

# SPARTAN FOOTBALL

MILTON HERSHEY SCHOOL®

## FOOTBALL YEAR AT A GLANCE

Milton Hershey Football competes in the Mid-Penn Conference Colonial Division in PIAA District III, 4A Classification.

**Summer/Fall Season (July to November)**

- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer
- Strength and conditioning sessions
- Team camp at local college or university
- Preseason practices and mandatory heat acclimation period
- Three teams are formed: Freshman, JV, and Varsity
- Daily after school practice
- 10 regular season games and one scrimmage against PIAA opponents
- Annual Cocoa Bean Game jointly hosted between Milton Hershey School and cross-town rival Hershey High School
- Homecoming weekend includes Friday Hall of Fame Induction Ceremony, a Saturday afternoon football game, a Saturday evening homecoming dance, and many alumni activities
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

**Winter/Spring Season (December to June)**

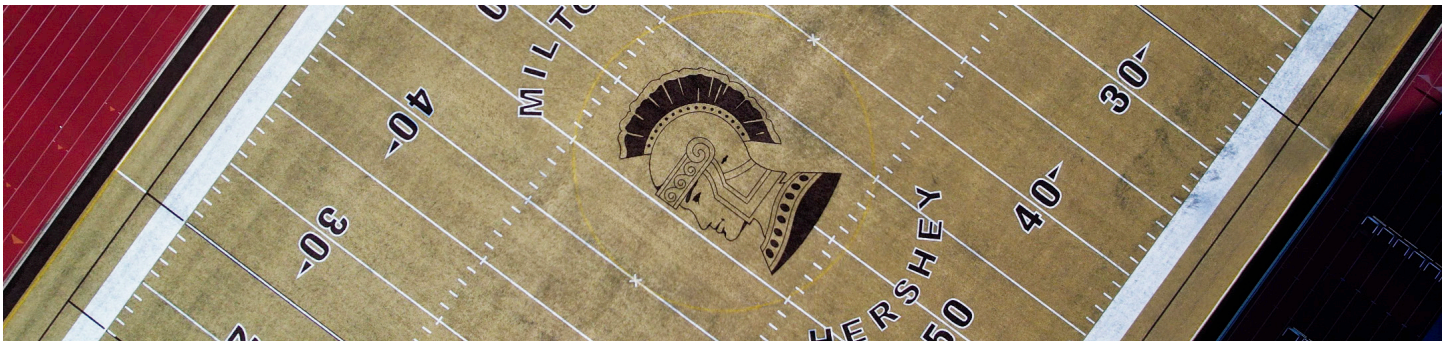
- Before and after school strength and conditioning training
- Fundamental skill and agility training
- Film study, 7 vs. 7 competitions, and open field workouts
- Team tryouts held in June for the following fall season

## FOOTBALL FACILITIES



- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands
- Two grass practice fields
- Varsity, JV, and freshman locker rooms in the stadium
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**



## PROVIDED EQUIPMENT

- Helmets, cleats, socks, mouthpieces, team shirts, and shorts
- Uniform includes game jersey, pants, socks, belt, and cold gear
- All equipment costs are covered, including quality brands like Nike and more

## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Participation in flag football (Fall)
- 7th/8th Grades: Participation in PIAA Junior High football (Fall)

## PROGRAM ACCOMPLISHMENTS

Mid-Penn Division Championships: 1992, 1997, 2004, 2009, 2013, 2014, 2019

## NOTABLE ALUMNI

- Joe Senser '74 | West Chester University | Minnesota Vikings
- Garry Gilliam '09 | Penn State University | Seattle Seahawks and San Francisco 49ers
- Keonte Lucas '17 | Central Connecticut State University
- Chris Farnsworth '19 | Gannon University
- Stanford Maison '19 | Georgetown University









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# SPARTAN BOYS BASKETBALL

MILTON HERSHEY SCHOOL®

## BASKETBALL YEAR AT A GLANCE

Milton Hershey Boys Basketball competes in the Mid-Penn Conference Keystone Division in PIAA District III, 5A Classification.

**Fall Season (August to October)**

- Before and after school workouts
- Weight room opportunities
- Fall league at Spooky Nook Sports

**Winter Season (November to March)**

- Team tryouts for all grades held in November to form three teams: Freshman, JV, and Varsity
- Daily practices after school and on Saturdays
- 22 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA state playoffs, if qualified

**Spring/Summer Season (March to July)**

- Select athletes can participate in Central Penn Elite AAU practices and tournaments
- Before and after school workouts
- Weight room opportunities
- Team camp at Alvernia University
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer
- Summer league at Spooky Nook Sports

## BASKETBALL FACILITIES




- Spartan Center Gym with three full-size basketball courts
- Copenhaver Gym with one full-size basketball court and ten practice basketball hoops
- Middle Division: A main gym with eight basketball hoops and an auxiliary gym with six basketball hoops
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## PROVIDED EQUIPMENT

- Basketball shooting machine
- Shooting shirts, travel suits, team basketball shoes, basketballs, and other gear
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Scott Rooney** was named head coach in 2023.
- He has over 20 years of coaching experience.
- He is a MHS Senior Division Math teacher.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental clinics
- 5th/6th Grades: Participation in travel league
- 7th/8th Grades: Select athletes can participate in AAU (Spring)
- 7th/8th Grades: Participation in 16 regular season games against PIAA Junior High opponents

