

**H-F HIGH SCHOOL
HEAD COACHING STAFF**

FALL

Cross Country Boys - Matt Gibson
Cross Country Girls - Mary Kate Pack
Cheerleading - Zenia Boyd
Dance - Kari-Lynn Burroughs
Field Hockey - Julie Gaham
Football - Craig Buzea
Golf Boys - Chris Stiglic
Golf Girls - Brad Kain
Soccer Boys - Charlie Ward
Swimming Girls - Eric Olson
Tennis Girls - Brendan Pontow
Volleyball Girls - Anthony Kruse

WINTER

Basketball Boys - Marc Condotti
Basketball Girls - Anthony Smith
Cheerleading - Zenia Boyd
Dance - Kari-Lynn Burroughs
Gymn Girls - Carrie Kliver
Ice Hockey - Wayne Perry
Swimming Boys - Keith Dombkowski
Wrestling - Shannyn Gillespie

SPRING

Badminton - Rachel Fassl
Baseball - John McCarthy
Gymnastics Boy - Mike Opsal
Lacrosse - Mark Thompson
Soccer Girls - Charile Ward
Softball - Larry Dawson
Tennis Boys - Michael Sacks
Track Boys - Nate Beebe
Track Girls - Zontavius Johnson
Volleyball Boys - Bob St. Leger
Water Polo Boys - Eric Olson
Water Polo Girls - Pat Duignan

Athletic Trainer - Brad Kleine 5688

Athletic Director - Dan Vosnos 5003
Athletic Secretary - Robin Nettles 5004

TRANSPORTATION

- Provided by H-F after practice on days school are in session.
Monday—Friday 4:00 p.m. & 6:00 p.m.
- Students must have I.D. with season sticker
- Students must travel with team to and from contest on school transportation
- Students may be released to parents only and approved by Athletic Director with a 24 hour notice; please email dvosnos@hf233.org

ELIGIBILITY

- Students must pass 5 classes per week
- Students must pass 5 classes from previous semester

**“Coming together is a beginning;
Keeping together is progress;
Working together is Success.”**

H-F ATHLETIC WEBSITE

<http://il.8to18.com/HF>

Additional resources found on the H-F Athletic website include:

- H-F Parent/Coach Communication Philosophy
- H-F Participation Philosophy

H-F HIGH SCHOOL

**ATHLETIC PROGRAM
EXPECTATIONS
for
PARENTS & STUDENTS**

HOMWOOD-FLOSSMOOR



HIGH SCHOOL

**A
“FIRST CLASS”
PROGRAM**

Both parenting and coaching are extremely difficult vocations. Both are similar and it is important to establish understanding and clear lines of communication. When your children become part of our Viking Athletic Program it is imperative that the established expectations and lines of communication are clearly understood by all parties.

We are working with your most prized possession and look forward to working with you and your sons and daughters helping to keep the H-F Athletic tradition alive and well.

EXPECTATIONS OF OUR COACHING STAFF ARE:

- The Athletic Director will establish a pre-season parent meeting for the purpose of understanding and communication. Some of the topics that will be discussed at these meetings are:
 - * Academic Expectations/NCAA Clearinghouse information
 - * Program philosophy
 - * Practice and contest expectations
 - * Procedures for injured athletes
 - * Stress to parents and athletes the information and importance of the Athletic Training Regulations
- H-F Coaches will teach and promote good sportsmanship.
- H-F Coaches are good role models.
- H-F Coaches are enthusiastic and are motivators.
- H-F Coaches stress team unity in developing winning attitudes.
- H-F Coaches develop and enforce school athletic code and team rules.
- H-F Coaches demonstrate a cooperative spirit with other coaches.
- H-F Coaches communicate with athlete and parent.
- H-F Coaches are teachers and help athletes set realistic goals for performance improvement.

EXPECTATIONS OF OUR PARENTS ARE:

- Notify coaches of ANY injury or illness that our staff might not be aware of.
- Be Positive—Being on one of our high school teams is an accomplishment
- Be Supportive—Nothing can erode teamwork faster than athletes doubting the capabilities of their coaches. It can be a cancer that affects performance, confidence, and the need-edge to compete in an athletic contest.
- Communicate fairly and openly with our coaching staff.
- Be a good role model - Demonstrate positive behavior and good sportsmanship as a spectator and/or fan.
- Read, understand, discuss and MOST OF ALL monitor the H-F Athletic Training Regulations (Code of Conduct).
- Attend pre-season program parent meetings.
- Encourage commitment and positive values.

It is important to understand that athletics provide some of the most rewarding moments in one's life. It is equally important to understand that there may be times when things do not go the way you or your son/daughter would like them to go. Coaches are professionals. They will make judgments based on what they see, know and believe to be in the best interest for all student athletes as well as the team/program.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

- Playing time
- Other athletes
- Philosophy - Play calling
- Team or individual strategy
- Do not attempt to confront a coach before or after practice or contest. These surprise meetings rarely accomplish anything and do not promote resolutions. Allow 24-hours before requesting a meeting with a coach.

ISSUES THAT ARE APPROPRIATE TO DISCUSS WITH COACHES:

- Concerns about academic eligibility
- Concerns about behavior
- Various ways to help son/daughter improve
- The treatment of your son/daughter

PROCEDURES AND LINES OF COMMUNICATION TO FOLLOW:

1. Communication between student-athlete and coach to resolve problem or conflict.
2. Communication between student-athlete, parent, and coach.
3. Communication between athletic director, student-athlete, parent and coach.
4. Communication between principal, athletic director, coach, student-athlete, and parent.

Research indicates that students involved in extra-curricular activities have a greater chance for success, as they become adults. Many of the character traits required to be successful participants in our athletic programs are those same traits needed to be successful in one's life.

EXPECTATIONS OF OUR ATHLETES:

- Make and keep commitments and follow rules of the IHSA, SWSC, H-F, athletic training regulations, and one's program during your high school career.
- Be coachable by having a positive attitude.
- Be drug/alcohol free.
- Set realistic and challenging goals.
- Respect coaches, teammates, officials, parents, and H-F facilities and equipment.
- Demonstrate good sportsmanship at all times in and out of season.
- Learn from your mistakes.
- Give Max Effort and display a good work ethic.
- Be a leader and a positive role model.