

D211 POST: FREMD GIRLS BASKETBALL CLAIMS 4A STATE TITLE

The William Fremd High School Girls Basketball team claimed the IHSA Class 4A State Title March 7, 2020. The team finished the season with a 28 and 7 record.

D211 POST: FREMD PRINCIPAL ELECTED TO IHSA BOARD OF DIRECTORS



Kurt Tenopir, the principal at William Fremd High School, was elected to the board of directors for the Illinois High School Association. Tenopir will serve as the board member for Division 2 which encompasses approximately 100 high schools.

“This is a great honor to represent, not only schools in our area, but throughout the state,” said Tenopir. “Athletics and activities has always been a passion of mine. I am happy to have the opportunity to have an impact.”

Tenopir has served as the head principal at Fremd since 2014 and has been with District 211 since 2011.

Elected board members serve in three-year terms. Tenopir said he has one major focus during his service.

“I want to make sure the focus remains on what is best for the kids,” he said.

SCHAUMBURG, FREMD, PALATINE, HOFFMAN ESTATES HIGH SCHOOLS LOOK TO HIRE DISTRICT 211 EMPLOYED HEAD ATHLETIC TRAINERS



While summer is quickly approaching, preparations are already in place for next school year. One notable change for the upcoming school year is the addition of full-time District 211 employed head athletic trainers.

The Board of Education approved the employment of four full-time accredited head athletic trainers at Palatine, Fremd, Schaumburg, and Hoffman Estates High Schools, as well as a contract agreement with Athletico Physical Therapy to provide assistant athletic training services.

“We’re excited to continue to provide athletic training services while having the ability to hire our own head trainers,” said Augie Fontanetta, director of Athletics and Activities for District 211. “We’re looking forward to hiring people that we believe will create a long-lasting relationship with our coaches, athletics, and community members.”

Historically, District 211 has contracted its head athletic trainers. Now, the District is seeking to hire head athletic trainers with experience and expertise in managing staff, as well as the ability to communicate with school nurses pertaining to maintaining accurate health records for students. This includes concussion management and testing using Impact software, which is required through the Illinois High School Association and is in compliance with Board Policy IGDBA. Head athletic trainers also provide treatment and rehabilitation to student athletic injuries while meeting legal requirements.

District 211 has a large, comprehensive athletic program and these positions will continue the focus on student safety, injury care, and a commitment to provide comprehensive and well-qualified training services for students. In addition to hiring head athletic trainers, assistant athletic trainers contracted from Athletico

will provide support and training services at each school.

“This will provide the stability and expertise that we’re seeking in our head athletic trainers because they are such an integral part of our program,” Fontanetta said. “They work with our students on a daily basis and we’re committed to having our students receive the most beneficial services available to them.”

STUDENT SPOTLIGHT: HOFFMAN ESTATES HIGH SCHOOL SENIOR, BOWLER JR MEAGHER



HEHS senior JR Meagher wears his bowling rings from his recent accomplishments.

Many students are encouraged to participate in extracurricular activities. Many hope it will help make them stand out on a college application or make it easier to apply or earn scholarship money. Then there are some who participate simply because they love the sport or activity, regardless if it’s recognized by the school or not.

That is exactly what Hoffman Estates High School senior JR Meagher is doing outside of the classroom with bowling.

JR started bowling when he was five years old. He has progressed so far that he recently bowled a 300 game and an 800 series. A 300 game means he bowled a perfect game and an 800 series means he bowled three games and averaged a score of 267 or

better in each. This is difficult to accomplish, especially at his age, and several bowlers spend their bowling career trying to achieve it.

“As soon as I could hold a ball, I was bowling,” JR said. “I have been bowling ever since.”

For most student athletes, these types of accomplishments would go recognized through the school. However, although Illinois High School Association (IHSA) recognizes bowling as a sport, it is not recognized with District 211. For JR, the love of the game and mental strength required for the sport is what keeps him going back each day.