## PROGRAM ACCOMPLISHMENTS

- Mid-Penn Division Championships: 2004, 2005, 2008, 2009, 2013, 2016, 2018, 2023
- Mid-Penn Championship Appearances: 2016, 2018
- Mid-Penn Championship: 2016
- District III Championship Appearances: 2005, 2018, 2020
- District III Championships: 1980, 1981, 2005, 2018
- State Championship: 1981
- Crawford Hunter Memorial Sportsmanship Award: 2011, 2013, 2014, 2016

## NOTABLE ALUMNI—1,000 POINT SCORERS

- Jay Rountree '70
- Jim Wells '74
- Reggie Wells '75
- Pete Smith '81
- John Savickas '89
- Jamarr Staples '99
- Josh Pope '04
- Don'yae Baylor-Carroll '17 (All-time leader)
- Josh Parra '20








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# SPARTAN GIRLS BASKETBALL

MILTON HERSHEY SCHOOL®

## BASKETBALL YEAR AT A GLANCE

Milton Hershey Girls Basketball competes in the Mid-Penn Conference Keystone Division in PIAA District III, 5A Classification.

**Fall Season (August to October)**

- Open gym workouts
- Weight room opportunities

**Winter Season (November to March)**

- Team tryouts for all grades held in November to form two teams: JV and Varsity
- Daily practices after school
- 22 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA state playoffs, if qualified
- Opportunity to attend a Division I college game

**Spring/Summer Season (March to July)**

- Select athletes can participate in Central Penn Elite AAU practices and tournaments
- Open gym workouts
- Weight room opportunities
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## BASKETBALL FACILITIES




- Spartan Center Gym with three full-size basketball courts
- Copenhaver Gym with one full-size basketball court and ten practice basketball hoops
- Middle Division: A main gym with eight basketball hoops and an auxiliary gym with six basketball hoops
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## PROVIDED EQUIPMENT

- Basketball shooting machine
- Shooting shirts, travel suits, team basketball shoes, basketballs, and other gear
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Tina Thomas** was named head coach in 2021.
- Coach Thomas played NCAA Division II basketball as a forward for Millersville University where she scored over 1,000 points and broke several rebounding records.
- In 2000, she launched her basketball coaching career with the Mid-Penn Motion Amature Athletic Union (AAU). Her teams consistently ranked among the top in the nation, securing 7th, 9th, and 11th place finishes.
- Coach Thomas was an assistant coach at Bishop McDevitt High School, leading the Crusaders to several Keystone League Championships and twice to district finals.
- Coach Thomas and her husband co-founded the AAU organization Central PA Elite.
- Under Coach Thomas, players have gone on to receive college scholarships at various divisional levels, play professionally, and coach collegiately.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental clinics
- 5th/6th Grades: Participation in travel league
- 7th/8th Grades: Select athletes can participate in AAU (Spring)
- 7th/8th Grades: Participation in 16 regular season games against PIAA Junior High opponents

## PROGRAM ACCOMPLISHMENTS

Recent District III Playoff Appearances: 2023, 2024, 2025

## NOTABLE ALUMNI

**1,000 Point Scorers**

- Brenda Armstrong '86
- Calla Carter '04

**Recent College Athletes**

- Molli Hogbin '23 | Penn State Harrisburg
- Tarianda Washington '24 | Penn State Abington
- Faith Wratto '24 | Lincoln University




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# SPARTAN SOFTBALL

MILTON HERSHEY SCHOOL®

## SOFTBALL YEAR AT A GLANCE

Milton Hershey Softball competes in the Mid-Penn Conference Capital Division in PIAA District III, 5A Classification.

**Fall Season (August to December)**

- Outdoor workouts
- Morning hitting, pitching, and catching workouts
- Off-season speed and strength training
- Select athletes can participate in the Keystone State Bombers travel softball program with practices and tournaments at MHS fields, Keystone State Sports, and other local fields

**Winter Season (January to February)**

- Indoor workouts for skill development at Keystone State Sports with the Keystone State Bombers travel softball program
- Off-season speed and strength training
- Winter League at Spooky Nook Sports
- Athletes have the opportunity to participate in college softball clinics at regional colleges
- Hitting and pitching lessons with local instructors, as available

**Spring/Summer Season (March to July)**

- Daily practices after school with some Saturday practices and games
- 20 regular season games and two scrimmages against PIAA opponents
- Travel softball roster spots and guest play opportunities for athletes on campus during the summer
- Weight room opportunities
- Opportunity to attend an overnight softball camp at a local university
- Mid-Penn, District III, and PIAA State Playoffs, if qualified
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer




**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## SOFTBALL FACILITIES




- Varsity Game Field with a 200'/220' fence with a scoreboard, full dugouts, bullpens, and a batting cage
- JV Game Field with a 200' fence
- Two indoor, retractable batting cages, Hack Attack, and Jugs Lite-Flite pitching machines
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- Fielders' glove, batting gloves, helmets, catcher's equipment, bats, and bat bags
- Metal cleats for Senior Division, molded cleats for Middle and Elementary Divisions
- Uniform includes game jersey, pants, socks, belt, hat/visor, cold gear, sweatshirt, and winter jacket
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Christina Aulbach** was named head coach in 2021.
- She is the MHS Senior Division Associate Athletic Director.
- Coach Aulbach played NCAA Division I softball as an infielder at St. Francis University.
- Prior to MHS, Aulbach coached softball at T.C. Williams High School, led travel softball teams at Spooky Nook Sports (where she also served as director), and coached in the Keystone State Bombers Organization.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Tee ball, 8U, and 10U local league participation
- Middle Division: Training for skill work (pitching, hitting, etc.)
- 5th/6th Grades: Participation in 12U local fastpitch league (Fall and Spring)
- 7th/8th Grades: Participation in 14U local fastpitch league (Fall and Spring)

