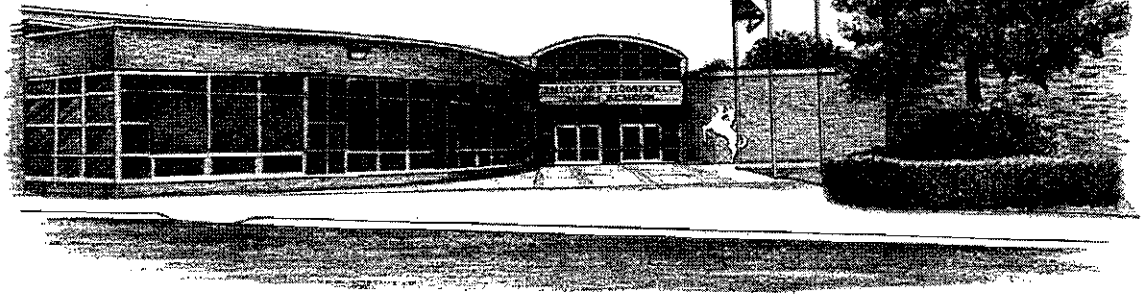




# BRANCHING OUT

## Roosevelt High School



Dear Friends,

It's still snowing!! I can hardly take it anymore. It must be my age! Have you ever noticed that the "dog days" of winter play havoc on your mental well-being? My daughter tells me there is a fancy name for it, like asymptomatic seasonal disorder, caused by our lack of exposure to sunlight, our inability to be outside in the fresh air, and decreased physical activity. I think in the old days we called it cabin fever.

It is interesting to see the symptoms play out in our homes and schools. Things said by others that we would normally ignore, we take offense to, raising tensions. Some small interpersonal issue is blown way out of proportion. We talk differently, we react differently, and we see the world differently. With students, we see strange, even aberrant behavior that we have never seen from them before. Drug usage, vandalism, self-mutilation, sexual experimentation, and other destructive behaviors appear. This is the time when kids shut down in the classroom, the data showing the highest number of failing grades the third nine-week grading period. Their mental discipline and decision making is eroded, and they do not have the experiences and understanding to help reinvigorate them. Indeed, I have received calls from parents who have students who are emotionally fragile in the best of times, asking for our help as the long winter moves forward. They are afraid for their children this time of year. Just focusing on school work is not enough for them. Hey, most teenagers find placing schoolwork ahead of their social interactions tough enough in the best of times.

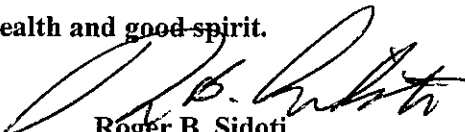
Like any organization, schools try a variety of strategies to help break this cycle, by inserting different activities. Our DECA students sponsored "Smile Week" to raise the awareness of children suffering from cleft pallets, but they also helped generate some tension-easing excitement with a variety of activities. This culminated with an all-school assembly featuring a wonderful motivational speaker. As educators and parents, we need to recognize that, on any given day, some young person needs encouragement or affirmation to keep them going. We need to encourage activities that we can also participate in. We need to listen to, talk with, and engage them outside of the classroom.

We also need to take care of ourselves. Airlines remind us that we need to put the oxygen mask on when cabin pressure drops before we can help others with theirs. A good first step is to accept that we are being impacted by this winter weather (and stress by the economy, the wars, politics, etc. . . ) and find ways to help ourselves. Our experiences from the past can help us do this. We can then provide guidance to our young people in a meaningful way.

We all are open to mental health issues and weather related seasonal depression that affects us all to some degree. Young people, especially those who normally struggle emotionally, are more susceptible than others. Just raising a level of awareness to these issues in your homes and lives are a great first step in building an emotional bridge until spring. Working together, we can help them overcome these academic, emotional, and behavioral doldrums!

I hope this Branching Out finds your family in good health and good spirit.

Office: 330-676-8710  
Home: 330-678-3381  
E-mail: [ke\\_rsidoti@kentschools.net](mailto:ke_rsidoti@kentschools.net)



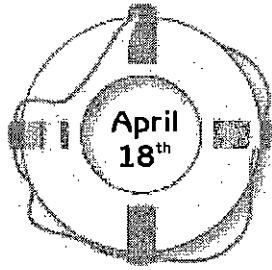
Roger B. Sidoti  
Principal

**MARCH 2009**

**ITEMS IN THIS NEWSLETTER**

**Principal's Letter**  
**Character Trait for March**  
**"Fiddler On Roof" Curtain Call**  
**Roosevelt Choirs Business Expo/Flyer Attached**  
**Basketball Anyone?**  
**Guidance Office Reminders**  
**OGT Testing/Important March Dates**  
**Early Release Day March 13<sup>th</sup> –CANCELLED**  
**Driver Education Information/Registration Form**  
**Special Thank You, Thank You, Thank You**  
**Roosevelt Ohio Model United Nations Club Receive Awards**  
**Keymaker Award Recognition/Flyer Nomination Sheet Attached**  
**Spring Break Tips for Parents**  
**Rough Rider Yearbook News**  
**Rough Rider Fitness Center Newsletter**  
**MARCH CALENDAR**





# Save The Date!!!

**Kent Area Chamber of Commerce &  
Roosevelt High School Choir's  
Business & Craft Expo**

**Saturday, April 18<sup>th</sup>  
10:00 am - 2:00 pm**

**This fundraiser for the RHS Choirs is in  
its 6<sup>th</sup> year, and keeps getting BIGGER  
and BETTER.**

**We're looking for crafters and/or home-based  
business owners who'd like to participate in  
this great opportunity.**

**Tables are \$35. Space is limited, so be  
sure to reserve yours today!**

For more information or to  
reserve a table,  
call Lori at 330.677.8730  
or  
[LMScc1@sbcglobal.net](mailto:LMScc1@sbcglobal.net)



