
LAFAYETTE ATHLETIC BOOSTER CLUB

NEWS & NOTES

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LABC PRESIDENT'S MESSAGE:

The Lafayette Athletic Booster Club would like to thank all the team parents who helped with the concessions at the football games this fall. I really enjoyed meeting and working with all of you. Even though we have no children at Lafayette (Jenny will be here in 2010) it's great to keep in contact with some of the parents. In addition, thanks for the support recently at the concessions for the wrestling tournament. Without the labor of the parents and student athletes we would be hard pressed to take care of the concessions. With a budget of approximately \$16,000 per year we need to be constantly working toward that goal and could not reach it without YOU. The booster club supports the weight room, free Gatorade for all athletes, the training room, the Booster website, athletic education endowment, scholarships for student athletes, athletic banquets, senior athlete dinner, senior athlete picture, and support for all state championship teams.

Please try to keep the spring golf tournament in mind as you go through the winter. It is our biggest fundraiser and a great event to look forward to. Mark your calendar - the event will be Sunday, April 19th, at 1PM. If any of you have a business that would like to be involved with the tournament or know of anyone or any business that would donate to the tournament please contact Selene Pinkett (258-0769). It's never too early to get started. The toughest part of the event is getting the prizes together. We can use anything from donated lunches, dinners, golf balls, car washes, fruit baskets, oil changes, etc. Any help would be greatly appreciated. We hope you all have a great holiday season and get out and support our RAMS!

Dwight Pinkett – President

LAFAYETTEBOOSTERS.COM

If you need schedules, addresses, booster club notes and other sports happenings at LHS, this is where you will find it. Got a suggestion on how to make it better? Just e-mail us. Want to see a score or find out if a game has been postponed? Just type in LAFAYETTEBOOSTERS.COM. Do it today.

AD's CORNER: by Dan Barner

JUST LIKE OUR COUNTRY'S ECOMONY, OUR RAMS FALL INTO A RESESSION: It is inevitable that sooner or later any sports team or a sports program that has experienced tremendous success over a long period of time will have an off year. For our Ram athletes that time came suddenly this fall. For the first time in the 12 years that we have been in the VHSL's "AA" classification our Rams did not come out of the fall sports season as one of the top point leaders for the Bay Rivers District All Sports Championship. This fall also marked the first time that we sent only one team to the Region 1 playoffs and had only one of our teams win a district championship. The one sport that did not feel the recession was our Girls Cross Country team. Our lady runners went through the district undefeated and for the fourth time in the past five years won the Bay Rivers District championship. During this five year period, our Lady Rams have now accumulated an outstanding record of 49 wins and only five losses. They also finished as the Region 1 runner-up and placed ninth at the VHSL State Championship. With four of our top six runners returning next year, including Heidi Peterson and Becky Dobosy, the top two runners in the district and region, our girls should be set for another big run next year. Our defending District Champion Boys Cross Country team also had another good regular season as they finished

second in the district with a 9 and 1 record. They did, however, have a let down in the district tournament and did not qualify for the Region 1 Championship. Our Golf team finished third in the district and much like our Boys Cross Country team did not have a good district playoff round and did not qualify for the Region 1 Tournament. However, with most of the top players returning next year, our Rams should be able to make another good run for the regional and state tournaments. Our Field Hockey team ended the year with a record of 9 wins and 7 losses and finished in fifth place in the district. They did make it to the quarter-finals of the district tournament by beating York in the first round - a team that defeated our Rams during the regular season. Our Cheerleaders also did not fare well at the district tournament as we finished in seventh place. After finishing fourth twice and fifth once during the three regular season events, our seventh place finish was a season ending disappointment for the cheer team. Our volleyball team also had an off year. After starting 5 and 0 our spikers could not overcome illness and a number of injuries and ended the year at 12 and 9. Our defending district champion football team ended their season for the first time since join the VHSL "AA" classification 12 years ago with more than three losses. Our Rams ended the season with a record of 4 and 6. The season also marked only the second time during that 12 year period that our Rams did not make the Region 1 playoffs. For the fall 2008 season our Rams ended with a combined record of 57 wins and 31 losses. For many schools in our district and elsewhere this would be a good, and in many cases a great, combined record for their fall sports team. However, at Lafayette we have seen so much success during the past 12 years that these fall accomplishments would have to rank in Lafayette terms as an off season. Another indicator that our fall season was not up to par was that we had only 21 athletes earn some type of post season honors. This is the lowest number of fall athletes to win post season honors in past 12 years. The good news is that history has taught us that Lafayette athletes and their teams always take on the task of overcoming any and all challenges that come their way. Even though we had more defeats than in the past, our Rams were Ram Tough in most all of those defeats. Lafayette kids just do not go down without a fight. A great example of a Ram Tough Athlete is in the following letter I received in early December.

