. Our first meeting will determine what day works the best for students to meet. Students will have the opportunity to work on some independent projects. As a group, we will work on art projects for our school community such as: murals or creating sets for school productions...such as the plays and the multicultural show.

Tory-Tyler Millar – [millat@portlandschools.org](mailto:millat@portlandschools.org) Stanley Colburn – [colbus@portlandschools.org](mailto:colbus@portlandschools.org)

**Asian Student Association** A student organization that supports the academic, social, emotional, and cultural needs of Asian and non-Asian students at Portland High School. The group focuses on promoting cultural awareness, collaboration, and celebrates the diversity within the school and community.

Karen Phillips – [phillk@portlandschools.org](mailto:phillk@portlandschools.org)

Susie Nick- [nicks@portlandschools.org](mailto:nicks@portlandschools.org)



**Band** The PHS Band is a yearlong class that can be used to meet the arts requirement for graduation. However, students are encouraged to participate in band more than one year, ideally all four years, so that the band maintains consistent membership and continued growth. The PHS Band participates in several evening concerts throughout the year with other PHS music ensembles as well as other school events. The Band also participates in community events, including marching in the Veterans Day and Memorial Day parades (combined with the Deering High School band) and citywide school music programs. Band members should have previous experience playing a band instrument and reading music. Band members in good standing are eligible to audition for District 2 and All-State Bands.

Paul McGovern- [mcgovp@portlandschools.org](mailto:mcgovp@portlandschools.org)

**Baseball Varsity** TBA

**Baseball JV** David Levasseur- [levasd@portlandschools.org](mailto:levasd@portlandschools.org)

**Baseball Freshmen** Christopher Smart- [smartc@portlandschools.org](mailto:smartc@portlandschools.org)



Baseball is open to all students. Students interested in baseball are required to try out. The baseball program has three teams, Freshmen, Junior Varsity and Varsity. The baseball program has a great history enriched in tradition and success. Student athletes with backgrounds in other sports are highly encouraged to join our program and its continued success.

**Basketball Boys Varsity** Joe Russo- [russoj@portlandschools.org](mailto:russoj@portlandschools.org)

**Basketball Boys JV** Joe Giordano – [jmgmam@yahoo.com](mailto:jmgmam@yahoo.com)

**Basketball Boys Freshmen** Robert Girsch – [girschr@portlandschools.org](mailto:girschr@portlandschools.org)

This program is open to all boys interested in playing the game of basketball. All students must try out and there are three teams to participate on depending on ability. The boys basketball program is rich in tradition and consistently finishes among the best in our league and in the state.



**Girls Basketball Varsity** Jan Veinot – [jveinot@maine.rr.com](mailto:jveinot@maine.rr.com)

**Girls Basketball JV** Denise Holmes

**Girls Freshmen** Ashley Brownlee – [brownleea@live.com](mailto:brownleea@live.com)

This program is open to all girls interested in playing the game of basketball. All students must try out and there are three teams to participate on depending on ability. The girls basketball program has had much success over the years and is an excellent way to get involved in your school and be a part of a great tradition.



**Big Brothers/Big Sisters** (PHS “Dawgs and Pups”) is a school-based mentor program that matches young people from the community with students at Portland High School. Students are trained in mentoring and will be a positive role model for a younger person. A primary goal of the program is to enhance and strengthen the self-esteem of the young people through friendships with caring older young adults.

Karen Phillips [phillk@portlandschools.org](mailto:phillk@portlandschools.org)



**Cheerleading** has two seasons: Fall and Winter. Our Fall Season Runs from the middle of August until our Thanksgiving Day Game and is open to all students. We do not have a Freshman team - just a Varsity. The team practices Monday through Thursday all season 2 - 4:30pm. We cheer at all the Football games away and home under the lights on Friday nights.

Our Winter Season Runs from December through March and is open to all students. The team practices on Monday, Wednesday and Thursday all season 2 - 4:30pm. We cheer for the girl's and boy's home basketball games every Tuesday and Friday night. This is also our Competition Team and we compete in 4 to 6 cheering competitions (including Regionals and States) on Saturdays. Anyone new to cheering is welcome and encouraged to come and see what it is all about. Both are exciting, fun seasons that we are sure you will enjoy!

