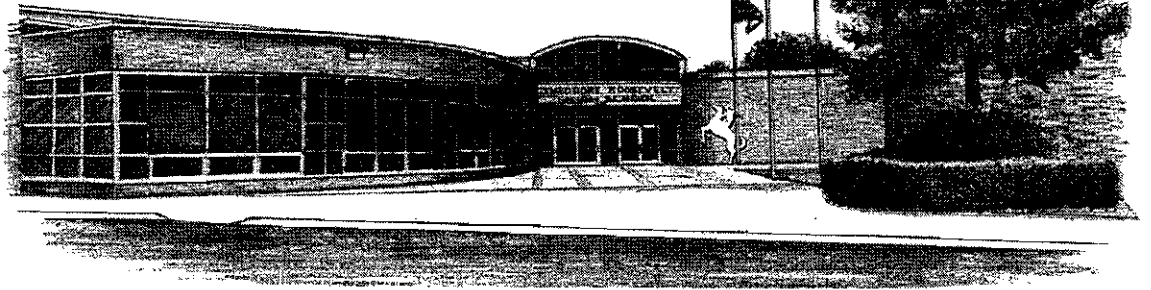




BRANCHING OUT

Roosevelt
High
School



1400 North Mantua Street

Kent, Ohio 44240

(330) 676-8700

Dear Friends,

November 2009

"We know drama" is a favorite tag line for a cable television station, suggesting that they have cornered the market on shows depicting it. "It" being, of course, "drama." I would like to suggest that how we view and understand drama goes a long way in helping us navigate our lives on a daily basis. It is doubly important for young adults to sort out the drama in their own lives.

It is not until the third entry under 'drama' that Webster gives us a definition we have come to accept ... 'a situation or series of events involving interesting or intense conflict of forces.' In other words, any conflict of forces can be considered drama. What seems to be missing in this definition is any direction as to how to prioritize the intensity of the conflict of forces. In addition, should we assume that every force is equal, therefore making every conflict equal in intensity? Or could the answer lie in how we choose to respond to an opposing force, resulting in the level of intensity of the drama?

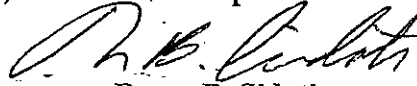
It seems that more and more people elevate even the simplest conflict into a matter of crisis. I would suggest that if everything, even the simplest of conflicts, is a crisis, then there are no crises, just a state of being that is always in turmoil. If we lose our ability to intellectually prioritize what conflicts are really important and allow our emotions to direct the process, our minds become impotent. In his book *Emotional Intelligence: Why It Can Matter More Than IQ*, Daniel Coleman suggests that our ability to manage emotions and response to conflict can be of greater value than our ability to think.

Physiologically, teenagers tend to allow their emotions to rule over their ability to reason. Many times we see students who have the intellectual capacity to do well academically, but their emotional intelligence (EI) seems to block their ability to think and reason well, which is the foundation of learning. The drama in their lives, real or imaginary, is almost addictive to the point that they seek it out and thrive on

it. It becomes far more important than learning science, or math, or history. There is some wisdom in the concept that learning comes easy to those who are at peace with themselves and the world.

So, how can we help young people achieve a greater EI? For starters, we have a responsibility to model appropriate responses to those “conflicts of forces” we encounter on a daily basis. I believe we can help students use rational thought in prioritizing each conflict they face and determine if it is merely a mild irritant on one end of the emotional spectrum, or a full blown crisis on the other. We can help them understand how emotional reactions can get in the way of learning and thriving in school (or life, for that matter), and show them how to prioritize that which is important. I think all parents, when thinking about their children, would like their tag line to be “We know maturity!” and see it realized by their ability to make learning a priority!

As the leaves are falling and the days become brisk, I hope this Branching Out finds everyone in your family in good physical, emotional, and spiritual health.



Roger B. Sidoti
Principal

Office: 330-676-8710
Home: 330-678-3381
E-mail: ke_rsidoti@kentschools.net

ITEMS IN THIS NEWSLETTER

Letter from the Principal
November Parent Conferences Sign Up
Lights, Camera, Silent Auction News
Student Council Canned Food Drive
RHS Fall Play Coming Soon!!
Poinsettia Orders for Christmas
Basketball Anyone?
2009 Homecoming Appreciations
Project Unity Fashion/Talent Show!
A Special Thank You – Mr. Neil Dukes
American Smokeout this Month!
Skiing Anyone?
Driver Education Information and Registration Form
College Athletics and Recruiting
Class of 2011 Spirit Wear Flyer
Rough Rider Yearbook News/Order Form
RHS Fitness Center News
NOVEMBER CALENDAR

LIGHTS, CAMERA, SILENT AUCTION APPROACHING FAST!

