



Athletics Newsletter



NB Team of the Week - Varsity Football

The Varsity Football Team has been preparing for their season since early August and it looks like their hard work had paid-off! The Varsity Eagles not only defeated school rival Pine Crest in their 2016 Pre-Season Classic, but they followed that victory up with a convincing win over Pembroke Pines Charter this past Friday night. The Eagles showed total dominance, shutting down Pines Charter offensively and defensively and coming with with a final score of 56-18. This was a big win to open not only the season but also putting the Eagles at 1-0 in League play! The team now turns their focus to this Friday night as they travel to Coral Glades HS to take on Coral Springs Charter at 7:00pm in another important League game. Good Luck Eagles!

NB Athletes of the Week



Dymitri "The Handyman" McKenzie (12th Grade - Varsity Football)

This week's male high school Athlete of the Week goes to Dymitri "The Handyman" McKenzie. "The Handyman" proved that he is truly a jack-of-all-trades in guiding the Eagles Football team to a 56-18 victory over Pembroke Pines Charter. On the ground he had 91 yards on 7 carries with three touchdowns and added another touchdown via a blocked punt. "The Handyman" had all the right tools for the job, whether it was offense, defense or special teams. Great Job Dymitri!



"Krafty" Katie Bishop (11th Grade - Varsity Cross Country)

This week's female high school Athlete of the Week goes to "Krafty" Katie Bishop. "Krafty" Katie led the Lady Eagles Cross Country Team in the Fleet Feet Invitational this past Saturday. "Krafty" was able to combine her talent with a well thought out plan to finish 24th out of the total of 174 other runners in the race. Katie looks to use her "Kraftiness" for the remainder of the cross-country season. Great Job Katie!



Athletic Highlights (Aug. 25 - 30)

NB CROSS COUNTRY

The Boys and Girls Cross Country Teams compete once again this Saturday as they take part in the Cobra Invitational at South County Regional Park. The Eagles race begins at 7:30am with the Lady Eagles taking the course 25 minutes later. Good Luck to all our runners!

NB FOOTBALL

The Middle School Football Eagles take the field this afternoon at 4:00pm at Pine Crest-Boca. Coach Greco and the MS Boys look to earn a win over the Panthers in their 2016 season opener.

Then on Friday night be sure to make your way over to Coral Glades High School to watch your "Team of the Week," the Varsity Eagles take on CS Charter at 7:00pm!

NB GOLF

Good Luck to both of our Girls and Boys Varsity Golf Teams as they kick-off their dual match season today. The Lady Eagles travel to Grand Palms CC to take on Archbishop McCarthy for a 3:30pm match, while the Eagles travel to Coral Ridge CC to take on Pine Crest at 3:30pm.

NB VOLLEYBALL

Make sure to stop by the Gym this afternoon to cheer on both our Junior Varsity and Varsity Volleyball Teams! The girls will take on district opponent American Heritage Delray with the JV match beginning at 4:30pm and the Varsity match at 5:30pm. Good Luck to both teams!

NB Strength & Conditioning - Fall Schedule

We are thrilled with how we closed out the summer and can't wait to see our progress over the new school year. All athletes are encouraged to participate in the after school strength and conditioning program that's open to all teams. The day-to-day schedule is listed below.

Mondays: CS Campus Gym (Strength Development) - 4:15pm*

Tuesdays: CC Campus (Speed & Agility) - 4:00pm

Wednesdays: CS Campus Gym (Strength Development) - 3:15pm*

Thursdays: CC Campus (Speed & Agility) - 4:00pm

Fridays: CS Campus Gym (Strength Development) - 4:15pm*

**Please note that for Mondays, Wednesdays and Fridays there will be a Bus provided to transport the student-athletes to the CS Campus Gym. The bus will depart 25 minutes after the final school bell and will depart from the Middle School Bus Loop. There will be a return bus to the CC Campus on Monday & Wednesdays at 5:15pm. There will NOT be a return bus on Fridays.*

NB Baseball - Informational Meeting

Any high school students interested in playing baseball at NBP must attend an informational meeting this Thursday, September 1st at 3:45pm in Le Cafe. If you have any questions, please contact Head Coach [Brian Campbell](#)



NB Fencing - Tryouts/Start Dates

If you are interested in be a part of the Fencing Program make sure you are on the look-out for the Fencing Coaches Next Week at Middle & High School Lunches...

The First Week of Practice will be *Monday, September 12th & Wednesday, September 14th*

Not sure Fencing is the sport for you??

Come out to the first week of practice and try it!

NBP Varsity Fencing has a NO CUT POLICY. Every athlete is accepted and will compete monthly at a skill level that suits their abilities in the South Florida Sabre Fencing League Competitions.

If you have any additional questions about NBP Fencing, please contact Head Coach [Mitch Berliner](#) or by phone at 954-990-0090.



Intramural Sports - Season #1 - Basketball

Calling all residential and day students (9th - 12th grade) that are interested in being part of the NB Intramural Sports Program. The first season will be the sport of Basketball and kicks-off on Monday, September 12th. The season will run for 7 weeks on Monday (4:15 - 5:45) and Wednesdays (3:45 - 5:45) at our NB Coral Springs Campus Gym. Please be sure to stop by the Residential Life Office before Wednesday, September 7th to sign-up!

