



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

Football – No tryouts (7th and 8th Grade)

Parent Meeting: August 19 at 5 pm

Practice: August 19-22 5:30-8 pm
August 23 8:30-11 am

8th Grade Coaches

Head Coach: Mike Ahern ahern12@charter.net
Assistant Coaches: Jason VanderWall and Mike Rivers

7th Grade Coaches

Head Coach: Aaron Karsies AKarsies@rockfordschools.org
Assistant Coaches: Tim Miller and Chuck Green

Co-Ed Cross Country - No tryouts (6th, 7th, 8th grade)

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

Coach: Emily Weinmann eweinmann@rockfordschools.org
Assistant Coach: Jen Nyeholt
Email Coach Weinmann if you would like to participate in an optional pre-season camp August 19-22

Boys Tennis – No tryouts (7th and 8th grade)

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

Coach: Jerry Hewitt jerry.hewitt4@gmail.com

Girls Volleyball – Tryouts (7th and 8th grade)

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

8th Grade

Coach: Jill Brouwer jbrouwer@rockfordschools.org
Coach: Melissa Schmidt mschmidt@rockfordschools.org

7th Grade

Coach: Julie Gitchell jgitchell@rockfordschools.org
Coach: TBD

Sideline Cheer – No tryouts (7th and 8th 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

8th grade Head Coach: Kendall Sterk coachkendallsterk@gmail.com

Assistant Coach: Kelsea Peck

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

7th grade Head Coach: Terri Atwood cheercoachterri@gmail.com

Assistant Coach: AnnMarie Dome

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