Lauri-Ann Moran – [lauriann@maine.rr.com](mailto:lauriann@maine.rr.com) (207) 712-6007 [www.phscheering.org](http://www.phscheering.org)

**Chorus** is a yearlong class, which fills the arts requirement for graduation. The PHS Chorus presents three school concerts each year as well as occasional community performances. Chorus members should have previous experience with chorus music, be able to match pitch, sing in tune, and keep a steady beat. Participants will learn to read music notation and sing in a variety of musical styles. Only students who are members in good standing of the chorus are eligible to try out for District and State Chorus. It is desirable that students plan to sing in chorus more than one year so that each year new members can benefit from the experience of 'veterans'.

Denis Drobinski- [drobid@portlandschools.org](mailto:drobid@portlandschools.org)



**Cross Country Boys** is a fall season sport. The team has a practice or a meet Monday through Friday all season. After Labor Day, practices will be in the afternoon, after school from 2-4pm. The regular season meets begin 9/12 and end 10/17. The Regional Championship meet is Saturday, 10/25, and the State Championship meet is Saturday 11/1/2008.

Dan Deniso- [denisd@portlandschools.org](mailto:denisd@portlandschools.org)

**Cross Country Girls** is a Fall sport with an open enrollment. We begin pre-season the second week of August and our season goes through the beginning of November. It is a distance running sport and girls are expected to be able to run 3 miles or more to compete in the races. Cross Country is an independent sport where girls are really working on endurance and resiliency.

Sophie Payson- [paysos@portlandschools.org](mailto:paysos@portlandschools.org)



**Debate Team** is dedicated to learning and practicing skills in all forms of debate and speech. This year, our team is learning Lincoln-Douglas debate and is participating in both local and regional meets. Any PHS student, grades 9-12, is welcome to join us at anytime. We meet and practice on Wednesday afternoons, from 1:00-4:00. Debate Tournaments are held on Saturdays during the winter.

Deborah Keyes – [keyesd@portlandschools.org](mailto:keyesd@portlandschools.org)



**Drama Club** The Portland High School Drama Club provides an opportunity for the students to participate in the theatrical arts. As a group the club undertakes three or more productions each year. A variety of students are involved in almost every aspect of theatre production: acting, costumes, make-up, lights, sound, sets, designing, stage-managing, and directing. The opportunities in drama address any number of different student skills. Each year the drama students participate in the Regional One Act Festival. This weekend competition includes several area schools. The students get to view what other schools are doing, present their own one act, and participate in a critique session with the festival judges. It is always a worthwhile learning experience. One of the other productions each year is a full-length play. The club members work for months preparing every aspect of this production. For the last several years, the drama club has collaborated with the Shakespeare club on the final production. While the Shakespeare club focuses on the acting of the play, it gives the drama club a chance to focus on technical theatre. Besides play production, the students have been involved in the filming of commercials and public service announcements for local television stations, workshops on acting and designing, as well as school variety shows. The drama club provides a variety of theatrical opportunities to enrich the Portland High School community.

David Smith- [smithd@portlandschools.org](mailto:smithd@portlandschools.org)

**English Club** – welcomes the many PHS students learning English as a new language, as well as native English speakers who would like to help them. Students can drop by the club and practice their new English skills. Games, activities, as well as specific focus topics are offered in a relaxed environment to encourage the students to improve their written and spoken English.

Christina Mitchell - [mithc@portlandschools.org](mailto:mithc@portlandschools.org)



## **Environmental Club**

**Goals:** To create awareness amongst students and staff at PHS regarding: energy conservation and recycling. This includes continuing the work of the Green Team. The environmental club reaches out to other schools in the district, assisting them with awareness, education, and projects they can embark upon with regard to energy conservation and awareness. The group also raises money and awareness to help stop world hunger, and continue to support the work of the Heifer Foundation.

Cyndy Martin- [marticy@portlandschools.org](mailto:marticy@portlandschools.org)

**Executive Board** is a board of 12, 16, 20 or 24 members with 4 class officers. The Executive Board makes decisions for their class, raises money and does community service. Each class runs different activities throughout the year.

