



# MILFORD JUNIOR HIGH ATHLETICS

## 2023-24 WINTER SEASON

### *Getting Started in Athletics at MJHS!*

For active links to click, go to [www.milfordathletics.org/juniorhigh](http://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) 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 BASKETBALL

7<sup>TH</sup> RED – JASON SHULUGA

[jshuluga@gmail.com](mailto:jshuluga@gmail.com)

8<sup>TH</sup> RED – JIM EAGAN

[eagok@fuse.net](mailto:eagok@fuse.net)

7<sup>TH</sup> WHITE – KYLE MCGAHA

[mcgaha\\_k@milfordschools.org](mailto:mcgaha_k@milfordschools.org)

8<sup>TH</sup> WHITE – CHRISTIAN KOLLMORGEN

[kollmorgen\\_c@milfordschools.org](mailto:kollmorgen_c@milfordschools.org)

OPEN GYMS IN OCTOBER

MANDATORY TRYOUTS/PRACTICES BEGIN NOVEMBER 3

#### GIRLS BASKETBALL

7<sup>TH</sup> RED – WRAY JEAN CONNOR

[coachconnor23@gmail.com](mailto:coachconnor23@gmail.com)

8<sup>TH</sup> RED – BRENNAN FARRELL

[farrell\\_bren@milfordschools.org](mailto:farrell_bren@milfordschools.org)

7<sup>TH</sup> WHITE – MARK CHAFFIN

[chaffin\\_m@milfordschools.org](mailto:chaffin_m@milfordschools.org)

8<sup>TH</sup> WHITE – MICHAEL SONNTAG

[michaelsonntag74@gmail.com](mailto:michaelsonntag74@gmail.com)

OPEN GYMS IN OCTOBER

MANDATORY TRYOUTS/PRACTICES BEGIN OCTOBER 27

#### CHEER

JH – LEAH KANNER and ANDREA CARRIER

[leah.milfordschools@gmail.com](mailto:leah.milfordschools@gmail.com)

[carrier\\_a@milfordschools.org](mailto:carrier_a@milfordschools.org)

TRYOUTS IN LATE SPRING FOR NEXT SCHOOL YEAR  
PRACTICES BEGIN IN SUMMER

#### DANCE

JH – TARA COMBS and CARISSA PALAZZOLO

[coachcombs2@gmail.com](mailto:coachcombs2@gmail.com)

[coachcpalazzolo@gmail.com](mailto:coachcpalazzolo@gmail.com)

TRYOUTS IN LATE SPRING FOR NEXT SCHOOL YEAR  
PRACTICES BEGIN IN SUMMER

#### WRESTLING

JH BOYS – TIM POPE and BRIAN MCCANN

JH GIRLS – SCOTT BRUECK

[pope\\_t@milfordschools.org](mailto:pope_t@milfordschools.org)

[mccannbrian79@gmail.com](mailto:mccannbrian79@gmail.com)

[jbrueck@cinci.rr.com](mailto:jbrueck@cinci.rr.com)

OPEN MATS IN SEPTEMBER/OCTOBER

MANDATORY PRACTICES BEGIN NOVEMBER 17

#### DIVING

JH – EMMA FRYE

[frye\\_e@milfordschools.org](mailto:frye_e@milfordschools.org)

MANDATORY PRACTICES BEGIN OCTOBER 27

### 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 (B/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](mailto:trout_m@milfordschools.org)

**513-576-8934 (OFFICE), @MJHS\_Athletics**