

CHICAGO BEARS 2023 COACH OF THE WEEK & HIGH SCHOOL ALL-STAR RECOGNITION - WEEK 6

Oct. 5 - The Chicago Bears have officially named head coach Matt Silkowski of Lincoln Community High School in Lincoln, Ill., as the Chicago Bears High School Coach of the Week and quarterback CJ King of North Chicago High School in North Chicago, Ill., as the Chicago Bears High School All-Star for week 6.

These recognitions are part of the Coach of the Week and High School All-Stars award programs, which are brought to you by Athletico Physical Therapy. In support of these initiatives, the Bears will make a \$2,000 donation to the Lincoln Community football program and direct a \$500 donation to the youth football program of King's choice.



Matt Silkowski

On Sept. 29, head coach Matt Silkowski guided his team, the Lincoln Railsplitters (5-1), to a hard-fought 41-28 home conference victory against the Jacksonville Crimsons (2-4) on Friday night, marking the Railsplitters' first playoff eligibility since 1984. In the 38 seasons since the 1984 playoffs, the Railsplitters faced significant challenges, with a 70-260 overall record and only one winning season in 1985 (5-4). Coach Silkowski, the 12th coach since the last Railsplitters' playoff appearance, took over the Lincoln Community football program in 2016 with the goal of guiding the football program back to the playoffs and preparing his players for life beyond high school. In addition to coaching, Silkowski also serves as a physical education, health and driver's education teacher at the school. Prior to joining Lincoln Community, Silkowski served as a football assistant coach and assistant track and field coach at Homewood-Flossmoor High School in Flossmoor, Ill., for two seasons. The Railsplitters are now gearing up to face their undefeated conference rival, the Rochester Rockets (6-0), on Friday night, Oct. 6.



CJ King

On Sept. 29, senior quarterback CJ King led the North Chicago Warhawks (2-4) to a decisive 57-12 conference victory on the road against the Round Lake Panthers (0-6) on Friday night. King completed 72% of his passes, amassing 298 passing yards and securing four touchdowns with no interceptions. Under his leadership, the Warhawks achieved an impressive 479 yards of total offense. Off the field, King maintains a solid academic record with a 3.7 GPA. Beyond his athletic and academic accomplishments, he is actively engaged in his community. King volunteers his time to clean up downtown Waukegan and participates in efforts to provide food to unhoused individuals throughout the city. King and the Warhawks are now aiming to secure a spot in the playoffs as they prepare to host the Grayslake North Knights (2-4), on Friday night, Oct. 6.

About "Coach of the Week" & "High School All-Star"

The Chicago Bears Coach of the Week program was launched in 1996 and the High School All-Star program in 2011. The Coach of the Week program honors outstanding Illinois high school coaches who develop players' football skills and knowledge, character, leadership, discipline and teamwork abilities. The nomination criteria for the High School All-Star program includes on-field performance, community involvement and good sportsmanship. Exceptional high school coaches and players who go beyond expectations are nominated by a panel of local high school sports journalists. The winning candidates are chosen each week from Aug. 25th to Oct. 21st. Since the program's inception, the Bears have donated more than \$369,000 to Illinois high schools in support of their football programs. For more information, please visit ChicagoBears.com/Community/High-School-Football.

