

Rogers High School 2021

Current physicals are required for participation in all sports, tryouts, and open gym.

Music

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|------|---------------|-------------------------|--|---|
| Band | Patrice Brown | Patrice.Brown@rpsar.net | <p>Tryouts: Color Guard auditions at the beginning of May; it is open to all who are interested (no experience necessary). Percussionists have the option to audition for drumline at the end of this semester. Music will be passed out to current KMS, EMS, and RHS percussion students. There is an audition for winds and percussion at the end of the 1st semester for band splits.</p> <p>Requirements: Brass, woodwinds, and percussion students must be enrolled in band the previous year. Any exceptions must be approved by the band directors.</p> <p>Practice Information: Marching band rehearsals begin at 7:50am from August through the end of the varsity football season. This is before some buses arrive to campus and alternative transportation/carpooling may be necessary for students. We also have Tuesday night practices from 6:30-8:30pm for the duration of the marching season.</p> | <p>Summer Information: Summer band dates: (am and pm) July 19-23, 26-30, Aug. 2-6. (pm only) Aug. 9-13</p> <p>Other Information: We are excited for another year of making music and supporting our school and community. The RHS band performs at all varsity football games, all home basketball games, marches in Christmas parade and homecoming parade, has 3 concert band concerts, and will attend 3 Marching invitationals. We are excited to travel to Washington DC next year for our Spring Trip! Please feel free to ask questions to either Mrs. Brown or Mr. Kain...We want you to join the band!</p> |
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| Choir | Dr. Ryan Fox | ryan.fox@rpsar.net | | |
| | Cassandra Hernandez | Cassandra.Hernandez@rpsar.net | | |
| Orchestra | Karol Rulli | karol.rulli@rpsar.net | Audition for Ms. Kaiser at Heritage | Contact karol.rulli@rpsar.net for tryout information |

Fall Sports

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|---------|----------------|-----------------------------|---|--|
| Bowling | Mike Leafgreen | Michael.Leafgreen@rpsar.net | Bowling Tryouts will be late September to early October. | Summer Info: We cannot hold practice outside of our season, but we will get together some in the spring/summer/fall. It |
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Shoes and balls are provided if a student does not have one.

Practice Information: Twice a week from around 4:00-5:30. This year we practiced on Monday & Wednesday, but that might get moved to Tues/Thurs next year.

would be completely voluntary because the bowling alley would charge us to bowl. It is a cheaper rate, but would still cost to bowl. **Email coach if you are interested and or have questions.**

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| Cheer/Pom | Danielle Ross | Danielle.Ross@rpsar.net |
| Dance | Madeline Schemel | Madeline.Schemel@rpsar.net |
| Cross Country | Carlton Efurd | carlton.efurd@rpsar.net |
| Football | Chad Harbison | Chad.Harbison@rpsar.net |
| Golf (Women) | Jamie Rains | jamie.rains@rpsar.net |
| Golf (Men) | Marcus Alexander | marcus.alexander@rpsar.net |

Tryouts: None, show up to practice and show you are devoted

Requirements: 10th-12th need to put in a minimum of 250 miles for girls and 300 for guys. Challenge Goal: 350 / 400

Equipment: You need to have 2 good pair of running shoes. It's best to alternate your shoes everyday. A pair of shoes usually needs to be changed every 300-500 miles. Find a pair of shoes that fit your feet. Consider purchasing arch supports for your shoes.

Practice Info: Summer practice every Tues @ Track, Wed @ Lake At. & Thur @ Track -- 7am (Starts Mon July6th. When school starts practice at 6am at Lake Atlanta for the 1st two weeks.(to beat the heat)- (practice is over by 4:30 everyday)- September, will switch to run or swim Tues & Thurs 6am & run every afternoon 7th period. WILL TRAIN on the Saturday's that don't have meets (7am different routes!!)(You are expected

Tryouts: May 4th after school until 5PM
Location: Lost Springs

Requirement: Golf Clubs and Proper attire. Email coach if you have an questions

Tryouts: Late April/Early May. Exact dates and times come out after spring break

Summer Info: Tournament play is recommended for all players. Local events are encouraged

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Requirements: A basic understanding of the game of golf/rules, experience on an actual golf course, not just Putt-putt or hitting in the yard.

Practice Information: Practice starts August 1st.....Summer play and practice on your own with Google Classroom activities/drills.

Other information: The Mountie Golf team is looking for young hardworking players eager to improve their skills and represent our school in competition. If you are a beginner with no golf experience I would recommend starting your journey at The First Tee of Northwest Arkansas.

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| Tennis | Matt Fulton | matt.fulton@rpsar.net |
| Volleyball | Christine Lawrence | Christine.Lawrence@rpsar.net |

Winter Sports

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| Basketball (women) | Preston Early | Preston.Early@rpsar.net |
| Basketball (Men) | Lamont Frazier | Lamont.Frazier@rpsar.net |
| Swim/Dive | Rob Bray | rob.bray@rpsar.net |
| Wrestling (Men/Women) | Colton Looper | Colton.Looper@rpsar.net |

Tryouts: None

Requirements: A great attitude.

Practice Information: Wrestling and Lifting 3-4:30pm in the off season.

Summer Info (if applicable): Practice in the evening from 5-6:30pm. Strength training and Wrestling

Other: This a young program that has grown a huge amount in 1 year. Big things are to come and we will strive to make each wrestler a state champ and benefit more from this program than any other. Off season is crucial, start now don't wait.

Spring Sports

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| Baseball | Matt Melson | matt.melson@rpsar.net |
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| Softball | Mike Harper | mike.harper@rpsar.net |
| Soccer (Women) | Oscar Cardona | Oscar.Cardona@rpsar.net |
| Soccer (Men) | Steve Peck | stephen.peck@rpsar.net |
| Track (Men) | Carlton Efurud | Carlton.Efurud@rpsar.net |

Tryouts: None, show up to practice and show you are devoted

Requirements: 10th-12th need to put in a minimum of 250 miles for girls and 300 for guys. Challenge Goal: 350 / 400

Equipment: You need to have 2 good pair of running shoes. It's best to alternate your shoes everyday. A pair of shoes usually needs to be changed every 300-500 miles. Find a pair of shoes that fit your feet. Consider purchasing arch supports for your shoes.

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| Track (Women) | Becky Efurud | Rebecca.Efurud@rpsar.net |
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