Executive Board Advisors: 9th grade – Christopher Smart [smartc@portlandschools.org](mailto:smartc@portlandschools.org)

10th grade – Sue Mullen – [mulles@portlandschools.org](mailto:mulles@portlandschools.org) Theresa LaPlante – [laplat@portlandschools.org](mailto:laplat@portlandschools.org)

11th grade - Chris Allen – [allenc@portlandschools.org](mailto:allenc@portlandschools.org) Deb Keyes – [keyesd@portlandschools.org](mailto:keyesd@portlandschools.org)

12th grade - Nancy Harkins – [harkin@portlandschools.org](mailto:harkin@portlandschools.org)

## **Field Hockey Varsity** Beth Arsenault - [arsenb@portlandschools.org](mailto:arsenb@portlandschools.org)



**JV** Debbie Kelley and Katie Smal - [smallk@portlandschools.org](mailto:smallk@portlandschools.org)

Portland High currently fields both a Junior Varsity team and a Varsity team. The team practices at Payson Park and plays JV home contests there. The Varsity home games are played at Fitzpatrick Stadium.



## **Football**

Michael Bailey – [bailem@portlandschools.org](mailto:bailem@portlandschools.org)

The football program has three teams: Freshman, JV and Varsity. It is one of the oldest sports at PHS and is involved in the annual Thanksgiving Day game vs. archrival, Deering High School. The season starts in mid-to-late August and goes until the end of November. Football is a non-cut sport and all are welcome and encouraged to participate and get involved with one of the best programs in the state!

## **Freshmen**

Jamie Ruhlin

**Future Business Leaders of America's** mission is to bring business and education together in a positive working relationship through innovative leadership development programs. The goals are to promote competent, aggressive business leadership \* understand American business enterprise \* establish career goals \* to encourage scholarship \* to promote sound financial management \* to develop character and self-confidence and to facilitate transition from school to work.

Shelley Burek – [burkes@portlandschools.org](mailto:burkes@portlandschools.org)

**Gay-Straight Alliance (GSA)** is a student club that works to improve school climate for all students, regardless of sexual orientation or gender identity/expression. Over 4,000 GSAs are registered with GLSEN (Gay, Lesbian, Straight Education Network), [www.GLSEN.org](http://www.GLSEN.org), the parent organization for GSAs. Betsy Parsons is the Southern Maine Co-Chair that we work with here at PHS. GSA meetings are on Thursdays, at 2:15, in the Media Room, 321, just outside the Library, on the third floor. All students are welcome to join the GSA even when they can't make it to every meeting. Updates are sent to GSA Members by e-mail. The GSA supports students being involved in many clubs and activities. The more students GSA members connect with, the better they spread the message of Safe Schools for All.


Ms. Reed- [reedb@portlandschools.org](mailto:reedb@portlandschools.org)

## **Golf Varsity** - John Lafond [jlafond@roadrunner.com](mailto:jlafond@roadrunner.com)

**JV** – Carroll Nappi [nappic@portlandschools.org](mailto:nappic@portlandschools.org)



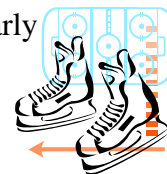
The PHS golf team has two levels: JV and Varsity. Boys and Girls are encouraged to try out and participate in developing this life-long activity. The program will work with you to develop skills and also teach you the correct way to play the game. The season starts in late August and goes until mid-October.

 **Health Center Outreach Team** -Do you want to have fun, meet people, and build your leadership resume? The students in the Health Center Outreach Team, known as "**What's Next?**" educate students about health issues of importance to teens. In the past we have held assemblies on HIV/AIDS, teen suicide, depression, drug and alcohol use and teen parenting. This year we are already planning an event on Body Image and Eating Disorders. The topics are as open as your imagination! The group has traveled to the Maine Youth Action Network Leadership Conference in Bar Harbor, Legislative Day in Augusta and Washington, D.C., the Anti-Tobacco Summit. The group has also given presentations to candidates for governor, the School Committee, and our Senators and representatives in Washington. Interested?

Phyl Rubinstein 874-8920, 329-6453, [pgr@portlandmaine.gov](mailto:pgr@portlandmaine.gov)

**Hockey Boys** is a varsity sport that participates in the MPA Class A Western Division. Games and practices are held at the Portland Ice Arena. The players have a locker room at the Portland Expo and they are responsible for supplying their own equipment. The season begins in late November and runs until early March. There are no JV or Freshmen teams.

Andy Gildart – [andyg@cascobaylines.com](mailto:andyg@cascobaylines.com)



**Hockey Girls** The Girl's Ice Hockey program is open to all students. New players to the game are welcome and encouraged to sign up. We have both a Varsity and JV team. The Girl's Ice Hockey program focuses on developing the player's skills and knowledge of the game as well as competing to their best level and teamwork.

