

Coaches Biography

Vincent Putignano (Athletic Director / Baseball / Cross Country)

Baseball has been, and always will be, my greatest passion. My heart is not only in the classroom, but on the diamond. This marks my third-year coaching baseball at RMS and 12 years coaching baseball overall. This is my second-year coaching XC. My goal going into every season is to ensure players are having fun, learning, and preparing them for the next level. Accountability, positive attitude, leadership, and sportsmanship are some of the qualities I look for in players I coach. I am looking forward to another exciting season here at Ridgedale Middle School!

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Rebecca Dalo (Cross Country)

This is my eighth year teaching at Ridgedale Middle School. I have coached cross country and spring track in past years. I grew up running track when I was in middle school and high school, and it continues to be a passion of mine. I am looking forward to coaching another year of cross country and seeing the improvement in the runners as the weeks progress!

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Kimberly Shelus (Girls Soccer / Track & Field)

This is my tenth year teaching and coaching! Growing up, I played soccer, volleyball, and ran track throughout high school. Continuing my track career at The College of New Jersey, I became an All American. My goal for the season is to build as a team on and off the field. Learning how to work together, and communicate as we develop towards one common team goal. I look forward to a fun and exciting season!

“To uncover your true potential you must first find our own limits, and then you have to have the courage to blow past them.”

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Jayne Russo (Girls Volleyball)

This is my eleventh year teaching at Ridgedale Middle School and my ninth year coaching middle school. I have coached volleyball and softball at the middle school level, and also coached several years of varsity high school volleyball. I played volleyball in both high school and college, and regularly participated in adult leagues. Volleyball is one of the greatest games to teach teamwork and communication as no one player can be a star and win the game. My goal of coaching volleyball is to help young players learn life skills and grow their confidence. RMS has made it to the championship game every year since the program started six years ago. I am very excited to be back with my middle school volleyball team and hopefully add a championship to our school.

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Brian McParland (Boys Soccer / Girls Basketball / Boys Vball / Girls Softball)

This will be my 20th year at Ridgedale Middle school, 19th coaching at RMS. For the middle school athlete, sports are an important part of their growth. Teamwork, communication, supporting each other, leadership, mentoring, practice and achieving goals are all part of the experience for the teams I coach. Last year's boys soccer team won the Group 2 Championship #SHIP with a 13-1 record, defeating Boonton 6-0. Girls basketball had great success running to the Championship game but losing to lock-in a 2nd place MCT tournament finish. Girls volleyball set a school record with 13 wins with 3 losses. The team secured the #1 tournament seed but fell in the Finals to Pequannock. RMS softball team went 15-1 pulling off the REPEAT winning the Group 2 Morris County Championship (#SHIP), and defeating East Hanover 16-2 in the finals. Looking forward to lots of practice, improvement, and maximum effort to achieve our goals as a team this year. Let's go Panthers!

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Daniel Ring (Boys Basketball / Track & Field)

This will be my 17th season coaching basketball, my second at Ridgedale. Prior to Ridgedale, I have spent 5 seasons at Kennedy High School, 9 seasons at Passaic Valley High School, and the past 3 seasons at Ramapo High School. Last year's Boys' Basketball featured many underclassmen and will look to build upon their successes during the 10-8 season. Track & Field placed 3rd overall at the Group 2 Morris County 2022-2023 Meet of Champions. I will hold my teams to high standards of respect, responsibility, and hard work. I believe co-curricular activities can have positive influences, not only physically, but emotionally and socially as well.

I look forward to working with the athletes and giving them a constructive outlet to improve their overall wellness.

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Brendan Lenox (**Wrestling**)

Wrestling is one of the oldest sports in the world, and it is one of the best. I not only enjoy teaching in the classroom, but also my time on the wrestling mat. This will be my second year coaching wrestling here at RMS, but this will be my fourth year coaching wrestling. Prior to coaching here, I helped coach the Randolph High school team, and assisted multiple wrestlers achieve their dream of qualifying for states. I myself started my wrestling career in Middle School and I hope to encourage others to join the sport. As a wrestling coach, I wish to instill courage, sportsmanship, and self confidence to mold all participants on my team into upstanding citizens for today's world. I will hold every wrestler to the highest standards, and will help all of them achieve their own athletic, and academic goals.

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Erin Esteves (**Bowing & Golf**)

This is my seventh year at Ridgedale Middle School. I am currently one of two advisors for the bowling and golf clubs. This will be my second year as bowling club advisor and my third year as the golf club advisor. Bowling is a fun activity where the students can not only have fun and be social with one another, but can also help to develop a positive attitude and good sportsmanship. I have played golf for many years and have also taken lessons over the years. My goal of advising the golf club is to help beginner players to learn the basics of golf and to help more experienced players to continue to improve their golf skills. I look forward to bowling and golf seasons this year!

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Karen Stein (**Golf**)

This is my eighteenth year at Ridgedale Middle School, and my third year as the Golf Advisor. I have taken lessons and played golf for many years. The thing I enjoy most about the game of golf is being outside and enjoying the spring. I look forward to helping beginners learn some basic golf skills and etiquette and watching more experienced golfers improve their skills.

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