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# LAFAYETTE ATHLETIC BOOSTER CLUB

## NEWS & NOTES

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For the most up dated information on Lafayette Athletics

**AD's CORNER: Another Senior Class Valedictorian & Salutatorian, Two Bay Rivers District Championships, a Father and Daughter Honored as the Best and Perfect School Attendance Highlighted a Spring Mixed with Clouds and Sun.**

At Lafayette's Graduation Ceremonies Paul Schisa and Gerald Coronado were named the 2009 Senior Class Valedictorian and Salutatorian. As Paul and Gerald walked up to the podium to accept their medals for earning this very distinguished honor from Principal Mrs. Swinton, the two continued the tradition of Ram athletes earning the highest academic honors of the school. During the past nine years a Ram athlete has been named the school's Valedictorian six times and Salutatorian five times. Paul, who will attend Duke University, was an All-State Swimmer while participating on our State Championship Swim Team and was also a member of our Outdoor Track team. Gerald, who will attend The University of Virginia this fall, was a three sport letter winner as a member of our Cross Country, Indoor, and Outdoor Track team. A very big congratulation goes out to both.

This spring saw our Rams win 69% of their games. They were led by our Bay Rivers District Championship Girls' Outdoor Track and Girls' Soccer Teams. Our Girls' Outdoor Track team was picked to be in the middle of the pack entering the District Championship Meet. However, with an absolutely outstanding effort by the entire team, our Rams were able to pull off the victory lap. During the past four years, our senior Girls Track athletes have won 90% of their track meets. Our Girls' Soccer Team finished the Bay Rivers District season with their fifth straight undefeated record. During this five year span, our Girls have not lost a single Bay River's District game. Our senior soccer girls will depart LHS with four district regular season and district tournament championships and, of course, their undefeated district record. Their four year record was 65-9-6.

Also in girls soccer this year we had a father and daughter combination that were named the best. Junior Sara Abrahams, a two time All-State performer, and her father/coach, Shaheem Abrahams, were voted the Player and Coach of the Year in the Bay Rivers District. Congratulations to both!

Trivia Question: How many students *anywhere* can say that they have never missed a single day of school from kindergarten through their graduation day? At first guess one might assume not many, but this year, one of our Ram athletes, Danielle Riddle, accomplished this amazing feat. Danielle, who played softball, was also honored by receiving "The Best Teammate Award" at the Spring Sports Awards Ceremony.

This spring was certainly a mix of sun and clouds. In what was probably the rainiest spring in a long time, our Rams saw many moments of bright sun but also witnessed some very cloudy days. One of the sunniest parts of the spring was that many of our senior spring athletes depart LHS knowing that they played on teams that were the best in terms of overall records at LHS since we joining the “AA” classification 12 years ago. Senior athletes on our Softball, Girls Outdoor Track, Boys Outdoor Track, Girls Soccer and Girls Tennis Teams posted more wins during their four year period than any class before them. They definitely did their part in continuing the “Great Tradition of Lafayette Athletics.” Next year, in the spring of 2010, we will be predicting “sunny days.” The best bet is our Girls’ Soccer Team that returns eight starters including two already two-time All-State performers in Sara Abrahams and Allyn Potts. These two, along with All-Region 1 selection Katherine Higgins and All Bay River’s selections Lauren Griswold and Katie Hopkins, make the Rams look like a solid favorite. Also, there is a good possibility that the Class 2010 Valedictorian and/or Salutatorian once again will be a Ram Athlete.

Another area of VHSL sponsorship is the Academic Activities programs. Like our Athletic Teams, our Lafayette’s Activities Teams had another outstanding year. These teams, made up of Debate, Forensics, Scholastic Bowl, One-Act-Play, Yearbook, Newspaper and Literary Magazine, played a major role in helping Lafayette become the first school in the Bay Rivers District to win back to back district champions. Our Academic Teams were led by our Yearbook, who won State Champion Honors, our One-Act-Play Team who were the District and Regional Champions as well as placed third at the State level, and our Newspaper and Literary Magazine publications which also placed at the State level. Overall, our VHSL Activities Teams finished the year as the fifth best program in the final VHSL State Standings. To all of our athletes and activities team members, it was another very good year at LHS!