## PROGRAM ACCOMPLISHMENTS

Michael Stepp Sportsmanship Award: 2022







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# SPARTAN BASEBALL

MILTON HERSHEY SCHOOL®

## BASEBALL YEAR AT A GLANCE

Milton Hershey Baseball competes in the Mid-Penn Conference Capital Division in PIAA District III, 5A Classification.

**Fall Season (September to November)**

- Outdoor workouts
- Morning hitting, pitching, and catching workouts
- Off-season speed and strength training

**Winter Season (December to February)**

- Workouts twice a week at the In The Net Sports Complex, featuring turf and batting cages
- Morning hitting, pitching, and catching workouts
- Off-season speed and strength training

**Spring/Summer Season (March to July)**

- Daily practices after school with some Saturday practices and games
- 20 regular season games and two scrimmages against PIAA opponents
- Local American Legion team opportunities for athletes on campus during the summer
- Mid-Penn, District III, and PIAA State Playoffs, if qualified
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## BASEBALL FACILITIES




- Senior Division: One of the finest game fields in the mid-state, with a 408' center field fence, branded windscreens, an electronic scoreboard, full dugouts, and batting cage
- Middle Division: Two game fields
- Elementary Division: Two game fields
- Two indoor, retractable batting cages, and a Hack Attack pitching machine
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**




## PROVIDED EQUIPMENT

- Fielders' glove, batting gloves, helmets, catcher's equipment, bats, and bat bags
- Metal cleats for Senior Division, molded cleats for Middle and Elementary Divisions
- Uniform includes game jersey, pants, socks, belt, hat/visor, cold gear, sweatshirt, and winter jacket
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Nate Pritchard** was named head coach in 2025.
- He coached the MHS JV Baseball team before becoming head coach.
- Coach Pritchard played college baseball at Kutztown University where he was a starting pitcher.
- Prior to coaching at MHS, Pritchard coached at Bishop McDevitt High School and with local travel and Legion teams.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Tee Ball, 8U, and 10U local league participation
- 5th/6th Grades: Participation in 12U local league
- 7th/8th Grades: Participation in 14U local league







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# SPARTAN WRESTLING

MILTON HERSHEY SCHOOL®

## WRESTLING YEAR AT A GLANCE

Milton Hershey Wrestling competes in the Mid-Penn Conference Capital Division in PIAA District III, 3A Classification.

**Fall Season (August to November)**

- Agility and endurance sessions
- After-school team strength and conditioning sessions
- After-school open gym and live wrestling opportunities
- Pre-season tournaments, as available

**Winter Season (November to March)**

- Strength and conditioning training
- Daily fundamental skill and agility training, intensive drilling, and live wrestling practices
- Dual matches, dual team tournaments, and individual tournaments
- PIAA post-season tournaments

**Spring/Summer Season (April to July)**

- Summer team camp at a local college or university
- Athletes have the opportunity to participate in club wrestling and joint practices at local high schools
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## WRESTLING FACILITIES




- Senior Divison: Wrestling room and four full-sized competition mats, used for home matches and tournaments held in Copenhaver Gym and Spartan Center Gym.
- Middle Division: Wrestling room
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## PROVIDED EQUIPMENT

- Wrestling shoes, head gear, mouth guards, knee pads, and braces
- Singlets, shorts, a practice shirt, sweatpants, a sweatshirt, and all practice and match gear
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH




- **MHS Varsity Head Coach Jimmy Taylor** has coached wrestling at MHS for over 20 years.
- He has served as an MHS houseparent, teacher, and assistant football coach.
- Under his leadership, MHS student Sharron Townsend become the school's first-ever John Travers Award winner.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental clinic (Spring)
- 5th/6th Grades: Participation in club wrestling (Winter)
- 7th-9th Grades: Participation in PIAA Junior High wrestling (Winter)

## PROGRAM ACCOMPLISHMENTS

- Over 60 state qualifiers and medalists
- Six Mid-Penn Sportsmanship Awards
- PIAA Officials Sportsmanship Award: 2016
- Over 700 career team wins
- Mid-Penn Division Championships: 1986, 2005
- PIAA District III Championship: 2007