Thursday, December 3, 2009, the Class of 2011 will be presenting their Prom Silent Auction Fundraiser. So, mark your calendar and join us in the Theodore Roosevelt High School Cafeteria from 6:30 p.m. – 9:00 p.m. for this exciting Community event!!

It is not too late to help with this Auction!! Just call the Silent Auction Voicemail Number – 330-676-8841, if you are willing to organize, sort, make baskets, take payments, etc., before or on the night of the Auction. Please leave a message with your phone number and we will contact you with further details.

Also, any new or gently used goods should be taken to Room 529 at the high school. Secure a LARGE note to the item and place it in a bag with the item, so that we know who made the donation. Remember, used Longaberger baskets and other collectibles are often the most sought-after items at the Silent Auction!

////////////////////////////////////
STUDENT COUNCIL HOLD'S CANNED FOOD DRIVE

Beginning November 16th through November 20th, 2009, Student Council will be holding their annual canned food drive. All donations will be given to the Kent Social Services, so, please join our school in helping families enjoy a very fruitful Thanksgiving. Any non-perishable food item such as can juice, boxed dinners, etc., will be greatly appreciated. Donations will be collected in all 1st period classes, and we are asking every student and their family will have the opportunity to contribute. Students wanting to help Student Council in this effort can come up to Room 201 during 4th or 5th period.

On Saturday, November 21st, 2009, from 8:00 a.m. – 1:00 p.m., the students who attended the 2009 Roosevelt High School's "Live Out Loud" Leadership Retreat will be going door-to-door in the community collecting canned goods and non-perishable items that you wish to donate, and cannot bring to the school during the week. Prior to that morning, a student from your neighborhood will have dropped off a brown paper bag ready to be loaded. If you don't receive a bag, don't worry! Just please place all donations on your front porch and they will be picked up Saturday. If you have any further questions, please contact Heidi Myers at 330-676-8772, and leave a message for Abby Bradford. Donations will also be accepted at the high school cafeteria beginning at 8:00 a.m. and ending at 12:00 noon on Saturday. Thank you in advance for your continued support in providing joy during the holidays.

////////////////////////////////////
RHS'S FALL PLAY "A MOST CURIOUS PHENOMENON" COMING SOON!!

In The Richard Roberts Auditorium at Theodore Roosevelt High School, the fall play "A Most Curious Phenomenon" will be opening on Friday, November 20th, and Saturday, November 21st. Tickets are \$7.00 for adults and \$6.00 for students and senior citizens. All seats are general admission. Doors for the show open 30 minutes before curtain time of 7:00 p.m. Presale tickets (\$1.00 off the price), will be available beginning November 16th during the lunch periods. A special Preview Performance will be presented on Thursday, November 19th at 6:00 p.m. All seats for this show are \$3.00 and can be purchased at the box office the night of the show. We sincerely hope that you, along with your family and friends will join us for a very enjoyable evening.

////////////////////////////////////
POINSETTIA ORDERS BEGIN

Christmas is just around the corner, so now is the time to place your Poinsettia order(s) with Jeff Thompson, a teacher at Roosevelt High School. He began accepting orders on October 26th and will continue through November 13th, 2009. The colors are red, white, pink, and burgundy, with the scheduled delivery date of December 1st, 2009. To place your order, please call Jeff at 330-673-9595, or 330-676-8691, or you may email him at keithompson@kentschools.net.

Theodore Roosevelt High School would like to thank all of you for your continued support.

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

BASKETBALL ANYONE??

Theodore Roosevelt High School proudly presents an Alumni Boys Basketball Game!! Please come and join the RHS boys basketball team as we host the first ALUMNI Boys basketball game. The game will be held on Friday, November 27th, 2009 at 7:00 p.m. in our gymnasium. We are asking for all former varsity players young and old to join us as we celebrate Roosevelt's rich basketball tradition with those who make it possible. There will be a fee of \$10.00 to participate. For more information, please contact Coach Cameron Black at (330) 676-8775 or (330)673-9595, or you may email him at ke_cblack@kentschools.net.

Hope to see many familiar faces and enjoy an evening of basketball!!



