

Biography

Rich enjoyed an exceptional baseball career at Montini Catholic High School, earning All-Conference and All-Area Honors his senior season. He then moved on to UIC where he played baseball for four years, and made the Mid-Continent All-Academic Team his junior and senior seasons.

Upon graduation from UIC, Rich pursued his career in athletic training. After stints at Archbishop Weber High School, and Athletico Physical Therapy, Rich eventually became the Head Athletic Trainer for the Chicago Fire—a professional major league soccer team. While managing the day to day sports medicine operations for the Fire, he was twice named the MLS Trainer of the Year.

Rich eventually moved on and worked with the U.S. Men's National Soccer Team, as well as with several area NFL and NHL athletes. Rich has lectured on many topics regarding athletic development and sports enhancement. He has also appeared in many publications concerning sports specific strength and conditioning programs, injury prevention and sports nutrition.

In 2008, Rich joined the staff at Nequa Valley High School—implementing a performance enhancement curriculum for student athletes. He recently was a presenter at the Illinois Association for Health, Physical Education Recreation and Dance State Convention.

Even in the midst of Rich's hectic schedule, he has found the time to give back to the community, ministering to children in under-resourced neighborhoods in East Aurora through Community 412 in addition to volunteering as a baseball coach for the Wheatland Athletic Association in Aurora.

Rich Monis '87



Inducted 2010