

Penn Manor Athletic Information

1. Visit Penn Manor Website for information.
 - a. www.pennmanor.net
 - i. Departments
2. Start Dates for Middle School Sports
 - a. Fall Start Date – Monday, August 24, 2020
 - i. Cross Country – Monday, August 17, 2020
 - b. Winter Start Date – Monday, November 16, 2019
 - c. Spring Start Date – Monday, March 15, 2021
3. Athletic Information:
 - a. Contact coach of sport you are interested in trying out for.
 - b. Tim Hite - Certified Strength Training Coach
 - i. Timothy.hite@pennmanor.net
 - ii. Weight room open at High School 3-4:30pm Monday through Friday. Junior High Athletes may use after school sports bus to get to weight room to work out.

Pre-season Information

Contact your Jr. High Coach regarding information on summer workout schedules, summer leagues, tournaments, meetings, and weight room.

Penn Manor Sports Programs

- Committed to teaching and learning
- Committed to excellence
- Committed to our youth

Steve Kramer, Athletic Director PMHS 872-9520 x1367

stephen.kramer@pennmanor.net



2020-2021

PENN MANOR MIDDLE SCHOOL ATHLETICS

MIDDLE SCHOOL FALL SPORTS

7TH/8TH GRADE FOOTBALL TEAM
CROSS COUNTRY (BOYS & GIRLS)
GIRLS FIELD HOCKEY
GIRLS SOCCER
BOYS SOCCER
CHEERLEADING

MIDDLE SCHOOL WINTER SPORTS

BOYS BASKETBALL
GIRLS BASKETBALL
WRESTLING

MIDDLE SCHOOL SPRING SPORTS

TRACK AND FIELD (BOYS & GIRLS)

THINGS TO DO BEFORE FIRST PRACTICE:

1. Contact a Coach to find out what summer and preseason workouts they are offering.
2. Make sure you have a Physical completed before the first official tryout day. Physical must take place after June 1, 2020. Turn in **6 page White PIAA Physical Form** to your coach. Physical forms can be obtained in the High School or either Middle School main offices or off the Penn Manor website at www.pennmanor.net/athletics.

FALL SPORTS

Cross Country (Boys & Girls) 7th, 8th & 9th Grade

1st Practice 8/17/20 – (Manor Middle School)

Mon -Thurs – 3:30 pm – 5:00 pm, Fri – 8:00 am – 9:00 am

Andrea Kramer (Jr. High Coach) 989-2627

andrea.kramer@pennmanor.net

Football (Boys) 7th & 8th Grade

Practice – Practice Begins on 8/11/20 – 3:15 pm – 6:00 pm @ Eshleman Elem.

1st Day of School Practice 3:15-5:45pm @ Eshleman Elem.

Steve Weidner – (7th/8th Grade Coach) 808-5713

Stephen.weidner@pennmanor.net

Field Hockey (Girls) 7th, 8th & 9th Grade

Practice 8/24/20 – 3:00 pm – 6:00 pm @ Comet Field

Jen Kroesen (Jr. High Coach) 951-8177

Jen.kroesen@pennmanor.net

Soccer (Boys) 7th, 8th & 9th Grade

1st Practice 8/24/20 @ Comet Field (Field of Dreams)

Jacob Marino (Jr. High Coach)

Jcb.marino@gmail.com

Soccer (Girls) 7th, 8th & 9th Grade

1st Practice 8/24/20 @ Comet Field

Mark Seibert (Jr. High Coach) 468-6984

maseibert11@yahoo.com

Cheerleading (Girls) 7th & 8th Grade

Jess Herr (Jr. High Coach)

jlherr@aol.com

WINTER SPORTS

Basketball (Boys) 7th, 8th & 9th Grade

1st Practice 11/16/20 – 3:00 – 5:30

Kenny Gerber (Jr. High Coach) 725-4255

Kg101nd@aol.com

Basketball (Girls) 7th, 8th & 9th Grade

1st Practice 11/16/20 - 3:00-5:30 @ Manor Middle School

Julie Yost (Jr. High Coach) 475-5676

Julie.yost@pennmanor.net

Wrestling (Boys) 7th, 8th & 9th Grade

1st Practice 11/16/20 – 3:00pm – 5:30pm @ Marticville Middle School

Brandon Vernalli (High School Coach)

Bjvernalli.pmhswrestling@gmail.com

SPRING SPORTS

Track & Field (Boys & Girls) 7th, 8th & 9th Grade

1st Practice 3/15/21 -3:00 High School Track

9th Graders invited to try out for Varsity on 3/8/21 - 3:00 pm @

High School Track

Jr. High Coach - Barbara Trostle – 606-3297

barbara.trostle@pennmanor.net

