

**REUTHER MIDDLE SCHOOL ATHLETICS**

**(7<sup>th</sup> and 8<sup>th</sup> Grades Only)**

**(YOU MUST HAVE A PHYSICAL FORM ON FILE IN ORDER TO PARTICIPATE!!!)**

**FALL SPORTS—SEPTEMBER 6 THROUGH NOVEMBER 4**

**Combined Girls 7/8 Sideline Cheer**—Tryout Sport—Up to 20 team members may be selected. \*All players participate.

**Equipment Needed:** Tennis Shoes/Hair Ribbons/Long Sleeve Shirt—White. **Equipment Provided:** Uniform. **Optional:** Team Spirit Wear.

**Head Coach:** Ms. Scott/Years of Coaching: 4

**[jennyscott66@gmail.com](mailto:jennyscott66@gmail.com)**

**Practices**—Monday through Friday/**Games**--1-2 per week/6 games total

**Participation Fee:** \$100.00—Sport #1

**Reduced Lunch Program Fee:** \$25.00—Sport #1

**Free Lunch Program Fee:** \$0.00—Sport #1

**Girls 7 Basketball**—Tryout Sport—Up to 15 members may be selected. \*All players play in the 1<sup>st</sup> Half. 2<sup>nd</sup> Half—Coaches Decision.

**Equipment Needed:** Basketball Shoes. **Equipment Provided:** Uniform/Practice Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Peterson/Years of Coaching: 5

**[peteronsean@att.net](mailto:peteronsean@att.net)**

**Practices**--Monday through Friday/**Games**--1-2 per week/11-12 games total

**Participation Fee:** \$100.00—Sport #1

**Reduced Lunch Program Fee:** \$25.00—Sport #1

**Free Lunch Program Fee:** \$0.00—Sport #1

**Girls 8 Basketball**—Tryout Sport—Up to 15 members may be selected. \*All players play in the 1<sup>st</sup> Half. 2<sup>nd</sup> Half—Coaches Decision.

**Equipment Needed:** Basketball Shoes. **Equipment Provided:** Uniform/Practice Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Commerson/Years of Coaching: 44

**[hcommer815@gmail.com](mailto:hcommer815@gmail.com)**

**Practices**--Monday through Friday/**Games**—1-2 per week/11-12 games total

**Participation Fee:** \$100.00—Sport #1

**Reduced Lunch Program Fee:** \$25.00—Sport #1

**Free Lunch Program Fee:** \$0.00—Sport #1

**Heavyweight Football**—Non-Tryout Sport—No limit on team members. Members must weigh at least 115 pounds. \*Playing Time—Coaches

Decision. **Equipment Needed:** Rubber Cleats. **Equipment Provided:** Helmet/Pads/Uniform/Mouth Guard. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Schafer/Years of Coaching: 7

**[jschafer@rochester.k12.mi.us](mailto:jschafer@rochester.k12.mi.us)**

**Assistant Head Coach:** Mr. Ontiveros/Years of Coaching: 11

**[nontiveros@rochester.k12.mi.us](mailto:nontiveros@rochester.k12.mi.us)**

**Practices**--Monday through Friday/**Games**—1 per week/6 games total

**Participation Fee:** \$100.00—Sport #1

**Reduced Lunch Program Fee:** \$25.00—Sport #1

**Free Lunch Program Fee:** \$0.00—Sport #1

**Lightweight Football**—Non-Tryout Sport—No limit on team members. Members must weigh less than 115 pounds. \*Playing Time—Coaches

Decision. **Equipment Needed:** Rubber Cleats. **Equipment Provided:** Helmet/Pads/Uniform/Mouth Guard. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Staugaard/Years of Coaching: 5

**[wstaugaard@rochester.k12.mi.us](mailto:wstaugaard@rochester.k12.mi.us)**

**Assistant Head Coach:** Mr. Lazzo/Years of Coaching: 9

**[mlazzo@rochester.k12.mi.us](mailto:mlazzo@rochester.k12.mi.us)**

**Practices**—Monday through Friday/**Games**—1 per week/6 games total

**Participation Fee:** \$100.00—Sport #1

**Reduced Lunch Program Fee:** \$25.00—Sport #1

**Free Lunch Program Fee:** \$0.00—Sport #1

**REUTHER MIDDLE SCHOOL ATHLETICS**  
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**WINTER I SPORTS—NOVEMBER 9 THROUGH JANUARY 20-27**

**Girls 7 Competitive Cheer**—Tryout Sport—Up to 18 team members may be selected. \*All players participate in games. \*No more than 16 team members can participate during any individual round of competition (Coaches Decision). **Equipment Needed:** Tennis Shoes/Hair Ribbons/Long Sleeve White Shirt. **Equipment Provided:** Uniform. **Optional:** Team Spirit Wear.

