

Lake Central High School

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Strength & Conditioning Coach.....	Tom Halterman
Athletic Trainer.....	Chris Hall
Assistant Athletic Trainer.....	Taylor Shoemake

Lake Central High School Athletic Hall of Fame

1991

Homer Blink Gettler
Larry Hurley
Mike Blaze
Ted Sangalis
1987 Boys Swimming

1995

Raymond Jaryszak
Dawn Kruspe
Bill Smith
Jeff White
1981 Wrestling

1998

Dan Liebrand
Dick Rakoczy
Jared Tomich
1992 Girls Softball

2001

Kristina Divjak
Leslie Rossa

2004

Kelly Kuhn
Aaron Crague
Christine Bishop Stoddard
Sarah Van Gorp Payne
Kelly Komara
1990 Boys Swim

2007

Marv Hanson
Shanon Geary Franks
Nicole Nigh
Mike Orban
Jeremy Willett

2010

Janel Benda Tobias
Lana Damron Payer
Don Bugaski
Ryan NiBrooke Baker
Jennifer Steinkraus Zandstra
1999 Medley Relay Team
1999 Boys Swim

2016

Mark Peterson
Rudy Skorupa
Chadd Rigg
Nick Kruse
2010 Boys Soccer
1948 Dyer High Football

1992

Nick Thiery
Bodan Cucuz
Jeff Hupke
Milan Petrovic
Mike Fross
1984 Boys Basketball

1996

Jim Dunavant
Clarence Hartmann
Lori Kirk
Jim Kapitan
1976 Boys Basketball

1999

Lisa Gelon
Richard Jaryszak
1990 Football

2002

James Torres
Wendy Smith Reigel
Sandi Dinges Gelon
1995 Girls Basketball

2005

Lazo Alavanja
Kathy Arbuckle
Tom Linger
Laura Logan
Todd Smolinski
1995 Girls Softball

2008

1997 Girls Soccer
Tom Mogyesi
Jeff Sandor
Nick Testa

2011

Keith Hauber
Jim Tonkovich

2017

Chris Johnson
Jason Buffone
Katie Mitchell
2002 Girls Softball
2003 Girls Softball
2004 Girls Softball

1993

Al Yelich
Mike Hines
Chris Kostouros
Tom Peyton
1983 Boys Cross Country

1997

Cindy Hines
William Bill Penman
John Smith
Jan Smoljan

2000

Denise Szany
Jim Dinges
1994 Girls Basketball

2003

Vince Sessa
Ray Probasco
1993 Football

2006

Kermit Kerns
Lori Moore
Bobby Pesavento
Chuck Pollen
Lynee Suroviak Atwell
1986 Football

2009

Michael Escobedo
Tom James
Denise Kulig Mitchell
Tiffany Redlarczyk

2012

Don Binole



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BASEBALL COACHES CORNER

THE **MIKE SWARTZENTRUBER** FILE

PERSONAL:

BORN: November 18, 1971
COURSES TAUGHT: Business
Teacher (Marketing, Personal
Finance)



EDUCATION:

HIGH SCHOOL: Washington
Hatchets
COLLEGE: Oakland City University/
Indiana Wesleyan University
DEGREE: BS in Business Education/
MS in Education

FAMILY:

SPOUSE NAME: Misty
CHILDREN: Griffen (16), Ryan (13)
CITY OF RESIDENCE: Crown Point

PLAYING CAREER HIGHLIGHTS:

Lettered 4 years at Washington High School
Lettered 4 years at Oakland City University
Named Newcomer of the Year at Oakland City in 1991
Most Outstanding Pitcher in 1993

COACHING CAREER HIGHLIGHTS:

2A State Champions-2005, 2006
2A State Finalists-2000, 2005, 2006
Indiana All-Star Coach (South)-2005
Southwestern Indiana Coach of the Year-2000, 2005, 2006
2A Indiana State Coach of the Year-2005, 2006

COACH BIO: Coach Mike Swartzentruber is beginning his 3rd year leading the Indians' baseball program. Mike brings plenty of successful coaching experience with him: He coached 12 years at North Posey High School, winning state championships in 2005 and 2006 and being a state finalist in 2000. Coach Swartzentruber also spent seven years as the varsity coach at Martinsville High School. Mike is a member of our business department and is entering his 23rd year of teaching. Last season was Mike's second consecutive Sectional Championships and we was named District 1 Coach of the Year in 2018.

2018-2019 BASEBALL COACHING STAFF

Jay Jones

Jay is entering his 3rd year as an assistant baseball coach for the Indians program; he will work with the varsity team. This is Jay's 7th year teaching and 5th year employed as a teacher by the Lake Central School Corporation. He attended Kankakee Community College and Purdue University Calumet. Jay brings 18 years of private/group hitting instruction to Lake Central. He is a resident of St. John.



Brian McNamara

Brian is beginning his 3rd season as the junior varsity baseball coach. He brings both basketball and baseball coaching experience to the Indians. Brian had been the head freshman baseball coach for 3 seasons and has also coached middle school basketball for both boys and girls. He just completed his 3rd year as freshman coach for our girls' basketball team. Brian is entering his 6th year in the classroom in the West Lake Cooperative: He has taught biology, government, and economics. Brian holds a graduate from Purdue University (MS in Special Education) and undergraduate degree from Purdue University Calumet (BS in Social Studies). Brian resides in St. John with his wife Alexandra and their baby daughter Madalyn. He was named Teacher of the Month in July of 2015.



Jeff Myszak

Jeff is returning to the Indians' baseball program as the freshmen baseball coach. This will be his 9th year coaching baseball at Lake Central: Jeff was the head junior varsity coach for 3 years and the varsity assistant coach for 4 years; this will be his 2nd as the lead freshman coach. He also spent time as a basketball assistant for the high school. Jeff has been employed by the Schererville Police Department for the past 15 years. He is a baseball alumnus of St. Joseph's College. Jeff resides in Schererville with his wife Elaine and children Ethan (17), Amayah (14), Alex (11), and Emma (9). He prides himself on character and developing core values that will leave an impression of a lifetime.



2018-2019 BASEBALL COACHING STAFF

Grant Weinmann

Grant is beginning his 3rd year coaching high school baseball, and he will serve as a volunteer assistant coach. Grant has worked two years providing individual pitching instruction. He attended the University of Louisville and is now attending Purdue University Northwest. Grant spent three years working for Barstool Sports, and he currently resides in Lowell.



John Novesel

John is beginning his 2nd season as a volunteer baseball coach with the Indians. He served 27 years as a police detective with the Hammond Police Department and also worked as an insurance investigator. John's coaching experiences include coaching varsity baseball and travel baseball with the Morris Chiefs 17U team. He is married to Eve and they have two children, John and Nicole. The Novesel family resides in St. John. John is a Vietnam Army