2009 HOMECOMING APPRECIATIONS

Thank you to everyone who supported Theodore Roosevelt High School's Homecoming festivities on October 16-17. Congratulations to Homecoming Queen Abby Bradford, and Homecoming King Brett Baughman, who were crowned during halftime ceremonies at the football game. On Saturday evening, Abby and Brett reigned over the Homecoming Dance that was attended by 895 students and their guests. Everyone seemed to have a great time as they enjoyed the beautiful decorations that reflected this year's theme, *A Sweet Evening Presented by Willy Wonka*, and danced the night away to music provided by DJ service, *Heart Breaker*. Other members of the Homecoming Court included:

Freshman Attendants:	Chloe Spalsbury	Jose Rocha
Sophomore Attendants:	Charity Andrews	Zach Brett
Junior Attendants:	Tanjanae Harris	Wesley Suplit
Senior Court:	Madison Palen-Michel	Jordan Bedell
	Emily Paulus	Ross Carpenter
	Liz Thomas	Sam Thomas
	Rebecca Thomas	Marcus Wright

Special thanks to the following folks who contributed to the success of Homecoming 2009:

Student Council (Homecoming Co-Sponsor)

Chair:	Lori Ahart
Advisor:	Stacey O'Reilly
Pep Rally Announcers:	Katie Breiding, Lori Ahart
Pep Rally Escorts:	Tanjanae Harris
Pre-Game Reception:	The Schaefer Family
Dance Announcers:	Michaela Kline, Emily Ortman

Booster Club (Homecoming Co-Sponsor)

Chairs:	Samantha Livengood, Molly McCreary
Co-Chairs:	Callie Cunningham, Victoria Heeter
Advisor:	Christine Dreher-Rodesheim, Jan Ryan

All sophomore parents who donated their time with preparations and clean-up.

Sophomore Class (Dance Refreshments)

Advisors: Carol Bender, Janelle Cuva

All sophomore parents who donated those delicious desserts and their time to serve refreshments!

RHS Faculty & Staff (Dance Chaperones)

Nancy Bubbenzer, Roger & Mary Sidoti, Jack & Donna Crews, Carla Ferrell, Pam Harr, Julie Rudlosky, Jack Amrhein, Jeremy Bish, Mary Lynn & George Bush, Jeff Criswell, Jabari Dorsey, Dennis Love, Deb & Ernie Rutzky, Erin & Mitchell Gutowski, Janelle Cuva, Carol Bender, Ben Duniap, John Calloway, Joe Paoloni

RHS Marching Band

Directors: Andy Sundman, Kristin Sundman
Announcers: Lori Ahart, Danielle Sommers

Athletic Department

Athletic Director: Ernie Rutzky
Carmella DeLeone, Mike Haney, Matt Hunkele, Kathy Repinski, Robert Wright

Administration

Dr. Joe Giancola, John Schwartzhoff, Brian Bachtel, Mary Lynn Bush, Dennis Love, Roger Sidoti

Additional Support

Rick Burdette, Jaci Cirullo, Carmella DeLeone, Monty Hoffman and RHS Custodial Staff, Janelle Cuva, Erin Knopsnider and Auditorium Tech Crew, Sarah Kaplan, Kathy Repinski, Terri Silver, Cindy DeMarco, Don Titko and RHS Construction/Remodeling Class, Martha Pifer

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PROJECT UNITY HOLDS FASHION/TALENT SHOW!!

Mark your calendars now for a FASHION/TALENT SHOW, which will be proudly presented by Project Unity, a club of Theodore Roosevelt High School, on Friday, November 13th, 2009, at 7:00 P.M. Please tell all your family and friends to come out to the RHS cafeteria, - sit back , relax and enjoy this wonderful event! Tickets are available from any member of Project Unity. Student price is \$3.00 presale - \$4.00 at the door; adults are \$4.00 presale and \$5.00 at the door. All proceeds go towards Senior Scholarships. Thank you.

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THANK YOU, THANK YOU, THANK YOU!!

On behalf of Mr. Kevin Hockett, In-School Restriction Center supervisor at Theodore Roosevelt High School, we would like to extend special thanks to Mr. Neil Dukes, owner of "Tree City Clothing", located in the University Plaza on South Water Street , for his generous donations of school supplies, that will be used for the students in the Restriction Center.

Your kindness is greatly appreciated.

////////////////////////////////////
AMERICAN SMOKEOUT COMING THIS MONTH!!

Thursday, November 19th, 2009, The American Center Society will urge all American using tobacco to: STOP USING TOBACCO FOR THE DAY!! You're also encouraged to make yourself aware of the many support methods available to help you to quit and stay that way! For more information contact the American Cancer Society at: 1-800-ACS-2345 or visit: www.cancer.org.
RESOURCES: OHIO QUITLINE: 1-800-934-4840 (Ohio's Quitline is a free telephone counseling service designed to help you quit).

Mrs. Sandy McKown, RHS Intervention Counselor: (330) 676-8704
Mrs. Jacquie Peoples Dukes, Social Worker: (#330) 676-8510

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SKIING ANYONE??