**Kent**  
Area Chamber  
of Commerce



**GUIDANCE OFFICE REMINDERS**  
**OHIO GRADUATION TEST REMINDER!**

**All SOPHOMORES are required to participate in testing, along with any JUNIORS or SENIORS that must retake any section that they have not previously passed. The tests will be given from 7:35 a.m. to 10:15 a.m., beginning, MONDAY MARCH 9<sup>th</sup> and ending FRIDAY, MARCH 13<sup>th</sup>. All freshmen, along with juniors and seniors who have previously passed the test, will start school at 10:25 a.m. during this week. The buses will run their regular schedule to pick up our Sophomores. The schedule is as follows:**

READING	-	MONDAY	-	MARCH 9 <sup>TH</sup>
MATHEMATICS	-	TUESDAY	-	MARCH 10 <sup>TH</sup>
WRITING	-	WEDNESDAY	-	MARCH 11 <sup>TH</sup>
SCIENCE	-	THURSDAY	-	MARCH 12 <sup>TH</sup>
SOCIAL STUDIES	-	FRIDAY	-	MARCH 13 <sup>TH</sup>

**There will be a delayed school start for students in grades, 9, 11, and 12. Buses will run again, for those students, exactly three (3) hours later, than their regular time. If your child's scheduled pick up time is 7:00 a.m. their bus will arrive @ 10:00 a.m. First period will begin @ 10:25 a.m. If necessary, make-up tests will be administered the week of March 16<sup>th</sup> – 20<sup>th</sup>. Please feel free to contact the school @ 330-673-9595, if you have any questions. Thank you.**

*Special Class Schedule 3/9/09-3/13/09:*

1 <sup>st</sup> Period	10:25 a.m. – 10:50 a.m.
2 <sup>nd</sup> Period	10:55 a.m. – 11:20 a.m.
3 <sup>rd</sup> Period	11:25 a.m. – 11:50 a.m.
4 <sup>th</sup> Period	11:55 a.m. – 12:25 p.m.
5 <sup>th</sup> Period	12:30 p.m. - 1:00 p.m.
6 <sup>th</sup> Period	1:05 p.m. - 1:35 p.m.
7 <sup>th</sup> Period	1:40 p.m. - 2:05 p.m.
8 <sup>th</sup> Period	2:10 p.m. - 2:35 p.m.

*OTHER IMPORTANT MARCH DATES TO REMEMBER:*

1. OGT intervention help is now available to help those students who need assistance in passing this very important test and are scheduled for a second semester study hall. For more information, please contact your counselor. Thank you.
2. March 2<sup>nd</sup> – March 5<sup>th</sup> – Collecting Course Registration Forms at Stanton, and meeting individually with eighth graders all day.
3. March 6<sup>th</sup> – Collecting Course Registration Forms at St. Pat's and meeting individually with eighth graders at 8:10 a.m.
4. Week of March 9<sup>th</sup> – 13<sup>th</sup> – Student/Instructor interviews held for Career Technical Programs at Kent.
5. March 16<sup>th</sup> – Student "Seating Day" for Manufacturing & Pre-Engineering Academy.
6. March 17<sup>th</sup> – Student "Seating Day" for Networking & Aviation
7. March 18<sup>th</sup> – Student "Seating Day" for Athletic Health Care
8. March 19<sup>th</sup> – Student "Seating Day" for Career Paths Teaching Profession and Urban Forestry.
9. Week of March 20<sup>th</sup> -April 3<sup>rd</sup> - Students notified of acceptance in Career Programs for the 2009-2010 School year.

**PLEASE NOTE: The previously scheduled early release day for Friday, March 13<sup>th</sup> has been CANCELLED. Please follow the OGT delayed start schedule for the entire week!**

DRIVER EDUCATION INFORMATION AND REGISTRATION FORM

The National Driver Training School offers Driver Education as part of our Kent Community Education program. All students, including those who are home-schooled or attend other schools, are welcome to enroll. The Kent Community Education Office is located at Roosevelt High School in Room 515. All students participating in Driver Education are responsible to the Kent City School District Student Conduct Code.

Each 3-week session meets six times for classroom instruction – Tuesdays and Thursdays from 4:45 p.m. through 9:00 p.m. in Room 506 at Roosevelt. Students then individually schedule their 8 hours of "behind-the-wheel" instruction directly with National Driver Training School at 440-248-8552. The 24 hours of classroom instruction and 8 hours "behind-the-wheel" instructions are required by law. Students must be 15 years and 5 months of age to attend the classroom and 15 years and 6 months for the "behind-the-wheel" instruction. This is the law!!

The fee for the course is \$320.00 payable by check, cash, or money order to Kent Community Education. Payment in full is required prior to the first day of class. Please read all dates carefully for your session to be sure that the dates do not interfere with your co-curricular activities. No refunds will be issued after the first class session. If school is cancelled due to an emergency, (i.e., weather), driver training class is also cancelled. The minimum number of students to hold a class each session is five.

DRIVERS EDUCATION REGISTRATION FORM

(Please make checks payable to: KENT COMMUNITY EDUCATION)

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

Parent/Guardian contact number during class time: \_\_\_\_\_

Driver Education Classroom Schedule 2008-2009

(Please Circle Session)

Session 7: March 10, 12, 17, 19, 31, April 2:\$320

Session 8: April 14, 16, 21, 23, 28, 30: Cost \$320

Session 9: May 12, 14, 19, 21, 26, 28: Cost \$320

Session 10: June 9, 10, 11, 16, 17, 18:(9:00 a.m.–1:15 p.m.): Cost \$320

DATE \_\_\_\_\_ Check Number \_\_\_\_\_ Money Order Number \_\_\_\_\_

////////////////////////////////////

**THANK YOU, THANK YOU, THANK YOU!!**

The Rough Rider All-Sports Boosters wish to thank all school parents, staff, coaches, and faculty who showed their support by attending "1964...the Tribute" concert on February 7<sup>th</sup> in the Richard Roberts Auditorium. A special **THANK YOU** goes to **Mrs. Carmella DeLeone**. We would have trouble doing this without her help! It was a wonderful event and all in attendance came away smiling.

