

## **Athletic Hall of Fame Inductees:**

**Andrea (Shields) McDonough** – Andrea is a 2001 graduate of Kennedy High School. In a storied program, rich with multiple state champion divers, she will go down as one of the best ever to twist, tuck, and somersault into the Cougar Pool under coaches Jay Goodlove and Lori Sherman. In the fall of 1997, Andrea entered her first year of diving for the Kennedy Swimming & Diving program on the heels of Kennedy and Iowa Girls' High School Athletic Union hall of fame inductee, Kara Hajek, who was a three-time top four place winner including state champion in 1996. Andrea did not back away from the challenge of filling these shoes. Instead, she set out to make them a size bigger. As a freshman she placed 4<sup>th</sup> at the district meet, advancing to the state meet, placing 20<sup>th</sup>. The bar had been set and the expectations for the next three years only grew higher. Shields did not disappoint as she found a spot on the state meet podium as a sophomore, placing 4<sup>th</sup> at the state meet in 1998. During her junior campaign, Andrea earned a first-place finish at the district meet and advanced to her third straight state diving competition. In what must have been an amazing battle, Andrea finished as the state runner-up in 1999, just 2.60 points out of first place in the 11-dive competition. Shields' senior season in the fall of 2000 was one for the record books as she was again the district champion, advancing to her fourth consecutive state diving competition. In a resounding victory, Andrea was crowned the state champion, distancing herself from the competition with a 22-point margin over her closest competitor.

Following her graduation from Kennedy in 2001, Andrea attended New Mexico State University in Las Cruces, New Mexico. Shields also continued her diving career on an athletic scholarship from the Aggies. Her collegiate diving career was highlighted by top 10 finishes in the conference meet in each of her four seasons and being recognized as the team's outstanding diver during her senior season in 2004-2005. Andrea graduated in 2005 with a degree in kinesiology.

Reflecting on her experiences as a Kennedy Cougar, Andrea states, "Being part of team of fun girls made my high school years so much more enjoyable. I looked forward to school starting each summer because it meant we were all back together in the pool having a blast at practices and traveling to meets together making memories that will last a life time. Diving is participated as an "individual" sport, but being part of a team always made it more special knowing you were working your hardest to be your best to help the team. This is something I have taken with me in all areas of life, there is always someone out there that you can help and be better from the work you do."

Andrea now lives in Cumming, Iowa, just southwest of Des Moines, with her husband, Brett McDonough, and their 15-month-old daughter, Maddon. She is a full-time mother while also working with Brett to run their chiropractic office. She continues her passion for the sport of diving, serving as the diving coach for the Roosevelt Rough Riders in Des Moines. Her family loves their time outdoors together on their farm and she looks forward to watching her family grow in the coming years.

**Please welcome to the Cougar Athletic Hall of Fame – Andrea (Shields) McDonough.**

**Guy Martino** – Guy is a member of the Kennedy Class of 2008. While at Kennedy, Guy was a three-sport athlete for the Cougars, participating in basketball, baseball, and football, earning six varsity letters. Martino played four years of basketball in the Green and Gold and was a two-year letter winner for Coach Bob Fontana. He was a part of teams that made two consecutive trips to the semifinals of the state tournament, finishing 3<sup>rd</sup> during his junior year in 2007 and 4<sup>th</sup> his senior season in 2008. Martino was a member of the Cougar baseball team for five seasons, earning two varsity letters for Coach Bret Hoyer and playing in two state tournaments as a pitcher and a third baseman. As a two-year starter at quarterback for Coach Tim Lewis, Guy Martino literally rewrote the record books, ending his career as the most prolific passer in Kennedy Football history. The five-wide, spread offense employed by the Cougars suited Martino to a tee as he led the Cougars to consecutive playoff appearances in his junior and senior campaigns. Guy still holds nine school records in three categories – most completions, most yards, and most touchdown passes – in a game, a season, and in a career for each category. He finished his career with 333 career completions for 4,649 yards, and 40 touchdowns. In arguably

one his most memorable games against Prairie, he threw for 472 yards and 5 touchdowns. He holds five MVC conference records: most yards in a game (472), most yards passing in a season (2873), most passes attempted (267) and completed (182) in a season, and most touchdown passes in a season (29). Martino's efforts during his senior campaign earned him 1<sup>st</sup> team All-Metro and All-MVC honors, Metro and MVC Player of the Year honors, recognition as the KCRG Athlete of the Week, and 2<sup>nd</sup> team All-State. Overall, Martino played in six postseason tournaments over the course of his junior and senior seasons.

