



ROLLING MEADOWS HIGH SCHOOL FALL ATHLETIC INFORMATION 2018-2019

BOYS

- CROSS COUNTRY** HEAD COACH: Frank Schweda (frank.schweda@d214.org)
INITIAL MEETING: Wednesday, 8/8, 7:00am in the field house. Practice to follow.
SUBSEQUENT PRACTICES: 8/9-8/14 will follow the same schedule above.
- FOOTBALL** HEAD COACH: Matt Mishler (matt.mishler@d214.org)
INITIAL MEETING: Monday, 8/6, 7:30am - 1:30pm approx.
SUBSEQUENT PRACTICES: 8/7-8/14 times will vary, see your coach for detailed times.
- GOLF** HEAD COACH: Joe Szabo (joseph.szabo@d214.org)
INITIAL MEETING: Monday, 8/6, 1pm @ Arlington Lakes (subject to course availability)
SUBSEQUENT PRACTICES: 8/7-8/8 @ Arlington Lakes
- SOCCER** HEAD COACH: Brett Olson
INITIAL MEETING: Wednesday, 8/8, 8:00am – 10:00am park district across the street from the high school and 12:00pm – 2:00pm at stadium.
SUBSEQUENT PRACTICES: 8/9-8/14 will follow same schedule as above;

GIRLS

- CROSS COUNTRY** HEAD COACH: Charlie Henry (steven.henry@d214.org)
INITIAL MEETING: Wednesday, 8/8, 7:30am – 10:00am on the track.
SUBSEQUENT PRACTICES: 8/9-8/10 will follow same schedule as above.
- GOLF** HEAD COACH: Paul Fraser (paul.fraser@d214.org)
INITIAL MEETING: Monday, 8/6, 9 am @ Sunset Meadows.
SUBSEQUENT PRACTICES: 8/7-8/14, location TBA.
- SWIMMING/DIVING** HEAD COACH: Monika Chiappetta (rmhsheadswim@d214.org)
INITIAL MEETING: Wednesday, 8/8, 7:00am – 9:00am at **ELK GROVE POOL**
You must provide the transportation until school begins.
SUBSEQUENT PRACTICES: 8/9-8/14 will be from 7:00am-9:00am.
- TENNIS** HEAD COACH: Jim Gumz (jim.gumz@d214.org)
INITIAL MEETING: Wednesday, 8/8, 8:00am – 11:00am on the tennis courts.
SUBSEQUENT PRACTICES: 8/9-8/14 –from 8:00am – 11:00am.
- VOLLEYBALL** HEAD COACH: Katie Stensland (rmhsheadgvb@d214.org)
INITIAL MEETING: Wednesday, 8/8-8/10, JV/V: 8am-10 & 10-12pm/Frosh/Soph 8am-10
SUBSEQUENT PRACTICES: 8/11 from 8-10 for all

BEGINNING AUGUST 15, ALL PRACTICES WILL BE HELD AFTER SCHOOL, SATURDAY PRACTICES WILL VARY.

ADDITIONAL INFORMATION – ALL ATHLETES

All returning athletes are to register using the Online Registration system. Fall athletes need to mail/bring back to school prior to the start of tryouts, **NO EXCEPTIONS**, you will not be able to tryout until the following is turned in:

- Register for School and a **\$65.00** Participation Fee (unlimited activities, clubs, sports). The participation fee and the District 214 Athletic Permit is part of online registration.
- Current Physical – This form must indicate approval for athletic participation, dated, and signed by a physician

The above forms must be returned to Rolling Meadows High School prior to the start of ALL athletic practices.

- Academic Eligibility – To compete this fall, you must have passed four academic classes the previous semester or made up credits in summer school.