**Head Coach:** Ms. Kapanka—Years of Coaching: 3

**lkapanka@yahoo.com**

**Practices**—Monday through Friday/**Games**—1-2 per week/8-10 games total

Team will participate in 2 Competitive Cheer Competitions in the month of January

**Participation Fee:** \$100—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2

**Girls 8 Competitive Cheer**—Tryout Sport—Up to 18 team members may be selected. \*All players participate in games. \*No more than 16 team members can participate during any individual round of competition (Coaches Decision). **Equipment Needed:** Tennis Shoes/Hair Ribbons/Long Sleeve White Shirt. **Equipment Provided:** Uniform. **Optional:** Team Spirit Wear.

**Head Coach:** Ms. Scott—Years of Coaching: 4

**jennyscott66@gmail.com**

**Practices**—Monday through Friday/**Games**—1-2 per week/8-10 games total

Team will participate in 2 Competitive Cheer Competitions in the month of January

**Participation Fee:** \$100—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2

**Boys 7 Basketball**—Tryout Sport—Up to 15 team members may be selected. \*All players play in the first half. 2<sup>nd</sup> Half—Coaches Decision. **Equipment Needed:** Basketball Shoes. **Equipment Provided:** Uniform/Practice Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Frisbie/Years of Coaching: 18

**mfrisbie@rochester.k12.mi.us**

**Practices**—Monday through Friday/**Games**—1-2 per week/11-12 games total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2

**Boys 8 Basketball**—Tryout Sport—Up to 15 team members may be selected. \*All players play in the first half. 2<sup>nd</sup> Half—Coaches Decision. **Equipment Needed:** Basketball Shoes. **Equipment Provided:** Uniform/Practice Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Klak/Years of Coaching: 26

**nklak@rochester.k12.mi.us**

**Practices**—Monday through Friday/**Games**—1-2 per week/11-12 games total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2

**REUTHER MIDDLE SCHOOL ATHLETICS**  
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**WINTER II SPORTS—JANUARY 23-30 THROUGH MARCH 24-31**

**Girls 7 Volleyball**—Tryout Sport—Up to 15 team members may be selected. \*All players participate in at least 1-2 of the 4 games played in a match. **Equipment Needed:** Court Shoes/Volleyball Knee Pads/Black Compression Pants or Spandex Pants for Volleyball.

**Equipment Provided:** Volleyball Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mrs. Victory/Years of Coaching: 14 (Also is the RHS Freshman Volleyball Coach during the fall)

[EmilyAVictory@gmail.com](mailto:EmilyAVictory@gmail.com)

**Practices**--Monday through Friday/**Matches**--1-2 per week/11-12 matches total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Participation Fee:** \$55.00—Sport #3

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$18.75—Sport #3

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2 or Sport #3

**Girls 8 Volleyball**—Tryout Sport—Up to 15 team members may be selected. \*All players participate in at least 1-2 of the 4 games played in a match. **Equipment Needed:** Court Shoes/Volleyball Knee Pads/Black Compression Pants or Spandex Pants for Volleyball.

**Equipment Provided:** Volleyball Jersey. **Optional:** Team Spirit Wear.

**Head Coach:** Mr. Gibbs/Years of Coaching: 27 (Also is the RHS JV Volleyball Coach during the fall)

[kgibbs04@wowway.com](mailto:kgibbs04@wowway.com)

[wgibbs@rochester.k12.mi.us](mailto:wgibbs@rochester.k12.mi.us)

**Practices**--Monday through Friday/**Matches**--1-2 per week/11-12 matches total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Participation Fee:** \$55.00—Sport #3

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$13.75—Sport #3

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2 or Sport #3

**Wrestling 7/8**—Non Tryout Sport—No limit on team members. \*6<sup>th</sup> graders MAY participate in practices ONLY with a physical form on file.

\*\*Athletes wrestle according to their WEIGHT classification. \*All wrestlers will participate in meets provided that there is competition available for them in their respective weight classification. **Equipment Needed:** Wrestling Shoes/Mouth Guard.