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2018-2019 BASEBALL



VARSIITY BASEBALL

IHSAA STATE TOURNAMENT HISTORY

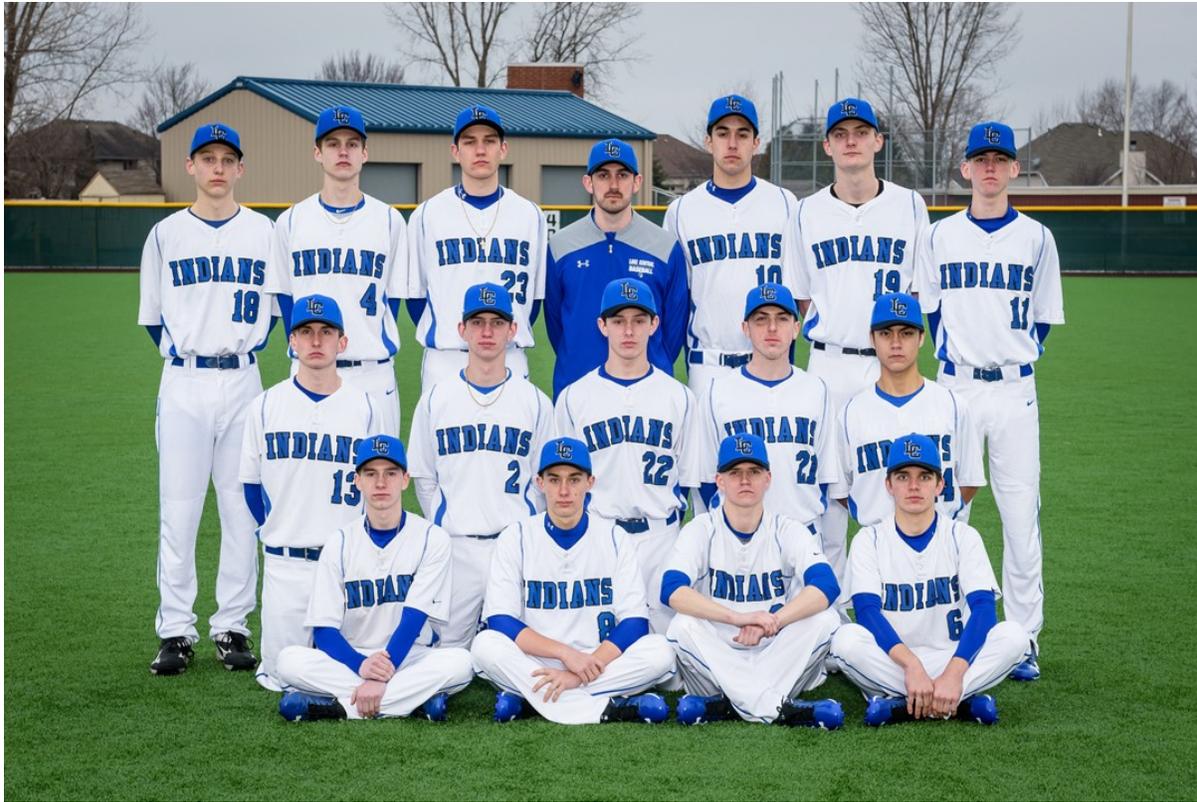
State Championships: 2012

Semi-State Championships: 2012

Regional Championships: 1989, 1998, 2000, 2003, 2004, 2012, 2014

Sectional Championships: 1971, 1972, 1985, 1986, 1987, 1989, 1998, 2000, 2003, 2004, 2007, 2008, 2009, 2011, 2012, 2013, 2014, 2017, 2018

2018-2019 BASEBALL



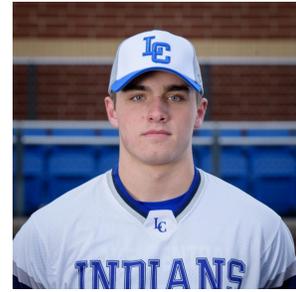
JUNIOR VARSITY BASEBALL



FRESHMAN BASEBALL

2019-2019 BASEBALL SENIOR BIOS

Player's Name: Evan Hand #10
Varsity Letters Earned: 2
Position: CF
Honors/Awards Received: Academic Letter Winner, Scholar Athlete Award
Hobbies: all sports, traveling
Favorite Food: steak
Favorite Musician: Travis Scott
Greatest Athletic Memory: hitting a homerun in Regionals



Player's Name: David Griffin #23
Varsity Letters Earned: 2
Position: P
Hobbies: fishing
Favorite Food: steak
Favorite Musician: Lil Skies
Greatest Athletic Memory: hitting 2 homeruns on Father's Day



Player's Name: Jake Dyksta #1
Varsity Letters Earned: 2
Position: OF
Honors/Awards Received: Scholar Athlete
Hobbies: playing basketball and hanging with Jared Bais
Favorite Food: hobo skillet
Favorite Musician: Lil Wayne
Greatest Athletic Memory: winning Sectionals my junior year



Player's Name: Jared Bais #20
Varsity Letters Earned: 5 (2 baseball; 3 football)
Position: 3B/2B
Honors/Awards Received: MVP, All-DAC (football); Pride Hustle Desire, All-DAC, All-Area (baseball)
Hobbies: fishing, hanging with Jake Dykstra
Favorite Food: hobo skillet
Favorite Musician: Florida Georgia Line
Greatest Athletic Memory: winning Sectionals for baseball last year



2018-2019 BASEBALL SENIOR BIOS

Player's Name: Matt Fundich #6
Varsity Letters Earned: 2
Position: C
Honors/Awards Received: varsity letter, Sectional Championship, DAC Championship
Hobbies: sports, working out, being with friends
Favorite Food: lamb shank
Favorite Musician: Eminem, Florida Georgia Line, Juice Wrld
Greatest Athletic Memory: winning Sectionals/DAC



Player's Name: Max Born #5
Varsity Letters Earned: 2
Position: MIF, P
Hobbies: playing basketball, hanging out with friends and family
Favorite Food: pizza
Favorite Musician: 21 Savage
Greatest Athletic Memory: going to State 12U year in Little league



Player's Name: Zack Dobos #9
Varsity Letters Earned: 4 (2 basketball/2 baseball)
Position: P/SS
Honors/Awards Received: DAC All-Conference
Hobbies: fishing and hanging with friends
Favorite Food: steak
Favorite Musician: Juice Wrld
Greatest Athletic Memory: winning Sectionals for baseball



Player's Name: Ian Lukowski #15
Varsity Letters Earned: 2
Position: C/P
Hobbies: Apex Legends
Favorite Food: pizza
Favorite Musician: Juice Wrld
Greatest Athletic Memory: winning DAC





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Lake Central High School 2018 - 2019 Baseball (Boys V)

Date	Event	Start Time	Location	
Sat Mar 23	Hobart High School (Scrimmage)	1:00 PM	Lake Central High School	Home
Tue Mar 26	Hammond Bishop Noll High	4:30 PM		Home
Wed Mar 27	CANCELED - Portage Central HS (DH)	2:30 PM	Portage Central (Homer Stryker Field)	Away
Tue Apr 2	Portage High School	4:30 PM	Lake Central High School	Home
Wed Apr 3	Portage High School	4:30 PM	Portage High School	Away
Sat Apr 6	Lowell High School	10:00 AM	Lake Central High School	Home
Tue Apr 9	Crown Point High School	4:30 PM	Crown Point High School	Away
Wed Apr 10	Crown Point High School	4:30 PM	Lake Central High School	Home
Thu Apr 11	HOMEWOOD-FLOSSMOOR HIGH SCHOOL	4:30 PM	Lake Central High School	Home
Sat Apr 13	Round Robin Classic (Lawrence Central/Huntington North/Lake Central)	12:00 PM	Huntington North High School	Away
Tue Apr 16	Merrillville High School	4:30 PM	Lake Central High School	Home
Wed Apr 17	Merrillville High School	4:30 PM	Merrillville High School	Away
Sat Apr 20	Penn High School (DH)	10:00 AM	Penn High School	Away
Tue Apr 23	Valparaiso High School	4:30 PM	Valparaiso High School	Away
Wed Apr 24	Valparaiso High School	4:30 PM	Lake Central High School	Home
Fri Apr 26	Munster High School	7:00 PM	Munster High School	Away
Tue Apr 30	LaPorte High School	4:30 PM	LaPorte High School	Away
Wed May 1	LaPorte High School	4:30 PM	Lake Central High School	Home
Tue May 7	Michigan City HS	4:30 PM	Lake Central High School	Home
Wed May 8	Michigan City HS	4:30 PM	Michigan City HS	Away
Fri May 10	Griffith High School	5:00 PM	Lake Central High School	Home
Sat May 11	Zionsville Community High School	11:00 AM	Lake Central High School	Home
Tue May 14	Chesterton High School	4:30 PM	Chesterton High School	Away
Wed May 15	Chesterton High School	4:30 PM	Lake Central High School	Home
Fri May 17	Hobart High School	4:30 PM	Lake Central High School	Home
Thu May 23	IHSAA Sectional	5:00 PM	Munster	Away
Fri May 24	IHSAA Sectional	5:00 PM	Munster High School	Away
Sat May 25	(IHSAA Sectional @ Munster G2 vs G#3)	5:00 PM	Munster High School	Away
Sat Jun 1	IHSAA Regional	5:00 PM	LaPorte	Away
Sat Jun 8	IHSAA Semi-State	5:00 PM		Away
Sat Jun 15	IHSAA STATE	5:00 PM	Victory Field, Indianapolis	Away

