



North Rockford Middle School

Winter 1 2023 Start of Sports Information



We are excited for another fantastic year of Rockford Athletics! Visit [Register My Athlete](#) to create or update an existing account for your child for the upcoming school year as **all registrations are completed through RMA**. If your child has a current account with RMA, you will start a new registration for the new school year, however all of your primary account information will carry over with this registration.

A physical is required to compete in the 2023-2024 school year and must be completed on or after April 15, 2023. These physicals must be filled out completely on both sides, with physician, student and parent signatures, and uploaded in Register My Athlete (Aktivate) for the 2023-2024 school year.

The information listed below is for the *first few days of each sport* and is NOT a complete list of all practices. Complete information will be sent via RMA by coaches prior to 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 participation expectations reflective of the standards of the MHSAA and RPS Code of Conduct. Please review the [Rockford Middle School Code of Conduct](#) with your child, as all athletes are expected to follow these guidelines.

Thank you for your continued support of Rockford Athletics and **GO RAMS!**

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

Boys Basketball (7th/8th Grade) – Tryouts: 8th grade meet in the lower gym and 7th grade in the upper gym

Mon 10/23 (2:45-4:30 pm)
Tues 10/24 (2:45-4:30 pm)
Thur 10/26 (2:45-4:30 pm)

8th Grade

Coach: Joe Trolla jtrolla@rockfordschools.org
Coach: Brian Barr bbarr@rockfordschools.org

7th Grade

Coach: Jarad Smith jsmith2@rockfordschools.org
Coach: Colton Cnossen ccnossen@rockfordschools.org

Girls Swim and Dive (7th/8th Grade) - No tryouts necessary; swim practice will take place at North Rockford MS pool. Divers will practice at RHS pool.

Mon 10/23 (2:45-4:30 swim) (7:30-9 pm dive?)
Tues 10/24 (2:45-4:30 swim) (7:30-9 pm dive)
Wed 10/25 (2:45-4:30 swim) (3-5 pm dive)
Thur 10/26 (2:45-4:30 swim) (7-8:30 pm dive)
Fri 10/27 No practice – Halloween Dance

Coach: Kevin Brown kbrown@rockfordschools.org
Coach: Tim Saur tsaur@rockfordschools.org
Dive Coach: Doug Karsen karsendc@gmail.com

Girls Competitive Cheerleading (7th/8th Grade)

Tryouts will be held at ERMS in the West Gym

Tryouts begin Monday, October 23

Monday 10/23 (5:30-7:30 pm)
Tuesday 10/24 (5:30-7:30 pm)
Wednesday 10/25 (5:30-7:30 pm)

Coaches: Kendall Sterk and Terri Atwood
coachkendallsterk@gmail.com
cheercoachterri@gmail.com