



# East Rockford Middle School Fall 2024 Start of Sports Information



**We are excited for another fantastic year 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  
[jdomagalski@rockfordschools.org](mailto:jdomagalski@rockfordschools.org)

**Follow us!**  
Facebook: @Rockford MS Athletics  
Instagram: @RockMSAthletics  
Website: RockfordRams.org

## **Football** – No tryouts (7<sup>th</sup> and 8<sup>th</sup> Grade)

**Parent Meeting:** August 19 at 5:30 pm

**Practice:** August 19-22 6-8:30 pm  
August 23 8:30-11 am

### **8<sup>th</sup> Grade Coaches**

Head Coach: Jimmy Herrington [jherrington@rockfordschools.org](mailto:jherrington@rockfordschools.org)  
Assistant Coaches: Tom Kowalski and Paul Marker

### **7<sup>th</sup> Grade Coaches**

Head Coach: Don Packard [Donald.packard@corewellhealth.org](mailto:Donald.packard@corewellhealth.org)  
Assistant Coaches: Murphy Hodder and Andy Bix

## **Co-Ed Cross Country** - No tryouts (6<sup>th</sup> - 8<sup>th</sup> grade)

**Practice August 27-29 from 2:45-4:00 pm**

Coach: Shayne Dove [shayne.dove@csredhawks.org](mailto:shayne.dove@csredhawks.org)  
Assistant Coach: Erin Barbeau

\*\*Email NRMS [Coach Weinmann](#) if you would like to participate in an optional pre-season camp August 19-22

## **Boys Tennis** – No tryouts (7<sup>th</sup> and 8<sup>th</sup> grade)

**Practice August 27-29 from 2:45-4:00 pm**

Coach: Amy Banfield [abanfield@rockfordschools.org](mailto:abanfield@rockfordschools.org)

## **Girls Volleyball** – Tryouts (7<sup>th</sup> and 8<sup>th</sup> grade)

**Tryouts: August 27-29 from 2:45-4:30 pm**

### **7<sup>th</sup> Grade Coaches:**

Chris Lyon [clyon@rockfordschools.org](mailto:clyon@rockfordschools.org)  
Jodi Ramos [ramos.jodi68@gmail.com](mailto:ramos.jodi68@gmail.com)

### **8<sup>th</sup> Grade Coaches:**

April Feldman [afeldman@rockfordschools.org](mailto:afeldman@rockfordschools.org)  
TBD

## **Sideline Cheer** – No tryouts (7<sup>th</sup> and 8<sup>th</sup> grade)

**Practice for all grades: August 19 from 5:00-6:30 pm at NRMS Football Field**

**Parent Meeting:** August 19 at 6:30 pm - NRMS Football Field

**8<sup>th</sup> grade Head Coach:** Kendall Sterk [coachkendallsterk@gmail.com](mailto:coachkendallsterk@gmail.com)

Assistant Coach: Kelsea Peck

Practice: Mondays, Wednesdays, Thursdays 5:15-7:15 pm  
Tumbling on Tuesdays begins on August 27

**7<sup>th</sup> grade Head Coach:** Terri Atwood [cheercoachterri@gmail.com](mailto:cheercoachterri@gmail.com)

Assistant Coach: AnnMarie Dome

Practice: Mondays, Tuesdays, Wednesdays 4:30-6:30 pm  
Tumbling on Tuesdays begins on August 27