Indians

LAKE CENTRAL BASEBALL V/JV 2019

VARSITY				JV			
B/W#	NAME	POS.	GR	B/W #	NAME	POS.	GR.
1	Jake Dykstra	OF	12	1	Reece Tufo	IF/P	11
2	Jerry Edwards	OF/IF/P	10	2	Eddie Krygier	C/OF/P	11
4	Doug Loden	3B/P	11	3	Ethan Murphy	IF	10
5	Max Born	IF/P	12	4	Trenton Praski	1B/OF/P	10
6	Matt Fundich	C	12	6	Sam Richter	OF/P	10
9	Zack Dobos	IF/P	12	8	Jake Adamczewski	C	10
10	Evan Hand	OF/P	12	10	Kyle Blum	IF/P	11
11	Nolan Zahorsky	OF/C	11	11	Brock Bevil	IF/P	11
14	Brock Begesha	3B/P	11	13	Tyler Zahorsky	OF/P	10
15	Ian Lukowski	C/P	12	14	Armani Sanchez	1B/P	10
16	Jack Fiorio	OF/P	10	18	Graham Weber	OF	10
17	Dave Griffin	POS.	12	19	Nathan Oakley	IF	10
18	Alex James	POS.	11	21	Korey Marlow	IF/P	11
19	Sean Sullivan	IB/OF	11	22	Blake Neyhart	IF/P	10
20	Jared Bais	2B,3B	12	25	Aidan O'Brien	IF/OF/P	10
22	Jake Martin	1B/OF/P	11	23/35	Hunter Zezovski	1B	11

HEAD COACH: Mike Swartzentruber

JV Head Coach: Brian McNamara

Varsity Assistanat: Jay Jones

Varsity Volunteer Assistant: Grant Weinmann

Varsity Volunteer Assistant: John Novosel

Managers:

**LAKE CENTRAL HIGH SCHOOL
FROSH BASEBALL
2019**

NO.	NAME		POS.	B/T	
5	Peyton Gard		C/IF		
9	Luke Neidy		IF/OF		
12	Jordan Shurbaji		OF/P		
15	Ethan Knopf		OF/P		
16	Owen Williams		IF		
23	Jacob Warn		IF/OF/P		
24	Aidan Kluth		IF/OF/P		
27	Connor Fernandez		OF		
28	Zach Vollrath		IF/OF		
29	Hunter Mansfield		C/IF		
30	Conor Pangburn		IF/P		
31	Aaron Mikolajczyk		C/IF		
32	Jeffrey Rains		IF/OF		
33	Connor Swanson		IF		
36	Adam Walters		OF/P		
37	Austin Maslanka		1B/OF/P		

Head Coach: Jeff Myszak



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BOYS' GOLF COACHES CORNER

THE **RJ OHLENKAMP** FILE

PERSONAL:

BORN: February 7, 1980
COURSES TAUGHT: Math
Teacher (Algebra II)

EDUCATION:

HIGH SCHOOL: Crown Point
COLLEGE: Indiana University
Bloomington; Ball State University
DEGREE: BS in Mathematics
Education; MS in Administration
and Supervision



FAMILY:

SPOUSE NAME: Angela
CHILDREN: TJ (11), Lucy (9)
CITY OF RESIDENCE: Lowell

PLAYING CAREER HIGHLIGHTS:

DAC All-Conference Selection (1997)
MVP Runner-UP (1997)
Qualified for state as a team (1998)

COACHING CAREER HIGHLIGHTS:

Former Merrillville boys and girls head golf coach

COACH BIO: RJ is in his second season as our head boys' golf coach. He brings 5 years of head coaching experience with him from Merrillville High School, where he coached their boys' team for 3 years and girls' team for 2 years. RJ is a member of our mathematics department and teaches Algebra II. This is his 11th year teaching at Lake Central.

2018-2019 BOYS' GOLF COACHING STAFF

Nicholas Podrebarac

Nicholas is beginning his 3rd season as the assistant boys' golf coach. Prior to this, Nicholas coached both boys' and girls' tennis for 3 years at Lake Station. He currently is an assistant coach with our boys' tennis program. Nicholas has been teaching for 6 years; he has been at Lake Central for 4 of these years as a member of our science department. Nicholas has taught biology and environmental science. He is a graduate of Purdue University and is an Evan Scholar Alumni. Nicholas and his wife Marie reside in Crown Point.



Student Manager Zach Millard



IHSAA STATE TOURNAMENT HISTORY

Regional Championships: 1998

Sectional Championships: 1983, 1986, 1988, 1989, 1991, 1994, 1995, 1996, 1997, 1999, 2006, 2007, 2008, 2009, 2010, 2012

2018-2019 BOYS' GOLF



LAKE CENTRAL GOLF 2019



Ben Bosold (12)
James Connelly (10)
Thomas Cope (10)
James Flessor (12)
Ryan Huppenthal (10)
Rudolph Jaksich (09)
Joel Kritenbrink (12)
Thomas Matlon (10)
Christopher Mosher (10)
Kyle Oedzes (12)
Gino Panici (12)
Thomas Philpot, II (09)
Gianluca Zomparelli (11)

Head Coach: RJ Ohlenkamp
Assistant Coach: Nick Podrebarac

2018-2019 BOYS' GOLF SENIOR BIOS

Player's Name: Gino Panici
Varsity Letters Earned: 3
Honors/Awards Received: Scholar Athlete (3X), Rookie of the Year, Varsity Award (3X), JV Award
Hobbies: golf
Favorite Food: Italian
Favorite Musician: Migos
Greatest Athletic Memory: shooting the best on the team at Regionals last year



Player's Name: Kyle Oedzes
Varsity Letters Earned: 2
Honors/Awards Received: Scholar Athlete Award
Hobbies: basketball and coding
Favorite Food: Prime steak sandwich
Favorite Musician: A\$AP Rocky
Greatest Athletic Memory: bus rides after beating DAC rivals



Player's Name: Joel Kritenbrink
Varsity Letters Earned: 2
Honors/Awards Received: Rookie of the Year, Most Improved
Hobbies: eating and making money
Favorite Food: steak
Favorite Musician: Logic
Greatest Athletic Memory: chipping in after a bad tee shot on 10 (sophomore year)



Player's Name: Ben Bosold
Varsity Letters Earned: 2 (wrestling)
Honors/Awards Received: Scholar Athlete
Hobbies: baseball and basketball
Favorite Food: steak
Favorite Musician: Eric Church
Greatest Athletic Memory: tying for the best score at the meet in Chesterton



Player's Name: Jimmy Flessor
Varsity Letters Earned: 2
Honors/Awards Received: JV and Varsity Awards
Hobbies: fishing, hunting, and golfing
Favorite Food: Mac and Cheese
Favorite Musician: Juice Wrld
Greatest Athletic Memory: going to Regionals junior year



Lake Central High School 2018 - 2019 Golf (Boys V)

Date	Event	Start Time	Location	
Sat Apr 6	Harrison Invite --V ONLY	1:00 PM	Lafayette Harrison (Coyote GC)	Away
Wed Apr 10	Munster/Highland Tri	4:00 PM	Lake Central High School (Palmira Golf Course)	Home
Sat Apr 13	Don Dicken Classic @ Stonehenge Golf Course	10:00 AM	Warsaw HS (Rozella Ford GC)	Away
Sat Apr 13	Marquette Invite --JV ONLY	12:00 PM	Marquette High School (Municipal Golf Course)	Away
Sat Apr 20	LC Classic @ Sandy Pines	8:00 AM	Sandy Pines Golf Club	Away
Tue Apr 23	Portage/Chesterton	4:00 PM	Portage High School	Away
Thu Apr 25	Merrillville/LaPorte	4:00 PM	Merrillville High School	Away
Sat Apr 27	KV Invite--V ONLY	8:30 AM	Sandy Pines Golf Club	Away
Tue Apr 30	Crown Point/Michigan City	4:15 PM	Crown Point High School	Away
Wed May 1	Valparaiso High School	4:00 PM	Lake Central High School	Home
Tue May 7	Portage/Chesterton	4:00 PM	Lake Central High School	Home
Wed May 8	Merrillville/Michigan City	4:00 PM	Lake Central High School	Home
Fri May 10	Uebele Invite	1:00 PM	LaPorte High School (Beechwood GC)	Away
Tue May 14	Crown Point High School	4:00 PM	Crown Point High School	Away
Thu May 16	LaPorte/Valparaiso	4:00 PM	Valparaiso High School	Away
Sat May 18	LC Boys Golf Invite	11:00 AM	Lake Central High School (Palmira Golf Course)	Home
Mon May 20	DAC Invite	12:00 PM	Chesterton High School (Brassie CC)	Away
Sat May 25	Jeff Classic	12:00 PM	Battleground GC	Away
Wed May 29	Westfield Invite	9:00 AM	Purdue West Lafayette	Away
Fri May 31	IHSAA Boys Golf Sectional	8:00 AM	Palmira Golf Course	Home
Fri Jun 7	IHSAA Regional	8:00 AM	Battle Ground Golf Club	Away
Tue Jun 11	IHSAA State	8:00 AM	Prarie View G.C., Carmel	Away



