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# LAFAYETTE ATHLETIC BOOSTER CLUB

## NEWS & NOTES

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Volume 10 Issue 2

APRIL 2009

**LABC PRESIDENT'S MESSAGE:**

I want to take a moment and thank all those of you who have supported the Athletic Booster club this year. We are purchasing new equipment for the weight room, paying for the coaches to run the weight room after school, scholarships for student athletes, gifts for support staff, gatorade for all our athletes, gifts for teams who win state championships as well as all the sports banquets we have during the year. This includes a senior athlete sports banquet at Fords' Colony each year that the students really have a good time at. Your support for your student athletes is most appreciated.

BE SURE TO SIGN UP FOR THE SPRING GOLF TOURNAMENT!!!! The biggest event we have for the year is the Booster Club Golf Tournament at Fords' Colony. This year it is being held Sunday April 27 at 1:00 PM. Please continue your support by sending in the sign up to play, sponsor a hole (business or parent) with your message on a sign, donating to the raffle, or helping us with the picking up of items for the golfers and the raffle. Please call Selene Pinkett at 508-8774 if you can help in any way.

SUPPORT YOUR CHILDREN--YOU ONLY HAVE THEM FOR A SHORT TIME. Thanks again.

Dwight Pinkett  
*President*

**LAFAYETTEBOOSTERS.COM**

If you want the latest, get to your computer and check it out. Get the schedules, phone numbers, e-mail addresses, booster club notes and many other happenings. Want to find a score or if a game has been postponed? Just type in LAFAYETTEBOOSTERS.COM. Do it today and let us know what you think.

**AD's CORNER** – *By: Dan Barner*

**VENIMUS (WE CAME), VIDIMUS (WE SAW) AND VICIMUS (WE CONQUERED)** After three straight years of settling for the state runner-up trophy, the above motto is exactly what our boys Swim and Dive team used to win the 2009 VHSL State Swim and Dive Championship. After overcoming a first day huge deficit, our boys put forth an amazing effort that would make a fan of any school very proud. Entering the final day of the state competition our boys were 40 points behind Jamestown, who won the past two state championships. This 40-point deficit would put our Rams in a position that would require each of our swimmers to give one of his best efforts. **WE CAME, WE SAW AND WE CONQUERED** is exactly what these young men did. I must say that their effort that championship day was something that ranks as one of the top performances that I have witnessed as AD here at Lafayette. Being behind by so many points, knowing that the least little mistake could cost them the title and knowing that the team ahead of them, our nemeses Jamestown, was also a championship caliber team really put a

tremendous amount of pressure on each member of the team. But as I have stated, these young men, CAME, SAW AND CONQUERED their way to the state title. That Saturday afternoon I was so proud of this team and its coaches and not just because they won the state championship, but because of how they won it. Led by the senior leadership of Ricky Knicely, Paul Schisa, Taylor Hogge, and Ben LeRose, the effort and team spirit was at a premium that championship day. It was really a great job by all of our boy swimmers and divers. Also that Saturday found our girls' swim team not winning the state title for the first time in six years. Although this year the girl Rams did not win the state title, they only relinquished it by one spot. Our girls just traded places with our boys' teams of the past few years and finished as the VHSL State Runner-Up. Even though they did not win their seventh straight title, finishing second is still a very outstanding accomplishment and something that many teams in any sport would like to accomplish. The one thing that they did keep intact was their swim meet winning streak which now has reached more than six years. Our girls have not lost a meet since the second meet of the 2002-2003 swim season. Their streak now stands at 54 straight wins. During this six year period I think I can safely say that our Lafayette Boys and Girls teams combined can claim the title as the most powerful swim teams and may be the most powerful athletic program in the state of Virginia. During this six year period our swim teams:

- Have a combined record of 92 wins and only 6 losses. (The past two years they are 36 and 0).
- Have won six state championships.
- Have been the state runner-up four times.
- Have a fourth and sixth place finish.

This is truly an outstanding record and our

swimmers have accomplished all of this because of the dedication to being the best. However, any time you have a program with so much success year after year, there has to be another part, besides great athletes, to the puzzle.. In our puzzle it is the coach. Coach Harold Baker, without question, is why this program is at the top for so many years. Since taking over the position of head coach in 1992, Coach Baker has accumulated a record of 145 wins and only 28 losses. During Coach Baker's coaching tenure at LHS, his teams have been undefeated 15 times; they've won 15 district championships, placed second in the district another 13 times, won nine state championships and has had 25 teams finish in the top six in the state. What makes Coach Baker record unique is that he has had a big hand in developing the majority of his swimmers from the very beginning of their swimming careers. He has coached them from toddler to high school champions. Also, Coach Baker's two assistant coaches over the years, first Chris Hanks and now Anne Anderson, have also been very instrumental in the development of our swimmers and our program. Great kids and great coaching equals a great program and that is what we have in swimming at LHS. Our girls' basketball team also made a little history of their own this winter. This year for the first time, our girls won a regional basketball game when they defeated Powhatan. It was only the third time in the history of LHS that our girls advanced to the regional tournament. Last year our girls also advanced to the regional tournament. Even though our girls finished the year with a good record of 16 wins and 10 losses it ended with some disappointment. After being the tri-champions in the Bay Rivers District a year ago, our girls set their sights on going to the state tournament. All was on course until just after Christmas when Johnisha Gray,

