

Start Dates and Times for ROCORI Fall Activities 2021

Volleyball grades 9-12 – Practice begins on Monday, 8/16/21

8am-11am at ROCORI High School for all 9-12 students

Volleyball grades 7-8 – Practice begins on August 24, 26, 30 and September 2 in the RMS Gym with 7th grade from 1-3pm and 8th grade 3-5pm. Practice will resume daily starting on the first day of school on 9/9/21.

8th grade in RMS gym 3-4:45pm

7th grade in RMS gym 4:45-6pm

*6th grade VB runs through ROCORI Community Education

Girls Tennis grades 9-12 – Practice begins on Monday 8/16/21

7:30am to 10:30am on 8/16

7th and 8th Graders are welcome to attend JV/V practice

Regular practice time is 4pm-6:30pm ROCORI Tennis Courts

Girls Tennis grades 6-8 – Practice begins on Thursday 9/9/21

3-5pm ROCORI Tennis Courts

Girls Swimming & Diving grades 6-12 – Practice begins on Monday 8/16/21

3pm at RHS pool

Cross Country (boys and girls) grades 6-12 – Practice begins on Monday, 8/16/21

8am in RHS Commons by door #11

Girls Soccer grades 6-12 – Practice begins on Monday 8/16/21

8am RHS Soccer fields

Boys Soccer grades 6-12 – Practice begins on Monday 8/16/21

8am RHS Soccer fields

There may be also be some additional evening practices for boys TBD

Football grades 9-12 – Practice begins on Monday, 8/9/21

8am at ROCORI High School

Football grades 6-8 – Football Camp (optional) 12:30pm-2pm on 8/2/21, 8/3/21, 8/4/21

*Camp will be held on the main field and middle school players will receive their equipment.

*Regular Practice will start the first day of school, 9/9/21. Players who did not attend camp will get their equipment at this time.

*6th FB operates through ROCORI Community Education

Other Notes:

ROCORI Fall Sports Meetings for 9-12 athletes, parents and coaches will occur on Monday, 8-16 at 6-7:30pm in the RHS Gym for Boys and Girls Soccer, Girls Tennis, Volleyball and Boys and Girls Cross Country.

*ROCORI Football will have a separate meeting night on Monday, 8-9 at 6pm in the RHS Gym due to football starting a week early because of MSHSL scheduling issues. Girls Swimming and Diving will also have their meeting on that night in the RHS Gym at 6pm as per coaches' request.

There will be a short introduction and review of guidelines for everyone followed by team meetings. Middle school parents and athletes are invited to attend but are not required unless students will participate on the 9th, JV or V teams. All 9-12 athletes, parents and coaches should attend the appropriate meeting.

A representative from the ROCORI Trapshooting Team will also supply information at this meeting for their fall league.

Preparation for Season Grades 6-12:

1. MSHSL Packet filled online
2. Copy of physical on file renewed every 3 years to AD Office
3. Fees paid online or to AD Office

*Please have these finished before practice starts. Forms can be picked up outside the RHS office or they are available online at the ROCORI Activities website.

If you have questions, call the Activities Office
Joel Baumgarten 320-685-4913
Jane Wahlin 320-685-4917

Go Spartans!