

Vicky Walters

A 1979 graduate, Vicky lettered in both volleyball and track during her four years at RFHS. She was a 4-time state-qualifier in track and field with state placements of 5th place in 1977, 2nd place in 1978, and 5th place in 1979 all coming in the shot put. Vicky was also a 4-time NCIC champ and holds the shot put and discus records at RFHS.

In college, Vicky attended both Northern Illinois University and the University of Illinois where she set several shot put records.

Todd Sigel

A 1989 graduate of RFHS, Todd earned varsity letters in football, track, baseball, golf and basketball. Basketball was where Todd excelled, earning All-Conference recognition his junior and senior years including his unanimous First team selection his senior season. During that senior year Todd established the current RFHS single-season scoring average record at 24.2 points per game.

In college, Todd set school records in 3-pt shooting at both Sauk Valley College and then Quincy University, while earning MVP honors at both schools.

Todd then played three years of professional basketball in the IBA finishing his career with the Dakota Wizards.

Eddie Acosta

Eddie was a 1991 graduate of RFHS, earning varsity letters in baseball, basketball, cross-country and football. During those high school years Eddie was a First-team NCIC performer in both baseball and basketball.

Eddie was drafted by the Los Angeles Dodgers after his senior year but opted to attend Muscatine Community College in Iowa where after two successful seasons the Milwaukee Brewers drafted him. Eddie then played two seasons in the Brewers farm system before signing with the Montreal Expos as a free agent and playing three more years before retiring.

Mike Berentes

Mike is a 1967 graduate of RFHS. He earned All-Conference First team awards in football as a junior, and both football and basketball as a senior. He was also a 3-time NCIC champ in the pole vault. As a senior Mike received All-State honors in both football and basketball, along with qualifying for the State track meet in the pole vault and low hurdles.

Mike then attended Northeast Missouri State University where he earned letters in both football and track. He was a 2-time All-Conference selection in football and during his senior season he was named to the Division II All-American team as a wide receiver.

Mike has continued to stay around athletics, coaching and teaching at Loves Park Harlem, Dixon, Rock Falls and now at Freeport.

Bob Cain

Bob is a 1983 graduate of RFHS where he earned varsity letters in both basketball and cross-country. He was an All-NCIC performer in both his junior and senior seasons in basketball, leading the team in scoring both years. During his senior year Bob was also named to the First team Class AA All-State team as he averaged 20 points and 10 rebounds per game.

Bob continued his career at Sauk Valley College where he was an All-conference performer.

Conni Frank

Conni, a 1982 graduate of RFHS, teamed with her twin sister Cathi to form the strongest one-two punch in girl's distance running in the state of Illinois. Conni was a multiple NCIC champ in the mile, 2-mile and in cross-country. On the state level she qualified in both sports all four years earning a 3rd place finish in the 2-mile and 4th place in the mile in 1979. Conni was also a 4-time All-stater in cross-country, winning the first "unofficial" state meet in 1978 and placing 10th, 10th and 17th her last three years. She is currently the school record holder in both the mile and 2-mile.

Conni then finished her track and cross-country career at Western Illinois University as a four-year letterwinner.

Cathi Frank

Cathi, a 1982 graduate of RFHS teamed with her sister Conni to form the strongest one-two punch in girl's distance running the State of Illinois. Cathi was a NCIC champ in the half-mile and qualified for state all four years in track where she finished 5th in the half-mile and 8th in the mile in 1979 and 8th in the half-mile in 1980. Cathi was also a 4-time All-Stater in cross-country with finishes of 5th, 12th, 12th and 18th in her four years. Cathi currently holds the RFHS record in the half-mile.

Cathi finished her track and cross-country career as a 4-year letter winner at Western Illinois University.

Larry Schuldt

A 1977 graduate of RFHS, Larry earned six varsity letters in track and cross-country. Larry was a 2-time NCIC cross-country champ, winning his junior and senior years and the NCIC 2-mile his senior year. He also qualified for state in both sports during his junior and senior years. Larry finished 18th in the state cross-country meet his senior year. Larry still holds the RFHS records in both the mile and 2-mile.

While at Eastern Illinois University Larry ran both cross-country and track. He was a member of the 1977 Panthers Division II National Championship team in cross-country and also finished 7th twice at the national meet running the steeplechase in track.

Richard Skelton

Richard is a 1950 graduate of RFHS and earned 10 varsity letters in track, baseball and basketball. The former RFHS record holder in the mile, Dick was the 1950 NCIC champ in the mile and capped off his senior year with an 8th place finish in the mile at the state meet.

Richard attended Northern Illinois University and earned NAIA All-American honors twice by finishing 6th in the mile run in both 1953 and 1954. Dick's running ability also allowed him to qualify for the Olympic trials in 1956.

Lloyd Hinders

One of the great men associated with Rocket Athletics, Lloyd was a coach, teacher and athletic director during his 20 years at RFHS.