The rings JR received from the United States Bowling Congress (USBC) for his 300 game and 800 series games.

In recognition for his accomplishments, which happened in December, JR was given two rings to represent his 300 game and 800 series games from the United States Bowling Congress (USBC). This wasn't the first time he bowled a 300 game, but it was the first time it had happened outside of practice during his Saturday morning league. Additionally, it was the first time he bowled an 800 series.

JR said he's participated in competitive bowling for 13 years. His father, who is the manager of Elk Grove Bowl in Elk Grove, Ill., would bring JR to the lanes during his work shift. That is where he practiced and started perfecting his game. At times he felt challenged and wanted to quit due to set backs or injury, but something always kept him practicing. He continues to bowl in leagues today.



Meagher has bowled since he was five years old and will continue in college.

Although one would argue that JR is just at the start of a solid bowling career, he said he isn't focusing on trying to make it to a professional team. He knows that he is talented and will continue bowling, but not a professional level. He will attend University of Wisconsin Whitewater next fall where he can study graphic design and bowl on a nationally ranked club team.

"I always loved that even though my dad was a bowler, he never pressured me to keep with the sport but always supported me, and I just did it because I loved it," JR said. "Now, I would like to connect my love for bowling and graphic design together and do advertising for different bowling venues or something in the field."

If any student has received an award or recognition and would like an opportunity for a short feature in the D211 Post, please forward all information to editor@d211post.org. Not all submissions may be posted due to editorial scheduling.

IMPACT SOFTWARE INCREASES SAFETY, CONCUSSION AWARENESS FOR STUDENT ATHLETES

District 211 staff have worked hard to create awareness about head injuries for all student athletes involved in contact sports. Injuries in contact sports, which include football, cheerleading, and soccer to name a few, are heavily monitored by coaches, athletes, and parents.

Throughout the past few years, Impact software has been used to keep track of an individual athlete's brain activity for head injuries, specifically concussions. This technological assessment has allowed athletic trainers and coaches to more effectively judge whether or not an athlete is injured and when they can return to competition.

"The start of the process is at the beginning of the season, when parents and student-athletes sign paperwork that is required by the state saying concussions are a danger in any type of sport or activity," said John Shoro, head athletic trainer at Conant High School. "Then, we do a baseline test of what is considered relatively normal in terms of brain function using Impact software. Once we have that baseline, which is good for two years, we will do another test if a student-athlete is suspected of having a concussion to see if he or she is showing any deficient in brain function and the extent."

The software monitors brain activity and response time during a test. The results on this assessment show how the individual's brain functions when they are not injured. If a student-athlete is suspected of an injury or want to return from a concussion,

they will have to complete the test again within 72 hours of the impact. A student-athlete will only be able to return if brain activity matches previous baseline data in conjunction with the Illinois High School Association (IHSA) guidelines, or after five days with no symptoms.

Shoro, who has been an athletic trainer for more than 20 years, said historically it was difficult to gauge whether or not a student-athlete was ready to return to competition because physicians relied on brain scans. These images could sometimes miss signs of an ongoing concussion. Incorporating the software has helped protect student-athletes from returning to competition too soon, even if they didn't feel symptoms anymore or were hiding them. Once student-athletes pass the baseline test after an injury, they will complete a physical activity to make sure they are able to perform without symptoms returning. After that, they can return to a no-contact practice for a short period of time.

Although Shoro said he cannot say whether the amount of injuries have decreased because of the software, continued usage is a step in the right direction to preventing serious head injuries and returning to competition too soon. Overall, the software is helping keep student-athletes safe.

"Students might not feel symptoms even if they are there, and in the past they could be cleared for activity," Shoro said. "They are not able to return as readily because the test is picking up on those symptoms. We're doing a better job at educating kids, and as the increased awareness for concussions continues, kids are doing a better job at seeing that this is something that is important."

For more information on IHSA guidelines for concussion management, please click [here](#).