our leading scorer and a real team leader, went down with an ACL knee injury. Considering Grafton, from our district, went on to win the Region 1 Championship and that we defeated them fairly easily early in the season with Johnisha on the court, I really believe that this team, when at full strength, was the best in the region. Still, the seniors on this team, Shaneka Farrell, Lexia Brown and Johnisha, will depart with the most successful two years in LHS Girls' Basketball history. Our Boys' and Girls' Indoor Track teams also enjoyed a good year. Our girls finished their year by placing second in the Bay Rivers District Championship Meet and came back a week later with maybe their finest performance of the year when they finished second in the Region 1 Championship Meet. They finished their year by placing 13<sup>th</sup> at the VHSL State Championship Meet. Our Boys' Indoor Track team had somewhat of an up and down season. After doing well at some of the invitational meets our boys slipped to sixth place in the district meet. The next week they bounced back to finish a respectable fourth in the Region 1 Meet. They ended the year by placing 14<sup>th</sup> at the state meet. Our boys' wrestling and basketball teams had an off year. Our wrestlers finished the year with a record of 15 and 11 and a seventh place finish in the Bay Rivers District. After two record setting years, our boys' basketball team was hit with the injury bug during the early part of the season and never really fully recovered. They finish with a 5 and 17 record and finished 10<sup>th</sup> in the district. For the winter season of 2008-2009 our Ram teams had what has become a yearly tradition, another good winter sports season. Our winter teams won 62% of all the games played. Our teams record of 69 wins and only 43 losses. Academically, 63% of our winter athletes (see attached sheet) earned a 3.0 GPA during the winter season.

Considering that our goal for each sports season is 70%, we will be looking to improve upon this very important factor next year. Thirty-seven different Ram athletes earned some type of post season individual honor. We saw 21 of these athletes make VHSL All-State, of which 10 were either a State Champion or made All-State First Team in their respective sports. Of the 37 athletes who made some type of post-season honors, an outstanding 84% of them earned a 3.0 or higher GPA. An even better statistic is the fact that of the 21 Ram Athletes who made All-State, all 21 earned a 3.0 GPA. Now that is truly an outstanding statistic. Sports season after sports season, it has become a tradition for our highest-honored athletes to also have the highest GPA among our athletes. Finally, as expected, all of our winter teams put in hundreds of hours working on a variety of community service projects.

**A PROUD WINTER TRADITION:** During the past 12 seasons in "AA" classification, our winter sports teams have been building a rock- solid tradition as one of the best winter programs in the state. In the 10 years of state swimming, our Boys and Girls teams have never placed out of the top six in the state. During this time period our girls won five VHSL State Championships and were the state runner-up one time. Our boys won three state championships and were state runner-up three times. Our Boys' Indoor Track team has been in the top 15 in all 10 years that the VHSL has held a state championship. Seven of those nine years they have finished the season in the top ten in the state and they have earned one VHSL State Championship and one State Runner-up trophy. Our Girls' Indoor Track has placed in the top 15 six times during that period. Our Wrestling team has placed in the top 15 in nine of the past 12 years. Listed below is how our

winter teams have fared at the state level for the past 12 years.

*Boys Swimming:* State Champions – three times; State Runner-up – three times; and a 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 6<sup>th</sup> place finishes.

*Girls Swimming:* State Champions – five times; State Runner-up – one time; and a 3<sup>rd</sup> twice; 5<sup>th</sup> & 6<sup>th</sup> place finishes.

*Boys Indoor Track:* State Champions - one time; State Runner-up – one time; and a 3<sup>rd</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup> twice & 15<sup>th</sup> place finishes

*Girls Indoor Track:* A 6<sup>th</sup>; 7<sup>th</sup>; 8<sup>th</sup>; 13<sup>th</sup> twice & 15<sup>th</sup> place finishes

*Wrestling:* A 4<sup>th</sup>; 6<sup>th</sup>; 7<sup>th</sup> twice; 10<sup>th</sup>; 11<sup>th</sup>; 13<sup>th</sup> twice & 15<sup>th</sup> place finishes

#### **SPORTSMANSHIP-INTEGRITY-**

**SCHOOL SPIRIT AWARD:** This is the most prestigious seasonal award that we give at Lafayette. The winners are voted upon by our sportsmanship committee made up exclusively of students. Being selected as a winner of this award by an athlete's peers makes this a very special honor. This winter's awards go to: Girls' Basketball: **Endi Frazier**; Boys' Basketball: **AJ Ashlock**; Girls' Indoor Track: **Becky Dobosy**; Boys' Indoor Track: **Craig Nowadly**; Girls' Swimming: **Natalie Synder**; Boys' Swimming: **Ricky Knicely**; and Wrestling: **Kevin Whiteaker**. Congratulations to all these athletes for upholding the tradition of outstanding sportsmanship that we have at Lafayette High School.