### **SPRING 2009 QUICK STATS:**

- Softball – 13-8 Record – 4<sup>th</sup> place in the District –
- Baseball – 7-13 Record – 7<sup>th</sup> place in the District
- Boys Outdoor Track – 8-2 Record – 3<sup>rd</sup> place in the District – 6<sup>th</sup> place in Region 1 – 11<sup>th</sup> in the VHSL
- Girls Outdoor Track – 10-0 Record – District Champions – 4<sup>th</sup> place in Region 1 – 18<sup>th</sup> in the VHSL
- Boys Soccer – 8-7-1 Record – 6<sup>th</sup> place in the District
- Girls Soccer – 15-1-2 Record – District Champions – 3<sup>rd</sup> place in Region 1
- Boys Tennis - 8-3 Record – 4<sup>th</sup> place in the District
- Girls Tennis – 12-2 Record – 2<sup>nd</sup> place in the district – 2<sup>nd</sup> place in Region 1
- Our spring teams won 69% of their games with combine 81-35-3 Record
- 7 of our 8 spring teams finished in the upper half of the district – 3 teams finished in the top 4 of Region 1
- 47 spring athletes made some type of post season honors – 46 athletes made All-District – 23 athletes made All Region 1 – 10 athletes made VHSL All-State
- 74% of these spring athletes earned a 3.0 or higher GPA during their sports season – 77% of our honored athletes earned a 3.0 or higher GPA – 9 of our 10 All-State Athletes earned a 3.0 or higher GPA

### **SPRING 2009 MILESTONES:**

- Girls Soccer Team - Finished the year by winning their fifth straight Bay Rivers District regular season and tournament championships. Our girls have not lost a district game during those five years. This years team registered 12 shutouts in 18 games and only 2 teams were able to scored more than 1 goal in a game.
- Girls Outdoor Track Team – Finished the years as the Bay Rivers District Champions. This years senior have only lost 4 meets during the their four years at LHS
- Ten Ram Athletes made VHSL All-State. They were: Tyler Erikson, DeAngelo Scales, Jennifer Brooks, Becky Dobosy, Chelsea LeHew (2 times), Heidi Peterson and Ariel Zimmerman ( Outdoor Track), Drake Kuhn (2 times), Sara Abrahams (2 times) and Allyn Potts (2 times) (Soccer)

### **SPRING 2009 -INTEGRITY-SCHOOLSPIRIT AWARD WINNERS:**

- Tyler Shawcross – Baseball
- Danielle Riddle – Softball
- Craig Nowadly – Boys Outdoor Track
- Ariel Zimmerman – Girls Outdoor Track
- Drake Kuhn – Boys Soccer
- Melanie Marotta – Girls Soccer
- Max Hinders – Boys Tennis
- Janna Marshall – Girls Tennis

### **SENIOR ATHLETES WHO GRADUATED WITH A 3.5 OR HIGHER GPA:**

Nathan Arries, Robin Bland, Shannon Stone, Tim Womble, Lauren Lisle, Erin Bacon, Danielle Riddle, Chelsea LeHew, Elisa Hernadez, Drake Kuhn, Christine Singleton, Alex Harvey, Haroun Rahman, Kahley Stanco, Adam Shata, Lee Hill, Tyler Shawcross, Adam Straight, Brooke Hummel, Melanie Marotta, Tori Payne, Trent Smith, Chris Lemos, Steven Hornsby, Devon McGinty, David Kimminau, Chelsea Speth, Taylor Hogge, Tyler Erikson, Ben LeRose, Hannah Lee, BG Rongstad, Ricky Knicely, Craig Nowadly, Blake Rex, Gerald Coronado, Paul Schisa