Courtney Rideout – [rideoc@mmc.org](mailto:rideoc@mmc.org)

**Impact of Language** is a program that focuses on the impact of degrading language, prejudice and harassment. The program will help students develop the leadership skills necessary to influence their peers to treat all students with civility and respect.

Kathy Randall – [randak@portlandschools.org](mailto:randak@portlandschools.org)



**International Club's** mission is to educate about, preserve and celebrate the many cultures here at Portland High School. All students are welcome. Examples of some of the activities we organize include the yearly Portland Arts and Cultural Heritage Show (formerly known as the International Cultural Heritage Show), a school wide day of learning about a country, and traditional and contemporary dance instruction.

Julie Wise – [wisej@portlandschools.org](mailto:wisej@portlandschools.org) Christine Braceras – [bracec@portlandschools.org](mailto:bracec@portlandschools.org)



**Jazz Band** The PHS Jazz Band is an extracurricular activity open to all PHS students with previous experience playing an instrument. No previous jazz experience is necessary. The ability to read music is preferred, but not required. The Jazz Band participates in several evening concerts throughout the year with other PHS music ensembles and may also perform for other school and community events. Students will learn standard jazz songs and arrangements and will learn improvisation. Rehearsals will be scheduled after school or in the evening depending on student and director availability. Jazz Band members in good standing are eligible to audition for District 2 and All-State Jazz Bands.

Paul McGovern – [mcgovp@portlandschools.org](mailto:mcgovp@portlandschools.org)



**Key Club** is the largest club at PHS. Students work with other state and national Key Clubs to support many community, state, national, and international projects such as UNICEF, the Soup Kitchen, Red Cross, Camp Sunshine, Ronald MacDonald House, and the Aids project. Key Club members do fund raising activities like car washes; and volunteer their time at hospitals, homeless shelters, and senior citizen programs. They attend the Key Club Convention in Spring Field, Massachusetts where they meet other Key Club members from all over New England. PHS Key Club hopes to send students to International Key Club Convention, which is held once every year.

Zarmina Hanifi- [hanifz@portlandschools.org](mailto:hanifz@portlandschools.org)



**Lacrosse Boys Varsity** Eric Begonia- [begone@portlandschools.org](mailto:begone@portlandschools.org)  
Andrew O'Connell-Shevenell - [aoconnellshevenell@hotmail.com](mailto:aoconnellshevenell@hotmail.com)

**Lacrosse Boys JV** Joshua Graham - [jgrahamlax@hotmail.com](mailto:jgrahamlax@hotmail.com) is open to all students. There are no try-outs. We do not have a freshman team, JV and Varsity only. The boys lacrosse program has become a very successful program here at Portland High School and around the state of Maine. Players new to the game are welcome and are encouraged to sign up. Student athletes with backgrounds in other sports are highly encouraged to join as lacrosse incorporates a lot of aspects of other sports.

**Lacrosse Girls Varsity** *Eric Wales – [wwales1@maine.rr.com](mailto:wwales1@maine.rr.com)*

**Lacrosse Girls JV** *Nancy Hagstrom – [hagstn@portlandschools.org](mailto:hagstn@portlandschools.org)* Girls lacrosse is open to all students. Currently we have a JV and Varsity program only. There are no tryouts. Lacrosse is one of the fastest growing sports in the country. The girl's team was very successful last season, and we hope to continue to grow and improve. Student athletes from other sports are encouraged to join lacrosse as it is a very fast paced game, and incorporates many aspects of other team sports. All girls new to the sport are encouraged to sign up and welcome to the team.



**Leadership** The Anatomy of Leadership program introduces students to the skills required for leadership roles both now and later on in life. The program is comprised of thirty students from Deering and Portland. The core disciplines of the course, designed by Dr. Peter Senge from his Learning Organization are personal mastery, mental model alignment, shared vision, systems thinking, and team learning. The students partner with a local business known for its excellence in management practice, and form teams to solve problems presented in a case study format. Anatomy of Leadership also includes an overnight retreat at Camp Kieve to the Kennedy Leadership Training Facility. Students are nominated by teachers and admitted into the program. There is also an open application process for interested students."