Registration for Ski Club began on October 26th, 2009, and will run through November 24th, 2009. There are several ways to contact the advisor, Mr. Jeff Thompson to sign up. His telephone number's are 330-676-8691; or 330-9595, leave a note in his mailbox at Roosevelt; or email: ke_ithompson@kentschools.net. If you like to ski and are a parent of a Theodore Roosevelt High School student(s), you may also join the club for the same rate as high school club members.

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DRIVER EDUCATION INFORMATION AND REGISTRATION FORM

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 each session is \$320 payable by check, cash, or money order to Kent Community Education. Payment in full is required prior to the first day of class. New this year: Master Card, Visa, and Discover Credit Cards will be accepted. Credit Card payment will be made to National Driving and processed by our office or by phone. 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 canceled due to emergency for the school day, i.e., weather, Driver Training class is postponed. The minimum number of students to hold a class each session is five.

DRIVER EDUCATION CLASSROOM SCHEDULE 2009-10

Session 3: November 3, 5, 10, 12, 17, 19: \$320 Session 8: April 6, 8, 13, 15, 20, 22: \$320
Session 4: December 1, 3, 10, 12, 17, 19: \$320 Session 9: May 4, 6, 11, 13, 18, 20: \$320
Session 5: January 5, 7, 12, 14, 25, 28: \$320 Session 10: June 8, 9, 10, 15, 16, 17: \$320
Session 6: February 9, 11, 16, 18, 23, 25: \$320 (9:00 a.m. - 1:15 p.m.) \$ 320
Session 7: March 9, 11, 16, 18, 23, 25: \$320

Registrations can be mailed to Community Education, c/o Roosevelt High School, 1400 N. Mantua St., Kent, Ohio 44240

DRIVERS EDUCATION REGISTRATION FORM
(CHECKS PAYABLE TO KENT COMMUNITY EDUCATION)

NAME: _____ HOME PHONE _____
ADDRESS: _____ CITY: _____
PARENT/GUARDIAN CONTACT NUMBER DURING DRIVING CLASS TIME: _____

(Please Circle Session)

Driver Education Classroom Schedule 2009-10

Session 3: November 3, 5, 10, 12, 17, 19: \$320 Session 8: April 6, 8, 13, 15, 20, 22: \$320
Session 4: December 1, 3, 10, 12, 17, 19: \$320 Session 9: May 4, 6, 11, 13, 18, 20: \$320
Session 5: January 5, 7, 12, 14, 25, 28: \$320 Session 10: June 8, 9, 10, 15, 16, 17: \$320
Session 6: February 9, 11, 16, 18, 23, 25: \$320 (9:00 a.m. - 1:15 p.m.) \$ 320
Session 7: March 9, 11, 16, 18, 23, 25: \$320

Date _____ Check No. _____ Money Order _____
Mastercard/Visa/ Discover Card _____
Expiration Date _____



ROUGH RIDERS

College Athletics and Recruiting...

What High School Students and Parents Should Know

Wednesday, November 4, 2009

7:00 pm

**Roosevelt High School
Auditorium**



Presentation by:

Mr. John Nemec

**Rough Rider Head Football Coach
and**

Featuring:

Mr. Bob Heller

**Senior Associate Athletic Director
Kent State University**

Learn about:

- ◆ Division I, II, III and NAIA Athletics
- ◆ ACT and SAT requirements
- ◆ NCAA Eligibility Center
- ◆ What students can do to continue playing sports in college
- ◆ Recruiting agencies and getting the student "noticed"
- ◆ How the recruiting process works
- ◆ What recruited students should expect from college coaches
- ◆ Athletic scholarships and financial aid opportunities
- ◆ What students should consider when selecting a college or university



Bob Heller, Senior Associate Athletic Director at Kent State University, is in charge of student eligibility and compliance with NCAA regulations. Mr. Heller started his

career as a Special Education teacher and high school coach. Nine years later,

he moved to coaching at the collegiate level. Over the past eighteen years, Mr. Heller has worked in the area of NCAA rules, eligibility, and financial aid at three universities, including the past eleven years with the Golden Flashes at Kent State University.

Parents of the ***Class of 2011***

Order spirit wear now just in time for Christmas gifts!

Black Tee Shirts with white lettering - \$12.00

Front

"On a scale of 1 – 10....

Back

We're an 11!

RHS Class of 2011

Dark Gray Sweatpants, with pockets and no elastic
\$20.00

(Roosevelt Symbol with 2011 below on upper left thigh with red & black lettering) See Below:



Order Form

Parent Name

Student Name

Phone numbers

Tshirt ___ Small ___ Medium ___ Large ___ Xlarge

Sweatpants ___ Small ___ Medium ___ Large ___ Xlarge

Total shirts @\$12 ___ Total pants @ \$20 ___ Total due\$ _____

Shhh-If you want this to be a surprise you can send your order to Martha Pifer and we will call you to arrange pick up.

