



North Rockford Middle School

Fall 2025 Start of Sports Information



We are excited for another fantastic year in Rockford Athletics! The Rockford Athletic Department is transitioning their athletic registration system from Aktivite to FinalForms. Visit [FinalForms](#) to create or update an existing account for your child for the upcoming school year.

A physical is required to compete in the 2025-2026 school year and must be completed on or after April 15, 2025. These physicals must be filled out completely on both sides, with physician, student and parent signatures, and uploaded in FinalForms for the 2025-2026 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 FinalForms 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 18 at 5 pm

Practice: August 18-21 5:30-8 pm
August 22 8:30-11 am

8th Grade Coaches

Head Coach: Mike Rivers riversm@calschools.org
Assistant Coaches: Brian Barr and TBD

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 26-28 from 2:45-4:00 pm

Coach: Emily Weinmann eweinmann@rockfordschools.org
Assistant Coach: Jen Nyeholt, Lynnelle Buchanan

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

Practice August 26-28 from 2:45-4:00 pm

Coach: Jerry Hewitt jerry.hewitt4@gmail.com

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

Tryouts: August 26-28 from 2:45-4:30 pm

8th Grade

Coach: Jill Brouwer jbrouwer@rockfordschools.org
Coach: Shelby Farr sfarr@rockfordschools.org

7th Grade

Coach: Hailey Delacher haileydelacher@gmail.com
Coach: Megan McCall MMcCall@rockfordschools.org

Sideline Cheer – No tryouts (7th and 8th grade)

Practice for all grades: August 18-21 from 5:00-6:30 pm at NRMS Football Field

Parent Meeting: August 18 at 6:30 pm - NRMS Football Field

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

Assistant Coach: Kelsea Peck

Practice starting Aug. 25: Mon-Thur 6-8 pm

Tumbling on Tuesdays begins on September 2

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

Assistant Coach: Charley Cappelletty

Practice starting Aug. 25: Mon-Thur 4-6 pm

Tumbling on Tuesdays begins on September 2