## NOTABLE ALUMNI—100 WIN WRESTLERS

- Eric Rush '05
- Johnny Lamboy '05
- Sharron Townsend '12






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# SPARTAN TRACK & FIELD

MILTON HERSHEY SCHOOL®

## TRACK & FIELD YEAR AT A GLANCE

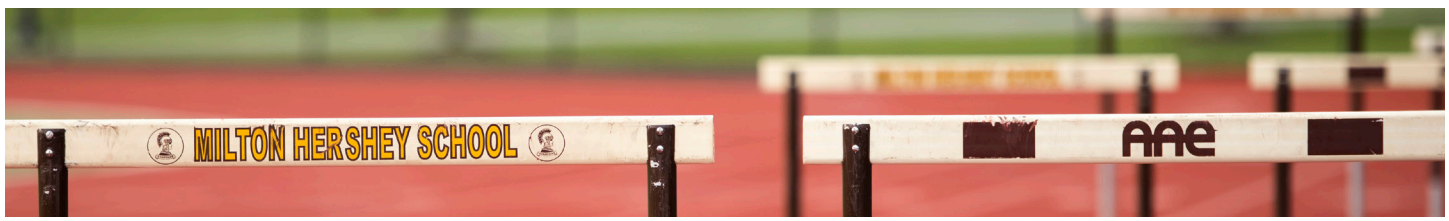
Milton Hershey Track & Field competes in the Mid-Penn Conference Keystone Division in PIAA District III, 3A Classification.

**Fall Season (September to November)**
- Weekly Vertimax, Raptor, and TRX strength training

**Winter Season (December to February)**
- Weekly strength and skill training practices
- Indoor meets at colleges and universities
- PTFCA Indoor State Championships
- Nike Indoor National Championships

**Spring Season (March to May)**
- Daily after-school practices
- Home and away track meets held on most Tuesdays and Thursdays
- Invitationals on select Saturdays
- Mid-Penn, District III, and PIAA State Championship meets for athletes who qualify

**Summer AAU/Junior Olympic Season (June to August)**
- Milts 4 Life Track & Field Club for select athletes to compete on a national level
- Training for Junior Olympics begins, offering college exposure opportunities
- Optional on-campus overnight skills training camp at a local university
- Multi-day meets are held at colleges and universities
- AAU and USATF memberships provided to athletes
- Multi-day meets are held at colleges and universities
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer




**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## TRACK & FIELD FACILITIES




- Henry Hershey Field: 8-lane, all weather track, jumping pits, discus circle, shot-put ring, grass javelin runway, and pole vault pit
- Spartan Center Gym: 3-lane, indoor track, with Vertimax, Raptor, and TRX training systems
- Boys and Girls locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- Custom sublimated uniforms, warm-ups, t-shirts, event-specific footwear, and a backpack
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Roger Smith '85** was named head coach in 2009.
- Coach Smith won numerous PIAA State medals in track & field as an MHS student. He went on to play football at Millersville University, earning multiple honors while also captaining the Marauders to the winningest football record of all time.
- He was inducted into the Millersville University Hall of Fame in 2014.
- He is an MHS Student Programs team lead and holds a 25-year service award.
- Coach Smith is a 2024 inductee into the Spartan Athletics Hall of Fame.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental program
- 7th/8th Grades: Participation in PIAA Junior High track & field

## PROGRAM ACCOMPLISHMENTS

**Boys Track & Field Team Championships**

- Mid-Penn Championships: 1986, 1987, 1993, 1994, 2008, 2010, 2012, 2013, 2014, 2015, 2016
- PIAA District III Championships (AA): 1988, 1994, 2004, 2005
- PIAA District III Championships (AAA): 2012
- PIAA State Championships (AA): 1989

**Girls Track & Field Team Championships**

- Mid-Penn Championships: 1985, 1986, 1989, 1993, 1994, 1995, 1997, 1998, 1999, 2000, 2001, 2002, 2006, 2007, 2009, 2010, 2024
- PIAA District III Championships (AA): 1980, 1981, 1982, 1983, 1985, 1987, 1988, 1989, 1990, 1992, 1993, 1994, 1995, 1997, 1998, 1999, 2000, 2001, 2005, 2006
- PIAA District III Championships (AAA): 2010
- PIAA State Championships (AA): 1980, 1981, 1982, 1985, 1989, 1991, 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2002, 2003, 2005, 2006



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# SPARTAN BOYS SOCCER

MILTON HERSHEY SCHOOL®

## SOCCER YEAR AT A GLANCE

Milton Hershey Soccer competes in the Mid-Penn Conference Capital Division in PIAA District III, 3A Classification.

**Fall Season (August to October)**

- Daily practices after school with some Saturday practices and games
- 18 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

**Winter Season (December to February)**

- Workouts at In The Net Sports Complex
- Speed and strength training
- Indoor league games at In The Net Sports Complex

**Spring/Summer Season (March to July)**

- Outdoor workouts at the turf and grass soccer fields
- Speed and strength training
- Select athletes can participate in local club soccer team practices and tournaments
- Athletes attend a residential team camp at a local college
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## SOCCER FACILITIES



- Senior Division: One grass field and three grass practice fields
- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands
- Middle Division: Two grass game fields and one practice field
- Elementary Division: Two grass game fields
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**




## PROVIDED EQUIPMENT

- Practice shorts, shirts, cleats, goalie equipment, hoodies, and soccer bags
- Uniform includes game jersey, shorts, socks, cold gear, and sweatshirts
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Christopher Spinogatti '07** was named head coach in 2022.
- He is the MHS Middle Division Athletic Director and Dean of Students.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental clinics
- Middle Division: Developmental clinics
- Elementary Division: Participation in 10U local league (Fall)
- Middle Division: Participation in 12U and 14U local league (Fall and Spring)
- 7th and 8th Grade: Participation in PIAA Junior High soccer (Spring)
- Select 7th/8th Grade athletes can participate in local club teams for travel tournaments and league games






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# SPARTAN GIRLS SOCCER

MILTON HERSHEY SCHOOL®

## SOCCER YEAR AT A GLANCE

Milton Hershey Soccer competes in the Mid-Penn Conference Capital Division in PIAA District III, 3A Classification.