Questions? Tanya Titus or Beth Schluep



KENT CITY SCHOOLS

UPDATE

News for Kent parents from Superintendent Joe Giancola

November, 2009

Dear Kent Community Members,

Success of our students is one of the most important things that we celebrate in Kent Schools. First, I would like to focus on our Roosevelt and Stanton student athletes' successes during the past three months. In our Metro Division of the Portage Trail Conference, four Roosevelt teams won conference championships: golf, boys' soccer, girls' soccer, and tennis. At Stanton Middle School, several teams had winning records: football, cross country, eighth-grade volleyball, boys' soccer, girls' soccer, and golf. I congratulate our student athletes and coaches. I also want to thank all of our parents. Without their support and commitment, these student athletes could not achieve such success.

Next, I congratulate several students for exceptional academic accomplishments this past fall. Three of our middle school and high school students won state honors in the Character Education "Laws of Life" contest. The following individuals received their awards at a banquet in Columbus: **Ethan Long**, **Sarah McClure**, and **Todd Tederous**.

I also want to acknowledge three outstanding students who achieved Commended status in the National Merit Scholarship Program: **Angela Goodhart**, **Andrew Lisonbee**, and **Aleksandra Sobieska**. About 34,000 Commended Students throughout the nation are receiving this award for their exceptional academic promise.

As we move from one season to another, we anticipate what is to come. Our parent/teacher conferences are scheduled for the Monday and Tuesday before Thanksgiving. Evening conference times are available on both days, while daytime appointments are available on Tuesday. Please take advantage of this great opportunity to communicate with your children's teachers. Research has shown that the connection between parents and the school is an important factor in the growth and development of children. To make an appointment, just call your child's principal or building secretary.

Another important anticipation is our schedule of holiday programs. You may find a complete listing of concerts in our 2009-2010 School Calendar. With the financial support of our local businesses, *every household in the Kent City School District received a copy in August*. If you have not received one or misplaced yours, please call the board office for an extra copy.

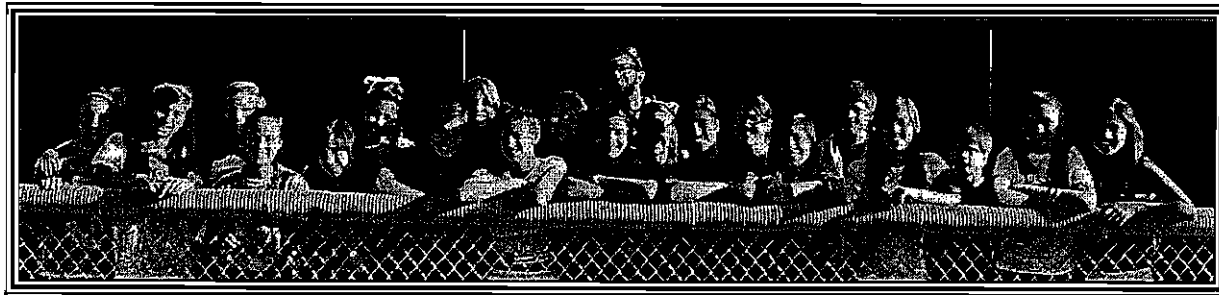
Speaking of success in the examples above, I want to publicly congratulate every Kent parent and school employee who have touched the lives of these high achieving students! We can accomplish anything if home and school work together as partners in the education of Kent children.

Sincerely,

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

Dr. Joe Giancola
Superintendent

Our Rough Rider Yearbook staff wants you to know...



we're here to serve our student body and capture their spirit in the 2010 all color yearbook.

Order a 2010 all color yearbook by Nov. 6, 2009

- You'll receive the best price of \$55. After Nov. 6 the price will be \$60.
- If you order **IN SCHOOL** by Nov. 6, you'll be entered into a **drawing** to receive one of two **fall yard clean-ups** being offered by our fantastic yearbook staff.
- See order form in this packet or pick one up in the activities office

Senior Photos

- A color, wallet size, head and shoulders studio quality photo should be submitted by April 9, 2010.
- Digital submission is preferred. The photographer can email the photo to ke_kframpton@kentschools.net or drop off or send a cd to Roosevelt High School-Kim Frampton, 1400 N. Mantua St., Kent, OH 44240.
- Please name the file using the student's last name, first name
- The resolution must be 300.