SOFTBALL COACHES CORNER

THE **JEFF SHERMAN** FILE

PERSONAL:

BORN: July 25, 1981
COURSES TAUGHT: Algebra II
Honors

EDUCATION:

HIGH SCHOOL: Warsaw Community
COLLEGE: Purdue University
DEGREE: BS in Math Education

FAMILY:

SPOUSE NAME: Renee
CHILDREN: Theo (2)
CITY OF RESIDENCE: Dyer



PLAYING CAREER HIGHLIGHTS:

Played 4 years of baseball at Warsaw (2 letters as a 2B/P)
Set school record for double plays turned

COACHING CAREER HIGHLIGHTS:

2010, 2011 Final 4
2015 State Runner-Up
2018 State Runner-Up
Coached in 2012 North/South All-Star Game
3X Regional Champion (2010, 2011, 2015/4X Sectional Champion (2010-2012, 2015)

COACH BIO: Coach Sherman is entering his 10th season as the Lady Indians' head softball coach, where he holds a 222-63 record. During his time, he has worked as a varsity assistant baseball coach, freshman baseball coach (5 years), and an assistant softball coach (1 year). Jeff is a member of our math department, and he has been employed by Lake Central for 14 years. He was also a member of the coaching staff for the 2004 Softball State Championship team and the head coach for the 2015 and 2018 state runner-up softball teams. Jeff is the public address announcer for our football team

AWARDS:

2011 NWI Times Coach of the Year
2012 ICGSA District 1 Coach of the Year
2018 NWI Times and Gary Post Tribune Coach of the Year

2018-2019 SOFTBALL COACHING STAFF

Russ Serrato

Russ is beginning his 5th year as the Lady Indians' assistant varsity softball coach. Russ brings 20 plus years of coaching experience to our softball program: This includes stints as the head coach at Andean and assistant coaching roles at both Andean and Crown Point. Russ earned a B.A. in psychology from Eastern Illinois University. He was named the 2009 Post Tribune Coach of the Year and was a State Champion in 2007 and State Runner-Up in both 2009 and 2015. Russ resides in Schererville with his wife Karen. They have three children: Samantha, Stephanie, and Nicholas.



Maggie Whelan

Maggie is beginning her 2nd year as an assistant softball coach for the Indians. Maggie will be the junior varsity coach. She was also an assistant cross country coach this season for the Lake Central program. Maggie teaches English for the high school, and she brings a wealth of coaching experience to Lake Central. This includes being the head softball coach at Wheeler for 3 years, coaching both middle school basketball and volleyball, and coaching cheerleading. Maggie was previously employed by Wheeler High school for 4 years. She attended the University of St. Francis on a softball scholarship where she played for 4 years. Maggie and her husband Tommy have one son (Thomas 11) and they reside in Oak Lawn.



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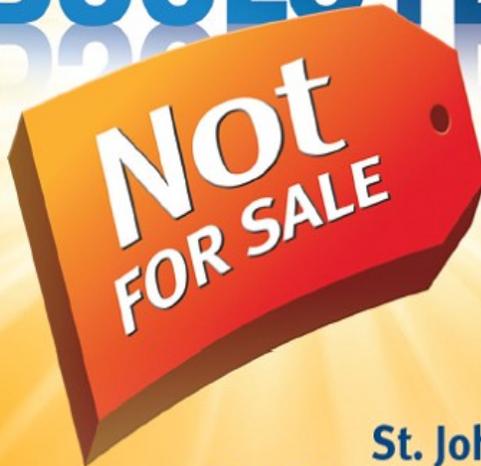
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Lake Central Indians Softball

2019

Varsity

#10	Gabi Carra	12	IF	#20	Alexa Sherlund	12	OF
#12	Brooke Dines	11	IF	#21	Morgan Hoppe	11	OF/P
#13	Sydney Doloszycki	9	IF	#23	Mikayla Creasbaum	10	IF
#14	Jordan August	10	C	#25	Peyton Pepkowski	10	P/OF
#15	Alexis Johnson	11	IF/C	#26	Angel Harper	11	IF
#17	Amanda Aardema	9	OF/P	#28	Alexus Reese	11	IF
#18	Olivia Peterson	12	C	#31	Jenna Towle	12	P
#19	Grace Renschen	10	P	Manager: Sophia Birlson			

Head Coach: Jeff Sherman

Assistant Coaches: Russ Serrato

Junior Varsity

#10	Logan Sivak	10	OF	#25	Dylan Grzych	9	OF
#11	Olivia Balog	9	IF/P	#26	Amanda Blevins	9	OF
#12	Autumn Carlson	9	OF	#27	Katie O'Drobinak	9	IF
#14	Avery Robinson	9	IF	#28	Alexa Nied	9	P
#15	Lauren Damron	9	IF	#29	Madison Zielke	10	P
#16	Kiley Conner	9	OF	#30	Sydney Copak	9	C/IF
#18	Darcy Barkauskas	10	OF	#31	Gabby Fredrickson	10	U
#19	Cayla Costello	9	OF	#32	Abbie Dobricky	10	IF
#23	Paige Reitz	9	C				

JV Coach: Maggie Whelan

IHSAA State Champions: 1992,2002,2004

IHSAA State Runner-up: 2003,2015,2018

2018-2019 SOFTBALL



VARSITY SOFTBALL

IHSAA STATE TOURNAMENT HISTORY

State Championships: 1992, 2002, 2004

Semi-State Championships: 1992, 1995, 1996, 2015, 2018

Regional Championships: 1988, 1992, 1995, 1996, 1998, 2001, 2002, 2003, 2004, 2005, 2010, 2011, 2015, 2018

Sectional Championships: 1998, 1989, 1992, 1993, 1995, 1996, 1998, 1999, 2001, 2002, 2003, 2004, 2005, 2006, 2010, 2011, 2012, 2015, 2018

2018-2019 SOFTBALL



JUNIOR VARSITY SOFTBALL

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2018-2019 SOFTBALL SENIOR BIOS

Player's Name: Olivia Peterson #18

Varsity Letters Earned: 4

Position: C

Honors/Awards Received: Player of the Week, Academic Letter Winner

Hobbies: softball, shopping, and traveling

Favorite Food: spaghetti, Culvers, mashed potatoes

Favorite Musician: Khalid

Greatest Athletic Memory: winning Sectionals, Regionals, and Semi-State 2018



Player's Name: Jenna Towle #31

Varsity Letters Earned: 3

Position: P

Honors/Awards Received: Rookie of the Year ('17), All-DAC ('18), Post Trib All Area ('18), DAC Champs, State Runner-Up

Hobbies: traveling, shopping, and watching Netflix

Favorite Food: spaghetti

Favorite Musician: Florida Georgia Line and Post Malone

Greatest Athletic Memory: making it all the way to State junior year and getting rings



Player's Name: Alexa Sherlund #20

Varsity Letters Earned: 2

Position: OF/P

Honors/Awards Received: 4A State Runner-Up 2018

Hobbies: running, playing the piano, and knitting

Favorite Musician: Shawn Mendes

Greatest Athletic Memory: going to State with my best friends



2018-2019 SOFTBALL SENIOR BIOS

Player's Name: Gabi Carra #10

Varsity Letters Earned: 4

Position: MIF

Honors/Awards Received: Rookie of the Year ('16), Post Trib and NWI Times All-Area ('18), All-DAC ('18), Sportsmanship Award ('18), Scholar Athlete Award

Hobbies: watching Netflix, working out, and spending time with family and friends

Favorite Musician: I have a lot

Greatest Athletic Memory: our postseason run to the State Championship 2018



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Lake Central High School 2018 - 2019 Softball (Girls V)

