

Preparing for Fall Sports Season

Welcome to Rockhurst High School. We have a proud tradition of athletics at the school and view the experience as a privilege to the student-athlete. We hope that your son will have a formative experience. Here are some helpful ideas while preparing for the Fall Sports Season at Rockhurst.

For the first time, Rockhurst will be working with Magnus to do online health forms and other forms. We hope to have the site up and running by June 15th. You will receive information on the parent user name, etc. Forms that will need to be completed and/or uploaded to this site include but is not limited to the following:

1. Get a sport's physical. Your son must have one to try out or begin practice. The physical dated February 1, 2017 or more recent, is acceptable for the 2017-18 school year and all sports' seasons in that year. Your son must use this required physical form when seeing his doctor. It is a 1-page document. This document is available at www.rockhursths.edu/forms to print off, be completed by the doctor's office and you will scan/take a picture or fax this document up to Magnus. Deadline is July 20th.
2. In addition to a physical, each student-athlete must complete a Release form. This is required by the Missouri State High School Activities Association and can be found online at the Magnus web portal.
3. All fall sports practices begin Monday, July 31, 2017. Fall sports are: Cross Country, Football, Soccer, and Swim and Dive. There are no "cuts" in Football and Cross Country (everyone makes a team). In Soccer and Swim and Dive, there are try-outs, and athletes are not guaranteed to make the team ("cuts").
4. Weight-lifting is an option for any athlete in the summer. There is a weight-lifting program during the summer that is open to incoming freshmen and current Rockhurst students. Contact Tony Severino if interested at 816-363-2036, ext. 142.
5. There are no camps or clinics that your son MUST attend during the summer. Rockhurst does offer camps and clinics to our incoming freshmen as well as younger children. A list of camps and contact information on summer camps can be found on the school website <http://www.rockhursths.edu>.
6. All fall sport schedules (every level) can be found at our new rSchool site: <http://as3.rschooldtoday.com/public/genie/1047/school/1/>. You can select which schedule you want to browse under view schedules. Competition schedules for the fall should be completed by July 1. We will be launching a new athletic website with the dynamic schedule in place this fall.
7. A Rockhurst student-athlete cannot attempt to participate in more than one fall sport at the same time. For example, your son cannot try-out for swim and dive, while at the same time going to soccer try-outs. However, for example, if your son is cut from soccer and then wants to play football, he may contact the football coaches after being cut from soccer, and let them know why he did not attend the first three days of football practice.
8. All incoming freshmen that plan to participate/try-out for a fall sport are asked to help sell advertisements for the All Sports Program. A separate mailing will be sent home explaining this process. You can also check it online at <http://www.rockhursths.edu/athletics/asp>. Questions about the program should be emailed to allsports@rockhursths.edu. The money raised from this program goes directly into the athletic program, thus we hope anyone involved in our athletic programs might consider supporting it by buying and/or selling ads.

Here is some sport-specific information.

Cross Country

1. First practice is Monday, July 31st from 7-9:30 a.m. The meeting place is on the east side parking lot outside of the Loyola Center. Please drop off your student or park your car in the lot by the cell phone tower. This is for all grade levels. You can find the schedule at <http://www.hawkletsxc.org>.
2. Students must provide their own running shoes and their own running clothes for practices. Uniforms will be provided for meets. Lockers are available for use. Your son must have his own lock to keep his things secure.
3. There are five levels of Cross Country runners; Varsity, JV, Sophomore, Freshman, and E team. Everyone will get a chance to compete in a meet if they meet the practice requirements & fitness level deemed safe by the coaching staff.
4. The head coach of Cross Country is Mike Dierks. He can be reached at 816-363-2036, ext. 567 or mdierks@rockhursths.edu. Please address all questions regarding Cross Country to Coach Dierks.
5. Many team members meet during the summer at Rockhurst on weekday mornings at 7:30 a.m. by the cell phone tower to run. There is also an early bird group meeting at 7 a.m. on the same weekdays at the same spot. All are welcome to share in the love of running throughout the summer. Athletes are not under the supervision of Rockhurst coaches. Athletes are responsible for their own well-being during the summer running.

