

ROXANA HIGH SCHOOL HEAD VARSITY COACHING STAFF



Cross Country Boys - SEdwards@roxanaschools.org
Cross Country Girls - SEdwards@roxanaschools.org
Cheerleading - SPalen@roxanaschools.org
Dance - JGiddings@roxanaschools.org
Football - PKeth@roxanaschools.org
Golf Boys - JPare@roxanaschools.org
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Soccer Boys - james_d_futrell@yahoo.com
Tennis Girls - MKathriner@roxanaschools.org
Volleyball Girls - MMcKinney@roxanaschools.org



Basketball Boys - Mbriggs@roxanaschools.org
Basketball Girls - briandiskin@hotmail.com
Cheerleading - SPalen@roxanaschools.org
Dance - JGiddings@roxanaschools.org
Wrestling - Rmilazzo@roxanaschools.org
Bowling- TBA



Baseball - coachharp25@hotmail.com
Soccer Girls - LYates@roxanaschools.org
Softball - MArbuthnot@roxanaschools.org
Tennis Boys - SStahlhut@roxanaschools.org
Track Boys & Girls - JAlak@roxanaschools.org
Athletic Trainer - LBrueckner@roxanaschools.org

Athletic Director - Cambuehl@roxanaschools.org
Asst. Athletic Director - Mbriggs@roxanaschools.org
Athletic Secretary - Spalmer@roxanaschools.org

TRANSPORTATION

- Provided by School District
- Students must travel with team to games
- Students may be released to parents upon signing out with coach

ELIGIBILITY

- To retain eligibility, a student must have passed a minimum of 3.5 semester hours of academic course work in the semester preceding his or her eligibility and must have passed 3.5 semester hours of academic course work in the week preceding his or her eligibility.
- If a student has 2 F's, they are not allowed to participate in games from Monday-Sunday the following week.

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

ROXANA ATHLETIC WEBSITE

<http://il.8tol8.com/RoxanaHS/>

Additional resources found on the Athletic website include:

- * RHS Communication Guide
- * RHS Role of the Parent
- * RHS Freshman Survival Guide
- * Athletic Schedules
- * Important Announcements

ROXANA HIGH SCHOOL

ATHLETIC PROGRAM EXPECTATIONS for PARENTS & STUDENTS



A “FIRST CLASS” PROGRAM

Both parenting and coaching are extremely difficult vocations. Both are similar and it is important to establish understanding and clearlines of communication. When your children become part of our RHS 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 RHS Athletic tradition alive and well.

EXPECTATIONS OF OUR COACHING STAFF ARE

- The Athletic Director will establish a preseason 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
 - * Parent & Student Athletic expectations
- RHS Coaches will teach and promote good sportsmanship.
- RHS Coaches are good role models.
- RHS Coaches are enthusiastic and are motivators.
- RHS Coaches stress team unity in developing winning attitudes.
- RHS Coaches develop and enforce school athletic code and team rules.
- RHS Coaches demonstrate a cooperative spirit with other coaches.
- RHS Coaches communicate with athlete and parent.
- RHS 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 needed 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 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 AD, student-athlete, parent and coach.
 4. Communication between principal, AD, 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 & RHS code of conduct during 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 RHS 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.