



East Rockford Middle School Fall 2020 Start of Sports Information



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. *This information remains tentative as we await additional information from the MHSAA and Governor regarding COVID-19 guidelines.*

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.

Physicals completed on or after April 15, 2019 are permitted, including 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 or later, must have a valid physical on file.

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 and other athletic forms and information can be found at <http://www.rockfordschools.org/middle-schools/east-rockford-middle/athletics/>.

Thank you and **GO RAMS!**

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East Rockford Middle School
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Co-Ed Cross Country - No tryouts necessary
For summer run information, please see the Cross Country Summer Information on the ERMS Athletic Website

Wed 8/26 (2:30 – 3:30 pm) – Practice
Thur 8/27 (2:30 – 3:30 pm) – Practice
Fri 8/28 **NO SCHOOL**

Coach: Dave Hodgkinson dhodgkinson@rockfordschools.org
Assistant Coach: Joe Kessel jkessel@rockfordschools.org

Girls Sideline Cheer - Practice will begin before school starts - No tryouts necessary

Parent Meeting: Tues 8/18 (6:00 PM) via Zoom using this link: **Parent Meeting (Password: RAMS)**

Practice on Tues/Thur following parent meeting

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

Practice: Tuesday, August 25 6-8 pm
Thursday, August 27 6-8 pm

Football

*****Sign up for Football must be completed via Community Ed at rpssignmeup.com*****

Optional Conditioning: Aug. 10-13 @ 6-7 pm

Parent Meeting: August 17 at 5:00 PM at ERMS on the Football Field Bleachers

Mon 8/17 (5:30 pm - 7:30 pm)
Tues 8/18 (6:00 pm - 8:00 pm)
Wed 8/19 (6:00 pm - 8:00 pm)
Thurs 8/20 (6:00 pm - 8:00 pm)
Fri 8/21 (8:00 am - 10:00 am)

Coach: Jimmy Herrington jherrington@rockfordschools.org

Tennis Update

As previously communicated, middle school tennis is making changes to align with high school programming. For the 20-21 school year, tennis will continue with separate gender programming, however both girls and boys tennis will take place in the spring season.

Updated: 8/9/2020

Girls Volleyball – Tryout information

8th Grade – meet in the main gym (east)

Wed 8/26 (2:30 pm - 5:00 pm)
Thur 8/27 (2:30 pm - 5:00 pm)
Fri 8/28 **NO SCHOOL**

Coach: Keri Ellis keri.ellis22@gmail.com

Coach: Jodi Ramos ramos.jodi68@gmail.com

7th Grade – meet in the west gym

Wed 8/26 (2:30 pm – 5:00 pm)
Thur 8/27 (2:30 pm – 5:00 pm)
Fri 8/28 **NO SCHOOL**

Coach: Chris Lyon clyon@rockfordschools.org

Coach: Linda Spencer lspencer@rockfordschools.org