



Rockford Lutheran Athletic Department

Rockford Lutheran Junior & Senior High School

3411 N. Alpine Rd.

Rockford, IL 61114

High School Fall Athletic Contact Days

Boys Basketball: Tuesday, September 8th 7-8:30pm

Cheerleading: Tuesday, September 8th 5-7:30pm

Girls Basketball: Wednesday, September 9th 5:30-7pm

Football: Wednesday, September 9th 3:30-5pm

Girls Volleyball: Tuesday, September 15th 3:30-5:00pm

Junior High Sports Update

What We Know: The Northern Conference has decided not to hold any conference fall sports (Volleyball, Cross Country and Soccer) our JH cross-country is currently competing against other area schools. The conference has not made a decision on girls and boys basketball; this will come at our October 7th meeting.

What We Would Like To See: The conference move forward with our normal winter athletic seasons. Then RL would implement modified JH Volleyball and Soccer season starting in Mid-February or early March.

What Needs To Happen: The Northern Conference needs to devise their plan for the upcoming winter on October 7th, this will determine where we try to place our JH Soccer and Volleyball seasons. Once the Northern conference plan is set, we will begin reaching out to other local schools looking for games in specific sports. We will continue to follow the guidelines set forth by the IHSA and IDPH.