Thank you also to: **Sue Kunar, Deb Saito, Ernie Rutzky, Tracy & Chris Shaffer, Muriel Edwards, Erin Knopsnider & Crew, the custodial staff at TRHS, the Kent City Police, Margaret Garmon, Paul Braden & Woodsy's Music, Printers Devil, Mark Kretovics, Jackie Ruller, Patty & Mike Finley, Dave Wyse, Donna Gray-Wise** and to all of our event sponsors.

Student help/roadies who gave up their Saturday include: **Katie Breiding, Manuel Rocha, Sean Kretovics, Max Kowalewsky, Anthony Thomas, and Ross Carpenter.**

The Men's Lacrosse Parent Boosters wish to thank all of you for purchasing refreshments at the concert and to the following concession volunteers: **Dave Wyse, Mark Kretoivics, Mike Thomas, Sherry & Pat Carpenter, Diane Smith, Mary Onusic, and Maria Zaldivar Rocha.**



ROOSEVELT OHIO MODEL UNITED NATIONS CLUB MEMBERS  
RECEIVE AWARDS

Thirteen students from Theodore Roosevelt High School's Ohio Model United Nations Club (OMUN) recently participated in the Sr. Ohio Model United Nations Conference at the Hyatt Regency Hotel in downtown Columbus January 23 -25. This year over 1200 students from 43 Ohio schools participated in the largest global education program in Ohio. Sr. O.M.U.N. is sponsored by Ohio Leadership Institute in order to help Ohio's young people develop a greater understanding of the United Nations, the world's largest peace keeping and humanitarian organization and to help build leadership skills in Ohio's youth.

During the 2-1/2 day conference Roosevelt delegates selected and represented the nations of Norway, Costa Rica, and Thailand. The students conducted research, wrote resolutions and authors speeches, developed support for their resolutions, practiced debate procedures and represented their nations in council sessions and in front of the O.M.U.N. general assembly.

In addition to the O.M.U.N. simulation students are involved in numerous global education contests. Students serve as leaders of the simulation and are eligible for numerous contest and leadership awards. Students also attend an International Summit and end the weekend with an International Celebration.

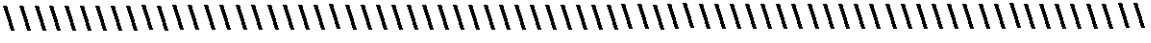
Roosevelt H.S. students Cori Clutter, Corine Tracy, William Hoffman, and Caitlin Kelly represented the country of Norway. Their country reached the semifinals in the Talent Showcase for their Norwegian Polka. PJ Errara, Nikkia Knudsen, Kat Snyder, and Peter Kierstead represented the country of Thailand. And students Iryna Bodnar, Maddy Brady, Anastasia Ehler, Emily Paulus, and Jessica Miller represented the country of Costa Rica. Costa Rica was 1 of only 15 nations out of 183 selected for Outstanding Resolution. Iryna Bodnar, the club president was one of 15 selected as an Outstanding Leader for her role in preparing the students for the conference.

The Roosevelt OMUN Club also received a Service Award for raising \$212 at the high school, which was donated to the I Open Fund at the conference that supports education in Nigeria.

OMUN provides students an opportunity to:

- a. learn about cultures, governments, and people of nations around the world.
- b. use research, writing, and oral communication skills.
- c. develop critical thinking, problem solving, and evaluative skills
- d. debate current global issues and world problems
- e. practice leadership skills in a global simulation
- f. understand the need for peace and conflict resolution throughout the world.

The R.H.S. OMUN Club meets every Friday after school with advisors and social studies teachers Larry Picicco and Mike Markulis. The club will be preparing for an upcoming conference at Y.S.U. in April.



**KEYMAKER AWARD RECOGNITION!**

This award is given to individuals who are Kent City School employees or volunteers, and you feel have contributed to a student's life and well being. Please help us recognize these special people for the work that they do! There is a flyer attached to this months Branching Out. Thank you.



**SPRING BREAK TIPS FOR PARENTS**

Many families and students head for the beaches during Spring Break. Some families will find themselves simply relaxing and enjoying time off at home. Whatever the choice, your teenager can find fun, relaxation, and adventure. However, for teens at home or away, unsupervised time, money to spend, and peer pressure may place your child at risk. It is important that you take preventative action to help your child be safe. **PARENTS. The Anti-Drug** composed the following article, "Reality Check!" Spring Break Tips for Parents that provides some practical suggestions, \* You may reference the complete article and explore other related topics at: [www.theantidrug.com/springbreak/](http://www.theantidrug.com/springbreak/).

1. **Set Rules, especially no alcohol or drugs.**
  - Be clear and specific about your expectations and establish consequences for breaking the rules. Spring Break should not be a "break" from responsibility.
  - Talk candidly about the risks of drug use and drinking including alcohol poisoning, violence, STIs (sexually transmitted infections) and sexual assault. Include a conversation about date rape drugs like **Rohypnol and GHB**. While usually coupled with alcoholic beverages the can be slipped into non-alcoholic drinks.
  
2. **PREPARE your teen.**
  - Give teens tips on how to protect themselves, such as using a system (3 or more is best) to watch out for each other, and make sure they are aware of the laws that apply in various areas of travel.
  - Walk through different scenarios and discuss how to handle pressures including offers of drugs or alcohol and other risky situations.
  
3. **Keep Monitoring and ask questions.**
  - Know your teen's itinerary and where he/she is staying.
  - If they are staying home, know how they are spending their unsupervised time.
  - Ask questions. Require a daily check-in via cell phone and make sure your teen is reachable.  
Make sure to have cell phone number for their friends and check in with them as necessary too.
  - Network with and connect with other parents to confirm plans and coordinate ground rules.

