



# MILFORD MIDDLE SCHOOL ATHLETICS

## 2026 SPRING SEASON

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

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 (\$200) 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!

#### BOYS TRACK/FIELD

JH – BLAKE WEST and TROY WEIGAND  
and JUAN LEWIS

[west\\_b@milfordschools.org](mailto:west_b@milfordschools.org)  
[weigand\\_t@milfordschools.org](mailto:weigand_t@milfordschools.org)  
[lewis\\_j@milfordschools.org](mailto:lewis_j@milfordschools.org)

MANDATORY PRACTICES BEGIN FEBRUARY 23

#### GIRLS TRACK/FIELD

JH – LYNDESE ARNOLD and MARIE OWEN  
and PAUL DENU

[arnold\\_l@milfordschools.org](mailto:arnold_l@milfordschools.org)  
[owen\\_m@milfordschools.org](mailto:owen_m@milfordschools.org)  
[denu\\_p@milfordschools.org](mailto:denu_p@milfordschools.org)

MANDATORY PRACTICES BEGIN FEBRUARY 23

#### SOFTBALL

JH – KEN POPPE and ADAM DANIELS

[poppe\\_k@milfordschools.org](mailto:poppe_k@milfordschools.org)  
[daniels\\_a@milfordschools.org](mailto:daniels_a@milfordschools.org)

OPEN FIELDS/CAGES IN FALL AND PRESEASON  
PRACTICES/TRYOUTS BEGIN ON/AFTER FEBRUARY 16

#### BOYS TENNIS

JH – MATT ALTEMUEHLE

[altemuehle\\_m@milfordschools.org](mailto:altemuehle_m@milfordschools.org)

OPEN COURTS IN SUMMER AND PRESEASON  
PRACTICES/TRYOUTS BEGIN ON/AFTER MARCH 9

### MMS 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 (B/G), WRESTLING (B/G)

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

**SUMMARY:** 21 SPORTS, 33 TEAMS, 44 COACHING POSITIONS

**MMS DIRECTOR OF ATHLETICS:** MARK TROUT [trout\\_m@milfordschools.org](mailto:trout_m@milfordschools.org)

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