

Winter 2 2026 Middle School Coaches Contact and Team Information (2).xlsx

The Winter 2 season will begin on Monday, Jan. 20th with tryouts or team meetings (mainly for information gathering purposes) unless otherwise listed in the "notes" column. Intramural sports will begin on Monday, Jan. 26th.

Please e-mail coaches for more team specific information.

Your student must have a valid physical on file (dated on, or after, 4/15/25 and on the MHSAA Physical Form only - no health risk appraisals or other doctor's forms will be accepted) with the main office before they will be allowed to tryout/participate. Please use our Middle School Athletic webpage for the proper forms and other resources you may need: <http://www.bloomfield.org/departments/athletics/middle-school-athletics> .

School:	Team:	Grade(s):	Coach:		Email:	Starts:	Notes:
NHMS	Girls Basketball	6th-8th INT	Jay Leitz		Jleitz@bloomfield.org	26-Jan	Practices: M-Th, 7:30-8:15am
NHMS	Girls Basketball	6th-8th INT	Brendan Harrington		bharrington@bloomfield.org		
NHMS	Girls Basketball	7th Travel	Josh Burgess		Jburgess@bloomfield.org	20-Jan	Practices: M-F, 3:30pm-5:30pm
NHMS	Girls Basketball	8th Travel	Oona Friedland		oonafriedland@gmail.com		
NHMS	Wrestling	6th-8th	Mike Tioran		mtioran@bloomfield.org	20-Jan	Practices: M-F, 3:30pm-5:30pm
NHMS	Wrestling	6th-8th	Melanie Pagel		mpagel@bloomfield.org		
NHMS	Boys Swim	6th-8th	Laura VanGemert		lvangemert@bloomfield.org	20-Jan	M-F, 3:30-5:00 pm @ North Hills
NHMS	Boys Swim	6th-8th	Joan Lynch		jlynch@bloomfield.org		
School:	Team:	Grade(s):	Coach:		Email:	Starts:	Notes:
SHMS	Girls Basketball	6th-8th INT	Jessie Marx		jmarx@bloomfield.org	26-Jan	Practices: M-Th, 7:30-8:15am
SHMS	Girls Basketball	6th-8th INT	Josh Burgess		Jburgess@bloomfield.org		
SHMS	Girls Basketball	7th Travel	Ashley Smith		4shsmith@gmail.com	20-Jan	Practices: M-F, 3:30pm-5:30pm
SHMS	Girls Basketball	8th Travel	Jeff Nagy		superioreye@sbcglobal.net		
SHMS	Wrestling	6th-8th	Dennis Rapal		dennis.rapal@gmail.com	20-Jan	Practices: M-F, 3:30pm-5:30pm
SHMS	Wrestling	6th-8th	Arber Dembogaj-Beyer		Arber9284@gmail.com		
SHMS	Boys Swim	6th-8th	Lindsay Wright		wright_ll@comcast.net	20-Jan	M-F, 5pm-6:30pm @ North Hills
SHMS	Boys Swim	6th-8th	Scott Timoszyk		paramedic1311@gmail.com		
School:	Team:	Grade(s):	Coach:		Email:	Starts:	Notes:
All 3	Boys Diving	6th-8th	Scott McHugh		mchugh_scott@hotmail.com	21-Jan	Practices: M-F, 5pm-6:15pm @ BHHS
All 3	Boys Diving	6th-8th	Bailey Garwood		beetlebk3@aol.com		