Following high school, Guy continued his football career for two more seasons for the Mavericks of the University of Nebraska-Omaha. In 2009, Martino transferred to the University of Iowa where he completed his college experience and graduating in December of 2012 with a degree in journalism and mass communication.

When asked what he remembers most about his days competing for the Cougars, Martino states, "The people. Being around not only guiding and thoughtful coach/mentor figures throughout my entire time at Kennedy, but also being able to play alongside my best friends. It is something not easily explained, but the bonds that were forged through long hours of practice, training, traveling, winning, losing, and eventually, graduation and lives moving on...it went well beyond sports, and that human connection and friendship is one that I still feel to this day."

Guy is currently living in Charleston, SC with his beautiful wife Cierra and their 7-month-old baby boy Dominic. He hopes to continue being active in the commercial and residential real estate business, and watch his family grow within steps of the ocean.

### **Please join me in welcoming to the Cougar Athletic Hall of Fame – Guy Martino.**

**Max Martino** – Max is a 2010 graduate of Kennedy High School. As a Cougar, Max was a four-sport athlete, participating in football, basketball, track & field, and baseball, earning eight varsity letters along the way. Martino played baseball through his junior year. He was a four-year participant in the other three sports. On the football field, Max was a lengthy receiver for Coach Lewis where he earned 2<sup>nd</sup> team All-Metro and All-MVC honors as a junior. During his senior season, he was named 1<sup>st</sup> team All-MVC and All-Metro, as well as 2<sup>nd</sup> team All-State, earning an invitation to play in the 2010 Shrine Bowl. On the hardwood, Martino's athleticism and leadership were on display as a two-year starter for Coach Fontana. After earning honorable mention All-Metro and All-MVC honors as a junior, he earned 2<sup>nd</sup> team honors in both as a senior. Max was also named to the Academic All-State team, a recognition for his excellence in the classroom and on the court. In the spring, track and field perhaps provided the most diverse opportunity for all of Martino's strengths to be on display and a multi-event competitor and four-year letter winner for Coach Dennis Roloff, excelling in the hurdle and jumps events. As a junior, Max earned 2<sup>nd</sup> team All-MVC honors in the high jump and was part of a shuttle hurdle relay team that placed third at the Drake Relays. His senior season was one to remember, a season in which he was part of a Drake Relays shuttle hurdle relay championship and a state meet that included an 11<sup>th</sup> place finish in the high jump, a 5<sup>th</sup> place finish in the 110-meter-high hurdles, and a 3<sup>rd</sup> place finish in the shuttle hurdle relay. The winning time of 56.09 in the Drake Relays SHR set an all-time Iowa best record for the event. Martino's remarkable athletic career in the Green and Gold was capped when he was named Kennedy's 2010 Male Athlete of the Year.

After high school, Max had multiple opportunities both athletically and academically at the collegiate level. He chose the University of Northern Iowa as his next stop and basketball as the sport he would pursue for the Panthers. Playing for UNI gave Martino the opportunity to be a part of the 2015 Missouri Valley basketball championship and participate in the 2015 NCAA basketball tournament. He earned the MVC Basketball Elite 18 Award for having the highest grade point average in the MVC tournament and was named honorable mention MVC Scholar-Athlete. He was also nominated for the Allstate Good Works Team. As a Panther, he was a member of the student-athlete advisory committee and served as the co-president his senior year. He graduated magna cum laude from the UNI honors program, double majoring in economics and psychology.

