

# LIONSPORTS

Volume 1, Issue 1

August 27, 2009

## RIVERMONT COLLEGIATE

### Rivermont Adds Varsity Volleyball, Middle School CC

Rivermont's new varsity girls volleyball team features eleven members this fall. Another 11 have joined the middle school girls volleyball team. Varsity Coach Leigh Ann Schroeder and Middle School Coach Kelly Turner are preparing their teams for their upcoming games. The middle school will play their season opener at Hampton (IL) on Thursday, September 10 at 6:30 p.m. The first home contest for both teams will be Thursday, September 17 versus Morning Star Academy. The middle school game will be at 4:30 p.m. followed by the varsity contest at 6:00 p.m.

Four middle school boys have formed a cross country team and are looking for additional members. They have joined the four varsity boys for cross country practices led by Coach Ed Knupp. Girls are encouraged to join the cross country teams as well. A meet schedule will be announced soon.



School spirit is high at Rivermont!



### Lions Basketball & Cheerleading

Dave Wessel will take over as the head boys varsity basketball coach after serving as a volunteer assistant last season. Nine players will be participating in the West High School Fall League in preparation for their season.

For the first time in more than a

decade, Rivermont will field four basketball teams: varsity boys & girls and middle school boys & girls. Shannon Warlop, our new lower school P.E. teacher, has joined the Rivermont coaching staff and will lead both the varsity and middle school girls teams.

Cryssy Mayfield '08, will coach the Lions Cheer Squad this season. Cryssy is a former team captain and served as an assistant coach last season.

The gym will be a busy and exciting place this winter.

#### Inside this issue:

Spring Sports	2
Cooperative Sports Programs	2
Intramural Programs	2
Strength & Conditioning Programs	3
Prevention & Treatment of Injuries	3
Athletic Physicals	3
Saturday Morning Programs for Grades 1-5	4

#### Looking Ahead:

- Fall Sports schedules will be out soon!
- Saturday morning sport program registrations will begin September 1.
- Fall Sports Awards Night set for November 2.
- Alumni Basketball Game to be played on November 24.
- Spirit Week: January 25-29.



### Spring Sports

Middle School Track is the featured sport at Rivermont in the spring. Coach Carey Dewitt's track program has something for everyone with short- and long-distance events, jumps, and throws.

Our boys & girls compete in meets around the Quad Cities including a conference track meet in May. Colona Middle School hosts Co-Ed Relays in late April.

Fifth grade students are allowed to compete on the Rivermont track team. Most of the meets are organized into 5th-6th grade and 7th-8th grade divisions.

Varsity boys & girls golf may be the next teams added at Rivermont. Both teams would play during the spring. If students are interested in participating, please contact Coach Ed Knupp.



Rivermont's varsity teams compete in the state of Iowa's Class 1-A tournaments at the end of the season.

Students at Rivermont are able to participate in any sport sanctioned by the Iowa High School Athletic Association (boys) or the Iowa High School Girls Athletic Union through our cooperative sports program.

In the past few years, Rivermont students have participated in soccer, football, track, and swimming at Bettendorf High School.

Boys Sports	Girls Sports
Fall	Fall
Football	Swimming
Winter	Winter
Swimming	None
Wrestling	Spring
Spring	Soccer
Soccer	Track
Track	Tennis
Tennis	Summer
Summer	Softball
Baseball	

### Intramural Programs



Between the sport seasons, middle and upper school students have the opportunity to participate in intramural activities after school.

Students are not required to sign up and all are welcome to participate

IM Sports	
Dodgeball	Ultimate
Floor Hockey	Soccer
Wiffleball	Softball
Capture-the-Flag	Disc Golf
Touch Football.	Bowling
Basketball	Ping Pong

#### IM Dates

- October 26-30
- February 22-26
- March 1-4
- March 8-11
- March 15-19

## Strength & Conditioning Programs

Shannon Warlop (K-5) and Ed Knupp (6-12) teach physical education at Rivermont. In addition to their time in P.E. classes, both teachers will be making the fitness room, located next to the gym, available to upper school students before and after school.

Mrs. Warlop will also be offering fitness programming for lower and middle school students as well. Look for more information on fitness programs—coming soon.



Most of the equipment in the fitness room has been donated and is in excellent condition. We do have room for and would welcome the donation of any used exercise equipment that you no longer use. Exercise bikes, step or climbing machines, rowing machines, and treadmills would enhance the free weights and weight machines in the room.



## Prevention & Treatment of Injuries

In the past few years our varsity teams have contracted with a local physical therapy clinic for varsity game night coverage.

In addition to her teaching and coaching skills, Mrs. Warlop is also an experienced athletic trainer.

She will be providing game night coverage and can help student-athletes with prevention, treatment, and rehabilitation of injuries.



Mrs. Warlop will also coordinate referrals to local sports medicine practitioners and make sure that all student-athletes are in the best possible health when it's time to compete.

“Everyone wants to win, but not everyone is willing to prepare to win”  
—Bob Knight

## Athletic Physicals

All Rivermont student-athletes must have a current physical on file with the school. The physical must have been conducted by a physician within the past year.

It is recommended that all students in grade 4-12 have a physical completed by the beginning of the academic year.

### Mark Your Calendar

**We will offer sport physicals on the Rivermont campus again this year on Monday, May 17, 2010.**

**Thank you to Drs. James and Anne Petre for their work last May.**



RIVERMONT COLLEGIATE COACHES DIRECTORY

Rivermont Collegiate	(563) 359-1366	www.rivermontcollegiate.org	
Athletic Director/Dean of Students	Ed Knupp	x323	knupp@rvmt.org
Athletic Trainer	Shannon Warlop	x316	warlop@rvmt.org
Varsity Cross Country	Ed Knupp		
Varsity Volleyball	Leigh Ann Schroeder	x343	schroeder@rvmt.org
Varsity Boys Basketball	Dave Wessel	x316	DKW1936@aol.com
Varsity Boys Basketball Assistant	Curt Fee		
Varsity Girls Basketball	Shannon Warlop		
Middle School Volleyball	Kelly Turner	x403	turner@rvmt.org
Middle School Boys Basketball	TBA		
Middle School Girls Basketball	Shannon Warlop		
Middle School Track	Carey DeWitt	x344	dewitt@rvmt.org

Saturday Morning Programs for Grades 1-5



**Saturday Sport Programs**

Saturday morning sport programs at Rivermont have expanded this year and you will be able to register for any and all sports beginning September 1.

Rivermont coaches will be spending their Saturday mornings with students in grades 1-5 to help them master basic sport skills and develop a love of the games. Your son's or daughter's favorite varsity athletes will be on hand to help coach.

Volleyball	Leigh Ann Schroeder	September 12, 19, 26 October 3, 10, 17
Basketball	Shannon Warlop	November 14, 21 December 5, 12 January 9, 16, 23, 30 February 6
Cheerleading	Cryssy Mayfield	January 9, 16 (afternoons)
Baseball	Ed Knupp	February 27 March 6, 13, 20
Soccer	Ed Knupp	April 5-9 (Spring Break)
Tennis	TBA	April 10, 17
Golf	TBA	May 1, 8, 15, 22

The program is open to all students in grades 1-5. Rivermont families and friends may attend at a reduced fee. Cost and times will be announced on September 1.