

Rolla Fall Athletics

Practices:

First Day of High School Practice: August 7, 2022
(9th - 12th Grades)

First Day of Junior High Practice: August 14, 2022
(7th & 8th Grades)

Athletic Requirements for 2022-2023

(ALL Junior High and High Schools athletics + cheer + MSHSAA activities)

- ☐ A **Physical Packet**, which contains a physical examination form, is required for all first-time athletes, cheerleaders, and MSHSAA participants or those who physical examination is more than two years old (date listed on examination form completed by your physician). This form must be on file in the RHS Activities Office before an athlete can actively participate.
- or
- ☐ An **Annual Update** is required if it's been more than one year since the physical examination, but less than two years (date listed on examination form completed by your physician). This form must be on file in the RHS Activities Office before an athlete can actively participate.
- and
- ☐ **Athletic Participation Fee** – this \$55 fee must be paid prior to an athletes first athletic event (this is not required for choir or band). Payment should be made at <https://rollabulldogs.org/main/ticketing/>
- ☐ **Co-Curricular Requirement** – this requirement must be completed by both the student and parent and will require attendance at a coaches or sponsor meeting each season/activity your student participates.

Please call 458-0149 with any questions.

ROLLA PUBLIC SCHOOLS ATHLETIC TRY-OUT AND EARLY PRACTICE SCHEDULE

Sport: Cross Country

Level: High School

Head Coach: Rhett Cook

Location: Rolla High School Commons

Dates & Times: August 7 - 11: 6:30 am - 8:30 am
August 12: Team pictures at Rolla High School 7:45 am
(seniors should be at the HS at 7 am for senior banner pic)
August 14 - 18: 6:30 am - 8 am
August 22: First Day of School
August 23: Parent Meeting / Co-Curricular Meeting at 5:30 pm
September 2: First Meet @ Richard Clark Invitational
Full practice schedule will be provided by coach

Sport: Cross Country

Level: Junior High

Head Coach: Jesse Hulett

Location: Junior High Cafeteria

Dates & Times: August 14 - season: 3:30 pm - 5:00 pm
August 22: First Day of School
August 16: Parent Meeting / Co-Curricular Meeting at 5:30 pm
August 24: Team pictures at 4 pm
(photographers will arrive at 315 pm)
September 9: First Meet @ Lebanon Junior High School
Full practice schedule will be provided by coach

Sport: FOOTBALL

Level: 9-12

Head Coach: Derick Heflin

Location: Lions Memorial Turf Football Field

Dates & Times: August 7 - 10: 4 pm - 8 pm
August 11: 3:30 pm - 6:30 pm
August 11: Parent Meeting at 7 pm
August 12: Team pictures at Rolla High School at 7:30 am
(seniors should be at the HS at 7 am for senior banner pic)
August 12: Gatorade Scrimmage 8 - 11 am
August 14-17: 3:15 - 7 pm
August 18: Freshman/ JV practice 3:30 pm - 5 pm
August 18: Jamboree @ HOME
August 21-23: 3:15 - 6:15 pm
August 22: First Day of School
August 22: 3:30 pm - 6 pm
August 25: @ Camdenton High School
Full practice schedule will be provided by coach

Sport: 8th Grade Football**Head Coach:** Bryce Swafford**Location:** Rolla Junior High**Dates & Times:**

August 14 - season: Practice from 3:30 - 5:30 pm
August 24: Parent Meeting/Co-Curricular Meeting @ 5:30 pm
August 22: First Day of School
August 24: Team pictures after school at 3:15 pm
September 7: First Game vs. Camdenton
Practice Schedule is subject to change, remaining practice schedule will be provided by coach.

Level: 7th Grade Football**Head Coach:** Brian Owens**Location:** Rolla Junior High**Dates & Times:**

August 14 - season: Practice from 3:30 - 5:30 pm
August 24: Parent Meeting/Co-Curricular Meeting @ 5:30 pm
August 22: First Day of School
August 24: Team pictures after school at 3:15 pm
September 7: First Game @ Camdenton
Practice Schedule is subject to change, remaining practice schedule will be provided by coach.