Research show that parents are a powerful deterrent to drug or alcohol use even when teens are far from home. The majority of teens say the greatest risk in using marijuana is upsetting their parents or losing the respect of their families. Want more parenting advice? Visit the Advice section of *TheAntiDrug.com*. ***For more student travel safety tips, check out the Student & Youth Travel Association of North America Website and download their "Travel Tips" brochure. Source: PARENTS: The Antidrug.com.***

**CHECK OUT THESE NUMBERS:**

- 18,000 new youth smokers per year
- 914,000 kids now alive, will become smokers

**March 25 is "Kick Butts" Day!**

What is "Kick Butts Day"? It is a national day of activism that empowers youth to speak up and take action against big tobacco companies and to raise awareness about the problem of tobacco use. If your child has an interest in learning more or speaking out against tobacco visit: [www.kickbuttsday.org](http://www.kickbuttsday.org).

You may also speak with your school's **Student Assistance Intervention Counselor, Sandy McKown, or School Social Worker, Jacquie Peoples Dukes** for further information regarding substance abuse information and prevention.



### KeyMakers

Some people see a closed door and turn away.  
Others see a closed door, try the knob,  
If it doesn't open, they turn away.

Still others see a closed door, try the knob,  
If it doesn't open, they find a key,  
If the key doesn't fit, they turn away.

A rare few see a closed door, try the knob,  
If it doesn't open, they find a key,  
If the key doesn't fit,  
**THEY MAKE ONE!**

Is there a KeyMaker in your child's education? We would like to recognize Kent City School's employees and volunteers that have been KeyMakers, those who open doors for students. All nominated individuals will receive a certificate.

### Nominate a KeyMaker

Your child's name \_\_\_\_\_

Your name \_\_\_\_\_

Your address \_\_\_\_\_

Your phone or email \_\_\_\_\_

Nominee's Name \_\_\_\_\_

Nominee's School \_\_\_\_\_

**Please attach a short paragraph explaining why this person should be recognized.**

*This program is sponsored by the Kent City Schools Parent Mentor Program. The Parent Mentor Program assists parents of children with special needs in securing an appropriate education for their child. **We must receive all nominations prior to March 20, 2009.** Call 330-676-7661 with questions. Mail the nomination form to:*

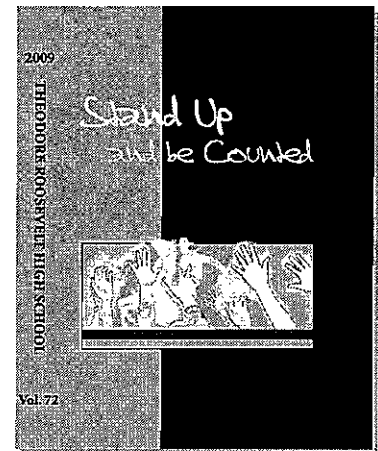
Jeanne Schmidlin, Parent Mentor  
Board of Education  
321 N. Depeyster St.  
Kent OH 44240



## ROUGH RIDER Yearbook News

Help your kids remember how they counted! Order Your 2009 **All Color** Yearbook: We've worked hard to include everybody and all the ways they made a difference this year.

- ✓ Order by **April 1**. Cost is \$60.
- ✓ See the enclosed form or order online at <http://www.kentschools.net/rhs/cocurriculars/yearbook/>



An Awesome New Feature To Get Your Candid Pictures In The Yearbook!

- ✓ Here is how you can submit photos online:
  - Log on to: **images.jostens.com**
  - Enter Login ID: **1179760**
  - Enter Your Password: **kent**
  - Browse to select the photo(s) you wish to upload.
  - Enter information about the photo and provide contact information in case the staff needs additional information.
  - Click "Save Details".

### Senior Portraits for Yearbook

- ✓ A color, wallet size, head and shoulders photo should be submitted to Mrs. Frampton's mailbox at the high school (1400 N. Mantua St., Kent, OH 44240) by **April 14, 2008**. Digital files will also be accepted from professional photographers.

### Parents and Friends of Seniors

- ✓ Create a personal message, with or without photos, to let your senior know how proud you are of them. Order senior congratulations messages by **April 14<sup>th</sup>**. See enclosed form or download online at <http://www.kentschools.net/rhs/cocurriculars/yearbook/>



# Theodore Roosevelt High School

## Yearbook Order Form

BEST OFFER: \$55.00 BEFORE NOV. 21  
LATE OFFER: \$60.00 AFTER NOV. 21

Order online at: [www.jostensyearbooks.com](http://www.jostensyearbooks.com)

Mail completed form with check made payable to Rough Rider Yearbook to:  
Roosevelt High School-Kim Frampton  
1400 N. Mantua St.  
Kent, OH 44240

Drop completed form with check in Mrs. Frampton's mailbox at Roosevelt

ICON CODE	ICON CODE	ICON CODE	ICON CODE	ICON CODE	ICON CODE
5236	5240	5013	5247	9070	9001
5468	5022	5014	5248	9071	9028
5569	5001	5258	5253	9072	9036
5670	5002	5241	5018	9073	9037
5771	5003	5360	5021	9074	9042
5872	5004	5242	5023	9075	9050
5973	5005	5361	5255	9076	9051
5011	5006	5246	5256	9077	9007
5238	5008	5362	5257	9078	9025
5239	5009	5363	5012	9079	9006
5019	5010	5364	5366	9080	
5015	5130	5365	5367	9081	

### PERSONALIZATION (Must purchase one or more lines of personalization to order icons)

Line 1

Line 2

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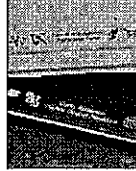
### Add-on Choices

#### Deluxe Package Contents (Yearbook not included)

- Hear the Year CD
- 2 Lines of Personalization
- 1 FREE Color Autograph Section
- Photo Pockets
- Clear Protective Cover
- 1 FREE Personalization Icon

#### Basic Package Contents (Yearbook not included)

- Hear the Year CD
- 1 Line of Personalization
- Color Autograph Section
- 1 FREE Personalization Icon



#### ◀ Jostens Personalization

Personalize your yearbook with your name, a special phrase and up to four icons.