States Martino, “There was never a time at Kennedy when I was not playing a sport. Every year and every season there was a new sport to play, and new experience to be had. Looking back, I cherish every second, even the pain and defeat, that I got to spend with my teammates and friends. My teammates are still some of my best friends today. I have played on many teams in my sporting career, but I maintain that the best and most special team I have ever played on is my senior year of football. There is nothing like a high school football team. Although we didn't find the highest degree of success, winning at Bettendorf to make state and singing the fight song to the fans while holding the state banner was one of my most memorable experiences at Kennedy. One of my favorite memories in high school was winning the Drake Relays shuttle hurdle relay, while at the same time setting a state record. Taking a victory lap at the stadium is the most unique and amazing experience of my sporting career. Being able to share that moment with my teammates and family, is still one of the things that I am most proud of. Sports were the constant in my life. I learned time management, a hard work ethic, and a competitive drive through sports. But there is nothing more valuable than learning to work with others, even those you disagree with, toward a common goal, and being able to set aside your differences to achieve success.”

Max is currently in his last semester of law school and the University of Colorado Law School. After graduation, he will begin working as in-house legal counsel for DISH Network. Martino currently lives in Boulder, Colorado. He enjoys rock climbing, cycling, watching Jeopardy!, hiking, baking, boarding, camping, juggling, running, playing the guitar, reading books that are not textbooks, coloring, learning new things, and eating baked goods.

**Ladies and gentlemen, please welcome to the Cougar Athletic Hall of Fame – Max Martino.**

### **Coaching Hall of Fame Inductee:**

**John (JR) Ross** – Coach John Ross is truly a Kennedy Cougar, Green and Gold through and through. JR walked our hallways, learned in our classrooms, competed for the Cougars as a two-sport athlete, and performed on our stages in the instrumental fine arts. Coach Ross returned to Kennedy in 1997, beginning a 20-year run using the sport of swimming and diving as a platform to influence young men and women, giving back to the school and programs that had meant so much to him growing up.

As a Kennedy Cougar, JR embodied our long-time belief in being a multiple-sport and multiple-activity student. He loved to compete and he loved music, and he made both of them work well during his time at JFK. On the athletic side, Coach Ross competed in swimming for three years, earning two varsity letters, and in baseball for 3 years, lettering in his senior year. In the fine arts, JR was involved in marching and concert band for all three years of high school and orchestra for two years. He was three-time All-State musician, being selected to the Iowa All-State Band in each of his years in high school. Coach Ross also developed his skills in service leadership as a class officer, including serving as the president in both his junior and senior years.

Following high school, Coach Ross attended St. Olaf College in Northfield, Minnesota, majoring in Theory Composition.

In 1997, JR returned to his alma mater and began a 20-year journey as a coach in the Cougar Pool, a place where he had learned so much growing up. He was an assistant mens' swimming coach from 1997 to 2005, as well as assistant girls' swimming and diving coach from 1997 to 2003. In 2004, with the retirement of Lori Sherman, Coach Ross was given the opportunity to take over the lead role and became the head swimming and diving coach for our girls' program, a position he thrived in until his retirement at the conclusion of the 2016 season. During his tenure as head coach, the Kennedy swimming and diving program developed into one of the most competitive and well-rounded programs in the MVC and in the state. His teams compiled an overall dual meet record of 79-32 on their way to winning seven MVC divisional titles, four MVC runner up finishes, five IGHSAU regional swim titles, and five top-ten finishes at the state meet, including a 4<sup>th</sup> place finish in 2007.

JR's staff developed dozens of 1<sup>st</sup> team All-Metro and 1<sup>st</sup> team All-MVC athletes, 18 All-State athletes, 2 state champions, 5 All-Americans, and 44 Academic All-Americans. The 2014 team finished the season ranked 7<sup>th</sup> in the NISCA national dual meet team rankings. In recognition of their efforts, the staff was named the Metro Staff of the Year seven times, the MVC Staff of the Year four times, the Regional Staff of the Year twice, and in 2015 Coach Ross was named the State Swimming and Diving Coach of the Year.

