

# HIGHLANDS HIGH SCHOOL

Hello.

My name is **Mike Rouse** and I have recently been named the new Highlands High School Fitness Center Coordinator, replacing Stephen Kowolonek.

First, I would like to thank Stephen for the great work he did as the Fitness Center Coordinator since its inception. Many of the systems and “best practices” currently in place are due to his tireless effort to create a very friendly and open environment in which to train our student athletes and for employees and community members to exercise.

Second, as a lifelong Fort Thomas resident and product of the Fort Thomas Independent School District, I want to see the Fitness Center continue to grow. It is my goal to continue to make improvements and find ways to better serve our students, employees and the community.

I view the Fitness Center as a district asset which can service the entire community as a whole. If anyone has questions, needs to schedule team practice times, sees a piece of equipment in need of repair or requires assistance, please feel free to contact me at any of the following:

Email: [mike.rouse@fortthomas.kyschools.us](mailto:mike.rouse@fortthomas.kyschools.us)

Office: 859.815.2689

Cell: 859.304.3571

Fitness Center hours:

Monday – Thursday: 5:30pm – 8:30pm

Saturday: 9am – 1pm

Any communication I receive during the day will receive a response while I am at the Fitness Center in the evening at the latest. Please do not hesitate to let me know if I can assist you in any way.