### **SPECIAL SENIOR AWARD:**

- Gordy Tutman’s Award – Tori Payne – Cheerleading & Softball
- Cherished Angels Award – Craig Nowadly – Cross Country, Golf, Indoor & Outdoor Track
- United States Marine Corp. Female Distinguished Award – Ariel Zimmerman – Cross Country, Soccer, Indoor & Outdoor Track
- United States Marine Corp. Male Distinguished Award – William Hayes – Football, Indoor & Outdoor Track
- Female Athlete of the Year & Principals Leadership Award – Melanie Marotta – Field Hockey & Soccer
- Male Athlete of the Year & Principals Leadership Award – Drake Kuhn – Football, Indoor Track & Soccer
- Special Teammate Award - Danielle Riddle – Softball & Volleyball – Danielle also had the distinguish honor of not missing one single day of school during her 13 years from K

### **A MARCHING WE WILL GO:**

This year's senior class has produced three young athletes who, because of their outstanding all around achievements, were given appointments to our United States Military Academies. Alex Harvey, a football player and Craig Nowadly, a cross country and track athlete were given appointments to the Air Force Academy. Shawn Sweaney, a wrestler was given one to our United States Military Academy at West Point. This is a great honor for these three young men to receive these appointments and we are extremely proud of them.

### **FOUR GREAT YEARS:**

When our seniors of 2009 said their final goodbyes, they took with them four very successful and exciting athletic years. Just like many of the senior classes before them, their achievements were remarkable. For example, winning 71% of all the games that they played is truly an outstanding feat. Like the classes before them, each should depart LHS with pride knowing that as an individual and as a teammate they have learned what it takes to be a winner. They won in the classroom, in the community, and in their arena of athletics. I know that I will really miss their smiling faces and their friendly personalities as much as all the success that they brought to Lafayette. The class of 2009 has kept my chant alive and that is, "It is great to be a Lafayette Ram!" During their four years the Class of 2009:

- Won 71% of their 1297 games played
- Won four State Championships
- Were a VHSL state runner-up four times
- Had 34 teams finish in the top 20 in the state.
- Won 2 Region 1 Championships
- Were Region 1 runner-up 13 times
- Won 29 Bay Rivers District Championships.
- Won three Bay Rivers District All-Sports Championships
- Out of 100 senior athletes, 48 made some type of post-season honor and 15 made All-State.
- Had four straight undefeated district seasons, won three State Championships and one State Runner-up trophy in Girls Swimming.
- Won two Bay Rivers District, one State Championship and earned three state runner-up trophies in Boys Swimming.
- Our Girls and Boys swim teams had a combine four year record of 66 wins and 2 losses.
- Won the Bay Rivers District and District Tournament four straight years in Girls soccer.
- Won three straight regular season Bay Rivers District Boys Outdoor Track Championships.
- Three undefeated and three Bay Rivers District Championships in Girls Cross Country.
- Won two Bay Rivers District Championships in Football, Boys Cross Country, Field Hockey and Girls Tennis.
- Had the most wins in a single season in Girls Soccer, Field Hockey, Girls Tennis, Wrestling and Boys Basketball.
- Performed thousands of hours working for and raising thousands of dollars for community services projects.

- Out of our 100 athletes, 37 graduated with a 3.5 or higher GPA.

### **MOVING TO THE NEXT LEVEL:**

The following 17 Ram Athletes have been recruited to play at the collegiate level. Their school and their sport are as follows:

