



MILFORD JUNIOR HIGH ATHLETICS

2023 FALL SEASON

Getting Started in Athletics at MJHS!

For active links to click, go to www.milfordathletics.org/juniorhigh

1. Register on Final Forms [HERE](#) to show your interest and sign permission forms!
2. A current physical must be on file to begin in-season practices! Print official form from your Final Forms account or click [HERE](#) and take to your pediatrician/doctor for an annual Youth Sports Physical.
3. Fees (\$100) will be due prior to first contest and can be paid online [HERE](#) after teams are established.
4. Contact coaches below and/or check online for calendars/schedules/more info.
5. Show up with a great attitude, work hard and have fun!

FOOTBALL

8TH HC – CHRIS MCDONOUGH
mctoma44@gmail.com
7TH HC – MIKE STAHANCZYK
mstahanczyk@icloud.com
CONDITIONING IN JUNE/JULY
MANDATORY PRACTICES BEGIN JULY 31

CHEER

JH – LEAH KANNER and ANDREA CARRIER
and KARI UEHLEIN
leah.milfordschools@gmail.com
carrier_a@milfordschools.org
karikayloruehle@gmail.com
TRYOUTS ARE IN LATE SPRING FOR NEXT SCHOOL YEAR

GIRLS VOLLEYBALL

7TH RED – KELLY FOSTER
fooster_k@milfordschools.org
8TH RED – ERIN VEATCH and JACLYN CAREY
veatch_e@milfordschools.org
7TH WHITE – WRAY JEAN CONNOR
coachconnor23@gmail.com
8TH WHITE – JACALYN PARSLEY
parsley_j@milfordschools.org
OPEN GYMS IN JUNE/JULY
MANDATORY TRYOUTS/PRACTICES BEGIN JULY 31

GIRLS TENNIS

JH – ALLY JOHNSTON
allyshayej@gmail.com
OPEN COURTS IN JUNE/JULY
MANDATORY PRACTICES/TRYOUTS BEGIN JULY 31

BOYS GOLF

JH – LARRYA WALL
wall_l@milfordschools.org
MANDATORY PRACTICES/TRYOUTS BEGIN JULY 31

BOYS CROSS COUNTRY

JH – SEQUOIA TOWNER and MARIE OWEN
towner_s@milfordschools.org
owen_m@milfordschools.org
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GIRLS GOLF

JH – HEATHER ANDERSON
anderson_h@milfordschools.org
MANDATORY PRACTICES/TRYOUTS BEGIN JULY 31

GIRLS CROSS COUNTRY

JH – RENEE VANDERVEEN and DANA BAKER
vanderveen_r@milfordschools.org
baker_da@milfordschools.org
CONDITIONING IN JUNE/JULY
MANDATORY PRACTICES BEGIN JULY 31

MJHS ATHLETIC DEPARTMENT PROFILE

FALL SPORTS: FOOTBALL, CHEER (SIDE), CROSS COUNTRY (B/G), GOLF (B/G), TENNIS (G), VOLLEYBALL (G)

WINTER SPORTS: BASKETBALL (B/G), CHEER (SIDE), CHEER (COMP), DANCE, DIVING, WRESTLING (C/G)

SPRING SPORTS: SOFTBALL, TENNIS (B), TRACK/FIELD (B/G)

SUMMARY: 20 SPORTS, 33 TEAMS, 44 COACHING POSITIONS

MJHS DIRECTOR OF ATHLETICS: MARK TROUT trout_m@milfordschools.org

513-576-8934 (OFFICE), @MJHS_Athletics