



ATHLETIC NEWSLETTER

All you need to know about North Broward Prep Athletics!

NBP Athletics Joins Palm League



North Broward Prep will officially compete in the inaugural Palm League during the 2019-2020 academic year. The Palm League is comprised of seven independent and private schools from Palm Beach, Broward, and Dade counties that are current members of the Florida High School Athletic Association (FHSAA). These schools include The Benjamin School, Oxbridge Academy, Pine Crest School, Miami Country Day, Gulliver, Saint Andrew's School and North Broward Prep.

North Broward Prep's athletic director Mike Ostrowski stated, "We are very excited be part of the Palm League. Competing against schools that have similar academic standards aligns with the overall mission of North Broward Prep. We feel that becoming a part of this league will enhance the overall experience for our NBP student-athletes while still competing as a member of the FHSAA."

The member schools believe the benefits of athletics participation provide significant value to the overall educational experience. Athletics can and should promote life skills including fair play, respect, preparation, teamwork, leadership, problem solving, and sportsmanship. Within an atmosphere of integrity and mutual trust, the member schools pledge their commitment to the purpose and mission of the Palm League and the FHSAA.

For the inaugural year, league champions will be determined by teams playing one seeded game prior to the end of the regular season based upon head-to-head league play (i.e. 1v2, 3v4, 5v6). Individual sports such as swimming, golf, cross-country, and track and field will compete in a tournament or meet format to determine a league champion.

North Broward Preparatory School

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NBP's Athletic Department is excited to announce the new NBPS Athletics Podcast hosted by our very own Athletic Director, Coach O! Tuesday, September 17th will be the release of our first Episode which will highlight the Athletic Department entering in to the Palm League. Coach O will discuss the ins and outs of the league with three of our varsity coaches, Tricia Amrhein (Girls Soccer Coach), Brian Campbell (Baseball Coach) and Casey Wohlleb (Boys Basketball Coach.) You are not going to want to miss it!

Be sure to check it out next Tuesday by visiting the [NBPS Athletics Website](#) or follow us at @NBPSATHLETICS on twitter and Instagram.

NBPS Athletics News & Highlights

CROSS COUNTRY

The Varsity Cross Country Team will run under the lights this Friday night when they take part in the Spanish River Invitational. The race begins at 6:00pm at South County Regional Park...good luck to all of our runners!

FOOTBALL

Come out this Friday night and enjoy some wings and some Football. You can start the evening off by tasting some of the best wings in the area at this year's "War of the Wings" which begins at 5:30pm. Then hang around to cheer on your Eagles as they host Calvary Christian in an important league matchup. Kick-off is at 7:00pm. We hope to see you all there!

Today is a great day to come out and cheer on our Middle School Flag Football Teams. The 7th/8th Grade team takes on St. Jude here at NB at 3:30pm followed by the 6th Grade Team who will host Spanish River Christian at 4:30pm. Good luck to both teams!

GOLF

The Golf Program continues to compete and prepare for their post season play. The Boys Junior Varsity squad is on a roll with a 3-0 record. The boys take the course again tomorrow at Boca Raton Country Club where they will take on Am. Heritage Delray at 3:30pm. Let's make it 4 - 0!

The Boys Varsity Team has two big matches today and tomorrow. The Eagles travel to Lago Mar today to take on Am. Heritage Plantation followed by a 1:00pm match tomorrow vs. Archbishop McCarthy at Grand Palms. Good Luck Boys!

Good luck to the Girls Varsity Team as they host Pine Crest today at Osprey Point for a 3:30pm match...good luck girls!

SWIM

Good Luck to the Varsity Swim Team who will host their first HOME meet of the season tomorrow at 4:00pm. The Eagles will swim against West Boca and Chaminade in a tri-meet. Good luck swimmers!

VOLLEYBALL

Congratulations to the Girls Varsity Volleyball Team for taking 2nd Place in the NBPS Volleyball Challenge this past weekend. The Girls went 3-0 in pool play but fell just short to King's Academy in the Championship Match. Let's keep the success going today as the team travels to Jupiter Christian for a 6:30pm match. The JV girls will also travel to Jupiter Christian today for a 5:00pm match. Good Luck to both teams!

The Middle School Volleyball Teams kicked their season off this week. Good luck to both teams as they travel to St. Joan of Arc on Thursday for 4:00pm (A-Team) & 5:00pm (B-Team) matches.