Upload Images

- If you've got digital photos of school events or vacations away from school, we'd like to see them and include as many students as possible in our yearbook.
- Go to <http://images.jostens.com>
- username is 400002767
- password is kent
- Browse to select the photo you want to upload, enter information about the photo and provide contact information in case the staff needs additional information

Rough Rider Fitness Center



"Where Rider Athletes Train to Perform"

Fitness Center Hours: Monday thru Friday 3:00 to 6:00 p.m.

While school is in session

Strength & Conditioning

Staff: Coach Kevin Hockett, Mr. Toby Jurging

Fall Issue 2009

Mrs. Chris Moravec

2009 Summer Fitness Center Progress Report

By: Coach Hockett

Wow! I have to say, this summer was fun, productive and rewarding for me as a strength and conditioning coach; I learned so much about our student athletes here at RHS, that I want to share with all of you. For instance I learned that our students will work hard; if



we give them structure; they will show us they can be disciplined if we show them commitment, they will be consistent if we should them

consistency, they will be able to see the purpose for hard work and how it will help them reach their full potential as individual as well as, enhance their team successes. Moreover, I strongly believe our student athletes that were involved this summer in our strength-training program now know and understand that they are what they repeatedly do. An excellence is not an act but a habit, so don't mistake activity for accomplishment, because hard work will make their dreams come true. In fact, structure, discipline, commitment, consistency and hard work in our strength and conditioning program over the past four years has enabled our athletes to achieve adequate yearly progress (AYP); with my focus being put on Relationships, Relevance and Rigor, I too have learned to grow and develop as a strength and conditioning coach with the understanding that I must novitiate, educate and evaluate our student athletes so progress can and will accrue in a timely manor.

In conclusion I would like to thank the following people for their time, energy, knowledge and support of our s/c program, because this summer without these people I would not be able to help our student athletes learn and understand our vision is to become a community of students, faculty and staff which values learning, caring and creativity in all areas of their lives. So thank you

Chad Palmer RHS Alumni

Mr. Hukins RHS Parent

Kasey Adelman & Staff Girls Volleyball

Josh Huettich & Staff Boys Soccer

Erin Anderson & Staff Cross Country

Mary Lynn Bush Girls Tennis

Brent Pfeiffer & Staff Golf

Steve Mitchell & Staff Girls Soccer

Ben Barlow Ice Hockey

Fred Jones 7th & 8th Stanton Girls Basketball

John Nemeec & Staff Roosevelt Football

Go Riders !!

Coach Hockisms (Favorite Quotes)

“ No one can do everything, But everyone can do something”

Coach Hockett

“ A #2 pencil and a dream can take you anywhere”

Joyce A. Myers

“The reward of a thing well done is to have done it.”

Ralph Waldo Emerson

“We make a living by what we get, but we make a life by what we give”

Winston Churchill

“Everyone can be great, because everyone can serve”

Martin Luther King

Nutrition Topics - Chocolate Milk may improve recovery after exercise.

Chocolate milk is a effective post exercise drink that improves recovery, according to the results of a small trial study reported in the February issue of the International Journal of Sport Nutrition and Exercise Metabolism. The study indicated that chocolate milk is a strong alternative to other commercial sports drinks such as Gatorade, in helping athletes recover from a strenuous energy depleting exercise, and contains an optimal carbohydrate to protein ratio which is critical for helping refuel tired muscles after a strenuous exercise and can enable athletes to exercise at a high intensity during subsequent workouts. So as a result of this information, I started giving our football team 8 ounces of chocolate milk after their workouts which I consider a cost effective alternative to commercial sports drinks for recovery from exhausting, glycogen-depleting exercises. The football team thought the chocolate milk made a difference in their recovery time.

2009 Football Team Off-Season Awards

Leadership Award: Marcus Rogers & Marcus Wright

Effort and Intensity Award: Evan Shimensky & Shane Havel

Dependability Award: Kevin Slone, Cameron Willson & Morgan Mason

Physically Most Improved: Sam Thomas & Joey Bradley



Comeback Athlete

“Yeah Laurel!” Those were the last words I heard before the big “pop” form below my thigh. I laid there in agony thinking, oh my gosh what did I just do? Did I bust myself so bad that I’ll never

be able to walk again? Will I be able to swim, run, play soccer or lacrosse anytime in the future? The answer is yes! A couple of weeks after I tore my ACL and maniscus I was running around and being the crazy kid that I am. But then it was surgery time. I went under on June 13th 2008, and that was the day that my life was changed forever. I thought that going into this that I’d recover in no time; I never believed my doctor when he said that I would lose all my quad muscle and have to wear a brace for three to four months; but surely enough I did. I started three days of rehab per week and had to do home exercises when I was at rehab. I know that I needed to work hard if I wanted to be anywhere near where I was my freshman year in swimming and lacrosse, so I began to do work for the first three weeks of rehab I spent my time laying on the bed crying as they tried to bend my knee and break apart the scar tissue.