#### Jostens Hear the Year CD ▶

Jostens exclusive Hear the Year CD features 12 chart-topping hits plus 2 free music downloads of your choice.

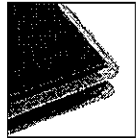


#### ◀ Jostens Autograph Section

This full-color eight-page insert offers extra space for autographs and special messages.

#### Jostens Clear Protective Cover ▶

This clear protective cover protects yearbooks from scratches, spills and wear, ensuring a lifetime of memories.



#### ◀ Jostens Photo Pockets

A sheet of six adhesive-backed repositionable photo pockets to hold photos and mementos.

Item	Qty	Price	Total
Yearbook		\$55.00	
1 Line Personalization		\$5.00	
2 Lines Personalization		\$7.00	
Icons		\$3.00	
Deluxe Add-ons Package		\$24.00	
Basic Add-ons Package		\$20.00	
Hear the Year CD		\$12.99	
Autograph Section		\$2.00	
Clear Protective Cover		\$2.00	
Photo Pockets		\$2.00	
YEARBOOK AFTER NOV. 21		\$60.00	
		0.00% Tax	
		<b>TOTAL DUE</b>	

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Homeroom: \_\_\_\_\_

Address: \_\_\_\_\_



[jostensyearbooks.com](http://jostensyearbooks.com)

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**ROUGH RIDER FITNESS CENTER**  
**THEODORE ROOSEVELT HIGH SCHOOL**  
1400 N. Mantua Street, Kent, Ohio 44240

PHONE: (330) 676-8700

FAX: (330) 676-8733

<http://www.kentschools.net/rhs>

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**March 1, 2009**

Dear Fitness Center Supporters,

Have you seen all the activity at the fitness center? During the summer we had over 110 athletes using the fitness center on a daily basis. On a weekly basis the fitness center had 440 visits by athletes striving to get better at skills, form, strength, and overall performance on but more importantly off the field. The results are so encouraging in all of our fall sports teams showing improvement in their overall records from last year.

While the fall sports were getting better results in all areas, the winter sports athletes were working already in the fitness center to improve. With all the successes of our student athletes come some concerns. The concerns we have now is the upkeep of equipment, getting more equipment due to more athletes coming after seeing the progress of others.

This is where you as a Rough Rider athlete supporter comes into play. Coach Hockett is trying to raise money to improve the fitness center, which in turn will benefit anyone who uses the fitness center. If you would like to make a donation to help purchase more equipment or repair existing equipment please send in the form below. The funds allotted by the school are not very much; it covers basically the basic upkeep. With today's economic conditions we know everyone is cutting back, but think of all the students that would benefit from improvements to the fitness center. Thank you in advance for your consideration in this matter. If you have any questions please do not hesitate to call Coach Hockett 330-676-8835 at Roosevelt.

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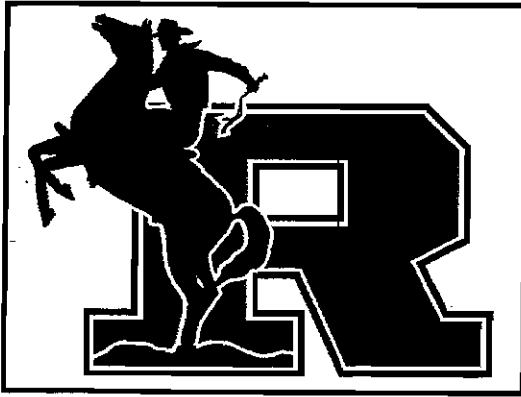
Send donation to: Roosevelt Fitness Center c/o Coach Hockett  
1400 N. Mantua Street  
Kent, Ohio 44240

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Phone # \_\_\_\_\_

Amount of donation: \_\_\_\_\_



## Strength & Conditioning

FALL ISSUE 2008 #2

# Rough Rider Fitness Center

**"WHERE RIDER ATHLETES TRAIN  
TO PERFORM"**

**Fitness Center Hours: Monday—Friday 3:30 to 6:30**

**While school is in session**

**Staff: Coach Kevin Hockett**

**Mr. Toby Jurging**

**Mrs. Chris Moravec**

## 2008 Fall Sports End of Season Report

**By: Coach Hockett**

In the final analysis; this fall I covered 110 practices, put in a total of 277 hours; attended 17 games and had the fitness center open 3 to 4 hours a day. Below is a sample of the breakdown of all the work.

### Sample

**Football:** Varsity, JV and Freshmen— I covered 76 practices this season which entailed 1 hour a day, 6 days a week from August 4 to October 31, 2008. This also involved attending 11 games and spending about 207 hours in planning set up and implementing the workouts for the teams.

**Field Hockey:** Varsity and JV— I covered 20 practices this season for 1 hour a day 2 days a week from August 4 to October 24, 2008. I spent 40 hours planning, set up and implementing workouts and motivational talks to enhance the players enthusiasm before games.

**Volleyball:** Varsity and JV— I covered 15 practices this season for 1 hour a day 2 days a week from August 11 to October 3, 2008. I spent about 30 hours planning set up and implementing workouts for the team.

This is just a sampling of what was being done for the sports here at Roosevelt. So as you can see, just based off the time that I have put in this Fall, our RHS athletes are striving to get bigger, faster and stronger to reach their full potential.

**Finances:** As the strength and conditioning I am pleased to report that the fitness center is very cost-effective service; that is being offered to our student athletes, for no cost to them. Moreover, it is also very cost efficient for Roosevelt, Kent City Schools and to the tax payers of the city of Kent whom are, the proud parents and supporters of our student athletes. For example, the center is open all year round for our sports team athletes 3 to 4 hours a day, 6 days a week; used by RHS Physical Education department 5 periods a day, 5 days a week. It is also used by Athlete Health Care program 1 period a day 5 days a week. Kent City Police Department uses it two to three times a year for officer physical testing. The fitness center is also converted into a locker room in the Fall for 7th & 8th grade girls & boys cross country, 7th & 8th grade football, both JV and Varsity boys and girls soccer and lacrosse in the spring. Now, I will give you a birds eye view of the cost-effectiveness of the fitness center. All money comes into the fitness center room donations and sales of T shirts, DVD and from the All Sport Boosters. I also took a look at the cost of the centers lights, gas, maintenance and what I earned from July 2007 to June 2008 and divided by the number of student athletes using the center. It worked out if the student athletes were charged to use the fitness center it would come to a \$1.25 per athlete per day, \$6.25 per week and \$25.00 per month. So in essence by looking at the numbers one can truly see and understand that the fitness center is very cost effective and a beneficial service for our student athletes.