**LAFAYETTE WINS THE BAY RIVERS DISTRICT ACADEMIC-ACTIVITIES CHAMPIONSHIP.** Most Ram fans know that Lafayette has dominated the Bay Rivers

District in athletics during our first 11 years in the district and the "AA" classification. Our athletic teams have won the district's All-Sports Championship the past six years and eight of the 11 years we have been in the district. The three years that we did not win the All-Sports Championship we finished second. Three years ago the district added an All-Academic Activities Championship to go along with the All-Sports Championship. The first year our Rams finished fourth in the final Academic Activities standings. Last year, our Academic Activities teams rose to the level of our athletic teams and won the District Academic Activities Championship. That means that for the 2007-2008 year, Lafayette won both the Athletic and Academic Activities Bay Rivers District Championships. This year we just finished with the Academic Activities and I am proud to say that our Rams won the Championship again. The Academic Activities that make up the championship list are: Debate, Forensics, Scholastic Bowl, One-Act-Play, Newspaper, Yearbook and Literary Magazine. Three of our athletes who won post-season honors in the Academic Activities arena are Max Hinders (golf and tennis), All-State in the One-Act-Play, Luke Hyland (soccer), All-State in One-Act-Play, and Jesse Bryant (tennis), All-District in Scholastic Bowl. We send out a big congratulation to all of our Academic Activities teams for another great year. Also, just like last year when the majority of the actors in Lafayette's spring musical, *Grease*, were Ram athletes, this year's spring musical production of *Thoroughly Modern Millie* found that 12 of the 19 main characters were Ram athletes. They are: Alison Hummel (Field Hockey & Tennis), Caroline Ward (Field Hockey), Melissa Mares (Field Hockey), Sasha Reagan (Cheerleading), Rabon Lewis (Football & Wrestling), Alex Madison

(Football), John Mills (Football), Taylor Terry (Football), Niichal Huffstead (Tennis & Swimming), Max Hinders (Tennis & Golf), Luke Hyland (Soccer), Jessie Peterson (Volleyball & Soccer). Congratulations to all on a great production.

**MILESTONES – Shawn Sweaney:** Shawn posted his fourth straight top four place finish at the VHSL State Wrestling Championship when he finished third at this year's state event. Shawn ended his LHS wrestling career with the most wins and most pins in the history of the program. Shawn had 195 wins and 152 pins. He will attend the United States Military Academy Prep School next fall. **DeAngelo Scales:** DeAngelo won the VHSL State Indoor Track Championship in the 55 meter hurdles. He also placed sixth in the triple jump. **Chelsea LeHew:** Chelsea made All-State for the first time by placing second in the Pole Vault competition at the VHSL State Indoor Track Championship. **Becky Dobosy, Renee Samaha, Heidi Peterson and Ariel Zimmerman:** These four girls were fifth in the 4 x 800 meter relay at the Indoor Track State Championship. Becky, who earned All-State honors last year, also placed eighth in the 3200 meter run. Like Becky, Renee also won All-State honors last year. Heidi, a freshman, also earned All-State honors by placing sixth in the 1000 meter run. Ariel, who was a starter on our state quarter final soccer team last year, made All-State in her first season as a member of our Indoor Track team. **Ricky Knicely:** Ricky, a two time All-State swimmer, was part the 200 Medley and 200 Free Relay State Champion Teams. He also placed fifth in the 50 and 100 Free. **Ben LeRose:** Ben made All-State for the third time as part of the State Championship 200 Medley and 200 free relay teams. Ben also made All-State by placing fifth in the 200 Free and eighth in the 100 Fly. **Paul Schisa:**

