

# FREMD HIGH SCHOOL TO INDUCT TWO FORMER COACHES INTO FHS HALL OF HONOR



*Diane Kelly*



*Richard Bokor*

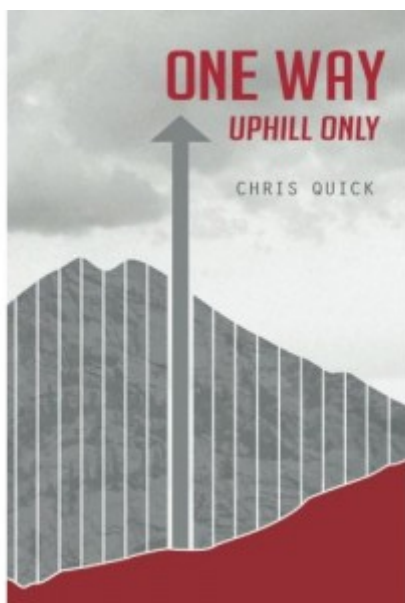
Fremd High School is inducting two former coaches into the Fremd High School Hall of Honor on Jan. 31. The recognition will take place between the boys' varsity basketball game and the girls' varsity basketball game.

The two inductees are former FHS coaches Richard Bokor and Diane Kelly. Kelly was the assistant coach for FHS' girls' gymnastics team and retired in 2004. Throughout Bokor's tenure, he was assistant coach for the boys' track team, head coach for the boys' track team, and head coach for the boys' and girls' cross-country teams. He retired in 2005.

The boys' varsity basketball game will begin on Jan. 31 at 6 p.m. Please attend to see both Kelly and Bokor honored for their contributions to Fremd High School.

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## [PALATINE HIGH SCHOOL COACH PUBLISHES BOOK ABOUT TEAM](#)



*Christopher Quick's first full-length novel about the Palatine High School boys' cross country team reaching their goals.*

In an effort to document the challenges, hard work, and dedication of the Palatine High School boys' cross country team on its pursuit of a state title, PHS English Teacher and Coach Christopher Quick wanted to tell their story. Last fall, the boys cross country team at Palatine High School won its first state title, and Quick published a book entitled *One Way, Uphill Only* telling the story of how the team reached its goals.

The book focuses on the stories of five senior team members – Tim Johnston, Tim Meincke, Marcus Garcia, Peter Tomkiewicz, and Anthony Gregorio – as they worked throughout the season preparing for the state championship. Quick said he originally intended to follow those seniors during their ups and downs and write a book for a graduation present. After the story turned out to be bigger than expected, he published his first full-length novel to share with a broader audience.

“When I walk by those state championship trophies in the hallway each day, I know that my dreams as a coach are possible,” Quick said. “When I see inspiring young writers in my AP English Language class, I know that my dreams as a writer are possible ... I relish in what this school can accomplish at its best.”

Quick said the efforts of both students and himself as an author couldn't have been possible without the greater Palatine community. In fact, he calls it a Palatine High School story more than a cross country story because the school culture is a vehicle of empowerment.

“I never thought I'd be a state champion coach or a published author. My five guys never knew they would all earn college scholarships,” Quick said. “It happened because all things are possible here.”

The book is available on [Amazon.com](https://www.amazon.com) or the [PalatineCC.net website](http://PalatineCC.net).