**Fall Season (August to October)**

- Daily practices after school with some Saturday practices and games
- 18 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

**Winter Season (December to February)**

- Workouts at In The Net Sports Complex
- Speed and strength training
- Indoor league games at In The Net Sports Complex

**Spring/Summer Season (March to July)**

- Outdoor workouts at the turf and grass soccer fields
- Speed and strength training
- Select athletes can participate in local club soccer team practices and tournaments
- Athletes attend a residential team camp at a local college
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## SOCCER FACILITIES



- Senior Division: One grass field and three grass practice fields
- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands
- Middle Division: Two grass game fields and one practice field
- Elementary Division: Two grass game fields
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**




## PROVIDED EQUIPMENT

- Practice shorts, shirts, cleats, goalie equipment, hoodies, and soccer bags
- Uniform includes game jersey, shorts, socks, cold gear, and sweatshirts
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH




- **MHS Varsity Head Coach Kelsie Garman** was named head coach in 2023.
- Bishop McDevitt High School retired Coach Garman's jersey after she led her team to a PIAA District III Championship as a three-year captain in 2012.
- She was an ESPNHS State All-Star, a TopDrawSoccer.com Mid-Atlantic Top 10 recruit, and a four-time Big 11 selection.
- She went on to play soccer at NCAA Division I West Virginia University.
- Prior to MHS, Coach Garman coached teams at Miami University of Ohio (DI), Fairmont State University (DII), and her high school alma mater.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental clinics
- Middle Division: Developmental clinics
- Middle Division: Participation in 12U and 14U local league (Fall and Spring)
- 7th and 8th Grade: Participation in PIAA Junior High soccer (Spring)
- Select 7th/8th Grade athletes can participate in local club teams for travel tournaments and league games







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# SPARTAN FIELD HOCKEY

MILTON HERSHEY SCHOOL®

## FIELD HOCKEY YEAR AT A GLANCE

Milton Hershey Field Hockey competes in the Mid-Penn Conference Capital Division in PIAA District III, 2A Classification.

**Fall Season (August to October)**

- Preseason practices begin
- Daily practices after school with some Saturday practices and games
- 18 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

**Winter/Spring/Summer Season (November to July)**

- Middle and Senior Division athletes can try out for Alley Cats Field Hockey, a local indoor team, with weekly practices from November to February, and four-to six weekend tournaments at regional venues like Spooky Nook Sports and United Sports
- Speed, strength, agility, and skill development workouts
- Weekly strength and conditioning workouts
- Spring turf practices and tournaments with Alley Cats Field Hockey
- Team tryouts are held in May for the fall season
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## FIELD HOCKEY FACILITIES




- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands
- Middle Division: Practice and game fields
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## PROVIDED EQUIPMENT

- Field hockey stick, shin guards, turf shoes, mouth guard, backpack, and gloves
- Uniform includes game jerseys, skirt, spandex, socks, cold gear, and a rain jacket
- Practice apparel includes pinnies, shorts, sweatshirts, long and short sleeve t-shirts
- Indoor equipment provided for players participating in the off season
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Gina Allessie '90** was renamed head coach in 2025.
- She was previously the head coach for MHS Varsity Field Hockey from 1996-2012.
- She is an MHS Senior Division Physical Education/Healthy Lifestyles teacher.
- Coach Allessie played NCAA Division III Field Hockey at Cortland State, where she was a National Champion and All-American.
- During her coaching tenure at MHS, teams have made multiple PIAA district and state game appearances.
- Coach Allessie was inducted into the Spartan Hall of Fame in 2008.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental program
- Middle Division: Developmental program
- 7th/8th Grades: Participation in PIAA Junior High field hockey (Fall)
- Select 7th/8th grade athletes can participate in local club teams for travel tournaments (Winter and Spring)

## PROGRAM ACCOMPLISHMENTS

Mid-Penn Division Championships: 1987, 1988, 1990, 1991, 2012

## NOTABLE ALUMNI

- Gina (Carlo) Allessie '90 | Cortland State University
- Ododo (Omo-Osagie) Walsh '98 | Lock Haven University
- Fonati (Ward) Abrokwa '00 | Lock Haven University








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# SPARTAN VOLLEYBALL

MILTON HERSHEY SCHOOL®

## VOLLEYBALL YEAR AT A GLANCE

Milton Hershey Volleyball competes in the Mid-Penn Conference Capital Division in PIAA District III, 3A Classification.

