



ROCKFORD LUTHERAN SCHOOL

2020-2021 FALL SPORTS FAQ

What sports will be offered at Rockford Lutheran School this fall?

Fall sports are upon us. Although our list of fall sports may look different, we still have a variety of options for our students. The field of competition provides the opportunity for character growth and the development of our student athletes. These programs provide a venue for students to challenge themselves to do their best and strive for excellence in all aspects of their lives.

What fall sports will be offered for Academy students?

- Rockford Youth Soccer League – Soccer has been cancelled, but may be moved to the spring.
- Volleyball - Volleyball will be held in the spring.

What fall sports will be offered for Junior High students?

Below are first practice dates, times and locations for currently offered Junior High sports. All other Junior High sports will be decided after the Athletic Director's meeting on August 12.

- Junior High Cross Country – Thursday, August 20 at 3:30 pm (RLHS)
- Cheerleading – Tuesday, September 8 at 5:00 pm (RLHS)

What fall sports will be offered for Senior High students?

Below are first practice dates, times and locations for currently offered Senior High sports. Volleyball, Boys Soccer, and Football have been moved to this spring.

- Boys Golf – Monday, August 10 at 8:30 am (Sinnissippi Golf Course)
- Girls Golf – Monday, August 10 at 9:30 am (Elliot Golf Course)
- Girls Tennis – Monday, August 10 at 4:00 pm (Harlem Middle School Tennis Courts)
- Girls Cross Country – Wednesday, August 12 at 3:30 pm (RLHS)
- Boys Cross Country – Wednesday, August 12 at 3:30 pm (RLHS)
- Girls Swimming – TBD (Please email hrobison@rockfordlutheran.org if interested.)
- Cheerleading – Tuesday, September 8 at 5:00 pm (RLHS)

How do I register my student for sports at Rockford Lutheran School?

- Registration for all currently offered sports is open on rl.8to18.com. You may also access this link on the Rockford Lutheran School website under the Athletics tab. Please register your athlete before the first practice date.
- The current environment is ever changing. In the event that an athletic activity is cancelled after a student registers, Rockford Lutheran will communicate with and reimburse the family.

What other information do I need to know?

- Sports physicals are due before a student is able to participate in any given sport. They may be turned in to the main or athletic office.
- Athletes must bring their own water bottle and have a face mask available.
- Rockford Lutheran is committed to keeping our athletes and coaches safe. A copy of the Illinois State Board of Education – All Sports Policy for Phase 4 Restore Illinois can be found at: <https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>
- Students who attend Rockford Lutheran in person, or who are enrolled in Rockford Lutheran’s @Home Assist and @Home Independent+ programs, will be allowed to compete and participate on athletic teams as determined by the IHSA.
- Students who attend Rockford Lutheran in person are encouraged NOT to leave campus during the afternoon unless necessary. Temperatures and Health & Safety questions will be conducted by coaches before practice.

Where can I find the most current information on sports at Rockford Lutheran School?

Communication with our Rockford Lutheran families is very important to us. FAQ sheets discussing current activities at Rockford Lutheran School may be found on the Rockford Lutheran School website at the following locations. Information on these FAQ sheets will be added and updated regularly as we receive new information.

- www.rockfordlutheran.org/backtoschool/
- www.rockfordlutheran.org/covid-19-updates/
- Resources Tab on the Menu Bar