*Maryann Pendleton - [pendlm@portlandschools.org](mailto:pendlm@portlandschools.org)*

**Los Latinos** is a student organization that seeks to foster and cultivate the social, cultural, and academic needs of Latino and non-Latino students at Portland High School. The group's focus is on raising awareness and celebrating the diversity within the school and community.

*Tom Talarico - [talart@portlandschools.org](mailto:talart@portlandschools.org)*

*Stephanie Doyle - [doyles@portlandschools.org](mailto:doyles@portlandschools.org)*



**Math Team** Math Team is a fun way for Portland High students to review all topics (except calculus) in secondary mathematics every year. The Math Team participates in the Pi-Cone South Math League.

All members compete at five meets held in October, November, December, February and March. There are five new categories at each meet. A team of ten members will compete at the State Math Meet in April. If the team qualifies, a selected team will represent Portland High at the New England Math League Invitational Meet in late April. By finishing in the top forty in the state, a student may also qualify to be on the State of Maine team which competes at the American Regionals Mathematics League Meet at Pennsylvania State University.

*Ileen DaPonte – [daponi@portlandschools.org](mailto:daponi@portlandschools.org)*



**Model UN** Portland High School Model United Nations club is a simulation of the United Nations. In

Model UN, students are assigned the role of ambassador from a UN member state, and then must research that state's policy and stance on a variety of current issues including climate change, poverty, hunger, health care and issues of security. They must maintain that perspective while attending conferences and debating their issue with other high school student 'ambassadors' from around the region. Model UN helps students to gain a more global and open-minded view of the world they live in, and promotes understanding, conflict resolution, and negotiation skills.

*Elle Langevin- [portlandhsmun@gmail.com](mailto:portlandhsmun@gmail.com)*

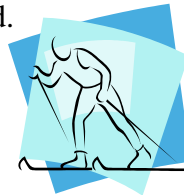


**National Honor Society** (PHS Henry Wadsworth Longfellow chapter) inducts new junior and senior members each spring. The students have to go above and beyond in the areas of Character, Service, Leadership and Scholarship. Junior members are asked to usher at graduation. Seniors wear a special pendant at graduation.

*Nancy Harkins – [harkin@portlandschools.org](mailto:harkin@portlandschools.org)*

**Nordic Ski Team** (Cross-Country Skiing) is a varsity sport that draws athletes from Portland, Deering and Casco Bay High Schools. Nordic skiing offers an outdoor winter sport with Riverside Golf Course as the main practice site and location of frequent races. The team participates in meets with other Maine high school Nordic ski teams throughout the state. No prior experience is needed.

Coach - TBA



**Orchestra** The orchestra is collaboration between PHS, DHS and Casco Bay High School in presenting performances to Portland schools and community. Orchestra is a graded class and students meet on Thursday evenings from 6 to 8 p.m. for a full rehearsal of the orchestra. PHS students can also attend independent study orchestra during Block 2 on Blue Days. Students can also participate in the course at an Honors level, which includes auditions and participation, if accepted, to the District 2 Festival at the All State Music Festival. Orchestra collaborates with many groups in Portland and joins with the PHS Band and Chorus in presenting concerts at the John Ford Auditorium.

Julianne Eberl – [eberlj@portlandschools.org](mailto:eberlj@portlandschools.org)



**Outdoor Adventure Club** The Outdoor Adventure Club is open to any student who loves the outdoors or who simply wants to see more of what is outside of these hallowed halls of Portland High. We hope to do two major trips, one in the winter and one in the spring, and a number of shorter, less ambitious adventures in and around Maine over the course of the school year. Community service will be part of our agenda. Students need not have any outdoor experience--just a sense of adventure.

Sarah Shmitt – [shmits@portlandschools.org](mailto:shmits@portlandschools.org)

**Peer Mediation** is a negotiation-based strategy that teaches student mediators alternative strategies to help resolve conflict among their peers. In peer mediation, students trained as conflict managers apply problem-solving strategies to assist their peers in settling disputes in a manner satisfying to all parties. Such a strategy may help keep many minor incidents from escalating over time into more serious incidents.

More importantly, peer mediation teaches students an alternative set of skills that they can apply in conflict situations. Over time, students learn that there are alternatives to violence for solving personal problems or resolving interpersonal conflict. Jane Mack – [mackj@portlandschools.org](mailto:mackj@portlandschools.org) Katie Small – [smallk@portlandschools.org](mailto:smallk@portlandschools.org)

**Peer to Peer Mentoring** is a program that promotes caring and supportive relationships between students within the same school. A peer mentor is assigned to a freshmen student as a friend and to encourage involvement in the school.