Mrs. Billcheck and Mr. Barner,

I apologize for sending this surprise in an Email, but I wanted to let you know some amazing news as soon as possible, and I am currently in the UT library studying for exams. You both know that I tried out my (high school) senior year for the UT cheerleading squad and was cut after the first night. You may not know that I have never stopped trying, and I have been trying out every year since I have been at UT. I am currently in my junior year, and was recently contacted by Joy Postell via email and asked if I would meet up with her for a private try out. I am now the newest addition to the University of Tennessee Cheerleading Squad!!! I wanted to write the two of you and thank you for all the support you had always given me in my time at Lafayette. I developed my attitude about cheerleading while at Lafayette and would never have had the confidence to continue to try out if I had cheered anywhere other than LHS. Mrs. Billcheck, I owe so much to you and thank you for creating a song about confidence that my parents have continued to sing to me before every try out. You provided me with amazing leadership opportunities throughout my four years at LHS that helped me become the person I am today, and gave me the courage to keep trying. I hope that I have made you two proud, and I hope you get to see me cheer either in person or on TV soon!! I am very very excited to let you all know about this news, and hope that you both know how much you both have taught me. Thank you both for everything!

**Sincerely,
Kerrianna Clark**

GO VOLS!!!!

Like I often say, Lafayette kids do not quit and they more often than not do what needs to be done in order to be successful. Therefore, just as our country will fight its way out of the current recession, I am sure that our Ram teams will do the same.

RAMS DOING GOOD THINGS OUTSIDE OF ATHLETICS: Just like a year ago our Lafayette One-Act-Play finished third at the VHSL Theatre Festival. Just like a year ago two of the actors in our play were athletes. And just like a year ago the two junior athletes, **Luke Hyland** (soccer) and **Max Hinders** (golf and tennis) were named to the All- State team. **Caroline Ward** (10th grade), a Ram Field Hockey

player competed in the Southern Region Oireachtas (means championship competition) for Irish Dance this past weekend (12/6/08) in Orlando, Florida. The southern region extends from Texas, to Florida, and up to Maryland. It is quite an honor to even qualify for this competition. Caroline competed in the Under 15 age level and finished 47th out of 117 competitors. Caroline's performance earned her a medal and just missed the national qualifying cutoff. Congratulations to Caroline, Luke and Max for showing that Ram Athletes do have many talents.

SPORTSMANSHIP AWARDS: Each sports season, one athlete from each team is named the recipient of our Sportsmanship-Integrity-School Spirit award. This is the most prestigious award given to our athletes during a sports season. The winner of this award is selected by a committee of students. This fall's 2008 recipients are: Field Hockey – **Brooke Hummel**; Cheerleading – **Lauren Lisle**; Girls Cross Country – **Ariel Zimmerman**; Boys Cross Country – **Craig Nowadly**; Golf – **Reed Hornsby**; Football – **Vinnie Cognetti**; and Volleyball – **Shannon Stone**. Congratulations to these athletes for being selected by their peers as the winners of this award.

MILESTONES: Melanie Marotta: For the second year, Melanie has been named to the VHSL All-State Field Hockey Team. Just as Hannah Lyerly did last year, Melanie has accepted a scholarship to play Field Hockey at VCU next year. Melanie has also earned All-District honors in Soccer the past two springs. **Will Hill:** Will earned VHSL All-State Football Team honors for the second straight year. Will also became the fifth Ram in the past 11 years to be named the Bay Rivers District and Region 1 Defensive Player of the Year. Will was one of the most heavily recruited football players in the history of Lafayette. He chose the University of Virginia over Penn State, University of Michigan, University of Tennessee and a host of other Division I schools. **Drake Kuhn:** Drake continued the tradition of Ram All-State kickers and was named to the All-State team as a punter. Drake also earned All-State honors last spring in soccer.