**Fall Season (August to October)**

- Preseason practices begin
- Daily practices after school with some Saturday practices and games
- 22 regular season games, two scrimmages, and up to two tournaments against PIAA opponents
- Senior Night and Dig Pink Breast Cancer Awareness events held in the Spartan Center Gym
- Mid-Penn, District III, and PIAA State Playoffs, if qualified

**Winter Season (December to May)**

- Weekly workouts and practices
- Speed, strength, agility, and skill development workouts
- Weekly strength and conditioning workouts
- AAU partnership with Prevail Volleyball Club where select athletes can participate in multiple AAU volleyball tournaments held on campus and at local facilities against other club teams

**Summer Season (May to July)**

- Team tryouts begin for the fall season
- Strength, conditioning, and overall fitness workouts
- Select athletes can attend an overnight volleyball camp held at a local college or university
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer



**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## VOLLEYBALL FACILITIES




- Spartan Center Gym with one main court for home games and up to three practice courts
- Copenhaver Gym with one main court for home games and up to four practice courts
- Middle Division: Two volleyball courts and one auxiliary gym court
- Varsity and JV locker rooms
- Equipment storage cages
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- 40+ Baden, Tachikara, Molten practice volleyballs, and a duffle bag
- Uniform includes a home and away jersey, knee pads, crew socks, volleyball shoes, spandex, ankle supports, warm-up tops and bottoms
- Practice long and short sleeve volleyball t-shirts
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH



- **MHS Varsity Head Coach Jen (Cook) Shirk** was named head coach in 2020.
- She is an MHS Elementary Division fourth grade teacher.
- Prior to MHS, Coach Shirk played volleyball at Elizabethtown College and coached with Prevail Volleyball Club.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Middle Division: Developmental program (Fall)
- 7th/8th Grades: Participation in PIAA Junior High volleyball (Spring)
- Select 7th/8th grade athletes can participate in local club teams for tournaments

## PROGRAM ACCOMPLISHMENTS

- Mid-Penn Colonial Division Champions: 2016, 2017, 2018
- Mid-Penn All Star Honorable Mention Athlete: 2023 – Brijoanna Stewart
- Mid-Penn Capital Division Sportsmanship Team Award: 2022
- Mid-Penn Capital Division Coach of the Year: 2022 – Head Coach Jen Shirk
- Jenna Burney '24 holds the school record for career assists with 569

## NOTABLE ALUMNI

- Angelique Reyes '20 | Monroe College
- Kandey Torres '22 | Harcum College

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# SPARTAN SWIMMING & DIVING

MILTON HERSHEY SCHOOL®

## SWIMMING & DIVING YEAR AT A GLANCE

Milton Hershey Swimming & Diving competes in the Mid-Penn Conference Keystone Division in PIAA District III, 2A Classification.

**Fall Season (September to October)**

- Stroke technique training during after-school swim & dive clinic

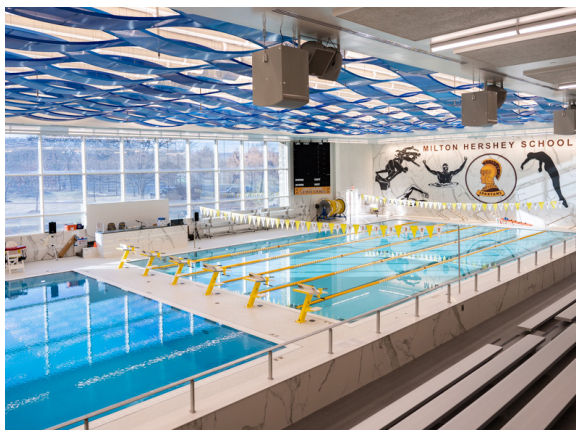
**Winter Season (November to March)**

- Daily practices after school
- League and non-league meets
- Multiple annual invitationals
- Mid-Penn Championships and PIAA District III Championships, and PIAA State Championships for those who qualify

**Spring Season (April to June)**

- Weekly swim & dive clinic, including dryland training
- Select athletes can attend a swim & dive camp held at a local college or university
- Athletes can train and work as a lifeguard on campus during the summer. MHS provides required lifeguard certification.

## SWIMMING & DIVING FACILITIES




- Copenhaver Natatorium (indoor pool): A 25-yard, 6-lane pool with movable wedge blocks, separate diving well with two 1-meter springboards, and VASA trainer on deck
- Middle Division: A 25-yard, 8-lane pool
- Elementary Division: A non-competition pool is available for swim program lessons
- Community Recreation Center (outdoor pool): A 25-meter, 8-lane pool with 3- and 1-meter diving boards, slides, and other recreational features
- Indoor fitness facilities include multiple weight rooms, and a cycling room
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## PROVIDED EQUIPMENT

- Swim cap, goggles, fins, kickboards, paddles, and mesh bags
- Meet swimsuit, practice tech swimsuit for championship meets, and swim bag
- Warm-ups, team t-shirts, and pool deck shoes
- All equipment costs are covered, including quality brands like Nike and more

## MEET THE COACH




- **MHS Varsity Head Coach Heather Dougherty** was named head coach in 2017.
- Prior to MHS, Coach Dougherty swam at Millersville University and went on to coach various swimming programs and age groups.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Swim lessons during school and open swims for student homes
- 5th/6th Grades: Swim clinics (Winter)
- 7th/8th Grades: Swim clinics and practices (Winter)
- Middle Division: Competitions held against other Junior High swimmers

## PROGRAM ACCOMPLISHMENTS

- 1982-83: Central Penn Aquatic League 1st place
- 1990-91: Boys Mid-Penn Championship 1st place Division II
- 1991-92: Boys Mid-Penn Championship 1st place Division II
- 1992-93: Boys Mid-Penn Championship 1st place Division II
- 1993-94: Boys Mid-Penn Championship 1st place Division II

## NOTABLE ALUMNI

- Kara (Bailey) Yoder '06
- Ryan Blom '15 | Georgetown University





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# SPARTAN CROSS COUNTRY

MILTON HERSHEY SCHOOL®

## CROSS COUNTRY YEAR AT A GLANCE

Milton Hershey Cross Country competes in the Mid-Penn Conference Capital Division in PIAA District III, 2A (Boys) and 3A (Girls) Classification.