Date	Event	Start Time	Location	
Tue Mar 26	Munster High School	4:30 PM	Lake Central High School	Home
Wed Mar 27	Chesterton High School	4:30 PM	Lake Central High School	Home
Thu Mar 28	Penn High School	5:00 PM	Lake Central High School	Home
Mon Apr 1	Lowell High School	4:30 PM	Lowell High School	Away
Tue Apr 2	Portage High School	4:30 PM	Portage High School	Away
Wed Apr 3	Crown Point High School	4:30 PM	Lake Central High School	Home
Sat Apr 6	Horseshoe Classic	8:00 AM	Pendleton Heights High School	Away
Tue Apr 9	Merrillville High School	4:30 PM	Merrillville High School	Away
Wed Apr 10	Valparaiso High School	4:30 PM	Lake Central High School	Home
Sat Apr 13	Lake Central Classic	9:00 AM	Lake Central High School	Home
Tue Apr 16	LaPorte High School	4:30 PM	LaPorte High School	Away
Wed Apr 17	Michigan City HS	4:30 PM	Lake Central High School	Home
Fri Apr 19	Carmel Invitational	4:00 PM	Carmel High School	Away
Sat Apr 20	Carmel Invitational	8:00 AM	Carmel High School	Away
Sat Apr 20	Carmel Invitational	2:00 PM	Carmel High School	Away
Tue Apr 23	Chesterton High School	4:30 PM	Chesterton High School	Away
Wed Apr 24	Portage High School	4:30 PM	Lake Central High School	Home
Tue Apr 30	Crown Point High School	4:30 PM	Crown Point High School	Away
Wed May 1	Merrillville High School	4:30 PM	Lake Central High School	Home
Tue May 7	Valparaiso High School	4:30 PM	Valparaiso High School	Away
Wed May 8	LaPorte High School	4:30 PM	Lake Central High School	Home
Tue May 14	Michigan City HS	4:30 PM	Michigan City HS	Away
Wed May 15	Highland High School	4:30 PM		Home
Thu May 16	Griffith High School	5:00 PM	Griffith High School	Away
Mon May 20	IHSAA Sectional	5:00 PM	Lake Central High School	Home
Tue May 21	IHSAA Sectional	5:00 PM	Lake Central High School	Home
Thu May 23	IHSAA Sectional	5:00 PM	Lake Central High School	Home
Fri May 24	IHSAA Sectional Championship	5:00 PM	Lake Central High School	Home
Tue May 28	IHSAA Regional	5:00 PM		Away
Sat Jun 1	IHSAA Semi-State	5:00 PM	TBA	Away
Sat Jun 8	IHSAA State	5:00 PM	Ben Davis High School	Away

GIRLS' TENNIS COACHES CORNER

THE **BRYAN SZALONEK** FILE

PERSONAL:

BORN: June 7, 1970

COURSES TAUGHT: AP US History

EDUCATION:

HIGH SCHOOL: Thornwood High School

COLLEGE: Southern Illinois University;

Purdue University Calumet

DEGREE: Speech Communication;
Secondary Education Social Studies



FAMILY:

CITY OF RESIDENCE: Schererville

PLAYING CAREER HIGHLIGHTS:

2 year football participant

2 year track participant

COACHING CAREER HIGHLIGHTS:

2017 Sectional Champions

COACH BIO: Coach Szalonek is entering his 13th year as the head varsity girls' tennis coach at Lake Central. Bryan also served as an assistant for our boys' program for 4 years. Bryan has been a member of our social studies department for the past 15 years. The 2016 team Bryan coached was a 2016 IHSAA State participant. Bryan resides in Schererville.

AWARDS:

District 1 Coach of the Year Nominee 2017

IHSAA STATE TOURNAMENT HISTORY

Sectional Championships: 1992, 1999, 2000, 2001, 2002, 2003, 2017

2018-2019 GIRLS' TENNIS COACHING STAFF

Joseph Skvarek

Joseph will join the varsity girls' tennis program for the 3rd season as the head assistant coach. Prior to this, Joseph has coached middle school tennis for 4 years and also served as a tennis instructor at Briar Ridge Country Club for 5 years. He is employed by the Lake Central School Corporation as an instructional aide, spending his time at Clark Middle School. Joseph graduated from Indiana State University with a BS in management. He resides in Schererville with his wife Debbie and two children, Mike and Kristina. Joseph played collegiate tennis at Indiana State University.

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2018-2019 GIRLS' TENNIS SENIOR BIOS

Player's Name: Danica Mileusnic

Varsity Letters Earned: 3

Position: singles

Honors/Awards Received: MVP, All-DAC, All-Area HM, Scholar Athlete, Rookie of the Year, Most Improved, Academic All-State

Hobbies: publications, traveling, adventuring, shopping, and folklore

Favorite Food: pasta

Favorite Musician: my Deda and Baka have the best voices

Greatest Athletic Memory: winning Sectionals for the first time in 14 years



Player's Name: Liberty Toweson

Varsity Letters Earned: 3

Position: Doubles

Honors/Awards Received: Rookie of the Year, Scholar Athlete

Hobbies: guitar/music, writing, painting, volunteering, traveling, and spending time with friends

Favorite Food: fettuccine alfredo

Favorite Musician: Adele and Demi Lovato (can't choose!)

Greatest athletic memory: bus rides/spending time and laughing with the team



Player's Name: Camille Bereolos

Position: doubles

Honors/Awards Received: Scholar Athlete

Hobbies: traveling, photography, napping, and hanging with friends

Favorite Food: pizza

Favorite Musician: Ed Sheeran

Greatest Athletic Memory: playing JV 3 singles for the first time during our last match last year and winning



2018-2019 GIRLS' TENNIS SENIOR BIOS

Player's Name: Hanna Mihalic
Position: doubles
Honors/Awards Received: Scholar Athlete
Hobbies: skiing, baking, and spending time with friends
Favorite Food: chicken parmesan
Favorite Musician: yung gravy
Greatest Athletic Memory: bus rides to matches



Player's Name: Clarie Karberg
Varsity Letters Earned: 1
Position: doubles
Honors/Awards Received: Scholar Athlete
Hobbies: traveling, reading, obsessing over homes
Favorite Food: burgers
Favorite Musician: Billy Joel
Greatest Athletic Memory: bus rides



Player's Name: Natasa Tomic
Position: doubles
Honors/Awards Received: Scholar Athlete
Hobbies: cooking, traveling, shopping, and hanging out with friends
Favorite Food: mac and cheese
Favorite Musician: Florida Georgia Line
Greatest Athletic Memory: hanging out in the locker room and listening to music before matches



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2018-2019 GIRLS' TENNIS



Varsity and Junior Varsity Tennis



Lake Central High School 2018 - 2019 Tennis (Girls V & JV)

Date	Event	Start Time	Location	
Mon Apr 8	Griffith High School	5:00 PM	Lake Central High School	Home
Tue Apr 9	Lowell High School	4:30 PM	Lake Central High School	Home
Thu Apr 11	Hanover Central High School	4:15 PM	Lake Central High School (Tennis Court)	Home
Fri Apr 12	Highland High School	4:00 PM	Highland High School	Away
Sat Apr 13	Hobart Invite	9:00 AM	Hobart High School	Away
Mon Apr 15	Whiting High School	4:30 PM	Lake Central High School (Tennis Court)	Home
Thu Apr 18	Chesterton High School	4:15 PM	Chesterton High School	Away
Sat Apr 20	Portage High School	9:00 AM	Portage High School	Away
Tue Apr 23	Crown Point High School	4:15 PM	Crown Point High School	Away
Wed Apr 24	Munster High School	4:00 PM	Lake Central High School	Home
Thu Apr 25	Merrillville High School	4:15 PM	Merrillville High School	Away
Sat Apr 27	LaPorte High School (JV ONLY)	9:00 AM	LaPorte High School--Kesling Park	Away
Tue Apr 30	Michigan City HS	4:15 PM	Lake Central High School	Home
Thu May 2	LaPorte High School	4:15 PM	LaPorte High School	Away
Mon May 6	ILLIANA CHRISTIAN HIGH SCHOOL	4:30 PM	ILLIANA CHRISTIAN HIGH SCHOOL	Away
Tue May 7	Valparaiso High School	4:15 PM	Lake Central High School	Home
Thu May 9	Portage High School	4:15 PM	Lake Central High School	Home
Wed May 15	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Thu May 16	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Fri May 17	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Tue May 21	IHSAA Regional	5:00 PM	Highland High School	Away
Wed May 22	IHSAA Regional	4:00 PM	Highland High School	Away
Sat May 25	IHSAA Semi-State	5:00 PM	Culver Academies	Away
Fri May 31	IHSAA State Finals	5:00 PM		Away



LAKE CENTRAL GIRLS' TENNIS

2019

Camille Bereolos (12)
Abigail Burton (9)
Paige Covelli (11)
Vivian Cronin (9)
Sarah Cunningham (10)
Mallory Gagliardi (11)
Annika Gorney (10)
Mackenzie Guthrie (10)
Madison Hoehler (11)
Claire Karberg (12)
Jacqueline Kenda (11)
Nicole Kenda (11)
Emma Kritenbrink (10)
Katharine Mahoney (10)
Angelina Mansour (10)
Jade Mehok (11)
Hanna Mihalic (12)
Danica Mileusnic (12)
Ingrid Owczarzak(9)
Leah Palkon (9)
Elizabeth Sulek (10)
Natasa Tomic (12)
Liberty Toweson (12)
Jennifer Tulusiak (10)
Mirjana Vukas (10)
Isabella Watts (11)
Marina Wuchenich (10)

