

Attention All Middleton High School Athletes:

This is notice that an MHS Athletic Participation Form must be on file in the athletic office prior to being eligible to practice and includes proof of insurance and a valid physical. If your last physical was BEFORE April 1, 2010 you will need a physical for the 2011-2012 school year. If you are uncertain whether or not you have a valid physical on file, please call Kathleen Shaffer the Athletic Assistant at 608 829 9912 or visit the athletic office at the four corners. All athletes must also complete and return an Emergency Contact Card to their coach prior to being eligible to practice and also must pay an athletic user fee of \$172 per sport, payable to MHS, prior to the first contest in order to be eligible to compete.

Fall athletic practices will be according to the following schedule:

Varsity and Sophomore Football :

Wednesday, August 3 - Varsity: 8:00 a.m.; Sophomores: 9:00 a.m. – Registration, Equipment Issued and Practice
Report with Physical Card to the Concourse

Thursday, August 4 - Sophomore practice 8:30 - 11:00 a.m.; Varsity Practice 8:00 – 11:00 a.m. and 5:00 - 6:30 p.m.

Freshman Football:

Monday, Aug 8 - 3:00 - 5:00 p.m. - EQUIPMENT ISSUE & MEETING
Report to the High School Concourse with Physical Card & Lock Fee

Tuesday, August 9 - Practice without pads: 3:30 - 5:30 p.m.

Football Equipment Fees

There is a \$5.00 fee for the combination padlock.

Boys' & Girls' Cross Country:

Monday, August 15 - All athletes register at the indoor pool entrance at 9:00 a.m. Practice to follow.

Girls' Golf

Tuesday, August 9 - Practice at Pleasant View Golf Course at 7:00 a.m. Bring golf clubs and golf/tennis shoes.

Boys' Soccer

Monday, August 8 – Returning players (10, 11 and 12) practice from 8:00 – 10:00 a.m. and 4:00 – 6 p.m.

Freshman practice from 8:00 – 10:00 a.m.

All practices will be at the Airport Road Training Fields.

Come dressed to train - white t-shirt and a ball are required.

Girls' Swimming & Diving

Tuesday, August 9 - All swimmers & divers register & practice at the outdoor pool @ 8:00 a.m.

Bring running & swimming/diving equipment.

Girls' Tennis

Tuesday, August 9 - All players register at 8:00 a.m. in the H.S Student Center; only those trying out for varsity will practice the first day. Practice for all levels every day thereafter from 8 a.m. – 11:00 a.m. on the High School courts. If your physical form is not turned into the main office, you cannot practice.

Girls' Volleyball

Monday, August 15 - Registration at 8:00 a.m. in the MHS Field House. Tryouts for Varsity, JV & Freshmen will be held 8:00 - 11:30 a.m. & 4:00 - 6:30 p.m. on Monday and then from 8:30 – 11:30 a.m. & 4:00 - 6:30 p.m. every day thereafter through the end of the week. Players must attend all sessions!

Boys' Volleyball

Monday, August 22 - Field House – 10, 11 & 12 graders practice 8:30 – 11 a.m. All levels practice: 4:00 – 6:30 p.m.