



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/north-rockford-middle/athletics/>.

Thank you and **GO RAMS!**

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North Rockford Middle School
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(616) 863-6300

Co-Ed Cross Country - No tryouts necessary

Mon 8/3 (9:00 -10:00 am) – OPTIONAL
Mon 8/10 (9:00 - 10:00 am) – OPTIONAL
Mon 8/17 (9:00 - 10:00 am) – OPTIONAL
Wed 8/26 (2:30 – 3:30 pm) – Practice
Thur 8/27 (2:30 – 3:30 pm) – Practice
Fri 8/28 NO SCHOOL

Coach: Emily Weinmann eweinmann@rockfordschools.org
Assistant Coach: Jen Nyeholt jnyeholt@rockfordschools.org

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 NRMS on Practice Field

Mon 8/17 (5:30 pm - 8:00 pm)
Tues 8/18 (5:30 pm - 8:00 pm)
Wed 8/19 (5:30 pm - 8:00 pm)
Thurs 8/20 (5:30 pm - 8:00 pm)
Fri 8/21 (8:30 am - 11:00 am)

Coach: Mike Ahern ahern12@charter.net

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 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

Girls Volleyball – Tryout information

8th Grade – meet in the lower 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: Sue Oaks soaks@rockfordschools.org

Coach: Melissa Schmidt mschmidt@rockfordschools.org

7th Grade – meet in the upper 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: Julie Gitchell jgitchell@rockfordschools.org

Coach: Michelle Ferguson mferguson@rockfordschools.org