Head Coach: Bryan Szalonek
Assistant Coaches: Joe Skvarek





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BOYS' TRACK & FIELD COACHES CORNER

THE **JEFF RHODY** FILE

PERSONAL:

BORN: April 9, 1970
COURSES TAUGHT: Physics & AP Physics—currently
Environmental Science & Marine Biology—formerly



EDUCATION:

HIGH SCHOOL: Portage High School
COLLEGE: Ball State University
DEGREE: BS in Secondary Education (Physics & Biology), MS in Secondary Education

FAMILY:

SPOUSE NAME: Sonya
CHILDREN: Alekzandr (AJ)-16, Samantha-12
CITY OF RESIDENCE: St. John

PLAYING CAREER HIGHLIGHTS:

Competed in 4 state finals in HS (XC)
Ran for Hall of Fame Coach Bill Wilke
Team earned 4 state medals (1st, 5th, 3rd, 3rd) in the 4 years in competed
Rode on the first cycling team in Ball State history

COACHING CAREER HIGHLIGHTS:

Assistant under multi-Hall of Fame Coach Rudy Skorupa
Coached several State Champions, Runners-Up, and All-State Athletes
Many of our XC & Track athletes have accomplished great things in their lives

COACH BIO: Jeff began coaching at Lake Central in the fall of 1998 as the Assistant Coach for the Boys' XC Team and continued in the spring as Assistant Coach for the Boys' Track Team. He has been given the opportunity to coach many great athletes in these two programs. In 2013, with the retirement of Coach Skorupa, Coach Rhody was hired to take the reigns of both programs. He feels that winning in high school athletics has very little to do with the score at the end of the contest, but rather what happens after you leave. Jeff is just as proud, if not more so, of the average athlete who has gone on to be a doctor, a pilot for the armed services, or a successful businessman, as he is of the champions in the sport

AWARDS:

2015 Post Tribune XC Coach of the Year

2018-2019 BOYS' TRACK & FIELD COACHING STAFF

Garrett Gray

Garrett is beginning his 9th year at Lake Central. He will coach the boys' shot put and discus athletes and also collaborate with his sister Jeanette who leads the girls' throws for her 2nd year. Garrett was also the junior varsity wrestling coach for the Indians for 5 years. He also served as a middle school wrestling coach. Garrett is the lead instructor for Project Lead the Way which specializes in drafting and engineering coursework. He attended Ball State University. Garrett resides in St. John with his wife Rachel and their two children, Gavin and Grace. Garrett coached discus Individual State Champion Gelen Robinson to the state title in 2014; he also had two other top ten finishes, including a runner-up.



Sean Warren

Sean is entering his 1st season as an assistant coach for Indians' track and field program; he will focus on the vault and jump. Sean competed collegiately at Saint Joseph's College and also served as a volunteer coach for the Pumas. He has been employed as a professional in the audio visual market for the past 6 years. Sean is a graduate of Saint Joseph's College, where he earned a BS in Mass Communications and a BA in Theater Arts. He, and his wife Sarah, resides in Portage with their daughter Sophia. Sean is the Saint Joseph College school record holder for the indoor heptathlon and is the number 2 all time pole vault; he also has top ten all time performances in the outdoor decathlon and javelin.



Alex Thompson

Alex joins the staff for his 1st full season. He will serve as the distance coach. Previously, Alex has coached 2 years of middle school cross country and track & field. Alex is beginning his 2nd year teaching in the corporation: He spent his 1st year at Clark Middle School and this year he joins the high school science department. Alex will also coach the distance runners for the boys' track & field program. Alex is a graduate of Indiana University, Bloomington; he participated in the IU Cross Country and Track Club and contributed to 2 National Championships. Alex is an alum of LC.



LAKE CENTRAL BOYS' TRACK

2019

NAME	GRADE	NAME	GRADE
Keegan Baisa	12	Aidan O'Neill	11
Jack Batinick	9	Julian Page	9
Isaac Beatty	12	Perry Pappas	10
Douglas Belcaster	11	Victor Paredes-Mikuly	11
Kyle Birgel	10	Ethan Pinarski	11
Leo Bowman	9	Samuel Pisowicz	11
Joseph Brown	12	Teigen Pollack	9
Warren Chekaluk	11	Marc Prince	11
Mateo Cortez	9	Avery Ramos	9
Lucca Darak	9	Isaac Ramos	9
Elias DeHart	10	William Rauch	10
Jordan Duggan	10	Alekzandr Rhody	10
Deshaun Fort	12	Grant Rogers	10
Diego Garcia	9	Logan Russell	10
Ramone Garcia	9	Sebastian Salamanca	10
Gurvur Gill	12	Gehrig Sarbieski	12
Philip Gust	10	Jackson Sarbieski	11
Gabriel Haberling	11	Ethan Schassburger	9
Keyon Harris	9	Trey Scheub	9
Trevor Hatfield	11	Benjamin Schmitt	9
Isaac Heard	11	Carter Schuster	9
Nathan Hodor	11	Shaurya Sharma	10
Jalen Hubbard	12	Gordon Suroviak	10
Nathan Jendreas	9	Edison Szararczyk	9
Corbin Jennette	10	Christopher Szewczyk	11
Azrael Jimenez	11	Jack Teibel	10
Zachary Johnson	9	Noah Tuftedal	11
Samuel Long	10	Vincent Vanderveen	9
Ryan Mauder	9	John Venegas	10
Daniel McGrath	10	Benedict Villavicencio	10
Brandon McPherson	11	Ryan Weidenaar	9
Zakaria Mohiuddin	10	Josiah Wilson	9
		Zachary Writt	11

Head Coach: Jeff Rhody

Assistant Coaches: Garrett Gray, Sean Warren, Alex Thompson



2018-2019 BOYS' TRACK & FIELD



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IHSAA STATE TOURNAMENT HISTORY

Regional Championships: 2004, 2012

Sectional Championships: 1987, 1989, 1991, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2011, 2012

2018-2019 BOYS' TRACK & FIELD SENIOR BIOS

Manager's Name: Kevin Holechko
Varsity Letters Earned: 2
Honors/Awards Received: Photography/Journalism Award
Hobbies: Public Relations Director, working
Favorite Food: steak
Favorite Musician: Frankie Valli
Greatest Track Memory: Hoosier State Relay



Player's Name: Deshaun Fort
Varsity Letters Earned: 3
Position: 400, 4X400
Honors/Awards Received: Scholar Athlete Award
Hobbies: video gaming
Favorite Food: pasta
Favorite Musician: Drake
Greatest Track Memory: going to outdoor state



Player's Name: Isaac Beatty
Varsity Letters Earned: 4
Position: 800, 4X400, 4X800
Honors/Awards Received: Sportsmanship Award, Scholar Athlete Award, Regional Qualifier
Hobbies: hiking, spike ball
Favorite Food: pizza
Favorite Musician: Jesus Culture
Greatest Track Memory: last year coming from behind in the 4X800 against Chesterton



2018-2019 BOYS' TRACK & FIELD SENIOR BIOS

Player's Name: Gehrig Sarbieski

Varsity Letters Earned: 1

Position: 100, 200

Hobbies: working out, sleeping

Favorite Food: pizza

Favorite Musician: Van Halen

Greatest Track Memory: running my first varsity meet



Player's Name: Joseph Brown

Varsity Letters Earned: 1

Position: pole vault

Honors/Awards Received: Most Improved XC Runner 2016

Hobbies: dirtbikes, fishing, outdoor

Favorite Food: pizza

Favorite Musician: Kendrick Lamar

Greatest Track Memory: hitting a homerun in the little league All-Star game



Player's Name: Keegan Baisa

Varsity Letters Earned: 2 swimming/1 track

Position: 400, 200

Hobbies: video gaming, watching hockey

Favorite Food: tacos

Favorite Musician: Martin Garrix

Greatest Track Memory: meeting everyone



Lake Central High School 2018 - 2019 Track & Field (Boys V)

