North Rockford Middle School
Spring 2021 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

Co-Ed Track and Field

Monday	3/22	(2:30-4:00 pm)
Tuesday	3/23	(2:30-4:00 pm)
Wednesday	3/24	(2:30-4:00 pm)

Coaches will hand out a practice schedule for the remainder of the season as these are only the first few days of practice.

Head Coaches:
Girls: Jen Nyeholt jnyeholt@rockfordschools.org
Boys: Jonathan Bates jbates@rockfordschools.org

Assistant Coaches:
Brian Barr bbarr@rockfordschools.org
Tim Saur tsaur@rockfordschools.org

Distance Coach: Emily Weinmann
Emily Weinmann eweinmann@rockfordschools.org

Boys Tennis

Monday	3/22	(2:30-4:00 pm)
Tuesday	3/23	(2:30-4:00 pm)
Wednesday	3/24	(2:30-4:00 pm)

Coach: Ross Dondit rdondit@rockfordschools.org

Girls Tennis

Monday	3/22	(2:30-4:00 pm)
Tuesday	3/23	(2:30-4:00 pm)
Wednesday	3/24	(2:30-4:00 pm)

Coach: Jami Dondit jdondit@rockfordschools.org