Paul, another two time All-State swimmer, was part of the State Championship 200 Free relay and the 400 Free Relay team that placed sixth. **Jason Haigh:** Jason, a junior, won All-State honors for the second year when he earned State Championship status as part of the 200 Medley Relay team. Jason also won All-State honors by placing fourth in the 100 Back, eighth in the 200 Individual Medley and sixth as part of the 400 Free relay team. **Ben Colley:** Ben, only a freshman, won All-State honors as part of the State Championship 200 Medley and 200 Free relay teams. Ben also placed fifth in the 200 Free and seventh in the 100 Fly. **Taylor Hogge and Nick Mercer:** Both Taylor and Nick earned All-State honors as part of the sixth place 400 Free relay team. Taylor also earned All-State honors last year. **Catie Pittman:** Only a junior, Catie made All-State this year for the third time. This year she was part of the State Champion 200 Free relay, part of the fourth place 200 Medley relay and placed fifth in the 50 Free. **Catherine O'Donnell:** Catherine made All- State as part of the State Championship 200 Free relay team, placed fourth as part of the 200 Medley relay, finished fourth in the 200 Free and placed fifth in the 500 Free. Catherine, who is only a sophomore, made All-State for the second year. **Lizzie Mitchell:** Lizzie, who has also won letters in Cross Country and Tennis, made All-State for the first time. Lizzie was part of the State Champion 200 Free relay and also a member of the sixth place 400 Free relay team. **Colby Jensen:** Colby, a sophomore, earned All-State honors for the second year by being as part of the State Champion 200 Free relay team and the fourth place 200 Medley relay team. Colby also earned All-District and All-Region1 honors in Field Hockey this year. **Kindyl Boyer:** Kindyl, another sophomore, earned All-State honors for the second year. She was part of the fourth place 200 Medley

relay team, part of the sixth place 400 Free relay and place fifth in the 100 Breast. **Natalie Snyder and Anisha Rakhra:** Both Natalie and Anisha made All-State for the first time. Both were part of the sixth place 400 Free relay team. This was the first All-State honor for Natalie, who is a senior, and for Anisha, a sophomore, who just transferred to Lafayette this fall. Welcome to Lafayette, Anisha, who also is a starter on the Girls Soccer Team.

### **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. **Kevin Jones:** Besides being our former boys basketball coach, Coach Jones is also our academic advisor for the athletes. Please, if your child is in need of academic help, call Coach Jones at **565-4236**. Please do not hesitate to take advantage of the help that he can provide. **Dan Gotthardt:** Coach Gotthardt is our full time certified athletic trainer. If your athlete is having some type of injury related problem or if you just need some information, please call Coach Gotthardt at **565-4281**. If he cannot solve the problem he can point you in the right direction to get the necessary medical help needed for your athlete. **Paul Wheeler:** Coach Wheeler, who is our football coach, is also a nationally certified Strength Training Coach. In addition to 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 on our spring and summer workout schedules. He runs a great program and it will surely help your athlete become a stronger and more physically fit person.

**SAT & ACT TESTING:** Has your son or daughter signed up to take the SAT or ACT test? If they are a junior and have not taken one of these tests, please have them sign up now. Remember that a student can take this test as often as possible and only the highest scores counts. Call **565-4202** for more info.

### **IMPORTANT SAT TESTING DATES:**

<u>Test Dates:</u>	<u>Registration Dates:</u>
May 2	March 31
June 6	May 5 Late May 15

### **IMPORTANT ACT TESTING DATES:**

<u>Test Dates:</u>	<u>Registration Dates:</u>
June 13	May 8 Late May 20-23

### **IMPORTANT DATES:**

Spring Sports Awards Ceremony: Sunday, June 8 -5:00 PM  
Senior Sports Banquet at Ford's Colony: Tues. June 10 - 6:00 PM

## **NEED MORE INFORMATION**

### **GO TO:**

**WWW.LAFAYETTEBOOSTERS.COM**

### **Fall Sports Physicals: Wed, July 29**

Girls: 5:00 PM  
Boys: 6:30 PM

Checks to LABC - \$15.00 – You can pick up a Physical Form in the Main Office starting at the end of June.

### **FALL PRACTICE STARTS – AUGUST 3**

\*\*\* Parents: Please be reminded that for all sports that have tryouts (varsity football, golf, cheerleading, volleyball and field hockey) athletes must be present during the tryout period in order to make the team. Some sports (JV football and cross country) do not have limits on the size of their teams and do not have tryouts. **ALSO, REMEMBER THAT IF YOUR CHILD IS GOING TO BE ON A VARSITY TEAM, IT IS EXPECTED THAT THEY WILL BE AT PRACTICE EACH DAY DURING AUG.**

**STRENGTH TRAINING ROOM**  
**SUMMER HOURS**

Monday thru Friday 10:00 AM to 12:00 AM

Monday thru Thursday 6:00 PM to 8:00 PM

\*\*\* PARENTS: IF YOU EVER HAVE ANY  
CONERNS OR QUESTIONS, PLEASE FEEL  
FREE TO CALL

DAN BARNER – ATHLETIC DIRECTOR

ATHLETIC OFFICE -- **565-0440**

HOME -- **886-9271**

CELL PHONE -- **810-5669**