Kathy Randall – [randak@portlandschools.org](mailto:randak@portlandschools.org)



**Peer-to-Peer Tutoring (PASS) Portland's Academic Support System** is a peer-tutoring center created to help students with schoolwork. Volunteer students, who are specially trained in the art of tutoring, are available to help other students with academic work on a regular, scheduled basis.

Kyra Adkins – [adkink@portlandschools.org](mailto:adkink@portlandschools.org)



**Photography Club** invites any student (9-12) who has a passion for photography (either film or digital) to join. We meet informally on Friday afternoons and pursue our interests through fund-raising, darkroom work (we have just concluded four years of fund-raising dedicated to the building of our own darkroom) and various projects. We consider ourselves a fine-arts club. All areas of expertise are welcome! Participants should have their own 35mm film camera and/or a digital camera of some kind. No previous darkroom experience is required.

Deborah Keyes – [keyesd@portlandschools.org](mailto:keyesd@portlandschools.org)

**Portland Mentoring Alliance** Since 1992, the Portland Mentoring Alliance (PMA) has provided adults and young people a unique opportunity to share their lives, experiences and talents. Volunteers from area businesses have been matched with over 1000 students at Portland High School. Mentors share their skills, experiences, talents, and wisdom with students looking for college, career, and personal guidance. They help enrich the lives of their mentees in many ways - through challenge and encouragement. PMA is making a difference in the lives of many students in many ways. Because of this effort, more students have increased aspirations and are pursuing higher education.



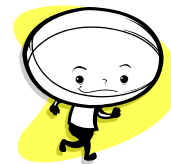
Glenn Nerbak – [nerbag@portlandschools.org](mailto:nerbag@portlandschools.org)



**Project Graduation** began in 1978 at Oxford Hills High School due to seven tragic deaths related to alcohol and drugs during commencement season. Project Graduation has been a successful entity at Portland High School for the past 13 years. Advisors work with seniors and parents to plan, organize and fundraise all year long to support the event on the evening of graduation. We provide a substance-free location where seniors celebrate all-night. Entertainment in the past has included: DJ, karaoke, rock climbing, human Velcro obstacle courses, giant inflatable slides, volleyball, soccer, basketball, hypnotist, caricatures, henna tattoos....all along with plenty of refreshments.

Kim Wike – [wikek@portlandschools.org](mailto:wikek@portlandschools.org)

**Rugby – Boys** Rocco Frenzilli [frenzr@portlandschools.org](mailto:frenzr@portlandschools.org)



**Rugby – Girls** The Portland area girls rugby team is a spring sport open to all students. There are no try-outs, and all are welcome to attend (we welcome potential players with all ability levels). No experience necessary! The team is very competitive throughout New England (seven-time New England Champions), and travels throughout Maine, New Hampshire, Massachusetts and Vermont to compete. In 2010, the team traveled to Salt Lake City, Utah to compete in the high school National Championships! Girls from several area high schools play on this team, so it can be a great way to meet new people and make lasting friendships. Practices are Tuesday, Wednesday and Thursday, from 4-6 p.m. and games are on the weekends. Come out and give rugby a try!

Jaime Madore - [jaime.madore@gmail.com](mailto:jaime.madore@gmail.com) Tara Roberts - [bulb007@hotmail.com](mailto:bulb007@hotmail.com)

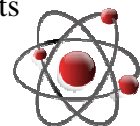


**Sailing Team** welcomes all girls and boys attending Portland High School to join this exciting varsity and JV sport. Sailing is a two-season sport offered both fall and spring season. No experience required for the fall season. High School sailing is one of the few sports where girls and boys can compete with each other on equal terms. The PHS sailing team races against other Maine High School sailing teams and competes in regattas throughout New England. The PHS Sailing Team practices three times a week at SailMaine located at 58 Fore Street in Portland. The PHS sailing team is a pay to sail sport. Scholarships are available.