Just as I started to lose hope, my leg started bending further and further! My motivation kicked back in and after four months of rehab I was back in the pool. At first I wasn’t allowed to kick or do flip-turns, but I could work on my upper body strength and technique.

But this was not good enough for me. I went back to my doctor and begged him to let me kick, and he gave in and said that I could just do some flutter and that flip-turns were o.k. as long as I did them slowly.

After that I was back in the game. In our first swim meet I won the 200 meter in the same time that I did the previous season and even helped my teammates in the 100 breast stroke. I even did so well all season that I made the first-team all conference and made it to the districts in three events; even better than last year.

I was so relieved and happy to see that knee surgery wouldn’t break me down and that I could do just as well, if not better, than what I did before i injured myself. I don’t like using my injury as an excuse and absolutely hate wearing my knee brace because I feel like opponents pre-judge me, but when the game begins I go into it hard and remember what I went through to get to the sport that I am at right now. Just about one year later I’m running, jumping, swimming and doing all of the things that I want/love to do. I want everyone to know that you can get through pretty much anything. Whether it be a sports injury or a personal problem, it just takes a little motivation, some hard work and positive thinking while taking pride in the steps that you do to move yourself forward.

Laurel Crocker, RHS athlete

Hock’s Formula for success in the Fitness Center

The three “B’s”

Be Present

Be accountable

Be responsible and have the discipline to learn what we are teaching you.

Football Records

2009 Quest for Excellence Testing Club

Bench Press

Eric Pucillo 315

Hang Clean

Marcus Rogers 275

Squat

Ryan Anderson 435

Pull Ups

Evan Shimensky 30

40 Yard Dash

Shakeel Howard 4.5

Shuttle Run

Nick Sacchini/Evan Shimensky 4.28

Top 5 K-man

Evan Shimensky

What is a Workout

By: George Allen

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner-the mark on an organized, goal-oriented person who has taken charge of his, or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden with each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth. When you finish a good workout you don't simply feel better.

You feel better about Yourself.

R each

Y our

F ull

P otential



Through the Eyes of a Volunteer

My name is Doug Hoskin; I am a volunteer, parent, and the secretary of the football boosters. I have been volunteering at the

fitness center since June 8, 2009. It has been a great learning experience for me. This all started when I dropped my son off for conditioning. Doug and I would arrive thirty minutes prior to his conditioning workout and would run a mile. This helped me to get in shape. We would talk about his day as we ran around the track rain or shine.

When I was in the fitness center I asked Coach Hockett if he would like some help. Hock did not miss a beat and said yes. Hock put me to work, working with the eighth and ninth grade football players. The eight and ninth routine started with four steps, run a half mile, and four walk, jog stride and

sprint at forty yards. Then they would start their strength and conditioning workout. Their workout was modified from the varsity workout by using stretch bands, medicine balls and other various strength conditioning exercises.

It has been very educational experience for me , learning and watching Coach Hock how he comes up with different workouts to keep the entire players on their toes, non of his workouts were ever the same. The best part was watching how the football team encouraged each other to do their best and come together as a team not individuals. My two favorite qutoes are, " IT IS NOT THE SIZE OF THE DOG IN THE FIGHT, BUT THE SIZE OF THE FIGHT IN THE DOG." " CHAMPIONS ARE MADE NOT BORN."

In conclusion I would like to thank Coach Kevin Hockett for giving me this opportunity.

Doug Hoskin

Alumni View

By: Kim Sloan 2008 Grad

I loved being able to use the Roosevelt weight room this summer! No matter who you are, Coach Hockett will always push you to be your best, or Reach Your Full Potential. I love the passion and intensity that he brings to the weight room every day.

The weight room has all the equipment we'll ever need, along with all the extra motivation we could ever ask for. We used the weight rooin for different reasons but were still able to work together. I wanted to imporive my overall strength. The fitness center is a perfect place for me to do that. My basketball coach at Mount Union gave everyone on the team a certain bench max to meet when we're tested in preseason. Hock has pushed me to go beyond that goal. I can't wait to go back to school stronger. I always love hearing him relate his past athletic and life experiences to the current workout or goal. He makes sure everyone gets the most of themselves. We can go to the weight room for different reasons, with different goals, but we leave with the same outcome, we all improve.

Alumni View

By: Emily Lopick

I really enjoyed having the opportunity to work out the the RHS fitness center this summer. Besides having the bonus of being out of school, I wanted to work out at RHS because it is both a helpful and fun environment.

