

# MLHS Physical Education and Athletic Department Fact Sheet

Athletic Department phone: 269-429-5632 x 216 web site: [www.michiganlutheran.org](http://www.michiganlutheran.org)

Athletic Director: 269-325-4028 (cell)

## First FALL SPORTS PRACTICES BEGIN THE WEEK OF AUGUST 12th (DAILY PRACTICES)

"In the field of athletics the boys compete in powerlifting, soccer, football, basketball and baseball. The girls have powerlifting, golf, volleyball, cheer, basketball, soccer and softball teams. Our entire athletic program is operated under the rules and regulations of the school coaching staff as approved by the Principal and the MLHS Board of Regents in conformity with the rules of the Michigan High School Athletic Association." MLHS Student Handbook

- **Boys' Soccer** Head Coach: Jeff Lillo (428-2099)  
DAILY PRACTICES begin Mon. August 12th 10:00am – noon
- **Boys' Football** Head Coach: Josh Nitz (269-369-7447)  
DAILY PRACTICES begin August 12th 6:30 - 9:00 pm
- **Girls' Volleyball** Head Coach: Bruce Molineaux (269- 921-1678)  
PRACTICES/TRYOUTS (DAILY) begin Wednesday, August 14th JV/V 6:30-8:30 pm  
Thur. 3:30-4:30pm, Fri. 3:30-5:00pm
- **Girls' Golf** Head Coach: Ruth Gephart (269-429-3832 cell: 269-277-2134)  
PRACTICE begins Mon. August 12th 4:30 pm @ Blossom Trails, Benton Harbor
- **STP Form** The STP (Sports Tryout Permission) form must be completed, signed by the Athletic Director and delivered by the player to the coach before any team participation. Forms and directions can be found on the Athletic web page.

**SCHOOL PHYSICAL INFORMATION:** ML will not be hosting a physical exam day this year. Physicals may be done by the Dr. of your choice and should be on file **before** practicing with a team. Students not playing a sport need to have a physical on file by the first day of classes. Please use the MHSAA physical form that can be found on the Athletic web page. ***PLEASE FILL IN ALL INFORMATION REQUESTED on the form and SIGN.*** Signatures are required in four places: "Insurance statement," "Medical Treatment Consent," "Student Participation" and "Parent, Guardian or 18 year old consent." SIGNATURES ARE REQUIRED. ***PHYSICALS done after April 15, 2019 are considered CURRENT for 2019-20 .***

PHYSICAL EXAM REQUIREMENTS FOR 2019-20: *Physicals are required for:*

1. All NEW STUDENTS
2. All SENIOR PE STUDENTS
3. All students intending to play a sport or cheer

## Please note the following quote from the MLHS Athletic Department TRAINING RULES

- Athletes may participate in two MLHS sports at one time.
- Dual sport paperwork must be completed and on file in the Athletic office before participating in any games. Please check the Athletic page and contact the athletic office with any questions.
- Athletes may participate in two ML sports and in addition, may participate in non school organized sports (but not the same sport during the same season.) ***It is to be understood that at all times the ML practices, games and training code will take priority over non school sports.*** Parents and athletes are cautioned to carefully consider the commitment of time and energy necessary to satisfactorily compete on two teams at the same time.

**ALL SPORT FAMILY PASSES** will be available in the fall. Passes are intended to admit the immediate family (one household, generally 2 adults and 2 children "still at home." This pass includes all regular season games except football. Please do not ask ticket takers to admit married children, boyfriends or girlfriends on your pass. Thank you for your cooperation. This helps keep the cost reasonable for our families.

## ATHLETIC WEB SITE:

Information concerning our athletic teams, calendar, team practice schedules, required forms, etc. are available at [www.michiganlutheran.org](http://www.michiganlutheran.org) SCHEDULES ARE SUBJECT TO CHANGE. Please check the athletic page for updates.