Cyndy Dykes- [cdykes@maine.rr.com](mailto:cdykes@maine.rr.com)

**Science Bowl** is an annual competition sponsored by the US Department of Energy, the University of Southern Maine, IDEXX Corporation, and National Semiconductor Corporation and is held each March or April at USM. Teams from all over New England compete in a fast-paced quiz show format where students must solve technical problems and answer questions from all branches of science and mathematics. The top academic team qualifies for the US Department of Energy's National Science Bowl competition in May and receives an expense-paid trip to Washington D.C. Any interested student is invited to join our team. We practice weekly from November until the competition. Students are invited via announcements during homeroom each fall.

Beverly Robinson – [robinb@portlandschools.org](mailto:robinb@portlandschools.org) Christine Braceras – [bracec@portlandschools.org](mailto:bracec@portlandschools.org)





**Shakespeare Club** is a group of high school students who are dedicated to finding their individual potential through the mediums of dramatic performance and ensemble building. Participating in the Club requires a the students to make a significant donation of time and effort, in order to accomplish tasks that are often expected only of "adults." These general tasks: directing, acting, fund-raising, and production; require the use many skills intrinsic to a quality education. The Club experience is a completely student run theater, non-profit organization, and school. As a result of this unique dynamic, students in the Club learn life-improving skills such as leadership, cooperation, problem solving, and stress management.

*Peter Brown*



## Ski Team

Portland High offers Ski cooperatively with Deering High School. This is an opportunity to battle the winter elements and participate in a sport that you will be able to pursue after high school. The program is open to students in grades 9 through 12 and is always looking for increased participation.

*Coach - TBA*



**Soccer Boys Varsity** Rocco Frenzilli – [frenzr@portlandschools.org](mailto:frenzr@portlandschools.org)

**Boys JV** Joseph Giordano III – [giordj@portlandschools.org](mailto:giordj@portlandschools.org)

**Boys First Team** Kai Smith – [bkai123@gmail.com](mailto:bkai123@gmail.com)

The boys soccer program allows student-athletes the opportunity to improve their soccer skills, play competitive matches and develop the attributes of teamwork, fair play and self-discipline.

**Soccer Girls Varsity** David Levasseur – [levasd@portlandschools.org](mailto:levasd@portlandschools.org)

**Girls JV** Britney Dupee

**Girls Freshmen** David Read

Open to all students, the girls soccer program allows student-athletes the opportunity to improve their soccer skills, and develop the attributes of teamwork, fair play and self-discipline that are expected of all students within the Portland Public Schools.



**Softball** Dee Regan – [drptch82@hotmail.com](mailto:drptch82@hotmail.com)

**Softball JV** Rock Rouleau – [rouler@portlandschools.org](mailto:rouler@portlandschools.org)

The softball program at Portland High School has a long tradition of hard-working student-athletes who are committed to setting high goals and working well as a team.



**Step Off** - is the new PHS Step Team. What is Step? Step is rhythm, dance, step is stomping, clapping, snapping. We meet every Monday and Thursday from 2:20 – 3:20 in the lower cafeteria.

*Rosalee Lamm – [lammr@portlandschools.org](mailto:lammr@portlandschools.org)*



**Student Council** is a group of 6 student leaders from each of the 4 classes that represent the needs and aspirations of the student body. The goals of Student Council are to keep the students informed of issues that are their concern by representing the General Student Body to the greater Portland community, district, and city administration, building administration, and to give input to these groups on behalf of the student opinion; to maintain a positive relationship between the student body and the outside community; to encourage student participation and provide a venue for individual and group input, concerns, and viewpoints; to provide social and educational programs and activities that enhance the student experience at Portland High School; to coordinate student activities and resources in a manner that is most efficient and in the greatest interests of the student body; and to serve as the chief representative body for students at Portland High School.

Steve Norbert – [norbes@portlandschools.org](mailto:norbes@portlandschools.org) S.Reagan – [reagas@portlandschools.org](mailto:reagas@portlandschools.org)

**Students Against Destructive Decisions(S.A.D.D.)** is a youth prevention organization. The focus of our group this year is the "power of friendships." We are planning programs around the dangers of drinking and driving.

Kathy Randall – [randak@portlandschools.org](mailto:randak@portlandschools.org)



**Swim Teams (Boys' and Girls')** are open to students in all four grades. The boys and girls practice together and function like a co-ed team but their competitions are scored separately. Practices are at Riverton and Reiche and home meets are at Riverton. Team members are eligible to compete in four events in dual meets. A small squad of swimmers also dive and enter diving as one of their four events. It's a lot of fun and you don't need prior swim team experience to join, but you do need to be able to swim the length of the pool. PHS has a venerable history of 20 state championships dating back to the 60s and 70s, and we're building our way back up the ranks with recent successes and continued growth of the team. New teammates are welcome!

