

**H-F HIGH SCHOOL
HEAD COACHING STAFF:
(708) 335—EXTENSION**

FALL	EXT.
Cross Country Boys - Brian McCarthy	5608
Cross Country Girls - Betsy McCabe	5715
Cheerleading - Johnna Armellino	5524
Field Hockey - Ronnie Falkner	5524
Football - Kenneth Smith	5527
Golf Boys - Chris Stiglic	5627
Golf Girls - Rick Pavinato	5634
Pom Pons - Amanda Harrington	5381
Soccer Boys - Todd Elkei	5296
Swimming Girls - Tim Caldwell	5533
Tennis Girls - Michael Sacks	5721
Volleyball Girls - Tony Kruse	5271

WINTER	
Basketball Boys - Jim McLaughlin	5039
Basketball Girls - Ryan Sheriff	5233
Cheerleading - Johnna Armellino	5524
Fencing—Mark Watman	5524
Gymn Girls - Kathryn Stolzenbach	5631
Ice Hockey - Bob Boldt	5524
Pom Pons - Amanda Harrington	5524
Swimming Boys - Keith Dombkowski	5345
Wrestling - Brett Geijer	5026

SPRING	
Badminton - Tracy Badger	5166
Baseball - Todd Sippel	5234
Gymnastics Boy - Peter Kallend	5524
LaCrosse—Mark Thompson	5530
Soccer Girls - Todd Elkei	5296
Softball - Angie Altman	5636
Tennis Boys - Michael Sacks	5721
Track Boys - James Schmidt	5622
Track Girls - Rob Assise	5861
Volleyball Boys - Tony Kruse	5271
Water Polo Boys—Tim Caldwell	5533
Water Polo Girls—Pat Duignan	5292

Athletic Director - Joe Skowronski	5523
Asst. Athl. Director - Gail Smith	5525
Athletic Secretary - Loretta Alexander	5524

TRANSPORTATION

- Provided by H-F after practice on days school are in session.
Monday—Friday 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/approved by athletic director

ELIGIBILITY

- Students must pass 4 classes per week
- Students must pass 5 classes previous semester

AWARD CRITERIA

Freshman—Numerals & Certificate
Sophomore—Minor Letter & Certificate
Junior Varsity - Letter & Certificate
1st Yr Varsity - Varsity Letter & Certificate
2nd Yr Varsity - Chevron & Certificate
3rd Yr Varsity - Small Plaque & Certificate
4th Yr Varsity - Large Plaque & Certificate

All awards will be issued if student finishes the season in good standing and attends awards night.

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

H-F ATHLETIC WEBSITE

www.athletics2000.com/hf

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 the Viking Athletic Program it is important that the established expectations and lines of communication are clearly understood by all.

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:
 - * 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 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 fan.
 - Read, understand, discuss and MOST OF ALL monitor the H-F Athletic Training Regulations.
 - Attend pre-season parent meetings.
 - Learn the rules of your particular sport.
 - 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 and the team itself.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

- 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. Call or ask a coach for a time to meet.

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 player and coach to resolve problems or conflicts.
2. Communication between parent and coach to resolve problems and conflicts.
3. Communication between athletic director, parent and coach to resolve conflicts.
4. Communication between principal, athletic director and parent to resolve conflicts.

Call the athletic office 335-5524 to set up a meeting.

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 school, athletic training regulations, and team during your high school career.
- Be coach able. Have 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.
- Have a good athletic work ethic.
- Be a leader and a positive role model.