

Milford High School Athletics

2023-2024 Winter Sports Information



Basketball (Men's) - Dave Gilbert (david.gilbert@hvs.org)

Tryouts: Nov. 13th, 14th, 15th (Milford Fieldhouse)

Varsity:	Mon. 2:30 to 4:30	JV and Freshman:	Mon. 4:30 to 6:30
	Tue. 2:30 to 4:30		Tue. 4:30 to 6:30
	Tue. 2:30 to 4:30		Tue. 4:30 to 6:30

Additional Information:

Sign-Up Meeting: October 18th during Seminar

Pre-Season Workouts: After school daily until tryouts. Details to be handed out at the pre-season meeting.

Basketball (Women's) - Tim Olszewski (olszewst@howellschools.com)

Tryouts: Nov. 20th, 21st, 22nd (Milford Fieldhouse)

Varsity:	Mon. 3:00 to 5:00	JV:	Mon. 5:15 to 6:45
	Tue. 3:00 to 5:00		Tue. 5:15 to 6:45
	Wed. 8:30 am to 10:00 am		Wed. 5:15 to 6:45

Additional Information:

Open gym & shooting: Tuesdays & Thursdays from 2:15 pm - 3:45 pm (MHS fieldhouse or HVAC)

4 Player workouts: sign-up by emailing Coach Lutz @ chip.lutz@hvs.org

STS strength training: Wednesdays, Thursdays & Fridays from 2:15 - 3:30 (weight room)

Bowling (Men's/Women's) - Seth Stern (seth.stern@hvs.org)

Tryouts: Nov. 10th and 13th (Century Bowl in Waterford)

Varsity and JV: Fri. 5:00 to 7:00
Mon. 5:00 to 7:00

Competitive Cheer - Patti Warzecha (patti.warzecha@hvs.org)

Tryouts: Nov. 6th, 7th, 8th

All Levels: Mon. 6:00 to 8:30 - Parent Meeting 7:30 to 8:00 (Aux Gym)
Tue. 6:00 to 8:30 (Aux Gym)
Wed. 6:00 to 8:30 (Aux Gym)

Figure Skating - Amanda Goetz (amandajgoetz@gmail.com)

Start Date: November 10th
3:15 pm at Hartland Sports Center Ice House

Additional Information:

All grades are welcome at the first practice, levels will be determined based on tests passed and elements they can perform

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Gymnastics - Shannon Gohrmann (shannon.gohrmann@hvs.org)

Tryouts: Oct. 30th from 2:30 to 4:30 at Bounce Gymnastics (Hartland Sports Center)

Additional Information:

Optional conditioning will take place on October 24th and 26th at Bounce from 2:45 to 5:00.

Ice Hockey - Jim Moule (milfordcoachjim@gmail.com)

Tryouts: October 30th and 31stst (Hartland Sports Center Ice House)

Varsity: Mon. 4:30 to 5:50

Tue. 4:30 to 5:50

PomPon - Karen Kern (kern262@cs.com)

Tryouts: October 19th from 2:15 to 3:45 in the Milford Aux. Gym

Skiing (Men's/Women's) - Josh Vandruska (jvandruska@yahoo.com)

Conditioning Start Date: currently Mondays at STS and Tuesday - Friday after school in weight room

Practice Start Date: Nov. 13th - Contact coach for specifics on first day.

Snowboardercross (Men's/Women's) - Steven Jesionowski (sjesionowski@rc.edu)

Dry Land Training: Nov. 13th, Location and time TBD

Information Meeting: October 25th at 7:00 in the LGI for athletes and parents

Swim and Dive (Men's) - James Schuler (coachjamesswims@gmail.com)

Swim Start Date: Nov. 20th at 6:00 to 8:30 (Milford High School Competition Pool)

Dive Start Date: Nov. 20th at 2:30 to 5:00 (Milford High School Competition Pool)

Preseason Meeting: Preseason Meeting: Sunday 10/22 - 7:00 pm via Google Meet

Video call link: <https://meet.google.com/mcj-fnqf-kjs>

Wrestling - Jason Rhodes (jayrhoodes13@gmail.com)

Start Date: Nov. 13th 2:15 to 2:45 (Multipurpose Room)

2:45 to 5:00 (MI Rev) wrestlers that do not have a ride can take the bus to MI Rev

Information Meeting: November 11th during lunches (See coach Rhodes during your lunch)