

Pat Ammon

Pat is in her twenty-ninth year at Rowland Hall and her thirty-sixth year in teaching. She has a B.S. and graduate hours in physical education. She has taught beginning school through twelfth grade at Rowland Hall, coached girls' tennis, Lower School softball, taught and directed summer camp programs, worked in the extended care program, and directed Color Day for 28 years. Pat is also a traffic coordinator for the McCarthy Campus. She has served on varied committees including the Governor's Council on Physical Fitness. She has presented at the PNAIS and AAHPERD national conferences as well as the Cal Poly Elementary Physical Education Workshop. Pat is the mother of two grown daughters, one who is a designer in NYC and the other a mother of her five-year-old granddaughter and four-year-old grandson. Pat enjoys aerobics, tennis, snowshoeing, and dancing.