



# North Rockford Middle School Spring 2024 Start of Sports Information



**We are excited for another fantastic season 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/Aktivate**. 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](mailto:jdomagalski@rockfordschools.org)

**Girls Tennis (7<sup>th</sup>/8<sup>th</sup> Grade)** –Practice will take place on the tennis courts. Meet in the cafeteria.

Monday	3/18	(2:45-4:15 pm)
Tuesday	3/19	(2:45-4:15 pm)
Thursday	3/21	(2:45-4:15 pm)
Friday	3/22	(2:45-4:15 pm)

Coach:  
Jami Dondit [jdondit@rockfordschools.org](mailto:jdondit@rockfordschools.org)

**Co-Ed Track and Field (Grades 6-8)** Practice will be held at the NRMS track. Meet in the main gym on the first day.

Monday	3/18	(2:45-4:00 pm)
Tuesday	3/19	(2:45-4:00 pm)
Thursday	3/21	(2:45-4:00 pm)
Friday	3/22	(2:45-4:00 pm)

Girls Head Coach: Emily Weinmann [eweinmann@rockfordschools.org](mailto:eweinmann@rockfordschools.org)  
Boys Head Coach: Ben Watson [bwatson@rockfordschools.org](mailto:bwatson@rockfordschools.org)  
Assistant Coach: Joe Trolla  
Assistant Coach: Aaron Karsies  
Pole Vault Coach: TBD