ACADEMIC HELP: Just a reminder. If your child needs help with their academic work, please do not hesitate to call our athletic/academic advisor, Mr. Keven Jones. He is monitoring many of our athletes on a weekly basis, but your input is needed if your son/daughter is having an academic

problem. Coach Jones is a very caring educator and has done an excellent job the past few years in helping many of our athletes become better students. Again, don't wait until it is too late. Coach Jones can help. You can reach Coach Jones by calling 565-4236 and asking for his voice mailbox. He will return your call as soon as possible. Also, if your son or daughter is a junior, please make sure that you look at the important dates for the SAT and ACT that are listed on the back sheet.

STRENGTH AND CONDITIONING ROOM:

Coach Wheeler has the strength and conditioning room going full blast. Monday through Friday, from 2:45 PM to 4:00 PM Coach Wheeler works out any athlete who is not on an in-season sports team. Each training session consists of strength training and speed work. Each day from 4:00 PM to 5:30 PM Coach Wheeler works with athletes on in-season sports teams. Since we started our strength and conditioning program 11 years ago, we have always stressed the importance of having our athletes become stronger, faster and more physically fit. Off-season strength and conditioning is essential for all our athletes, not only for better performance, but also for safety and reducing the risk of injuries. Each year more and more athletes are taking advantage of this great opportunity. The major benefits (not only physically but also psychologically) of this program will enhance our athletes' ability to perform at a much higher level. We ask you to strongly encourage your son or daughter to get involved with this program. We would also like to encourage you to come visit one of the workouts so that you can get a first hand look at this outstanding program that Coach Wheeler has put together. For all upper-classman, LHS now offers strength and conditioning classes during the school day. It is an elective PE class that is worth one credit. If you would like more information on this class or have questions concerning the strength and conditioning program, please give me a call at 565-0440. Again, please encourage your son or daughter to get involved with this program.

Finally, as I have had the honor of saying after each sports season for the past 11 years, this fall we again had another good athletic season at Lafayette High School. Even though we did not win as many championships as in the past, our fall teams still won almost two thirds of all the games that they played. Like past years we are still fortunate at LHS to have so many athletes, starters

and substitutes alike, who have daily “stepped up to the plate” and have done what they needed to do to be successful. They are The Proud, The Few, The Lafayette Rams and we should all be proud of each and every one of them.

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**

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

SAT TESTING FOR 2008 - 2009

Testing Date	Registration Date
March 14	Feb. 10
May 2	March 31
June 6	May 5

FOR MORE INFO ABOUT SAT TESTING, GO TO: WWW.COLLEGEBOARD.COM

ACT TESTING FOR 2008 - 2009

Testing Date	Registration Date
April 4	Feb. 21
June 13	May 8

FOR MORE INFO ABOUT ACT TESTING, GO TO: WWW.ACTSTUDENT.ORG

IMPORTANT DATES:

JAN. 11 – FALL SPORTS AWARDS CEREMONY - 5:00 PM

FEB. 5 – TEAM PICTURES
GIRLS BASKETBALL & SWIMMING

FEB. 6 – TEAM PICTURES
BOYS BASKETBALL, WRESTLING & INDOOR TRACK

FEB. 11 – WINTER SENIOR NIGHT FOR ALL WINTER SENIOR ATHLETES - AT HALFTIME OF BOYS B-BALL GAME

FEB. 18 – SPRING PHYSICALS – 2:30 PM
IN CLINIC

FEB. 23 – SPRING SPORTS START TRYOUTS

MARCH 4 – SPRING PARENT SEMINAR –
6:30 PM - AUDITORIUM

MARCH 4 – MEET THE COACHES NIGHT –
7:30 PM – ROOM WILL BE LISTED

MARCH 9 – AD’S MEETING WITH SPRING ATHLETES - 2:30 PM - AUDITORIUM

MARCH 16 – WINTER SPORTS AWARDS CEREMONY - 6:00 PM

APRIL 19 – BOOSTER CLUB’S ANNUAL GOLF TOURNAMENT @ FORD’S COLONY

JUNE 8 – SPRING SPORTS AWARDS CEREMONY
6:00 PM

JUNE 16 – SENIOR ATHLETIC BANQUET
6:00 PM @ FORDS COLONY

GO RAMS!!!!!!!