(continued on page 2)

**If I have seen further than other men it is because I have stood on the shoulders of Giants**  
**- Sir Isaac Newton**

# 2008 Fall Sports End of Season Report

By: Coach Hockett

(Continued from page 1)

## Recommendations:

1. Upgrading weight room equipment on a scheduled plan.
2. Get a DVD player w/projector so we can use it as a teaching tool for workouts.
3. Renovate the weight room office into a place where professional meetings can take place with coaches and student athletes.
4. Continue to enhance and integrate character development into the athletic program with use of championship posters, quotes, phrases, record charts and thoughts concerning attributes such as discipline, character, effort and pride both school and community.
5. Develop a team of athletic program supporters and have some major fundraisers for the future expansion of the fitness center.

In conclusion, this has been a very positive and productive fall season for the RHS athletic programs with a number of league championships won, many PTC top athletes honored and PTC coaches of the year being awarded to some of our coaches for their contributions to their teams success; but I will take no credit for this, all praise goes to the parents, coaches, and most of all to the individual athletes for having the faith, belief and commitment in our strength and conditioning program. Finally, I would like to say to the readers, if you have any thoughts, ideas or recommendations to our program please feel free to contact me here at Roosevelt to share them with me. Thank you!

Kevin B. Hockett  
RHS Strength & Conditioning Coach 330-676-8865

## What Bill Gates Said!

To anyone with kids of any age, here's some advice. Bill Gates recently gave a speech at a High School about 11 things they did not and will not learn in school. He talks about how feel-good, politically-correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world. Love him or hate him, he sure hit the nail on the head with this.

**Rule 1:** Life is not fair - get used to it.

**Rule 2:** The world won't care about your self-esteem. The world will expect you to accomplish something **BEFORE** you feel good about yourself.

**Rule 3:** You will not make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you **earn** both.

**Rule 4:** If you think your teacher is tough, wait till you get a boss.

**Rule 5:** Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping - they called it opportunity.

**Rule 6:** If you mess up, it's not your parent's fault, so don't whine about your mistakes, **learn** from them.

**Rule 7:** Before you were born, your parents weren't as boring as they now are. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites your parent's generation created, try **delousing the closet in your own room**.

**Rule 8:** Your school may have done away with winners and losers, but life **HAS NOT**. In some schools they have abolished failing grades and they'll give you as **MANY TIMES** as you want to get the right answer. This does **not** bear the slightest resemblance to **ANYTHING** in real life.

**Rule 9:** Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you **FIND YOURSELF**. **Do that on your own time**.

**Rule 10:** Television is **NOT** real life. In real life people actually have to leave the coffee shop and go to jobs.

**Rule 11:** **Be nice** to nerds. Chances are you'll end up working for one.

If you can read this - **thank a teacher**, and a coach.

## This Rough Rider Athlete Loves the Fitness Center

My name is Cara Schmauch and I love using the fitness center. I wanted to become a better athlete so I could perform better for my teams that I play on here at Roosevelt. I play for the Ice Hockey, Field Hockey and Lacrosse. This was the main reason I first started using the fitness center.

The fitness center has benefited me in many ways. I am stronger, more flexible and have more endurance than before. Endurance is important especially in a physical contest going into the last period in a close game having the extra endurance can make or break if you get the

win or not. If you take the workouts at the fitness center seriously you will see a tremendous improvement and I would highly recommend it to any athlete that plays for Kent Roosevelt.

### What do you like about the ROUGH RIDER FITNESS CENTER?

A staff perspective:  
Kate Kusnyer

My overall motivation for using the fitness center is to be in better physical shape. But after using the fitness center, I found more intrinsic motivation. I found I could be a role model for females that want to work out but are possibly scared or shy to use the fitness center. Also, I fostered different relationships with my fellow staff members that I normally wouldn't see on a daily basis. Finally, I was able to meet more students I didn't have in class or the ones I already knew, I was able to see them in a different light.

Absolutely, I feel that I am in the best shape I have been in 10 years. I know more students than ever, including at the middle school. And, I feel I belong to part of a group for staying healthy with my faculty "family".

I would absolutely recommend the fitness center to all the athletes and coaches. The fitness center represents a wealth of resources that head coaches many have never utilized in their daily routine. The fitness center and faculty that run it have the ability to work with the "whole" athlete and make individual corrections to techniques to make them better. This will make them stronger on and off the field.

**R E A C H**  
**Y O U R**  
**F U L L**  
**P O T E N T I A L**

### The 2008 Fall "RYFP" Award Recipients

Mitch Smith

Thomas Condit

Robert L. Wright

This award was earned by the above recipients for their leadership, work ethics, attendance, winning attitude and overall commitment toward Rough Rider Athletics.

**Hock's Formula for success in Weight Room**



The 3 "B"  
Be Present  
Be Accountable



Be Responsible and have the Discipline to learn what we are teaching you.

**Coach Hock.ism**  
**Favorite Quotes**

" Do not expect results unless you are willing to earn them "

" Hard work is like compounded interest the bank; the rewards build faster."

