East Rockford Middle School
Winter 1 2020 Start of Sports Information

We are using a new process for student registration of middle school athletics, called **Register My Athlete, effective immediately**. This website is the only method in which you will indicate your child is interested and sign up for ANY middle school athletic team for the 2020-2021 school year. This process will also be utilized to communicate upcoming information pertaining to tryouts and practices. Please visit **RockfordRams.org** and click on **REGISTER AN ATHLETE** or visit the following link: https://registermyathlete.com/login/

The information listed below is for the first week of each sport and 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 Code of Conduct. Please take time to review the **Rockford Middle School Code of Conduct** with your child, as all athletes are expected to follow these guidelines. The code of conduct as well as other athletic forms or information can be found on our athletic websites or RockfordRams.org.

Physicals completed on or after April 15, 2019 are permitted, with the completion of the required **MHSAA Health Questionnaire** prior to the first day of participation. Students who did not receive a sports physical in the 2019-2020 school year, must have a valid physical on file for participation. Students without a physical on file will not be permitted to tryout or participate until this is completed.

Thank you and **GO RAMS**!

Jennifer Domagalski
Athletic Director
Rockford Middle Schools
jdomagalski@rockfordschools.org

Boys Basketball – Tryouts: 8th grade meet in the East gym and 7th grade in the West gym
Mon 10/26 (2:30-4:30 pm)
Mon 10/27 (2:30-4:30 pm)
Mon 10/28 (2:30-4:30 pm)

8th Grade
Coach: Jeff Bryant jbryant@rockfordschools.org
Coach: Tracy Ouellette touellette@rockfordschools.org

7th Grade
Coach: Ryan DeKuiper rdekuiper@rockfordschools.org
Coach: Tom Moore tmoore@rockfordschools.org

Girls Swim and Dive - No tryouts necessary; practice will take place at Rockford High School pool
Tues 10/20 (5:00-7:00 pm)
Wed 10/21 (5:00-7:00 pm)
Thur 10/22 (5:00-7:00 pm)
Coach: Kevin Brown kbrown@rockfordschools.org
Assistant Coach: Katie Clarin kclarin@rockfordschool.org
Dive Coach: Doug Karsen karsendc@gmail.com

Girls Competitive Cheerleading – tryouts will be held at North Rockford Middle School in the upper gym
Tryouts begin Monday, October 26
Monday 10/26 (5:00-7:00 pm)
Tuesday 10/27 (5:00-7:00 pm)
Wednesday 10/28 (5:00-7:00 pm)

Coaches: Bobbie Demorest, Cheryl Bonner, and Haley Braun rockfordmscheerleading@gmail.com