

## **RMS Fall Sports Options**

**All fall sports are still options for RMS Students/Sign up on ROCORI Website**

### **Boys and Girls Cross Country (Grades 6-12)-start on 8-16 with V/JV**

Coach: Emily Nibaur [nibauere@rocori.k12.mn.us](mailto:nibauere@rocori.k12.mn.us)

Meeting Place: Outside RHS Door #11

Meeting Time: 3:15pm-5pm

Dates: M-F

RMS Starting Date: Monday, 8-16

### **Boys Soccer (Grades 6-12)- start on 8-16 with V/JV**

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

Meeting Place: Soccer practice fields north of CSE

Meeting Time: 3:30pm to 5:15pm

Dates: M-F

RMS Starting Date: Monday, 8-16

### **Girls Soccer (Grades 6-12)-start on 8-16 with V/JV**

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

Meeting Place: Soccer practice fields north of CSE

Meeting Time: 3:30pm-5:15pm

Dates: M-F

RMS Starting Date: Monday, 8-16

### **Girls Tennis (Grades 6-8)-start on 9-9**

Coach: Ellie Walz [walze@rocori.k12.mn.us](mailto:walze@rocori.k12.mn.us)

Meeting Place: RHS Tennis Court

Meeting Time: 3:15pm-5pm

Dates: M-F

RMS Starting Date: Thursday, 9-9

### **Girls Swimming and Diving (Grades 6-12)-start on 8-23 with V/JV**

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

Meeting Place: RHS Pool

Meeting Time: 3:15pm-4:45pm

Dates: M-F

RMS Starting Date: Monday, 8-23

### **Football (Grade 7)**

Coach: Jake Zauhar [zauharj@rocori.k12.mn.us](mailto:zauharj@rocori.k12.mn.us)

Meeting Place: RMS Football Field #2-North of CSE

Meeting Time: 3:15pm-5pm

Dates: M-F

RMS Starting Date: Thursday, 9-9

**Football (Grade 8)**

Coach: Derek Sauer [sauerd@rocori.k12.mn.us](mailto:sauerd@rocori.k12.mn.us)  
Meeting Place: RMS Football Field #1-North of CSE  
Meeting Time: 3:15pm-5pm  
Dates: M-F  
RMS Starting Date: Thursday, 9-9

**Volleyball (Grade 7)**

Coaches: Nancy Schmitz [ntschmitz71@yahoo.com](mailto:ntschmitz71@yahoo.com)  
Meeting Place: RMS Gym  
Meeting Time: 4:45pm-6pm  
Dates: M-F  
RMS Starting Date: Thursday, 9-9

**Volleyball (Grade 8)**

Coaches: Shannon Tice [tices@rocori.k12.mn.us](mailto:tices@rocori.k12.mn.us)  
Meeting Place: RMS Gym  
Meeting Time: 3:15pm-4:45pm  
Dates: M-F  
RMS Starting Date: Thursday, 9-9

**Online sign up instructions:****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 need to complete the form only once per school year for all activities. A current physical must be on file every three (3) years. If you have any questions concerning your students physical date you can access that 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.

\*Coaches will need to get student contact information on the first day of practice from your athlete to communicate team information and changes.