



MILFORD JUNIOR HIGH ATHLETICS

2024 SPRING 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 or \$50 or \$0) will be due prior to first contest and can be paid online [HERE](#) after teams are set.
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!

BOYS TRACK/FIELD

JH – JOE DUMONT and CHAD BLACKBURN
and TROY WEIGAND

dumont_j@milfordschools.org
blackburn_c@milfordschools.org
weigand_t@milfordschools.org

MANDATORY PRACTICES BEGIN FEBRUARY 19

GIRLS TRACK/FIELD

JH – RENEE VANDERVEEN and MARIE OWEN
and JUAN LEWIS

vanderveen_r@milfordschools.org
owen_m@milfordschools.org
juan.r.lewis15@gmail.com

MANDATORY PRACTICES BEGIN FEBRUARY 19

SOFTBALL

JH – KEN POPPE and LANCE KINKAID

kpope2@hotmail.com
lancekinkaid@gmail.com

OPEN FIELDS/CAGES IN FALL AND EARLY SPRING
PRACTICES/TRYOUTS BEGIN ON/AFTER FEBRUARY 19

BOYS TENNIS

JH – MATT ALTEMUEHLE

mattalt.jhc@gmail.com

OPEN COURTS IN EARLY SPRING AND SUMMER
PRACTICES/TRYOUTS BEGIN ON/AFTER MARCH 4

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