

ROCORI High School Spring Sports Options 2023

Spring activities will be starting soon. Here are the MSHSL starting dates for practices. Times and places to meet may vary. Watch announcements for preseason meetings for players.

- Girls Track and Field Starts on Monday, 3-13
- Boys Track and Field Starts on Monday, 3-13
- Softball Starts on Monday, 3-13
- Baseball Arm Conditioning Only Starts on Monday, 3-13
- Baseball Starts on Monday, 3-20
- Girls Golf Starts on Monday, 3-20
- Boys Golf Starts on Monday, 3-20
- Girls Lacrosse Starts on Monday, 4-3
- Boys Lacrosse Starts on Monday, 4-3

Spring Head Coaches:

- Boys Track and Field-Dave Rarick and Lisa Swan Anderson rarickd@rocori.k12.mn.us
andersonl@rocori.k12.mn.us
- Girls Track and Field-Brad Bauer and Jim Meyer bauerb@rocori.k12.mn.us
meyerj@rocori.k12.mn.us
- Softball-Derek Sauer sauerd@rocori.k12.mn.us
- Baseball-Jeff Illies illiesjeff@rocori.k12.mn.us
- Girls Golf-Mark Krueger kruegerm@rocori.k12.mn.us
- Boys Golf-Brian Herrig herrigb@rocori.k12.mn.us
- Girls Lacrosse-Cortney Ryan ryanc@rocori.k12.mn.us
- Boys Lacrosse-Mitchell Moczisko mitchellmoczisko98@gmail.com or
mocziskom@rocori.k12.mn.us

Game schedules available at 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
- Have this done before practice starts.