
LAFAYETTE ATHLETIC BOOSTER CLUB

NEWS & NOTES

Volume 10 Issue 1
2010

January

I-PAASS

I - PAY (for) ATHLETIC ACADEMIC SKILL SUCCESS A CAMPAIGN FOR ATHLETIC ACADEMIC IMPROVEMENT

This past spring the Lafayette Athletic Department received one the biggest and maybe it's most important gift ever when the parents of a former Ram football player provided funding to help the academic needs of our football players. This donation was given for the purpose of tutoring and Sat Prep classes of our football players. With the help of the WJCC Avid Program administration, tutoring was secured for our athletes by using William and Mary students and some retired teachers.

Since this donation was to be exclusively used for helping to improve the academic achievements of our football players, we started looking for ways to include all or any of our other athletes into the program who needs academic assistance. To meet that goal we are asking all Lafayette fans to consider donating to this very worthy cause.

Unlike many charitable organizations who spend a great deal of the donated money on things other than what the donation was meant for, 100% of the monies received for this program will be spent on our student athletes. Other than the cost of the tutors there will not be any administrative cost of the program.

So I am asking you as part of the Lafayette Athletic family to consider giving to this program. A large or small donation will go a long way in helping many of our athletes who need extra academic help.

As I stated above this is probably the most important fund raiser that we have had here at Lafayette. Remember that all donations will

be used to help the same kids who walk the halls

and share space at LHS with your child. These are our kids from our part of town and many of them need our help. We are really excited about the many possibilities of this program and we hope that you will get on board and become a partner in help to secure the academic success of our Lafayette Rams.

All donations are tax deductible and all checks should be made out to the Lafayette Athletic Education Foundation. A letter, for tax purposes, will be sent to all those who donate to this program.

The tutoring sessions are held on Tuesday and Thursday nights in the school's library from 4:45 PM to 5:50 PM. If your child needs academic assistance please don't hesitate to call our Athletic Academic Advisor, Keven Jones or my office at 565-0440 to get your child into this program.

Please use the form at the end of this News & Notice issue to send in your donation.

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

Our RAMS BOUNCE BACK IN 2009 FOLLOWS THAT UNUSUAL FALL SEASON OF 2008. In last year's 2008 Fall addition of News & Notes the AD's Corner started with "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 fall 2008 AD's segment ended with "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". Well history was on our side this fall as our Rams bounced back to the top of the District. We won District Championships in Girls and Boys Cross Country and had two teams, Volleyball and Golf, finish second in the District. Of our seven sports team only football did not finish in the upper half of the District. Last year we had only one team advance to the Region 1 Tournament and none to the VHSL State Tournament. This year Girls and Boys Cross Country, Golf and Volleyball teams advanced to the Regionals and our Boys Cross Country, Golf and Volleyball teams finished in the top eight in the VHSL. The Rams have bounced back.

DID YOU KNOW

2009 FALL SPORTS RECORD AND HIGHEST INDIVIDUAL HONORS:

- Our Ram teams this fall had a combine record of 63 wins and 23 losses for a 73% winning percentage.
- Our Girls Cross Country had the best record at 9 wins and 0 losses.
- We had four athletes earn VHSL All-State Honors:
 - Colby Jensen – Field Hockey
 - Becky Dobosy – Girls Cross Country
 - Bailey Lowenhaupt – Volleyball
 - Nick Shedd - Golf

BOYS CROSS COUNTRY:

- Was the Bay Rivers District Co-Champs.
- Placed 3rd in Region 1.
- Placed 8th in the VHSL State.
- Finished the year with a 8 and 1 record.
- Kurtis Steck won All Bay Rivers District honors.
- Coach Craig Wortman was named the Bay Rivers District Cross Country Coach of the Year.

GIRLS CROSS COUNTRY:

- Was the Bay Rivers District Champions.
- Placed 5th in Region 1.
- Finished the year with a 9 and 0 record.
- Sophomore Heidi Peterson was the Bay Rivers District Champion. Heidi was sick and did not complete in the Region 1 Championship. Heidi was also named the Daily Press Cross Country Female Runner of the Year. With Heidi it is a good bet that our Rams would have won the Region 1 Tournament and probably a top 8 finish in the VHSL State Championship.
- Senior Becky Dobosy was the Region 1 Champions, the number two runner in the Bay Rivers District and earned VHSL All-State Honors.
- Sophomore Mollie Bland also earned All Bay Rivers District honors.