Randy Pausch

**Excellence is the gradual result of always wanting to do better**

Pat Riley

The hallmark of excellence, the test of greatness is consistency  
Aristotle

**Work is love made visible**

Khalil Gibran

**Success does not come to you.....you go to it**

**Congratulations to Fall Teams**  
**District Finalist- Boy's Soccer Team**  
**OHSAA Playoff- Football Team**

**PTC Metro Champions**

Football Team 7-0

Golf Team

Boy's Soccer Team 7-0

Girls Volleyball 4th place PTC Metro  
Girls Cross Country 3rd place PTC Metro  
Boys Cross Country 3rd place PTC Metro  
Girls Tennis 2nd place PTC Metro Tournament  
Girls Soccer 2nd place PTC Metro

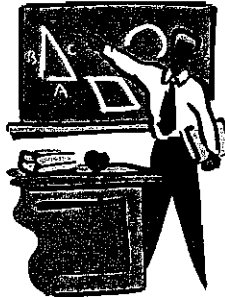
# 2008 Rough Rider Fall Sport Scholar Athletes

## Excelling in the classroom and on the field

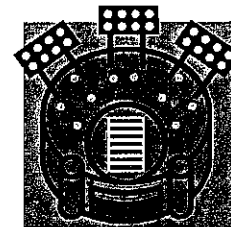
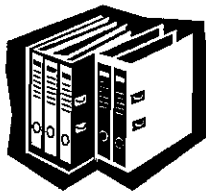
**Cheerleading:** Stephanie Fountain, Jessica Giulitto, Nikkia Knudsen, Allyssa Manning, Erin McClafferty, Raquel Morson and Ashley Peyton.

**Tennis:** Victoria Bracher, Deanna Broadwater, Alyssa Bush, Emily Gardner, Rachel Gardner, Angela Goodhart, Mallory Kennedy and Kristrun Kristinsdottir.

**Cross Country: Boys—** Sean Hoover, John Robison. **Girls—** Stephanie Allen.



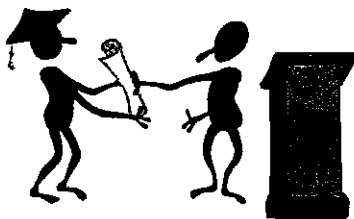
**Volleyball:** Emily Carver, Alayna Chlad, Kelsey Goodman, Emily Rutzky, Kayse Schumucker and Mahala Spalsbury.



**Field Hockey:** Lori Ahart, Deanna Duffy, Jordan Elder, Katherine Finley, Allyssa Manning, Kate Schmidlin, Jennifer Whitcomb, and Kristin Wilson



**Football:** Brandon Barnes, Joe Hardy, Dominick Mandalari, Morgan Mason, Jack Maynard, Jacob Miller, Max Nolin, Kevin Slone, Sam Thomas, Nate Wyse and Marcus Rogers.



**Golf:** Tyler Jastromb, Zachary Longanecker, Mark Parson, and Meghan Finley.



**Soccer: Boys—** Kevin Alspach, Sean Kretovics, Kyle Long, Christopher Moravec, Justin Orashan, Manuel Rocha and Sean Waples.

**Soccer: Girls—** Logan Bialik, Abby Bradford, Katie Breiding, Emily Giulitto, Jessica Giulitto, Emily Hook, Michaela Kire, Katie Mitchell, Taylor Murphy, Jocelyn Schmidt, Brianna Serafin, Elizabeth Thomas, Rebecca Thomas and Erin Waples.

# What is CrossFit

By: Toby Jurging

## Those People are Insane....CrossFit Style!

Grasping for a breath, muscles aching, hearts pounding, calluses forming, maybe a little dizzy but still going strong. Looking for the strength to continue. The body says STOP, the mind says NO. The mind says STOP, others say, "great work, keep pushing, you are doing awesome". Do I continue? Why am I pushing myself like this? What did I get myself into?

These are questions and results experienced on a daily basis for those that are drinking the kool-aid of Crossfit ([www.crossfit.com](http://www.crossfit.com) or [www.spc-crossfit.com](http://www.spc-crossfit.com)). I am going to attempt to answer a few questions about this new exercise/fitness methodology and program.

### What is Crossfit?

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Our program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. We scale load and intensity; we don't change programs.

The needs of Olympic athletes and our grandparents differ by degree not kind. Our terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.

### Why Does It Work?

It works because it "**specializes in NOT specializing**". Most programs on the market today focus on a single specific skill (ex. Runners run, Cyclist ride, Bodybuilders focus on Size). Those individuals may be really good at that event (and that is fine), but does that mean that they are "fit". Society's idea of a fit person is one that can run long distances, bike long distances, swim long distances; cardiovascular endurance. But what happens if that person needs to lift a heavy weight? What happens if that person needs power?

This is where Crossfit comes in, we train all 10 areas of physical fitness. Our goal is to be able perform well with anything that comes our way. This may include running long or short distances, lifting heavy weights or anything else that happens to occur between those two extremes. We train for life. Actually I take that back, we train to LIVE LIFE. We don't want to be constrained by low back pain, illness, medications and healthcare costs. We want to be able to play with our kids/grandkids and not be winded. We want to move freely without difficulty. We want to compete with those younger than us and WIN. *We want all that life has to offer, everything and then MORE.*

### What are the 10 General Physical Skills?

1. Cardiovascular/respiratory Endurance - The ability of body systems to gather, process, and deliver oxygen.
2. Stamina - The ability of body systems to process, deliver, store, and utilize energy.
3. Strength - The ability of a muscular unit, or combination of muscular units, to apply force.
4. Flexibility - the ability to maximize the range of motion at a given joint.
5. Power- The ability of a muscular unit, or combination of muscular units, to apply maximum force in a minimum time.
6. Speed- The ability to minimize the time cycle of a repeated movement.
7. Coordination - The ability to combine several distinct movement patterns into a singular distinct movement.
8. Agility - The ability to minimize transition time from one movement pattern to another.
9. Balance - The ability to control the placement of the bodies center of gravity in relation to its support base.
10. Accuracy - The ability to control movement in a given direction or at a given intensity.

As I am writing this I have come to a conclusion and that is, I have to much to say for just this issue. So, I will continue my "thoughts" in the next issue. If it takes more than that, then okay, I will continue until I am done.

