North Rockford Middle School
Fall 2019 Start of Sports Information

The information listed below is for the first week of each sport - it is not a complete list of all practices. Complete information will be given by coaches during the first week of practice.

Participation in the middle school athletics program is an important part of a well-rounded education. In order to ensure your child's success in both the academic and athletic arenas, we have certain expectations of participation that reflect the standards of the MHSAA and Rockford Public Schools. **Physicals are mandatory and must be completed prior to the first day of participation.**

Please take time to review the North Rockford Middle School code of conduct with your child, as all athletes will be expected to follow these guidelines. The code of conduct and other athletic forms and information can be found at http://www.rockfordschools.org/middle-schools/north-rockford-middle/athletics/

Thank you and **GO RAMS**!

Jennifer Domagalski
Athletic Director
North Rockford Middle School
jdomagalski@rockfordschools.org
(616) 863-6300

Co-Ed Cross Country - No tryouts necessary
Mon 8/5 (9:00 -10:00 am) – OPTIONAL
Mon 8/12 (9:00 - 10:00 am) – OPTIONAL
Mon 8/19 (9:00 - 10:00 am) – OPTIONAL
Wed 8/28 (2:45 – 3:45 pm) – First Practice
Thurs 8/29 (2:45 – 3:45 pm) – Practice
Coach: Emily Weinmann eweinmann@rockfordschools.org
Assistant Coach: Jen Nyeholt jnyeholt@rockfordschools.org

Football
*****Sign up for Football must be completed via Community Ed at rpssignmeup.com*****
Parent Meeting: August 12 at 5:00 PM at NRMS at Football Stadium
Mon 8/12 (5:30 pm - 8:00 pm)
Tues 8/13 (5:30 pm - 8:00 pm)
Wed 8/14 (5:30 pm - 8:00 pm)
Thurs 8/15 (5:30 pm - 8:00 pm)
Fri 8/16 (8:00 am - 10:30 am)
Coach: Mike Ahern ahern12@charter.net

Girls Sideline Cheer - Practice will begin before school starts - No tryouts necessary
Parent Meeting: Tues 8/7 (6:00 PM) @ NRMS Cafeteria
Practice on Tues/Thur following parent meeting
Coaches: Danielle Stulp, Bobbie Demorest and Torri Mills rockfordmscheerleading@gmail.com

Girls Tennis - No tryouts necessary
Mon 8/26 (2:45pm – 4:15 pm)
Tues 8/27 (2:45pm – 4:15 pm)
Wed 8/28 (2:45pm – 4:15 pm)
Thurs 8/29 (2:45pm – 4:15 pm)
Coach: Ross Dondit
rdondit@rockfordschools.org

Girls Volleyball - Tryouts begin the 2nd week of school. Meet in the main gym

8th Grade Tryouts
Tues 9/3 (2:30 pm - 4:30 pm)
Wed 9/4 (2:30 pm - 4:30 pm)
Coach: Sue Oaks soaks@rockfordschools.org
Coach: Stephanie Campbell scampbell@rockfordschools.org

7th Grade Tryouts
Tues 9/3 (2:30 pm - 4:30 pm)
Wed 9/4 (2:30 pm - 4:30 pm)
Coach: Julie Gitchell jgitchell@rockfordschools.org
Coach: Michelle Ferguson mferguson@rockfordschools.org

Volleyball practice schedules will be given at a later date