Mr. Hinders was the athletic director at RFHS from 1943-1963. He also coached football and track from 1943-1945 and basketball from 1943-1951. His Rocket basketball teams were 121-71 during his 8-year tenure and his 1947 team was an outstanding 25-1 losing only in the sectional final. His 121 victories rank second on the All-time RFHS list.

As a tribute to coach Hinders, who passed away in 1963 at the age of 52, the Rock Falls football field was renamed Hinders Memorial Field.

Bruce McDonald

"Mac" is truly an icon at RFHS, spending over 3 decades at the school. Mac was a teacher, coach and athletic director. He coached track, cross-country and football, with football being his expertise. During his 18 years, from 1947-1965, the Rockets had a record of 89 victories, 62 defeats and 4 ties. Mac won 3 conference championships including a perfect 9-0 mark with his 1960 Rocket team.

Mac was inducted into the Illinois High School Football Coaches Hall of Fame in 1982.

Jeff Kolb

Jeff is a 1964 graduate of RFHS who earned varsity letters in football, basketball, track and baseball. Jeff was an All-NCIC selection in both basketball and baseball while at RFHS.

Jeff attended Illinois State University, playing baseball, until drafted in 1966 by the Chicago White Sox. He played seven years in the White Sox farm system, making various All-League teams, before retiring in 1973

Dan Fiorini

Dan is a 1975 graduate of RFHS and the first state champ in any sport at the school. Dan was the 1975, 155lb wrestling champ with a record of 33-0-1. Though Dan also lettered in football it was wrestling where he made his mark. He was a 2-time NCIC champ, along with winning multiple district and invitational titles. He was the wrestling MVP three times. Dan had a career record of 84-6-1.

Dan then attended Northern Illinois University to continue his wrestling career where he was an All-conference performer.

Tim Fiorini

Tim was the 1976 State Wrestling champ in the 138-lb. division. He was a 2-time NCIC champ as well as winning two district and sectional titles. The 1976 MVP had a career record of 63-13.

Robert Callighan

Bob is a 1933 graduate of RFHS, earning four varsity letters in both basketball and baseball while at the school. Bob was an all-conference performer three times in basketball and three times in baseball. The 1932 basketball team he played on had a terrific 23-2 record.

Though Bob was a terrific athlete in his own rite, it may be his broadcasting that many people remember him for. Bob broadcast over 1700 football and basketball games over radio stations WSDR and WJVM during his 26-year career. Because of his years in the booth and his 20-year career as a sports official, Bob was inducted into the Illinois Basketball Coaches Hall of Fame in 1978.

Gene Kradle

Gene was a 1951 graduate of RFHS and earned varsity letters in football, basketball and golf. Gene was All-NCIC in football his senior year. Golf though was what Gene did best. In his junior year and senior years Gene won both the NCIC title and the District title. Gene qualified for state in both his junior and senior year. Gene and his family designed and help found the Lake View Golf Club.

Bill Maynard

Bill is a 1951 graduate of RFHS and earned nine varsity letters in the sports of football, basketball and track. He was an All-NCIC halfback and was named to the All-State football team his senior year.

Don Craig

Don was a 1959 graduate of RFHS and one of the members of the 2nd place cross-country team of 1956. Though the members of that 1956 team were evenly matched, Don excelled at the state meet finishing in 12th place to earn All-State honors.

1956 Cross-Country

The 1956 cross-country team turned in the most successful season in RFHS history. The team won all 11 of its dual meets along with winning invitational titles at Peoria and Sterling, as well as the NCIC championship. On the state level the team captured the District title before coming up just short to LaGrange Twp to finish 2nd at the state meet.

Don Craig led the Rockets at state with a 12th place finish. He was followed by Gary Knabe in 18th, Les Kenney-19th, Dick Burns-24th and Bill Bauder-40th. John Pierce and John Stern rounded out the team. Dick Haselton was the coach.

1958 Boys Basketball

The 1958 team is truly one of the most successful sports teams in RFHS history. This team finished the year with a 33-2 record and a second place finish at the state tournament.

It also won a holiday tournament title along with the District, Sectional and Sub-state titles. Along the way 28 individual or team records were set including most points in a game (142) and highest scoring average for a season. (79.3)

1976 Wrestling

The 1976 wrestling team finished the season with a third place finish at the state meet. Three wrestlers qualified for state that season. Tim Fiorini, Pat McDonnell and Rory Fullmer. Tim Fiorini won a state championship, Pat McDonnell was 2nd at heavyweight and Rory Fullmer picked up valuable team points.

Rock Falls Athletic Boosters

The Rock Falls Athletic Booster Club has been a driving force behind the athletic success at RFHS. The Booster Club was designed to help support the athletic squads at RFHS. Over the years this support has taken on many different forms. The club has supplied various sports teams with equipment and cloth goods. During the 80's the club fully funded several sports to keep them from being dropped. The Athletic Boosters have donated money and/or purchased most of the scoreboards and score tables used by the athletic department. Currently the club maintains a "wish list" for all coaches that gives our athletes the opportunity to travel and participate in tournaments around the state.