- Melanie Marotta – Field Hockey – Virginia Commonwealth university
- Jenny Carroll – Softball – Lynchburg College
- Morgan Hayes – Softball – Lynchburg College
- William Hill – Football – University of Virginia
- Shannon Stone – Volleyball – Roanoke College
- Drake Kuhn – Football – College of William and Mary
- Shawn Sweaney – Wrestling – United States Military Academy
- Chris DeWald – Baseball – Eastern Mennonite College
- Ariel Zimmerman – track – Gardner-Webb University
- Ben LeRose – Swimming – Rensselaer Polytechnic Institute
- Scott Kunze – Soccer – Ferrum College
- Taylor Terry – Football – Bridgewater College
- Ryan Fleischmann – Baseball – Christopher Newport University
- Chelsea LeHew – Track – Mary Washington University
- Shaneka Ferrell – Basketball – Edward Waters College
- Deangelo Scales – Track – St. Augustine College
- Sam Schultz – Track – Roanoke College

### **THREE OF THE MOST IMPORTANT PEOPLE IN LHS ATHLETICS:**

Between our Booster Club and the School Division we have in place some very key people to make our athletes the best. I can think of no other school division in this area that has these same positions. **Keven Jones:** Coach Jones is also our academic advisor for all of our athletes. Please, if your child is ever in need of academic help; call Coach Jones at **565-4236**. Over the years he has helped so many of our athletes become more responsible teenagers and better students academically. Please do not hesitate to take advantage of the help that Coach Jones can provide. **Dan Gotthardt:** Coach Gotthardt is our full time certified athletic trainer. If your son/daughter is having some type of injury related to his/her sport or if you just need some information, please call Coach Gotthardt at **565-4281**. Our Athletic Training room is one of the very best around and is very well equipped thanks to the efforts of our Booster Club. If Coach Gotthardt cannot solve your child's injury problem, he will point you in the right direction to get the necessary medical help. **Paul Wheeler:** Coach Wheeler, who is our football coach, is also a nationally certified Strength Training Coach. Besides the benefits that strength training has on an athlete's performance on the playing surface, it has just as much or more positive effect on their self-esteem and appearance. Please call Coach Wheeler at **565-4253** to get more information. He runs a great strength and conditioning program and it can surely help your young athlete become a stronger and more physically fit person.

**RISING SENIORS:**

HAVE YOU FILLED OUT THE NCAA CLEARINGHOUSE FORM? IF YOU ARE GOING TO PLAY AT THE DIVISION I OR II LEVEL IN COLLEGE YOU MUST FILL OUT THIS FORM NOW! GO TO: [WWW.NCAACLEARINGHOUSE.ORG](http://WWW.NCAACLEARINGHOUSE.ORG)

**RISING JUNIORS AND SENIORS:  
HAVE YOU TAKEN YOUR SAT OR ACT TEST YET? IF NOT, YOU NEED TO SIGN UP TODAY!**

**SAT TESTING FOR 2009 - 2010**

<b>Testing Date</b>	<b>Registration Date</b>
Oct. 10	Sept. 9
Nov. 7	Oct. 1
Dec. 5	Oct. 30
Jan. 23	Dec. 15
March 13	Feb. 4
May 1	March 25
June 5	April 29

FOR MORE INFO ABOUT SAT TESTING, GO TO: [WWW.COLLEGEBOARD.COM](http://WWW.COLLEGEBOARD.COM)

**ACT TESTING FOR 2009 - 2010**

<b>Testing Date</b>	<b>Registration Date</b>
Sept. 12	Aug. 7
Oct. 24	Sept. 18
Dec. 12	Nov. 6
Feb. 6	Jan. 5
April 10	March 5
June 12	May 7

FOR MORE INFO ABOUT ACT TESTING, GO TO: [WWW.ACTSTUDENT.ORG](http://WWW.ACTSTUDENT.ORG)

**FALL 2009 STARTING TIMES AND DATES:**

Fall Physical Exams - Wednesday, July 29 – 5:30 PM Girls & 6:30 PM Boys  
Make Checks Payable to LABC for \$15.00

Fall Tryouts – August 3

Cross Country – 7:00 AM  
Cheerleading – 9:00 AM  
Volleyball – 9:00 AM  
Golf – 10:00 AM at Ford's Colony  
Football – 3:00 PM

August 5

Field Hockey – 8:30 AM