Every fall, Coach Ross' teams would take a training trip in the early season to Minnesota. They would visit college and university campuses, training at their facilities, and introducing the girls to opportunities and possibilities beyond the high school experience. One of the things that JR will tell you he is most proud of from his coaching career is the service project incorporated into each of these early season team trips. In each of the twelve trips his team took, they volunteered at Feed My Starving Children for a day, packaging an astonishing 200,000 meals that were used to feed over 500 children around the world for a year. The "service above self" lesson this opportunity provided his athletes lives on as many of them continue to be a part of and lead these types of efforts in their own lives and their own communities today.

Reflecting on his coaching career at Kennedy, Ross states, "As I look in retrospect at the 20 years of coaching here at Kennedy, I find an immense appreciation for the numerous personal relationships with the student athletes, my coaching comrades, our school administrators, and the amazing group of parents that have been so supportive of my vision of what swimming and diving could be. These relationships helped me become a better person, a better coach, a better husband and father, a better son, and better friend. To those many people, I say thank you."

Coach Ross continues, "I strongly believe that when done right, team sports can provide solid ground from which a student athlete can develop self-confidence, a positive self-image, time management skills, goal setting, and ultimately a sense of empathy and a willingness to help others in need. Winning and breaking records is a lot of fun and we definitely had a lot of fun in the pool, but the ultimate gold medal is the one you feel when you can give of yourself, when you can sacrifice for someone in need. We tried to accomplish this in our program and we did, for a moment, make the world a better place."

Coach Ross will be remembered as a student-centered, relationship-driven coach. He believed immensely in the power of high school activities as a pathway to unlock and build leadership in our students. We were blessed at Kennedy to have him influence us in so many ways.

JR now spends more time with the family business and traveling with his wife, Diana, a long-time world language educator in Cedar Rapids and at Kennedy HS. This past fall, for the first time in a long time, they had the opportunity to take an extended road trip, visiting many of our National Parks and family along the way. He also spends more time with his children: Andy (JFK Class of 2000) and his wife Jodee, and their two children, Logan and Piper, who live in Cedar Rapids; as well as his daughter Natalie (JFK Class of 2001) and her husband, Andy Donovan, who live in Seattle, Washington. Coach Ross can still be found in the pool from time to time, supporting the Cougars and offering to help, as always, in any way he can.

**Ladies and gentlemen, please join me in welcoming John Ross to the Cougar Coaching Hall of Fame.**

**Dennis Roloff** – Coach Dennis Roloff was born and raised in Cedar Rapids. He attended Jefferson High School, graduating in 1971, taught and coached at the middle school level and at his alma mater for the J-Hawks, and landed at Kennedy High School, building programs and young people through athletics for the Green and Gold. We are excited to bring him back tonight to welcome him to the Hall of Fame.

Coach Roloff has always been competitive in nature and athletics were a large part of his development growing up. He has always loved competition, he has always been good at all of it, and, if you have ever been on the other side of the scoreboard with him, you know how much he loved to win. However, what has always made

Coach Roloff special is the respectful and unassuming way he would beat you. He never made you feel bad, you just couldn't beat him. To this day, we are fairly certain he retired from his PE teaching role undefeated in badminton...yes, unbeaten.

While attending Jefferson, Dennis participated in football, YMCA basketball and softball, and track and field. His basketball teams won regional and state YMCA titles and he was MVP of a regional tournament. Roloff saw similar results in softball where his successes landed him in the city and state softball Hall of Fames. On the high school front, track and field was where Dennis excelled, in particular the 440-yard dash. Dennis Roloff is one of the fastest quarter milers in the history of the state of Iowa, clocking a 48.60 time in the event in his senior year. This time ranks as the 6<sup>th</sup> fastest ever in the Iowa high school history before track and field converted over from 440 yards to 400 meters. His converted school record still stands after 48 years at Jefferson.

