



ROCKHURST

HIGH SCHOOL

June, 2010

Dear Rockhurst Students and Parents:

Hello from the Rockhurst Athletic Department. The purpose of this letter is to remind you about the start of the following fall sports:

FRESHMAN FOOTBALL
FRESHMAN CROSS-COUNTRY
FRESHMAN SOCCER
FRESHMAN SWIM & DIVE

UPPERCLASS FOOTBALL
UPPERCLASS CROSS-COUNTRY
UPPERCLASS SOCCER
UPPERCLASS SWIM & DIVE

FRESHMAN FOOTBALL begins with a meeting in the gym on **Monday, August 9, 2010**, where you will meet with the coaches from **9:00-Noon**. You will receive equipment and a practice schedule at that time. There will be no practices on Sunday. You are asked to furnish shoes, socks, athletic supporter, shorts, T-shirts, and towel. Any questions regarding freshman football should be directed to Frank Griffin, Head Freshman Football Coach at (816) 363-2036, Ext. 270.

FRESHMAN CROSS-COUNTRY will start practice on **Monday, August 9, 2010, at 7:00 AM**. Please meet coaches in the East parking lot by the Loyola Center entrance. Cross-country runners will need to furnish running shoes, socks, shorts, athletic supporter, and T-shirt. Additionally, freshmen are invited to attend any of the voluntary open summer conditioning/running sessions. Monday-Friday starting May 31 until Aug. 1, team members meet at the cell phone tower at 8 a.m. to improve their fitness for a successful season. It's a great way to get a step ahead of your competition and meet your teammates. You can check out specifics at www.hawkletsxc.org. Any questions regarding cross-country should be directed to Head Cross-Country Coach, Mr. Michael Dierks at (816) 868-8883 or mdierks@rockhursths.edu.

FRESHMEN SOCCER will start tryouts/practice on **Monday, August 9, 2010**. Tryouts go from 6:45-8:45 AM and 4:00-5:30 PM and players trying out must attend both tryout sessions daily.

All other levels of soccer start practice on **Monday, August 9th**. Please note the two different times below for other levels of soccer tryouts depending upon if or where you played in the program during the 2008 season.

(Did not play soccer last year or played on freshman team in 09)

Any sophomore who did not play last fall and is interested in trying out or any returning sophomore who played at the freshman level throughout the entire 2009 season must tryout from 6:45-8:45 AM and 4:00-5:30 PM. **Attendance at both tryout sessions is required.**

(Played on sophomore, JV or Varsity level in 09)

Any returning players who played above the freshman level (was brought up to or was on the sophomore, JV or Varsity at any time) last fall will tryout from 9:00-11:00 AM and 3:00-5:00 PM. **Attendance at both sessions is required daily.**

Coach Lawson can be reached at clawson@rockhursths.edu or 816-407-7342 with any questions.

SWIM & DIVE Tryouts for freshmen, those who were not on the team last year, and those who did not earn a letter will start on **Monday, August 9, 2010**. **All divers**, those returning, and those trying out, need to report on Monday, August 9, 2010, as well. Those returning lettermen from last year's team will start on Tuesday, August 10, 2010. All practices are held at the Red Bridge YMCA from 3:00-5:45 PM. If you have any questions, please contact head coach Paul Winkeler at (816) 665-5746 or pwinkele@rockhursths.edu.

ALL SPORTS PROGRAM ADVERTISING: Coming in late May or early June, all freshmen will receive information about selling advertising in the 2010-2011 All Sports Program, sold at home football games. It is a requirement that each freshman participating in a fall sport help by selling ads, but it would be helpful to have all freshman student-athletes help with sales considering that they benefit from the revenue. Our deadline is July 1. Mr. Michael Dierks will send you

information on how to sell, who to sell to, and how important it is to sell these ads in the very near future. Check the school website in the near future for further information but make sure to have your ads sold and ready to go to print by July 1. Any questions regarding the All Sports Program should be directed to the publisher, Mr. Michael Dierks at (816) 363-2036, Ext. 324 or mdierks@rockhursths.edu.

ALL UPPERCLASSMEN trying out for a fall sport are directed to contact your head coach if you have any questions. All practices for all upperclassmen (except swim & dive noted above) start on **Monday, August 9, 2010**.

TO PARTICIPATE IN ATHLETICS IN THE STATE OF MISSOURI, YOU MUST HAVE YOUR PARENT'S APPROVAL AND A PHYSICAL EXAMINATION.

The Physical Examination Form is to be completely filled out and **MUST BE TURNED INTO THE DEAN'S OFFICE by Monday, August 2, in order to be allowed to try out or participate** in football, cross-country, swim & dive, or soccer.

The Physical Examination Form must be dated after February 1, 2010, to be valid for this school year.

The physical examination form can be downloaded from the Rockhurst website by clicking "Athletics", then "All Sports Forms", then "RHS Sports Physical Certificate".

You can also pick up a copy at the front desk of Rockhurst High School off of State Line Road entrance.

All sophomore, junior, and senior football players will receive insurance forms from the football coaches. These forms must be returned to the football coaches on or before **Friday, August 6, 2010**. Even if you decline the insurance, you must fill out the form and return it for our records. (All sophomore, junior, and senior football players will receive insurance forms at football camp in July.)

Supplemental football insurance is not required for freshmen football players.

I look forward to seeing you involved in the Rockhurst Athletic Program. Have a great summer!

Sincerely,

Pete Campbell
Athletic Director