

# ROCORI High School Fall Sports Plan 2021

## Start Dates and Times for ROCORI Fall Activities 2021-2022

Soccer Boys grades 6-12 Practice begins Monday, 8/16/21. Practice will begin at the soccer fields north of Cold Spring Elementary; 8am to 12pm Monday-Friday. They will switch to evening practices later in summer.

Head Coach Chris Stavros [cjstavros@yahoo.com](mailto:cjstavros@yahoo.com)

Soccer Girls grades 6-12 Practice begins Monday, 8/16/21. Practice will be at the soccer fields north of Cold Spring Elementary; 8:00 am to 12:00 pm Monday-Friday through 9/3/21.

Head Coach Grant Johnson [johnsong@rocori.k12.mn.us](mailto:johnsong@rocori.k12.mn.us)

Girls Tennis grades 6-12 Practice begins Monday, 8/16/21. Practice will be at the RHS Tennis Courts 7:30 am to 10:30 am Monday-Friday through 9/3/21.

Head Coach Mark Grelson [grelsonm@rocori.k12.mn.us](mailto:grelsonm@rocori.k12.mn.us)

Girls Swim/Dive grades 6-12 Practice begins Monday, 8/16/21. Practice will be at the RHS Pool; Diving 8am-11am; JV/Varsity 3:30-7:30pm.

Head Coach Kim Mitchell [kimwood5@msn.com](mailto:kimwood5@msn.com)

Cross Country grades 6-12 Practice begins Monday, 8/16/21. Practice will be at Rocori Secondary Building. All participants will meet at red "R" by door #11 on the east side of the building; 8:00 am to 11:00 am Monday-Friday through 9/3/21.

Head Coaches Brad Bauer and Brittany Herrig [bauerb@rocori.k12.mn.us](mailto:bauerb@rocori.k12.mn.us) or [herrigbm@rocori.k12.mn.us](mailto:herrigbm@rocori.k12.mn.us)

Volleyball grades 9-12 – Practice begins on Monday, 8/16/21 at 8am-11am at the ROCORI High School Gym for all 9-12 students.

Head Coach Samantha Schlangen [sschlangen05@hotmail.com](mailto:sschlangen05@hotmail.com)

Football grades 9-12 – Practice begins on Monday, 8/9/21 at 8am at ROCORI High School.

Head Coach James Herberg [herbergj@rocori.k12.mn.us](mailto:herbergj@rocori.k12.mn.us)

Event schedules will be available on the Central Lakes Conference site.

[centrallakesconference.org](http://centrallakesconference.org) and at ROCORI Activities

### What You Need to Do to Participate in a FALL ACTIVITY/WINTER ACTIVITY/SPRING ACTIVITY

Parents/Students – You need to fill out the 2021-2022 MSHSL Eligibility form (**ONLINE ONLY**). You will find the link to this form on the Rocori Activities home page. You only need to complete the form once per school year. A current physical must be on file every three (3) years. If you have any questions concerning your students physical date you can access the information on Skyward or call the Activities Office at 320-685-4917. We are requesting that you pay the activity fee on RevTrak. If this does not work for you, we will accept a check or cash.

Please call or email ROCORI Activities if you need assistance.

Joel Baumgarten 320-685-4913 [baumgartenj@rocori.k12.mn.us](mailto:baumgartenj@rocori.k12.mn.us)

Jane Wahlin 320-685-4917 [wahlinj@rocori.k12.mn.us](mailto:wahlinj@rocori.k12.mn.us)