



North Rockford Middle School

Spring 2025 Start of Sports Information



We are excited for another fantastic season in 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, and all of your primary account information will carry over with this registration.

A physical is required to compete in the 2024-2025 school year and must be completed on or after April 15, 2024. These physicals must be filled out completely on both sides, with physician, student and parent signatures, and uploaded in Register My Athlete for the 2024-2025 school year.

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 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
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Follow us!
Facebook: [@Rockford MS Athletics](#)
Instagram: [@RockMSAthletics](#)
Website: RockfordRams.org

Girls Tennis (7th/8th Grade) – Practice on the tennis courts daily. Meet in Mrs. Banfield's room on Monday.

Co-Ed Track and Field (6th-8th Grade) – Practice on the track daily. Meet in the Main Gym on Monday.

Mon 3/17	(2:45-4:15 pm)
Tues 3/18	(2:45-4:15 pm)
Wed 3/19	(2:45-4:15 pm)
Thur 3/20	(2:45-4:15 pm)
Fri 3/21	(2:45-4:15 pm)

Mon 3/17	(2:45-4:00 pm)
Tues 3/18	(2:45-4:00 pm)
Wed 3/19	(2:45-4:00 pm)
Thur 3/20	(2:45-4:00 pm)
Fri 3/21	(2:45-4:00 pm)

Coach: Jami Dondit jdondit@rockfordschools.org
Coach: Taran Tyler tylerta@mail.gvsu.edu

Girls Head Coach: Emily Weinmann EWeinmann@Rockfordschools.org
Boys Head Coach: Josh Miller joshmiller168@gmail.com
Assistant Coaches: Joe Trolla, Nicko's Rosser, Jen Nyeholt
Pole Vault: Brian and Kristi Meyerholtz