**Fall Season (August to November)**

- Preseason practices begin
- Daily practices after school
- Meets are held on most Tuesdays
- Invitationals for all runners on select Saturdays
- Mid-Penn Conference, PIAA District III Championships, and PIAA State Championships for those who qualify

**Winter/Spring/Summer (November to July)**

- Recommended participation in indoor track & field
- Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## CROSS COUNTRY FACILITIES



- Beautiful, rolling 5K course with directional white painted line marking the course
- Henry Hershey Field: 8-lane, all weather track
- Spartan Center Gym: 3-lane, indoor track
- Indoor fitness facilities include multiple weight rooms, and a cycling room
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions

## PROVIDED EQUIPMENT

- Uniforms, warm-up apparel, running shoes, cross-country spikes, and practice t-shirts
- All equipment costs are covered, including quality brands like Nike and more

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**

## MEET THE COACH



- **MHS Varsity Head Coach Katy Joseph** was named head coach in 2022.
- In high school, she competed in the PIAA State Championships for cross country and track & field.
- She received the Wes Olsen Scholar Athlete Award and made First Team All-Conference while running in college at Penn State Abington.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

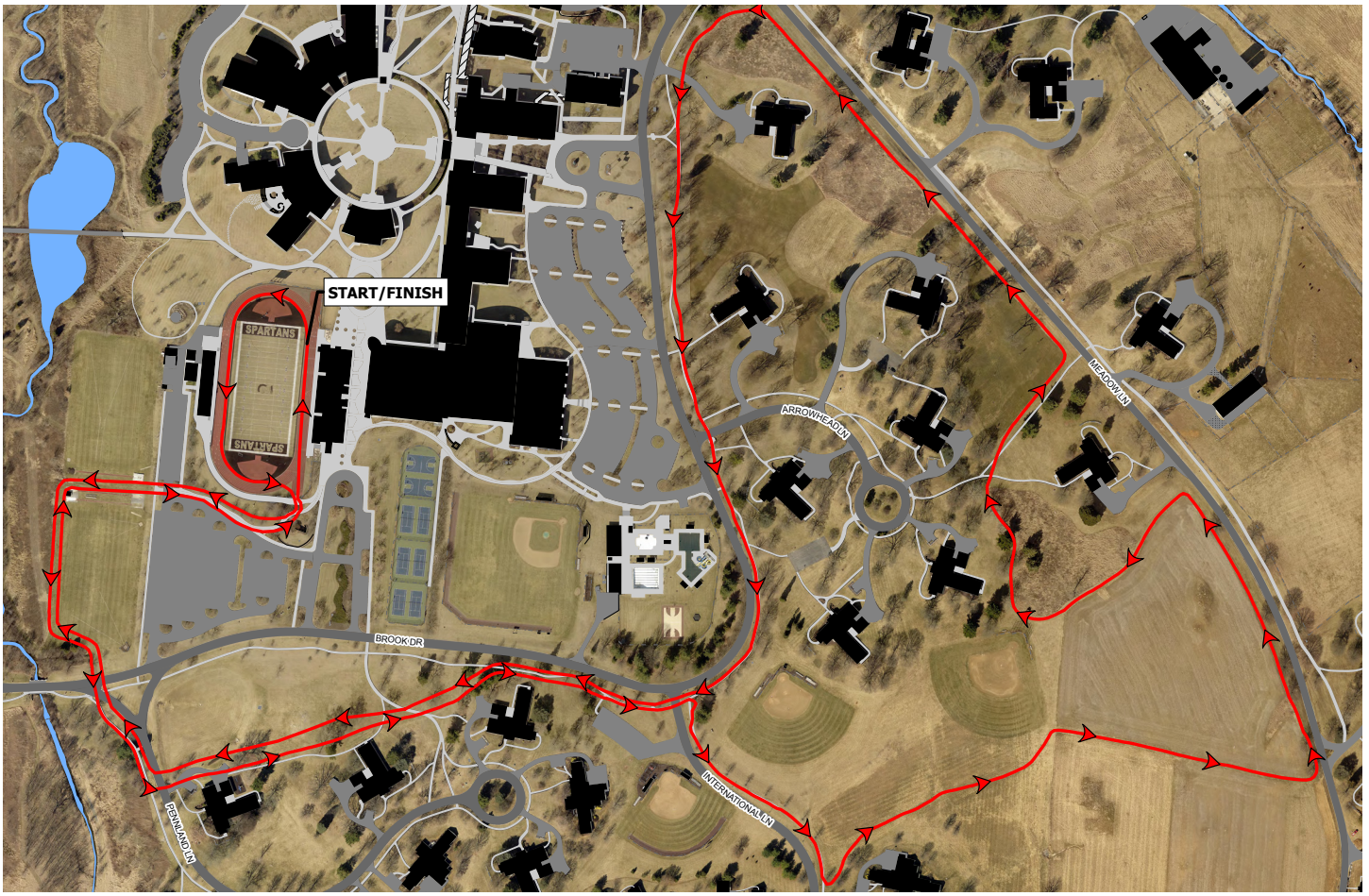
## DEVELOPMENTAL PROGRAMS

- 5th/6th Grades: Developmental program
- Middle Division: Participation in PIAA Junior High cross country (Fall)

## PROGRAM ACCOMPLISHMENTS

- Mid-Penn Team Division Champions (Boys): 2014, 2015, 2016, 2017, 2023, 2024
- Multiple PIAA District III and PIAA State qualifying runners annually (Boys and Girls)

## CROSS COUNTRY COURSE MAP

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# SPARTAN CHEERLEADING

MILTON HERSHEY SCHOOL®

## CHEERLEADING YEAR AT A GLANCE

Milton Hershey Cheerleading offers Varsity and JV sideline cheer programs in the Fall Football and Winter Basketball seasons.

