



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

Field Hockey—Coach Sager: sagere@muhlsdk12.net

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

Boys Soccer—Coach Angove: angoved@muhlsdk12.net

Girls Soccer—Coach Mease: bmease916@yahoo.com

Girls Volleyball—Coach Solvino: solvino@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—9th Grade—Coach Santiago: bballfiend87@gmail.com

Boys Basketball—7/8 Grade—Coach Allen: hootywoods@gmail.com

Girls Basketball: TBA

Wrestling: Coach Seibert: 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

Softball—Coach Ramirez: ramirezg@muhlsdk12.net

Boys Track—Coach Smith: smithm@muhlsdk12.net

Girls Track—Coach Wolfe: 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

Field Hockey—Coach Buono: tarpia16@gmail.com

Volleyball—Coach Grube: grubee@muhlsdk12.net

Boys Soccer—Coach Medina: mexicosoccer98@gmail.com

Girls Soccer—Coach Houck: houckd@muhlsdk12.net

Girls Tennis—TBA (Contact Athletic Office for information)

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

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

Water Polo (Boys and Girls)—Coach Stambaugh: stambaughs@muhlsdk12.net

Cheer—Coach Eberhart: 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

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

Wrestling—Coach Thomason: ken.thomason67@gmail.com

Boys Basketball—Coach Flowers: coachflowers89@gmail.com

Girls Basketball—TBA (Contact Coach Toledo at toledox@muhlsdk12.net until Head Coach is named)

Cheer—Coach Hoffman: kyliarose2003@msn.com

Bowling (Boys and Girls)—Coach Wolfe: 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

Softball—Coach Rusnock: jrusnock@rmctc.org

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

Boys Lacrosse: Coach DeAngelis: deangelism@muhlsdk12.net

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

Boys Tennis—Coach Simons: ssimons@rmctc.org