Sport: Boys Soccer**Level:** Junior Varsity & Varsity**Head Coach:** Matt Calvert**Location:** Rolla High School Soccer Field**Dates & Times:**

August 7 - 10: 3:30 pm - 5:30 pm (try-outs)
August 10: Team Finalized
August 11: Scrimmage 5 - 7 pm; parent meeting 7 pm
August 12: Team pictures 8:30 am at the soccer field
(seniors should be at the HS at 7 am for senior banner pic)
August 22: First Day of School
August 22: Jamboree @ Washington High School
August 26: Rolla Soccer v. Hannibal High School

Remaining practice schedule will be provided by coach.

Sport: Girls Softball**Level:** Junior Varsity & Varsity**Head Coach:** Kenny Hohe & Andrew Lott**Location:** Rolla Middle School Softball Field

Dates & Times: August 7: 12:00 am - 3 am
August 8 - 11: 8 - 11 am
August 10: Team Finalized
August 12: Team pictures at the Softball Field 9:00 am
(seniors should be at the HS at 7 am for senior banner pic)
August 14 - season: 3:45 - 6 pm
August 15: Parent Meeting/Co-Curricular Meeting following practice
August 22: Jamboree @ Waynesville
August 25: First Game @ Union Tournament
Coach will provide remaining calendar

Sport: Girls Tennis**Level:** Junior Varsity & Varsity**Head Coach:** Cody Martin**Location:** Ber Juan Tennis Courts

Dates & Times: August 7 - season: 3:30 pm - 5:00 pm
August 12: Team pictures Ber Juan Tennis Courts 8 am
(seniors should be at the HS at 7 am for senior banner pic)
August 12: Parent Meeting/ Co-Curricular Meeting after pictures
August 22: First Day of School
August 25: First Match @ Jeff City High School
Remaining practice schedule will be provided by coach.

Sport: Volleyball**Level:** Varsity, Junior Varsity, & Freshman**Head Coach:** Nick Zink**Location:** HS Main Gym

Dates & Times: August 7 - 11: 8 am - noon
August 12: Team pictures 8:00 am at RHS
(seniors should be at the HS at 7 am for senior banner pic)
August 14-15: 8 am - 11 am
August 16: 3:30 - 5:30 pm
August 16: 5:30 pm Scrimmage then Parent Meeting
August 17: 3:30 pm - 6:30 pm
August 18-season: 3:30 pm - 6 pm
August 22: First Day of School
August 22: Jamboree @ HOME
August 26: Varsity @ Branson Tournament
Remaining practice schedule will be provided by coach.

Sport: Volleyball**Level: 8th Grade****Head Coach: Erica Yarger****Location: Rolla Junior High School Gyms****Dates & Times:**

August 14 - 18: 3:15 pm - 5 pm (try-outs)

August 21 - season: 3:15 pm - 5 pm

August 22: First Day of School

August 24: Parent Meeting/Co-Curricular Meeting @ 5:15 pm

August 24: Team pictures after school in the RJH Gym

September 7: First Event @ Waynesville Middle School

*Practice Schedule is subject to change, remaining practice schedule will be provided by coach.***Sport: Volleyball****Level: 7th Grade****Head Coach: Kayla Capps****Location: Rolla Junior High School Gyms****Dates & Times:**

August 14 - 18: 3:15 pm - 5 pm (try-outs)

August 21 - season: 3:15 pm - 5 pm

August 22: First Day of School

August 24: Parent Meeting/Co-Curricular Meeting @ 5:15 pm

August 24: Team pictures after school in the RJH Gym

September 7: First Event vs. Waynesville Middle School

*Practice Schedule is subject to change, remaining practice schedule will be provided by coach.***Sport: Girls Golf****Level: Junior Varsity & Varsity****Head Coach: Zach Nixon****Location: Oak Meadows Country Club****Dates & Times:**

August 7 - season: 3:30 pm - 5:30 pm

August 12: Team pictures 10 am at OMCC
(seniors should be at the HS at 7:30 for senior banner pic)

August 16: Parent Meeting/Co-Curricular Meeting @ 5:15

August 22: First Day of School

August 30: First Event @ Camdenton Invitational

Remaining schedule will be provided by coach.