VOLLEYBALL:

- Placed 2nd in the Bay Rivers District.
- Placed 2nd in Region 1.
- Finished the season in the top 8 in the VHSL State final standings.
- Was the first Ram Volleyball team in six years to reach the VHSL State Tournament.
- Finished with a 19 and 6 record. The best record since 2004. After losing the first game of the year at Poquoson our Net Girls only others losses were to the two teams that played for the VHSL State Championship, Grafton and Loudoun County. Grafton only lost of the year was to Loudoun County in the State Championship game and Loudoun County finished the season undefeated.
- Senior Bailey Lowenhaupt was named the Bay Rivers District and Region 1 Player of the Year and made the VHSL All-State team. She was also named the Daily Press Female Volleyball Player of the Year. Bailey was our first All-State V-Ball players since 2005. Bailey is Lafayette's first Volleyball Player to be named Player of the Year in the Bay Rivers District and Region 1.
- Senior Sydney Carnifax and Freshman Grace Nowadly also made the All Bay Rivers District Team.

GOLF:

- Placed 2nd in the Bay Rivers District.
- Placed 2nd in Region 1.
- Placed 7th in the VHSL State final standing
- Finished the year with an 8 and 1 record. Our only lost was to Jamestown who finished the year as the VHSL State Champions.
- Sophomore Nick Shedd won All-Bay Rivers District, All-Region 1 and VHSL All-State honors.

FIELD HOCKEY:

- Placed 5th in the Bay Rivers District.
- Finished the year with a 9 and 6 record.
- Junior Colby Jensen was named to the All-Bay Rivers District, All-Region 1 and VHSL All-State teams.
- With Colby's All State honors Field Hockey is the only team sport that has had at least one player named to the VHSL All-State team in each of the 13 years that we have been in the VHSL "AA" classification. Individual sports, Girls and Boys Swimming and Boys Indoor Track also have had at least one athlete make All-State during this same time period.
- Junior Sammy Early earned All-Bay Rivers and region 1 honors
- Sophomore Melanie Jones and junior Caroline Ward also earned All-Bay Rivers District honors.

CHEERLEADING:

- Placed 5th in the Bay Rivers District.
- Finished the year with 5 and 4 record
- Seniors Alex Ptachick and Kayla Rosenkrans and Junior Katie Bellaire won All-Bay Rivers District honors. Cheerleading does not have All-Region 1 or VHSL All-State teams.

FOOTBALL:

- Placed 7th in the Bay Rivers District.
- Finished the year with a 5 and 5 record.
- Senior Andrew Marcotte won All-Bay Rivers District and All-Region 1 honors.

- Seniors Zach Souliere and Logan Pinotti and Junior Josh Beska won All-Bay Rivers District honors.
- This was the first time in 13 years in the VHSL “AA” classification that Lafayette football did not have an All-State Football Player.

ACADEMICS:

- This fall’s nine weeks marking period our over-all GPA as a group was below our seasonal goal of 70% of our athletes earning a 3.0 or higher GPA.
- Only 61% of our athletes achieved a 3.0 or higher GPA this fall compared to 68% of our fall athletes during the 2008 fall season.
- Our Volleyball team had the highest percentage of 3.0 or above GPA’s followed closely by our Golf team. Volleyball had 82% and Golf 81% of their athletes earn a 3.0 or higher GPA.
- Nineteen athletes earned some type of post season athletic honors this fall sports season and 18 or 95% of them had a 3.0 or higher GPA during the season.
- Of the 138 fall athletes who earned a 3.0 or higher GPA 38 or 28% of them earned a 4.0 or higher GPA during the season. The team with highest percentage of 4.0 GPA’s was Girls Cross Country.
- The fall athlete with the highest fall quarter GPA was All-State Cross Country runner Becky Dobosy. Becky earned a 4.75 GPA during the fall season.
- Other fall 4.0 or higher GPA athletes are (the last athlete names listed, which is in italic and underlined, in each sport had the highest quarter GPA for their team): **Girls Cross Country:** Shelby Folmsbee, Elizabeth Starbuck, Jamie Lohwater, Kimberly Kronsburg, Mary Herman, Mollie Bland and Becky Dobosy. **Boys Cross Country:** Macklin Webb, Alejandro Nava, Calvin Mitchell, Philip Grimes, Scott Gemmell-Davis and Brandon DeCoursey. **Football:** Logan Pinotti, Zach Souliere, Nathan Hamer, Grant Galvin, Bobby Davis and Mac Mills. **Field Hockey:** Hannah Abrahams, Grace Connolly, Malory Renfrow, Colby Jensen, Jennifer Kades and Caroline Ward. **Golf:** Zach Warring, Chase Johnson and Caitlin Henley. **Volleyball:** Katherine Cordova, Dana Lueker, Kristen Melone, Bailey Lowenhaupt and Alison Farmer. **Cheerleading:** Ella Chalkley, Shaina Cooper, Alex Ptachick, and Olivia Anderson and Kelly Diven.
- If you son or daughter is have some difficulties academically, please call Keven Jones, our Athletic Academic Advisor at 565- 4236 or the Athletic Office at 565-0440. Mr. Jones will assist you in developing a plan for better academic achievement for your child.