Date	Event	Start Time	Location	
Sat Mar 2	Indian Indoor	10:00 AM	Portage High School	Away
Tue Mar 5	Crown Point High School	5:00 PM	Lake Central High School (Fieldhouse-Entire, Gym-Blue Court)	Home
Sat Mar 9	Hoosier State Relays Qualifier	9:00 AM	Purdue University	Away
Sat Mar 16	Indoor: All Comers Meet	10:00 AM	Lake Central High School (Fieldhouse-Entire, Gym-Blue Court)	Home
Thu Mar 21	Indoor: Lake Central Invite	6:00 PM	Lake Central High School (Fieldhouse-Entire, Gym-Blue Court)	Home
Sat Mar 23	HSR Finals	8:00 AM	Indiana University	Away
Wed Apr 3	Valparaiso High School	4:30 PM	Lake Central High School	Home
Tue Apr 9	Portage/Valpo	4:30 PM	Lake Central High School	Home
Sat Apr 13	Dick Beebe Classic	10:00 AM	HOMEWOOD-FLOSSMOOR HIGH SCHOOL	Away
Tue Apr 16	Merrillville/Crown Point	4:30 PM	Crown Point High School	Away
Tue Apr 23	Michigan City/Chesterton	4:30 PM	Michigan City HS	Away
Tue Apr 30	LaPorte High School	4:30 PM	LaPorte High School	Away
Wed May 8	DAC Championship	5:00 PM	Lake Central High School	Home
Thu May 16	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Thu May 23	IHSAA Regional	5:00 PM	Crown Point High School	Away
Fri May 31	IHSAA State	5:00 PM	Indiana University, Bloomington	Away



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GIRLS' TRACK & FIELD COACHES CORNER

THE **RON FREDRICK** FILE

PERSONAL:

COURSES TAUGHT: English
AP

EDUCATION:

HIGH SCHOOL: Durand,
Michigan
COLLEGE: Purdue University
DEGREE: BA, English; MA
English



FAMILY:

CITY OF RESIDENCE: Rensselaer, Indiana

PLAYING CAREER HIGHLIGHTS:

Participated in football, basketball, baseball, and track

COACHING CAREER HIGHLIGHTS:

16 consecutive IHSAA Sectional Championships
9 IHSAA Regional Championships (7 in a row)
12 DAC regular season championships (9 in a row)
9 consecutive DAC Post-Season Championships
11 undefeated DAC regular seasons
6 straight undefeated regular seasons (2008-2013)
64 meet DAC winning streak

COACH BIO: Ron has served as the girls' track and field head coach for 165 years; he possesses a career record of 869-27. Ron coached 110 individual and relay IHSAA Sectional Champions; 24 IHSAA individual and relay Regional Champions; 96 IHSAA individual and relay State qualifiers; 32 individual and relay IHSAA All-State athletes; 1 individual State Champion; 4 individual and relay IHSAA State Runners-up; 17 Indiana All-Stars; 27 Division 1 athletes; 54 DAC individual and relay champions.

AWARDS:

7-time Northwest Indiana Times Girls Track and Field Coach of the Year
9-time DAC Coach of the Year
11-time Indiana Association of Track and Cross Country Coaches State Coach of the Year Nominee

2018-2019 GIRLS' TRACK & FIELD COACHING STAFF

Daniel McCabe

Daniel McCabe is entering his 15th year coaching track and field at Lake Central. He did an extraordinary job the past 14 years working with our girls' vaulters (and boys' vaulters for one season). Daniel brings an impressive education and coaching résumé to our track and field program. He has 30 years of teaching experience and 13 years experience as a principal. As a principal, Daniel led two different schools to National Blue Ribbons through the US Department of Education. Daniel has 21 years of coaching experience, including being named the NWI Times and Post Tribune Coach of the Year for girls' basketball during the 1989-90 season at Bishop Noll. He is a graduate of Purdue University where he was a recipient of the Distinguished Alumni Award. Daniel resides in Hammond with his wife Beth. They have two children, Jeremy and Amanda.



Jeanette Gray

Jeanette is entering her 4th year teaching math and coaching at Lake Central, and this is her 3rd year coaching the track and field throwing events for the Lady Indians. She brings a wealth of coaching experience to the staff. Jeanette has served as the head girls' basketball coach for Highland (2 years), Hammond Clark (1 year), and Valparaiso (4 years). Her assistant duties included stints in softball (4 years), girls' soccer (1 year), and girls' basketball (5 years) at Highland, Valparaiso, Morgan Township, and Lake Central. Jeanette also coached girls' basketball collegiately at Ball State University for 3 years. She just completed her 3rd year coaching football for the Indians. Jeanette enters her 14th year teaching math. She attended Valparaiso University where she played on the women's basketball team. Jeanette was named the NCC Girls Basketball Coach of the Year for the 2007-2008 season. She resides in Dyer.



Annemarie Widowfield

Annemarie is beginning her 2nd season as the distance coach for our girls' track and field program. Annemarie is a graduate of Akron University in Ohio. She resides in Schererville with her husband John and their two children, Alexandra and Jake.

2018-2019 GIRLS' TRACK & FIELD



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IHSAA STATE TOURNAMENT HISTORY

Regional Championships: 1996, 2008, 2009, 2011, 2012, 2013, 2014, 2015, 2016, 2018

Sectional Championships: 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018

Lake Central High School 2018 - 2019 Track & Field (Girls V)

Date	Event	Start Time	Location	
Mon Feb 25	Rensselaer Central High	5:30 PM	Lake Central High School	Home
Fri Mar 8	Hammond Morton/Highland	5:00 PM	Lake Central High School (Fieldhouse-Entire, Gym-Blue Court)	Home
Fri Mar 15	Lake Michigan Invite	TBD	Carthage College, Kenosha, WI	Away
Sat Mar 23	(Legends Classic @ LaSalle Cincinnati, OH)	8:00 AM	LaSalle High School, Cincinnati, OH	Away
Thu Apr 4	Rensselaer Central High/Hammond Morton	5:00 PM	Lake Central High School	Home
Tue Apr 9	Valparaiso/Portage	4:30 PM	Portage High School	Away
Tue Apr 16	Merrillville/Crown Point	4:30 PM	Merrillville High School	Away
Tue Apr 23	Michigan City/Chesterton	4:30 PM	Lake Central High School	Home
Thu Apr 25	Highland Invite	4:30 PM	Highland High School	Away
Tue Apr 30	LaPorte	4:30 PM	Lake Central High School	Home
Tue May 7	DAC Championship	4:45 PM	Valparaiso High School	Away
Tue May 14	IHSAA Sectional	4:30 PM	Lowell High School	Away
Tue May 21	IHSAA Regional	5:30 PM	Portage High School	Away
Sat Jun 1	IHSAA State	5:00 PM	Indiana University	Away



Jay Platt DDS
 Oral Surgery and
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LAKE CENTRAL GIRLS' TRACK AND FIELD 2019

NAME	GRADE	NAME	GRADE
Alexa Aardema	11	Lily Lane	9
Jessica Almeida	9	Meghan Long	12
Cordilia Bellar	11	Abigail Martisek	10
Chloe Campbell	10	Katelyn McClellan	11
Kylie Carroll	9	Madison Mercer	10
Bianca Cheesebourough	12	Breanne Mitchell	9
Brooke Czaja	11	Marissa Moore	9
Carly Davis	9	Allison Mularski	11
Carolyn Delgado	12	Julia Nawrot	11
Cara Eklund	10	Blessing Nnate	11
Makeda Ellis	12	Caitlin O'Brien	11
Sophia Fara	10	Victoria Pieters	11
Melissa Fritz	10	Elizabeth Reyes	11
Kayla Garza	9	Madison Rigg	12
Natalie Gehrig	10	Lillian Rizzo	11
Sarah Gross	10	Elle Schilling	10
Julia Jacobson	11	Gwen Schilling	9
Latreasure Johnson	10	Mckenzie Schilling	10
Zeta Johnson	11	Sarah Schoonmaker	9
Riley Knestrict	10	Ava Slivko	9
Taylor Kosiek	9	Madelyn Sternfeldt	9
Rachel Kujawa	11	Christy Tham	11
Krista Kulacz	9	Emily Thomas	10
Cora Lane	9	Abigail Zachary	10
		Lillian Zubeck	11

HEAD COACH: Ron Fredrick

Assistant Coaches: Jeanette Gray
Anne Widowfield
Dan McCabe



2018-2019 GIRLS' TRACK & FIELD SENIOR BIOS

Player's Name: Maddie Rigg
Varsity Letters Earned: 4
Position: pole vault
Honors/Awards Received: Scholar Athlete, Academic Letter Winner, Most Improved, pole vault record holder
Favorite Musician: Thomas Rhett
Greatest Athletic Memory: beating the pole vault school record at the Highland Invite



