

## ROCORI High School Fall Sports Options

Fall activities will be starting soon. Here are the MSHSL starting dates for practices. Times and places to meet may vary and are subject to change. Most season meetings for players and parents will occur after the first day of their practice at 6pm in the RHS Commons on either 8-8 (football) or 8-15. Girls Swimming and Diving will be on Wednesday, 8-3 due to scheduling conflicts for coaches. If you have questions, please contact the coaches.

- Football (Grades 9-12) Starts on Monday, 8-8 (Due to Zero Week)  
Meeting at 8am in RMS Breakout Room
- Girls and Boys Cross Country Starts on Monday, 8-15  
Meeting at 8am at Door #11
- Volleyball (Grades 9-12) Starts on Monday, 8-15  
Meeting at 11am in RHS Gym (most other preseason days meet at 10am)
- Boys Soccer Starts on Monday, 8-15  
Meeting at 8am on Soccer Practice Fields
- Girls Soccer Starts on Monday, 8-15  
Meeting at 8am on Soccer Practice Fields
- Girls Swimming and Diving Starts on Monday, 8-15  
Meeting at 8am at RHS Pool
- Girls Tennis Starts on Monday, 8-15  
Meeting at 8am on RHS Tennis Courts

Fall Head Coaches:

- Boys and Girls Cross Country-Brad Bauer [bauerb@rocori.k12.mn.us](mailto:bauerb@rocori.k12.mn.us) and Brittany Herrig [herrigbm@rocori.k12.mn.us](mailto:herrigbm@rocori.k12.mn.us)
- Football-James Herberg [herbergj@rocori.k12.mn.us](mailto:herbergj@rocori.k12.mn.us)
- Volleyball-Samantha Schlangen [coachschlangen@outlook.com](mailto:coachschlangen@outlook.com)
- Girls Soccer-Grant Johnson [johnsong@rocori.k12.mn.us](mailto:johnsong@rocori.k12.mn.us)
- Boys Soccer-Chris Stavros [cstavros@yahoo.com](mailto:cstavros@yahoo.com)
- Girls Swimming and Diving-Kim Mitchell [kimwood5@msn.com](mailto:kimwood5@msn.com)
- Girls Tennis-Gary Janson [gjanson31@yahoo.com](mailto:gjanson31@yahoo.com)

All Game schedules available at [centrallakesconference.org](http://centrallakesconference.org)

Don't forget for each new season: **Online sign up instructions for sports:**

### **What You Need to Do to Participate in a FALL ACTIVITY/WINTER ACTIVITY/SPRING ACTIVITY (Sport)**

- **Parents/Students** – You need to fill out the 2022-2023 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 stop in 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. Pay fees \$170 or \$500 for hockey
- Have this done before practice starts.