March 2009



KENT CITY SCHOOLS

# UPDATE

News for Kent parents from Superintendent Joe Giancola

Dear Kent Community Members,

As you know, our focus in Kent City Schools is on achievement for your children! As I have mentioned before, success is something for which we deliberately plan and work diligently.

I would like to explain why we schedule our early release days. When the students go home early according to the times below, we go to work!

Middle School/High School Early Release	12:15 PM
Elementary School Early Release	1:00 PM

Topics for early release are designed to focus our instruction on the test results that we know our parents and teachers expect. Currently, our emphasis during these teacher inservices on early release days have been planned to address the following areas.

Elementary Staff	Grade-level meetings on mathematics
Middle School Staff	Content area meetings
High School Staff	Meetings on courses or career programs
Special Areas	Meetings in each of the special areas

For your information, at our board meeting on Tuesday evening, February 17, the board revised the current school calendar for 2008-2009. The purpose of the revision was to announce that the early release on Friday, March 13, will be canceled. *In short, we will not have an early release on Friday, March 13, 2009.* When the Ohio Graduation Test (OGT) was moved back this year in order to provide two full weeks of testing from (i.e., regular testing and make-up testing) from March 9 through March 20, we realized that our late starts for Roosevelt students would allow for only two hours of instruction between 10:15 AM and 12:15 PM on Friday, March 13. With such a short amount of instructional time, our administrative team, Board of Education, and Kent Education Association decided that the school day would be too short to be effective as a day of instruction.

The Ohio Department of Education requires that a school district provide two and one half hours of uninterrupted testing time for students. Thus, Roosevelt students will begin testing at approximately 7:45 AM and will be done at 10:15 AM when the other students arrive for the remainder of a regular school day on March 13.

In closing, our early release days are important times for teacher inservice. The focus of these days is to align our instruction with Ohio assessments. I thank you for your patience with this important teacher activity.

Sincerely,

A handwritten signature in cursive that reads "Joe Giancola".

Dr. Joe Giancola  
Superintendent

## Theodore Roosevelt High School - March 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 8:00AM Kent Lions Club Pancake Breakfast at RHS	2 9:20AM HCT Pasta for Pennies Fundraiser-3rd Period Classes	3 9:20AM HCT Pasta for Pennies Fundraiser-3rd Period Classes 6:00PM Prom Works 6:30PM France Trip Parent Meeting	4 9:20AM HCT Pasta for Pennies Fundraiser-3rd Period Classes 6:00PM Swimming/Diving Awards Banquet 8:00PM B V BK @ Sectional Tournament vs Akron Garfield	5 9:20AM HCT Pasta for Pennies Fundraiser-3rd Period Classes 6:00PM Winter Musical Preview	6 9:20AM HCT Pasta for Pennies Fundraiser-3rd Period Classes 7:30PM Winter Musical	7 7:30PM Winter Musical
8 2:30PM Winter Musical	9 Spring Sports Begin 7:35AM OGT Testing for Grades 10-11-12/Delayed Start of School	10 7:35AM OGT Testing for Grades 10-11-12/Delayed Start of School 2:50PM One Act Play Auditions 7:30PM Pre-Contest Band Concert	11 7:35AM OGT Testing for Grades 10-11-12/Delayed Start of School	12 7:35AM OGT Testing for Grades 10-11-12/Delayed Start of School 7:30PM Pre-Contest Choir Concert	13 TBA District Choir Contest at Copley 7:35AM OGT Testing for Grades 10-11-12/Delayed Start of School 12:15PM Cancelled Early Release Day-Students 12:30PM Cancelled FACULTY INSERVICE	14 SAT Test (Not at RHS) TBA G V SB Streetsboro High School (Scrimmage) TBA G JV SB Streetsboro High School (Scrimmage) TBA B V LAX @ Spring Shootout@KSU (Scrimmage) 9:00AM B V VB @ Stow-Munroe Falls (Scrimmage) 9:00AM B JV VB Stow-Munroe Falls (Scrimmage) 6:00PM Booster Private Dinner Dance
15	16 Class Elections Publicity For All Positions 3:00PM Choralworks Auditions	17 6:30PM Seniors vs Faculty Basketball Game 7:00PM BOE Meeting at RHS	18 3:00PM Choralworks Auditions	19 French Club Trip To France 8:00AM Stanton 8th Grade Boys Retreat 2:35PM Spring Sports Pictures 6:00PM Spring Sports Parent Meeting	20 8:00AM Stanton 8th Grade Boys Retreat 5:00PM B JV LAX @ Hudson HS (Scrimmage) 7:00PM B V LAX @ Hudson HS (Scrimmage)	21
22	23 SPRING BREAK 4:00PM B V BA Streetsboro High School (Scrimmage) 4:00PM B JV BA Streetsboro High School (Scrimmage)	24 SPRING BREAK TBA B V BA Archbishop Hoban (Scrimmage) TBA B JV BA @ Archbishop Hoban (Scrimmage)	25 SPRING BREAK	26 SPRING BREAK 4:30PM B V BA @ Walsh Jesuit (Scrimmage)	27 SPRING BREAK	28 TBA B V BA @ Hudson HS (Scrimmage) TBA B JV BA @ Hudson HS (Scrimmage)
29	30 Intent to Run Forms Available 4:15PM B V BA Valley Forge High School 4:15PM B JV BA @ Valley Forge High School 4:30PM B V TN @ Ravenna HS 4:30PM B JV TN @ Ravenna HS 6:00PM Prom Work Begins for Juniors 7:00PM Instrumental Music Boosters	31 Spring Elections Info Available in Activities Office Reg. Deadline 5/2 SAT 4:00PM B V TN Norton High School 4:00PM B JV TN Norton High School 5:00PM G JV LAX Medina HS 5:30PM B JV LAX @ St. Edward HS 6:00PM B JV VB @ Brecksville-Broadview Hls High School 6:30PM G V LAX Medina HS 7:00PM Rough Rider Open Forum 7:30PM B V LAX @ St. Edward HS 7:30PM B V VB @ Brecksville-Broadview Hls High School				