

ROCKFORD ATHLETICS
WINTER 2025 TRYOUT INFORMATION



	START DATE	TIME	LOCATION	CONTACT EMAIL
Boys Varsity Basketball	Nov 12-14th	3:00pm-5:00pm	RHS Aux Gym	Kyle Clough kclough@rockfordschools.org
Boys JV Basketball	Nov. 12 - 13	5:00pm -7:00pm	RHS Aux Gym	Jeff Grauzer grauzerj@gmail.com
Boys Fresh. Basketball	Wednesday, Nov 12th - 14th	3:00pm - 5:00pm	Rockford Freshman Center	Nick Duba nd1443@icloud.com
Girls Varsity Basketball	Nov. 19th - 21st	2:45pm - 5:00pm	RHS Main Gym	Brad Wilson bwilson@rockfordschools.org
Girls JV Basketball	Nov. 19-20th Nov 21st	5:00pm - 7:00pm 3:00pm - 5:00pm(21st only)	RHS Main Gym Freshman Center	Brian Hendricks hendi52783@gmail.com
Girls Fresh. Basketball	Nov. 19-20th Nov 21st	5:00pm - 7:00pm 3:00pm - 5:00pm(21st only)	RHS Main Gym Freshman Center	Sarah Barnett sbarnett@rockfordschools.org
Boys Varsity Bowling	Tuesday, Nov. 18th	3:00pm	Rockford Lanes	Brandon Engstrom brandon.engstrom@yahoo.com
Girls Varsity Bowling	Tuesday, Nov. 18th	3:00pm	Rockford Lanes	Jerry Tarabek jtar2830@gmail.com
Competitive Cheer	Nov. 10-12th Comp CheerTryout Interest Form	5:00pm - 7:00pm	RHS Cafeteria	MeLisa Milanowski mmilanowski@rockfordschools.org
Gymnastics	Oct. 27-29th	3:00pm - 5:30pm	RHS Gymnastic Loft	Michelle Ankney mankey6@gmail.com
Hockey	Oct 27-28th	3:20pm - 4:45pm	Griff's Icehouse - Belknap	Carl Mokosak carl.mokosak@gmail.com
Powerlifting Club	Nov. 17th - 19th	3:00pm - 4:00pm	RHS Weightroom	Jesse Smade jsmade@gmail.com
Girls/Boys Ski	Parent/Athlete Meeting - Oct. 29th	6:00 pm	LGI Room - RHS	Dan Male malem87@yahoo.com
Boys Swim & Dive	Nov. 24th	4:30pm - 6:30pm	Pool	Kevin Brown kbrown@rockfordschools.org



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Wrestling	Nov. 17th	After School	Wrestling Loft	Brian Richardson brichardson@rockfordschools.org
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Wrestling Information:

No Try Out Criteria - everyone is welcome.

Mon 10/27: Wrestling **Sign-Up Meeting:** after school in my classroom (RHS room 145)

Mon 11/3: Start of Pre-Season Conditioning (2 weeks M-Th)

Pre-Season Conditioning: Mon-Thurs 3-4 (meet outside Wrestling Room), Open Mats: Tues. & Thurs 4-5
(NO COND Wed. 11/12)

* Be prepared to run outside (bring running shoes & warmer clothing if needed)

Wed 11/12: **Parent Meeting:** 6:00 in RHS CTLC

*There is a lot to keep track of please come so Coach Richardson can put explain things and put informational materials in your hands

Mon 11/17: Practices Begin