**Fall Season (August to October)**

- Preseason practices begin
- Cheer camp and daily practices after school with some Saturday games
- The JV team cheers for all JV and freshman home football games
- The Varsity team cheers for all home, away, and playoff Varsity football games

**Winter Season (November to February)**

- Winter team tryouts held in October
- The JV team cheers for a variety of Varsity and JV girls and boys home basketball games
- The Varsity team cheers for a variety of home, away, and playoff Varsity girls and boys basketball games

**Spring/Summer Season (March to July)**

- Open gym sessions are held to prepare for fall season
- Fall team tryouts held in June
- Tryouts for the Big33 Cheer Team, a group of cheerleaders from PA and MD selected to perform in the annual PSFCA East/West All Star game

## CHEERLEADING FACILITIES




- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands where home football games are hosted
- Spartan Center Gym: An indoor hardwood basketball court with three full-size basketball courts where home basketball games are hosted
- Copenhaver Gym: One of multiple cheer practice and tryout locations
- Hostetter Health Center Gym: An auxiliary gym for cheer practices
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching film, holding team meetings, and conducting classroom-style sessions

**Camps, club teams, off-season training, and equipment are included—with all costs covered.**




## PROVIDED EQUIPMENT

- Uniform includes shell, body liner, skirt, warmup jacket, pants, and cheer shoes
- Camp shirts and shorts
- Megaphones, signs, pom poms, and team backpack
- All equipment costs are covered, including quality brands like Nike and more

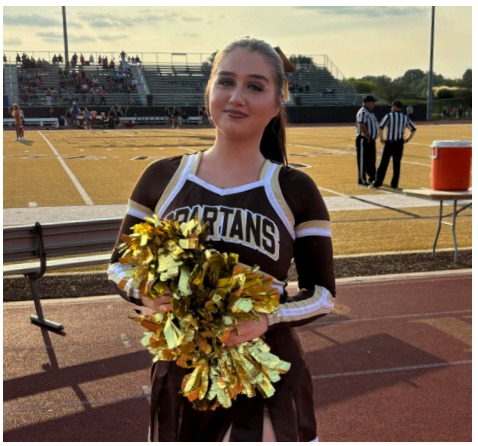
## MEET THE COACH



- **MHS Varsity Head Coach Shannon Bixler** was named head coach in 2025.
- She was the assistant coach for MHS Varsity Cheerleading before becoming head coach.
- Coach Bixler also serves as an assistant coach for MHS Varsity Track & Field.
- Coach Bixler started cheering at age four and continued through college at East Stroudsburg University.
- Prior to MHS, she coached squads at Palmyra High School, Annville-Cleona High School, and was an All-American and NCA instructor.
- Under Coach Bixler, All-Americans and squad members have gone on to compete at the collegiate level.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Developmental program
- 5th/6th Grades: Developmental program
- 7th/8th Grades: Competitive cheerleading program, attending more than three competitions
- Middle Division: Participation in Junior High cheerleading program









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# SPARTAN ICE HOCKEY

MILTON HERSHEY SCHOOL®

## ICE HOCKEY YEAR AT A GLANCE

- Milton Hershey Ice Hockey is a club sport
- Weekly practices begin in November
- 10-15 regular season games against local club opponents
- The Hershey Bears, a professional ice hockey team, joins MHS ice hockey students annually for a collaborative practice, tour of school facilities, and a luncheon at Founders Hall

## ICE HOCKEY FACILITIES

- Covered outdoor ice hockey rink home to all Middle and Senior Division ice hockey games, learn to skate, and open skate sessions
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching film, holding team meetings, and conducting classroom-style sessions

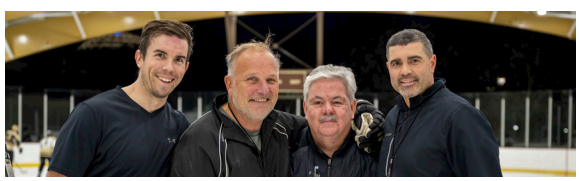
## PROVIDED EQUIPMENT

- Hockey sticks, pucks, shoulder pads, uniform jersey, shorts, helmet, socks, skates, and gloves
- Camps, club teams, off-season training, and equipment are included**—with all costs covered**
- All equipment costs are covered, including quality brands like Nike and more

## DEVELOPMENTAL PROGRAMS

- Elementary Division: Learn to skate program
- Middle Division: Learn to skate program
- 5th-8th Grades: Participation in Junior High hockey program against local teams

## MEET THE COACHES



- MHS Senior Division Head Coaches are **Marv Klinger '77 and Vance Cole '83.**
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

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