Roloff took his track and field skills north to the University of Northern Iowa after graduation where his competitive successes continued. He was a 3-time All-American for the Panthers and was a part of setting 12 school records, holding the record for the 440 yard/400 meter dash for 28 years. He was elected team captain three times, earned conference MVP honors on two different occasions, and has been inducted into the University of Northern Iowa's Athletic Hall of Fame. He graduated from UNI with degrees in Physical Education and Industrial Technology.

Dennis began his education career at HLV where he served for two years as an assistant girls' basketball coach and head girls' track and field coach. He then returned to his hometown, teaching and coaching at Wilson Middle School and Jefferson High School. At Wilson, Roloff coached girls' basketball, boys' track and field, and girls' track and field for five years, winning multiple city championships. For the J-Hawks, he was the girls' swimming and diving coach for four years, the 9<sup>th</sup> grade football coach for one year, the assistant softball coach for three seasons, the head boys' cross country coach for five years, the assistant track and field coach for seven years, and the assistant varsity girls' basketball coach for 12 seasons. Following his time at Kennedy, Coach Roloff finished his basketball coaching career at Mt. Vernon, leading the Mustangs to WAMAC conference championships twice and making two appearances at the state tournament in five years. He compiled an 82-39 record while in Mt. Vernon before retiring after the 2016-2017 season.

In 1991, Coach Roloff was persuaded to come to the northeast side of Cedar Rapids teaching PE and wood tech at Kennedy and taking over as Kennedy's head girls' basketball coach. Roloff also served as an assistant boys' track and field coach for 10 years, and the boys' diving coach. After the retirement of Hall of Fame Coach Al Stiers, Roloff took over the boys' track and field program, leading the Cougars for 10 years before leaving that post in 2010. As a track coach, he led the Cougars to MVC championships on two different occasions and was recognized as the MVC Coach of the Year twice. For 20 years, Coach Roloff led the girls' basketball program at Kennedy. Over this time, he became the winningest basketball coach in school history, boys or girls, amassing an overall record of 314 wins versus 165 losses. The Cougars won five MVC championships, advanced to the state tournament five times, including the semifinals in 2009 and 2010, and he was selected as MVC Coach of the Year on five different occasions. There were many highlights over his 20-year career. A few included Hall of Famer Anne O'Neill setting the all-time five player scoring record of 2494 points in 1999-2000 and the magical undefeated season of 2003-2004 when the Cougars ran the table, finishing 21-0 on their way to a state tournament berth.

However, most of his athletes and assistant coaches will remember the relationships built over time and respect and friendly nature that simply surrounded Dennis Roloff. He represented everything that high school sports should be about, even when many around him could not do the same. He loved kids and he loved competition, in that order. Whether it be memories of where Coach Roloff was taking the team to eat after a big game or on the way to the state tournament, or of a toss into the pool after a big metro rivalry victory; Dennis Roloff was loved by his athletes and those that had the pleasure to work with him over all of his years in education.

This is a big year for Coach Roloff. Not only is he being inducted into the Kennedy Athletic Coaching Hall of Fame tonight, but he is also being inducted into the Jefferson Athletic Hall of Fame in a few weeks, and the Iowa Basketball Coaches Hall of Fame later this winter. These awards and accolades are certainly well-deserved.

Reflecting on his time at Kennedy, Roloff states, "I hope when the players think back of the time I coached them, they will know I gave 100% and expected the same of them. We worked hard but also had fun getting the job done. I cared about each of them, their personal growth and the importance of teamwork. I wanted them to learn lessons they could take with them into their adult lives and have good memories as a Kennedy Cougar."

In full time retirement, Dennis now does a lot of fishing, loves watching high school sports, volunteering at track meets at the high school level, the Drake Relays, and the State Meet, spending time with his daughter, Jessica, and taking long walks with his wife, Jill.

**Ladies and gentlemen, please join me in welcoming Dennis Roloff to the Cougar Coaching Hall of Fame.**