It is a helpful environment because people like Hock are always there and willing to help you better yourself. Hock has such a great knowledge os strength and conditioning that by going to the fitness center, you are esentially receiving a free training session. It is also a very encouraging environment. All of the walls are covered with motivating sayings and posters. It is a place where people can safely achieve their full potential.

Good luck to all the Rider Athletes.

Theodore Roosevelt High School - November 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 7:35AM OGT Make Up Testing for Grades 11-12 6:00PM Coach CPR/AED Training	3 IN-SERVICE DAY NO SCHOOL-STUDENTS Election Day 6:00AM Election Day Voting 8:00AM IN-SERVICE DAY - Goal Action Team for Teachers 6:00PM Marching Band Banquet	4 7:35AM OGT Make Up Testing for Grades 11-12 5:00PM Swimming/Diving Parent Meeting 6:30PM Cross Country Awards Banquet at United Church of Christ 7:00PM College Athletic Recruiting Info Meeting	5 REPORT CARDS DISTRIBUTED 7:35AM OGT Make Up Testing for Grades 11-12 2:45PM Pre-Leadership Retreat Meeting 5:00PM Bridges Parent/Student Report Card Dinner 5:00PM G V BK @ Rootstown HS (Scrimmage) 5:00PM G JV BK @ Rootstown HS (Scrimmage)	6 Ice Hockey/Swimming and Diving Begins Boys Basketball Begins Reg. Due 12/12 ACT 7:45AM Freshman Class Elections Assembly 10:10AM Freshman Class Elections Voting-Lunch Periods 11:00AM Bridges Report Card Lunch	7 SAT not at RHS 9:00AM RHS Craft Show
8 11:00AM RHS Leadership Retreat Departs	9 RHS Leadership Retreat at Camp Carl	10 2:15PM RHS Leadership Retreat Returns 2:45PM Spanish Club Meeting 7:00PM Football Awards Banquet 7:00PM Cheerleader Awards Banquet 7:00PM Kent City Schools Alumni Association Meeting 7:30PM Cheerleader Awards 7:45PM Football Awards	11 Registration Deadline 11/14 Sophomore PLAN Test 7:00PM Freshman Class Parent/Guidance Information Night 5:00PM G V BK @ Copley High School (Scrimmage)	12 7:15PM B V IH North Canton Hoover HS (Scrimmage)	13 Bowling/Wrestling Begins Last Day to Order Poinsettias from Bridges 7:00PM Project Unity Fashion and Talent Show	14 8:00AM PLAN Test for Sophomores 10:00AM B V BK Poland/Akron Firestone (Scrimmage) 12:00PM G V BK Barberton/Aurora (Scrimmage) 12:00PM G JV BK @ Barberton/Aurora (Scrimmage)
15 10:30AM B V IH @ Western Reserve Academy (Scrimmage)	16 RHS Canned Food Drive Challenge Begins-First Period Classes 6:30PM Girl's Volleyball Awards Banquet 7:00PM Instrumental Music Boosters	17 5:00PM Girl's Soccer Awards Banquet 7:00PM BOE Meeting at Walls 4:30PM B V BK @ Benedictine/Kenston (Scrimmage)	18 2:45PM OGAN/PCAN Meeting 6:30PM Field Hockey Awards Banquet 5:00PM G V BK @ Stow/Akron North (Scrimmage)	19 2:45PM Winter Sports Pictures 5:00PM Fall Play Preview 7:15PM B V IH Trinity HS (Scrimmage)	20 7:30PM Fall Play 5:00PM G V BK Mogadore High School (Scrimmage)	21 8:00AM Community Food Drive Collection Part 2 9:00AM Winter Sports Parent and Athlete Meeting 7:30PM Fall Play 10:00AM B V BK Aurora/Canfield (Scrimmage)
22 12:15PM B V IH @ Canfield High School (Scrimmage)	23 7:30AM Bridges Pancake Breakfast 5:00PM PARENT-TEACHER CONFERENCES 8:00PM Choir Social	24 NO SCHOOL-Students 9:00AM PARENT-TEACHER CONFERENCES-ALL DAY	25 THANKSGIVING RECESS-NO SCHOOL 5:00PM B V BK @ Warren Harding/Buchtel (Scrimmage)	26 THANKSGIVING RECESS-NO SCHOOL	27 THANKSGIVING RECESS-NO SCHOOL 7:00PM Alumni Boys' Basketball Game TBA B V IH @ Junior Lumberjacks Turkey Bowl Tournament	28 6:00PM G JV BK @ Jackson High School-Massillon 7:30PM G V BK @ Jackson High School-Massillon
29 3:00PM Choir Ensembles at Akron Children's Holiday Tree Festival	30					