

ROCORI Middle School Fall Sports Options

~ Sign up on ROCORI Website ~

Boys and Girls Cross Country (Grades 6-12)

Coach: Logan Weis weisl@rocori.k12.mn.us

Meeting Place: Classroom D101

Meeting Time: 8am

Dates: M-F

Starting Date: Monday, August 12th

Boys Soccer (Grades 6-12)

Coach: Chris Stavros cjstavros@yahoo.com

Meeting Place: Soccer practice fields north of CSE

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

Dates: M-F

Starting Date: Tuesday, Sept. 3rd (1st day of school)

Girls Soccer (Grades 6-12)

Coach: Grant Johnson johnsong@rocori.k12.mn.us

Meeting Place: Soccer practice fields north of CSE

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

Dates: M-F

Starting Date: Tuesday, Sept. 3rd (2nd day of school)

Girls Tennis (Grades 6-12)

Coach: Vanessa Drontle vdrontle@stboniface.com

Meeting Place: RHS Tennis Court

Meeting Time: 3:15pm-5pm

Dates: M-F

Starting Date: Tuesday, Sept. 3rd (2nd day of school)

Girls Swimming and Diving (Grades 7-12)

Coach: Rebecca Miller rebecca@millerfive.net

Meeting Place: RHS Pool

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

Dates: M-F

Starting Date: Monday, August 12th

Football (Grade 7)

Coach: Jeff Illies illiesjeff@rocori.k12.mn.us

Meeting Place: RMS Football Field #2 - North of CSE drop off in BB Field #3 parking lot off CR #2.

Meet in Downstairs Locker room for equipment handout on **Sept. 3rd**.

(Practice to follow on Sept. 3rd)

Dates: M-Fri.

Football (Grade 8)

Coach: Jake Zauhar zauharj@rocori.k12.mn.us

Meeting Place: RMS Football Field #1-North of CSE

Meet at Field #1 on 9-14 and drop off in BB Field #3 parking lot off CR #2.

Meet in Downstairs Locker room for equipment handout on **Sept. 3rd**.

(Practice to follow on Sept. 3rd)

Dates: M-Fri.

Volleyball (Grade 7)

Coaches: Nancy Schmitz ntschmitz71@yahoo.com

Meeting Place: RMS Gym

Meeting Time: 9am – 11am

Starting Date: Tuesday, August 20th

Volleyball (Grade 8)

Coaches: Shannon Tice tices@rocori.k12.mn.us

Meeting Place: RMS Gym

Meeting Time: 10am - Noon

Starting Date: Tuesday, August 20th

Online sign up instructions:**What You Need to Do to Participate in a FALL ACTIVITY**

Parents/Students – You need to fill out the 2024-2025 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 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, please call the Activities Office at 320-685-4917.

We are requesting that you pay the activity fee on RevTrak.

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