Football

1. First practice for all levels of football is Monday, July 31st at Rockhurst High School. Sophomores, Juniors, and Seniors need to contact head football coach Tony Severino at 816-363-2036 ext. 142, for questions regarding summer mini-camp, weights, and expectations for first day of practice.
2. Freshman football players should report to the Barry Commons at Rockhurst High School at 8:45 a.m. on Monday, July 31st. Freshmen should be dressed in shorts, t-shirt, and tennis shoes. Freshmen will receive their practice gear, take a computer test for concussions (ImPACT), and meet with the coaching staff. Practice will be over by noon. **Players must purchase two Rockhurst locks through our in-house store called the Rock Shop for \$6 each**, one for their football locker and one for their school locker. Freshmen should plan to practice Monday-Saturday during the season. Tuesday, Aug. 15th will be a day off due to the Freshman Orientation Day.
3. Freshman football does not “cut” anyone. If you want to play and you follow the team’s guidelines, you are allowed to be on a team. Depending on the number that come out, there will be 2 levels of freshman football; A and B. Both teams play a highly competitive schedule against teams in the KC Metro area. The season is made up of 8-9 games, and the season usually ends by the last week of October.
4. The Freshman Head Coach for all levels is TBD. If you have additional questions, email tseverin@rockhursths.edu or athletic director mdierks@rockhursths.edu in the time being. We are reorganizing the staff at this time.

Soccer

1. The first day of practice for all levels is Monday, July 31st at Rockhurst High School. All incoming freshmen and sophomores who played on the freshman level last year will take place on the south practice fields, which is where our soccer/baseball field is located, just south of the main school building. All returning participants who played at the sophomore, JV or varsity level in 2016 will practice the first week at the stadium.
2. The coaching staff requests that you arrive 15-20 minutes before each training session and to wear an old t-shirt with your last name and grade on both sides.
3. Soccer is a “cut” sport. Athletes will try out for a minimum of five training sessions, and must attend all of them to be evaluated.
4. Incoming freshmen and any sophomore who played at the freshman level last season will practice from 7:00 – 9:00 a.m. on Monday thru Friday at the South Practice Field. Your son should bring his own water bottle, cleats, shin guards, running shoes, and all necessary gear for his position.
5. Any player who played on the 2016 sophomore, JV, or varsity teams (including any freshmen who were brought up for any amount of time in 2016 to the sophomore or JV teams) go from 9:30 – 11:30 a.m. on Monday, Tuesday, Wednesday, Thursday, & Friday. Again, bring all necessary equipment for try-outs.
6. There are four (4) levels of soccer at Rockhurst; Varsity, JV, Sophomore, Freshman. Your son will be told by the coaches how he will know if he was kept on a team or not. That decision will not be made known until after the 5 try-out sessions.
7. No soccer player can play for a club team during the high school soccer season. For example, a soccer player cannot play for Rockhurst High School and Sporting KC’s Academy Team. The Missouri State High School Activities Association has a rule against this practice.
8. For any questions related to Rockhurst soccer, please contact head coach Chris Lawson at clawson@rockhursths.edu.

Swim & Dive

1. Practice for all athletes trying out for swim and dive will be at the Red Bridge YMCA located at 114th and Holmes Road in KCMO. This is our home pool. Try-outs for those trying out for the first time for swimming and for those who were not on the varsity swim team in 2016 will begin at 3:00 p.m. on Monday, July 31st. Athletes should bring a swim suit, towel, and goggles.
2. All divers - new ones, JV and Varsity from last year - need to report to the Red Bridge YMCA on Monday, July 31st at 3 p.m.
3. All returning lettermen for swimming will be contacted by Coach Barth personally.
4. Depending on the number of athletes who try-out for swim and dive, there may have to be some "cuts". The coaches will address this topic during try-outs.
5. If you have any questions regarding Rockhurst Swim and Dive, please contact Bob Barth at bbarth@rockhursths.edu.