Player's Name: Meghan Long
Varsity Letters Earned: 4
Position: long jump, 400, 4X400
Honors/Awards Received: Rookie of the Year
Hobbies: petting dogs, bike riding, and hanging with friends
Favorite Food: mac and chicken
Favorite Musician: Imagine Dragons
Greatest Athletic Memory: receiving Rookie of the Year in track freshman year



Player's Name: Carolyn Delgado
Varsity Letters Earned: 3
Position: high jump
Hobbies: hanging out with friends and sleeping
Favorite Food: chicken nuggets
Favorite Musician: Chance the Rapper
Greatest Athletic Memory: when Alexa and I call each other names during practice and stealing points at Sectionals



Player's Name: Makeda Ellis
Varsity Letters Earned: 4
Position: thrower
Honors/Awards Received: Scholar Athlete
Hobbies: watching storms and hanging out with friends
Favorite Food: chicken alfredo
Favorite Musician: Drake
Greatest Athletic Memory: breaking the shot put record last year on senior night and making it to State with the help of Coach Gray



2018-2019 GIRLS' TRACK & FIELD SENIOR BIOS

Player's Name: Bianca Cheeseborough
Varsity Letters Earned: 1
Position: thrower
Hobbies: hanging out/spending time with my nephew :)
Favorite Food: any pasta
Favorite Musician: Beyonce
Greatest Athletic Memory: tennis ball hunting in the spring (looking for fresh yellow balls)



View

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Photo Credit: Ava Solis

THE **KAREN BRANN** FILE

PERSONAL:

BORN: 1986
COURSES TAUGHT:
Structured Learning
CITY OF RESIDENCE: Dyer



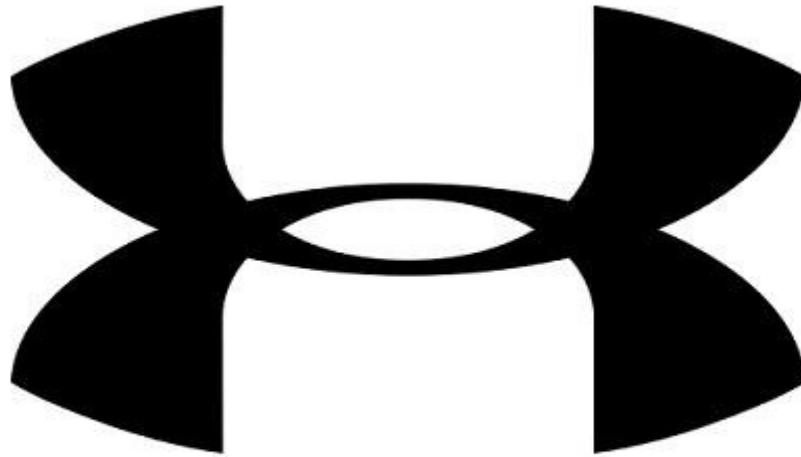
EDUCATION:

HIGH SCHOOL: Lake Central High School
COLLEGE: Purdue University
DEGREE: Bachelors

COACH BIO PARAGRAPH: Karen has been employed by the Lake Central School Corporation for 9 years. She has coaching experience in multiple sports including, West Lake basketball, Special Olympics bowling, Special Olympics track, and Unified track. Karen's teaching experience ranges from the elementary level, to the middle school level, and to the high school level: She taught structured learning for one year at both the elementary and middle school levels, in addition to structured learning for 7 years at the high school level. Karen is a graduate of Purdue University and she resides in Dyer.

Lake Central High School 2018 - 2019 Unified Track (CO-ED)

Date	Event	Start Time	Location	
Thu Apr 11	Valparaiso High School	5:00 PM	Valparaiso High School	Away
Thu Apr 18	Crown Point/Merrillville	5:00 PM	Lake Central High School	Home
Thu Apr 25	Chesterton/Michigan City	5:00 PM	Chesterton High School	Away
Tue Apr 30	Griffith High School	5:00 PM	Griffith High School	Away
Thu May 2	LaPorte High School	5:00 PM	Lake Central High School	Home
Thu May 9	DAC Meet	5:00 PM	Michigan City HS	Away
Sat May 18	IHSAA Sectional	TBD	Wheeler High School	Away
Sat May 25	IHSAA Regional	TBD	TBD	Away
Sat Jun 1	IHSAA State	TBD	IU Bloomington	Away



UNDER ARMOUR

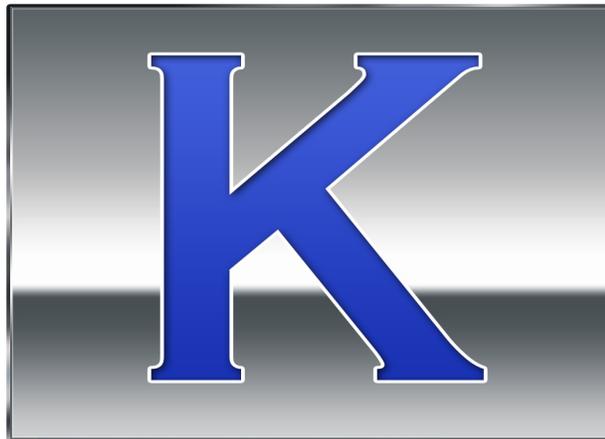




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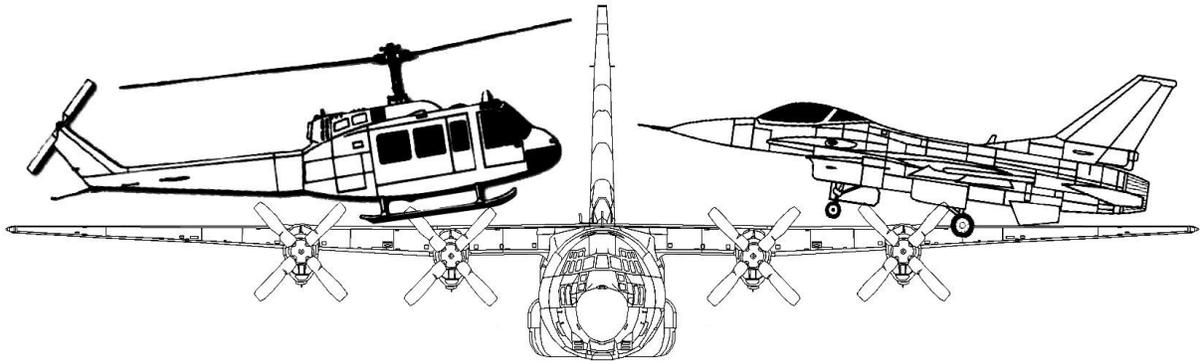


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2ND ANNUAL LAKE CENTRAL ATHLETIC DEPARTMENT GOLF OUTING



White Hawk Country Club
 1001 White Hawk Dr.
 Crown Point, IN
 Saturday, September 21, 2019

Registration 12:00 pm – 1:00 pm shotgun start

Cost is \$100 per golfer
See hole sponsorship opportunities below

(Please have your registration forms in by September 16th)
 A sack lunch will be provided before you start and dinner buffet after golf
 Door prizes, raffle baskets and tip boards

Level 1	Level 2	Level 3
Hole Sponsorship	Program Sponsorship	Food/Beverage Sponsorship
Minimum of \$150 Logo with sign at hole	\$500 - \$900 Level 1, plus Company logo on sponsor banner	\$1,000 Level 2, plus free foursome at outing
displayed at LC football complex and gymnasium for 2018 seasons/ad in winter/spring sports programs		

Lake Central Athletic Department Golf Outing
September 21st @ White Hawk Country Club

Please list each golfer's name: _____ Phone/E-mail: _____

1. _____ Entry Fee of \$100 per golfer \$ _____

2. _____ Donation: \$ _____

3. _____ Sponsorship (\$150/\$500/\$1,000) \$ _____

4. _____ Dinner Only (\$20 per person) \$ _____

Total Payment: \$ _____

If you are unable to attend, but would like to make a contribution towards the Lake Central Athletic Department or provide door prizes for the outing, please indicate below:

Contribution: _____

Please return this form and checks made payable to: Lake Central Athletics
 Attention: Jeff Sandor
 8400 Wicker Ave.
 St. John, IN 46373

Athletic Director: Chris Enyeart: cenyeart@lcsmail.com (219) 365-8551 X 2051
 Outing representative: Jeff Sandor: jsandor@lcsmail.com (219) 730-5632