**Equipment Provided:** Singlet/Headgear. **Optional:** Knee Pads/Team Spirit Wear.

**Head Coach:** Mr. Ontiveros/Years of Coaching: 11

[nontiveros@rochester.k12.mi.us](mailto:nontiveros@rochester.k12.mi.us)

**Assistant Head Coach:** Mr. Schafer/Years of Coaching: 4

[jschafer@rochester.k12.mi.us](mailto:jschafer@rochester.k12.mi.us)

**Assistant Coach:** Mr. Lazzo/Years of Coaching: 2

[jgunth5456@yahoo.com](mailto:jgunth5456@yahoo.com)

[jgunther@rochester.k12.mi.us](mailto:jgunther@rochester.k12.mi.us)

**Practices**—Monday through Friday/**Games**—1-2 per week/8-12 meets total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Participation Fee:** \$55.00—Sport #3

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$13.75—Sport #3

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2 or Sport #3

**REUTHER MIDDLE SCHOOL ATHLETICS**  
**(7th and 8th Grades Only)**

**SPRING SPORTS—APRIL 10 THROUGH JUNE 2**

**Boys and Girls 7/8 Track and Field**—Non-Tryout Sport—No limit on team members \*6th graders MAY participate in practices ONLY with a physical form on file. \*All players participate in at LEAST 1 but not more than 3 events. \*\*Top 3 participate in points heat (55 and 200 Meter Hurdles, 70, 100, 200, and 400 Meter Dashes). Other sprinters NOT in the Top 3 will participate in exhibition heats. \*\*\*All field events and distance races—All participants may run for points. \*\*\*\*RELAYS: Coaches will determine the 4 best individuals for RELAY A, RELAY B teams, etc...

**Equipment Needed:** Running Shoes/Tee-Shirts and Shorts for practice/Cold Weather Outdoor Clothing for practice/meets.

\*\*\*Temperatures less than 60 degrees—Arms and Legs MUST be covered.

**Equipment Needed for MEETS:** Royal Blue Team Shirt—Coaches will let you know the cost. Cost will be \$10 or less. 7 Inch Inseam Plain Navy Blue Athletic Shorts that you purchase from school at same time you purchase the Team Shirt. Cost will \$10 or less. Optional: Running Spikes (Spikes no more than 1/8 inch in diameter)/Team Spirit Wear (This includes Reuther Track Hooded Sweatshirt/Sweatpants).

**Head Coach/Track Coordinator:** Mr. Klak/Years of Coaching: 27 (Distance/Relays/Hurdles)  
[nklak@rochester.k12.mi.us](mailto:nklak@rochester.k12.mi.us)

**Assistant Head Coach:** Mr. Lazzo/Years of Coaching: 9 (Sprints/Relays/Long Jump)  
[mlazzo@rochester.k12.mi.us](mailto:mlazzo@rochester.k12.mi.us)

**Assistant Coach:** Mrs. Sikora/Years of Coaching: 5 (Sprints/Shot Put)  
[csikora@rochester.k12.mi.us](mailto:csikora@rochester.k12.mi.us)

**Assistant Coach:** To be Determined.

**Practices**—Monday through Friday/**Meets**—1-2 per week/8-9 meets total

**Participation Fee:** \$100.00—Sport #1 or Sport #2

**Participation Fee:** \$55.00—Sport #3

**Participation Fee:** \$0.00—Sport #4

**Reduced Lunch Program Fee:** \$25.00—Sport #1 or Sport #2

**Reduced Lunch Program Fee:** \$13.75—Sport #3

**Reduced Lunch Program Fee:** \$0.00—Sport #4

**Free Lunch Program Fee:** \$0.00—Sport #1 or Sport #2 or Sport #3 or Sport #4

**REUTHER ATHLETIC DIRECTORS BY SEASON**

**FALL SPORTS ATHLETIC DIRECTOR:** Mr. Klak  
[nklak@rochester.k12.mi.us](mailto:nklak@rochester.k12.mi.us)

**WINTER I SPORTS ATHLETIC DIRECTOR:** Mr. Staugaard  
[wstaugaard@rochester.k12.mi.us](mailto:wstaugaard@rochester.k12.mi.us)

**WINTER II SPORTS ATHLETIC DIRECTOR:** Mr. Klak  
[nklak@rochester.k12.mi.us](mailto:nklak@rochester.k12.mi.us)

**SPRING SPORTS ATHLETIC DIRECTOR:** Mr. Staugaard  
[wstaugaard@rochester.k12.mi.us](mailto:wstaugaard@rochester.k12.mi.us)

\*\*\*PHYSICAL FORMS FOR THE CURRENT SCHOOL YEAR MUST BE DATED AFTER APRIL 15 IN ORDER TO BE VALID!!!\*\*\*