Shawnna Rule

From: Rodney Norris

Sent: Thursday, August 28, 2025 8:34 AM

To: Todd Hellrigel

Cc: Shawnna Rule; Brad Welch

Subject: Freshman VB Coach

Dr. Hellrigel,

I would like to recommend Emersyn Rabb as the HS Freshman Volleyball Coach for the 2025-2026 season.

Rodney L. Norris

Assistant Principal / Athletic Director

Midwest Central High School

MS Cross Country Coach 910 S. Washington

Manito, IL 61546

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