SPORTSMANSHIP-INTEGRITY-SCHOOLSPIRIT AWARD;

- This is the most prestigious seasonal award given to a Lafayette athlete. It is given to one athlete on each team that exhibits throughout the sports season the characteristics associated with the name of the award.
- The award is voted upon by our Athletic Committee which is made up of only LHS students.
- This fall’s winners are:
 - Field Hockey – MacKenzie Turbeville**
 - Golf-Zach Warring**
 - Volleyball-Bailey Lowenhaupt**
 - Football-Logan Pinotti**
 - Cheerleading-Rylie Hurt**
 - Girls Cross Country –Renee Samaha**
 - Boys Cross Country – Nathaniel Darling**

STRENGTH TRAINING 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 12 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 would also like to encourage you to come and 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.

ODDS AND ENDS:

- Senior and four year golf and tennis letterman Max Hinders won the Best Actor award for the third straight year at the VHSL State One-Act-Play Tournament in November.
- Out of the 24 school student government officers for the 2009-2010 school year, 19 are Ram athletes.
- Out of the 19 student in this year's Homecoming Court, 17 were Ram athletes.
- This year's Homecoming Queen, Allyn Potts and King Peyton Young are both All-State athletes.
- Out of the 29 members of Lafayette's Student Shared Leadership Council, 22 are athletes.
- As of now 7 out of the top 10 students in the senior class are athletes. Of these top 7 student/athletes 5 of them have earned All-State honors in their sport. (I will give out their names at the end of the year)

IMPORTANT DATES: Students should take one or both of these tests as often as possible.

SAT TESTING		ACT TESTING	
TEST DATE DATE	REGISTER DATE	TEST DATE	REGISTER
March 13	February 4	February 6	January 5
May 1	March 25	April 10	March 5
June 5	April 29	June 12	May 7

- Fall Sports Awards Ceremony – Monday January 11 at 6:30 PM
- Winter Sports Teams Pictures:

Monday February 8 – 2:30 – Boys Basketball
 2:50 – Girls Basketball
 3:15 – Indoor Track
 3:35 – Cheerleading

4:00 – Wrestling

Monday February 22 – 2:30 – Girls & Boys Swimming

- Spring Sports Physicals – Wednesday February 17 at 3:30 PM
Cost is \$15.00 – Checks to LABC
- Spring Sports Start Practice – Monday February 22
- Spring Sports Parents Seminar and Meet the Coaches Night at 6:30 PM – Wednesday March 3
- AD's meeting with Spring Athletes at 2:30 PM – Monday March 8
- Lafayette Athletic Booster Club Tournament at Ford's Colony – Sunday April 18
- Winter Sports Awards Ceremony – Monday March 15
- Spring Sports Awards Ceremony – Monday June 14
- Senior Athletic Banquet – Tuesday – June 15 at Ford's Colony

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CAMPAIGN FOR ATHLETIC ACADEMIC IMPROVEMENT

Name: _____
(Please Print Clearly)

Address: _____

_____ Town

_____ State

_____ Zip Code

Phone Numbers: _____

Amount of Donation: _____

Make checks payable to: Lafayette Athletic Education Foundation

Send To: Dan Barner –Athletic Director
Lafayette High School
4460 Longhill Road
Williamsburg, Va. 23188

