

# MANOR HIGH SCHOOL ATHLETICS NEWSLETTER



ISSUE NO 1 | AUGUST 15, 2022 | VOLUME 1

RONALD CABBLER, CAA - ATHLETIC DIRECTOR



## STRAIGHT FROM COACH CABB!

The beginning of another school is just around the corner, which means we have some “unfinished business” to attend to here at Manor. Our fall sports teams are practicing and preparing to compete in the regular season. Our teams will try to take the next step as they all qualified for the regional competition last school year.

Our fall sports consist of Golf, Cross-Country, Field Hockey, Volleyball, Competition & Sideline Cheer, and football.

We are also excited about having Ms. Indigo White of Bons Secour join us this year as our trainer. She has been a great addition to the Mustang Family!

Our other piece of “unfinished business” is completing our school and athletic transition from Woodrow Wilson to Manor High School. See a few pictures below. Stay tuned for more changes to come.

### IMPORTANT DATES

**Tuesday, Aug 16th Sports  
Physicals @ Waters Middle  
School 4:00pm**

**Wednesday, Aug 16th  
Fall Sports Coaches  
Meeting**

**Game Dates  
8/14 – 8/20**

**Tuesday, Aug 16 Golf  
@Suffolk Golf Course  
12:30pm**

**Wednesday, Aug 17 Golf @  
Sewell's Point Golf Club  
2:00pm**

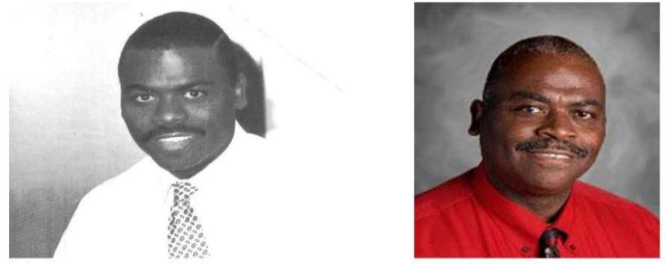
**Thursday, Aug 18 Varsity  
Football Scrimmage @  
(Home) 6:00pm**

**MEET OUR PRINCIPAL:**

*DR. TIMOTHY JOHNSON*

Dr. Johnson has now been the principal of Manor/Woodrow Wilson High for the last 18 years. During his tenure, our school has been accredited for 18 consecutive years and has been nationally recognized by US News & World Report since his arrival. Also, during his tenure in athletics, there has been a Boys Basketball State Championship, Girls Basketball State Runner-Up, and countless Regional Competition qualifying teams yearly. Dr. Johnson's famous saying is, "I have the best job in Portsmouth."

*This Is Me*



If You Are Not Willing To Learn, No One Can Help You.

If You Are Determined To Learn, No One Can Stop You

*-Zig Ziglar*

**Athletic Website:**  
<http://wwhs.ppsk12.us/>

**Twitter:**  
**ManorAthletics1**

**Instagram:**  
**ManorAthletics1**

**MANOR TRANSITION PICS**

