



## MUHLENBERG SCHOOL DISTRICT ATHLETICS MENU

### MUHLENBERG JUNIOR HIGH SCHOOL FALL SPORTS

Open for students in grades 7-9 at MJHS

Football begins 8/15/22 with Heat Acclimatization

All other sports begin 8/22/22

Students MUST have physicals completed and turned in to our Athletic Training Staff prior to first practice

Sports and Coaching Contact

Football—Coach Kramer: [kramerm@muhlsdk12.net](mailto:kramerm@muhlsdk12.net)

Field Hockey—Coach Sager: [sagere@muhlsdk12.net](mailto:sagere@muhlsdk12.net)

Cross Country (Boys and Girls)—Coach Smith: [smithm@muhlsdk12.net](mailto:smithm@muhlsdk12.net)

Boys Soccer—Coach Angove: [angoved@muhlsdk12.net](mailto:angoved@muhlsdk12.net)

Girls Soccer—Coach Mease: [bmease916@yahoo.com](mailto:bmease916@yahoo.com)

Girls Volleyball—Coach Solvino: [solvinod@muhlsdk12.net](mailto:solvinod@muhlsdk12.net)

Cheer: TBA

### MUHLENBERG JUNIOR HIGH SCHOOL WINTER SPORTS

Winter Sports do not begin practicing until the end of November. Information on sign ups will be sent out several weeks prior to practices beginning.

Boys Basketball—9<sup>th</sup> Grade—Coach Santiago: [ballfiend87@gmail.com](mailto:ballfiend87@gmail.com)

Boys Basketball—7/8 Grade—Coach Allen: [hootywoods@gmail.com](mailto:hootywoods@gmail.com)

Girls Basketball: TBA

Wrestling: Coach Seibert: [devinseibert55@yahoo.com](mailto:devinseibert55@yahoo.com)

Cheer: TBA

7/8 Grade Students may participate on our Age Group Swim Team through Muhlenberg Aquatics

### MUHLENBERG JUNIOR HIGH SCHOOL SPRING SPORTS

Spring Sports begin in March. Information on sign ups will be provided in January/February.

Baseball—Coach Barr: [barrj@muhlsdk12.net](mailto:barrj@muhlsdk12.net)

Softball—Coach Ramirez: [ramirezg@muhlsdk12.net](mailto:ramirezg@muhlsdk12.net)

Boys Track—Coach Smith: [smithm@muhlsdk12.net](mailto:smithm@muhlsdk12.net)

Girls Track—Coach Wolfe: [wolfer@muhlsdk12.net](mailto:wolfer@muhlsdk12.net)

## MUHLENBERG HIGH SCHOOL FALL SPORTS

Fall Football begins 8/8/22 with Heat Acclimatization

All other Sports begin on 8/15/22

### Sports and Coaching Contact

Football--Coach Lorchak: [lorchakj@muhlsdk12.net](mailto:lorchakj@muhlsdk12.net)

Field Hockey—Coach Buono: [tarpia16@gmail.com](mailto:tarpia16@gmail.com)

Volleyball—Coach Grube: [grubee@muhlsdk12.net](mailto:grubee@muhlsdk12.net)

Boys Soccer—Coach Medina: [mexicosoccer98@gmail.com](mailto:mexicosoccer98@gmail.com)

Girls Soccer—Coach Houck: [houckd@muhlsdk12.net](mailto:houckd@muhlsdk12.net)

Girls Tennis—TBA (Contact Athletic Office for information)

Cross Country (Boys and Girls)—Coach Conrad: [conradj@muhlsdk12.net](mailto:conradj@muhlsdk12.net)

Golf (Boys and Girls)-- Coach Louviaux: [dan.louviaux@yahoo.com](mailto:dan.louviaux@yahoo.com)

Water Polo (Boys and Girls)—Coach Stambaugh: [stambaugh@muhlsdk12.net](mailto:stambaugh@muhlsdk12.net)

Cheer—Coach Eberhart: [mjma1732@aol.com](mailto:mjma1732@aol.com)

## MUHLENBERG HIGH SCHOOL WINTER SPORTS

Winter Sports do not begin practicing until the end of November. Information on sign ups will be sent out several weeks prior to practices beginning.

Swimming (Boys and Girls)—Coach Eisenhofer: [eisenhofert@muhlsdk12.net](mailto:eisenhofert@muhlsdk12.net)

Diving (Boys and Girls)-- Coach Wenger: [wengerc@muhlsdk12.net](mailto:wengerc@muhlsdk12.net)

Wrestling—Coach Thomason: [ken.thomason67@gmail.com](mailto:ken.thomason67@gmail.com)

Boys Basketball—Coach Flowers: [coachflowers89@gmail.com](mailto:coachflowers89@gmail.com)

Girls Basketball—Coach Giddens: [giddensw@readingsd.org](mailto:giddensw@readingsd.org)

Cheer—Coach Hoffman: [kylierose2003@msn.com](mailto:kylierose2003@msn.com)

Bowling (Boys and Girls)—Coach Wolfe: [wolfer@muhlsdk12.net](mailto:wolfer@muhlsdk12.net)

## MUHLENBERG HIGH SCHOOL SPRING SPORTS

Spring Sports begin in March. Information on sign ups will be provided in January/February.

Baseball—Coach Kopetsky: [kopetskyb@muhlsdk12.net](mailto:kopetskyb@muhlsdk12.net)

Softball—Coach Rusnock: [jrusnock@rmctc.org](mailto:jrusnock@rmctc.org)

Track and Field (Boys and Girls)—Coach Kilgore: [kilgorej@muhlsdk12.net](mailto:kilgorej@muhlsdk12.net)

Boys Lacrosse: Coach DeAngelis: [deangelism@muhlsdk12.net](mailto:deangelism@muhlsdk12.net)

Girls Lacrosse—TBA (Contact Athletic Office for more information)

Boys Tennis—Coach Simons: [ssimons@rmctc.org](mailto:ssimons@rmctc.org)