



MHS Athletics Orientation

**Please join us on
Wednesday, June 5, 2024
at 5:30pm in the
High School Auditorium**

Important information to be discussed:

- Our athletics website: www.millburnathletics.com
- Overview of Athletics and Expectations of our Athletes
- St. Barnabas Medical Center - Athletic Affiliation Information
- Athletic Training Protocols at MHS
- Registration information & Physical Forms – instructions for registering on our website and submitting physical forms.
- Athletes with Medical Special Needs
- Schedules for every sport and calendar of daily athletic events including times, field locations, etc.
- Notify Me – sign up to be notified of updates in real time of the sport you are following. It includes text message and email notifications.
- Summer workouts - Non Contact Period **August 3-11, 2024**
- Fall Sports Start Dates: Check our website for tryouts information

August 12th - Football

August 12th - Girls Tennis

August 19th - All other Fall sports

Sports at Millburn High School

Fall Sports

Boys & Girls Cross Country
Field Hockey
Football
Boys & Girls Soccer
Girls Tennis
Girls Volleyball

Winter Sports

Boys & Girls Basketball
Bowling
Boys & Girls Fencing
Ice Hockey
Girls Ice Hockey
Boys & Girls Swimming
Boys & Girls Winter Track
Wrestling

Spring Sports

Baseball
Girls Flag Football
Boys & Girls Golf
Boys & Girls Lacrosse
Softball
Boys & Girls Track and Field
Boys Tennis
Boys Volleyball

Christopher Drechsel, Director of Athletics

Charla Macaluso, Administrative Assistant

Gianni Nasonte, Athletic Trainer

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