For more information see the team blog at: <http://blogs.portlandschools.org/phsswimanddive/>

Martha White – [whitem@portlandschools.org](mailto:whitem@portlandschools.org)

**Tennis Boys** is a Spring sport that practices and has meets at Deering Oaks. The program focuses on the fundamentals of the game and it is a life long activity that one can take with them after high school. Varsity level is based on competition but all involved will find success, competition and fun.

Coach - TBA



**Tennis Girls** - is a Spring sport which focuses on the fundamentals of the game, both singles and doubles, helping players develop skills they can use for a lifetime. Varsity is very competitive (only seven players play each match for the official score), but all JV players play matches at their own level when time allows. Our goals include competition, sportsmanship, fitness and fun.

Bonnie Moran- [bonniemoran@aol.com](mailto:bonniemoran@aol.com)

**Track Indoor/Outdoor Boys** outdoor track starts in late March and continues until June. The track team practices and holds meets at historic Fitzpatrick Stadium. There are many different events available for boys to participate in and the option is not limited to one event. Newcomers are welcome even if you have no prior running or track event experience. This program is open to boys grades 9-12.

Carroll Nappi – [nappic@portlandschools.org](mailto:nappic@portlandschools.org)

Rocco Frenzilli – [frenzr@portlandschools.org](mailto:frenzr@portlandschools.org)



**Track Indoor/Outdoor Girls** outdoor track starts in late March and goes until June. Like the boys, the girls track team also participates at historic Fitzpatrick Stadium. The girls track team is always looking for increased participation and we welcome all girls (grades 9-12). Finding an event that suits you can be fun and rewarding and with a little hard work you will be amazed at what you are able to accomplish as a member of the PHS girl's track team!

Liz Koharian – [lizze2118@yahoo.com](mailto:lizze2118@yahoo.com)



**Video-Tech Club** is a team of students who use video and digital technology to record the daily life of PHS for publications, events, and the PHS Web Site. We meet in Room 211. Students use the video camera, still camera, and digital camera to capture images around school at events, activities, and special programs. These images will be used in construction of the PHS web site, Bulldog Edition and for special purposes. All clubs and sports teams are encouraged to elect a representative to the Video Club to connect their activity to the PHS web site and publications.

Sarah Whitney – [whitns@portlandschools.org](mailto:whitns@portlandschools.org)

**Wrestling** is unique because it offers students athletes of all ages, sizes and ability levels the opportunity to compete and succeed. It is a sport that requires dedication and hard work but offers countless rewards. The season starts in later November and runs through mid-February with practice every day after school and competitions on most weekends.

David Elowitch- [david@storagerealty.net](mailto:david@storagerealty.net) Tony Napolitano - [ajnapolitano@hotmail.com](mailto:ajnapolitano@hotmail.com)



**Writing Team/Club** - Students meet several times a week to write, journal share and discuss writing. The club is a workshop for enjoyment and improvement of writing. Other activities may include learning PageMaker, PhotoShop, iMovie applications and fundraising. The club publishes the annual and arts magazine, **The Racquet**, which is recognized by the National Council of Teachers of English. PHS students submit poetry, stories, essays, musical compositions, art and photography. Club members select pieces to be published in the spring issue. Selected compositions are matched to student art and photography to create the final magazine. The Racquet is printed by Portland City Hall Print Shop, and comes out in May, in time for Graduation. All students are welcome to join the club, and to submit writing and art.



Sarah Whitney – [whitns@portlandschools.org](mailto:whitns@portlandschools.org)

**Yearbook** is a club that is responsible for creating the Totem, which includes all the sports and activities, underclassmen pictures, senior pictures and write ups, dances and spirit week and candid photos that help reflect the “year in review”. It is very important that members are responsible, good at detail work and have enthusiasm and creativity. All grade levels are welcome and encouraged to participate! This club meets (Wednesdays) after school and assigns work that can be done at home. The use of a home computer is essential.

Alison Andreasen- [aandreas@maine.rr.com](mailto:aandreas@maine.rr.com) Diane O’Kelly- [dokelly1@maine.rr.com](mailto:dokelly1@maine.rr.com)