



LPHSTF

2010 and 2011 IHSA 3A State Champions



Coach Nihells pictured here with one of his IHSA State record holder athletes Anthony Moorman.

The DuPage Track Club season has begun! The season began last weekend with a meet at DeKalb and continues through the national meet at the end of July. The club will also host a meet at East Campus on July 23rd and is in need of volunteers to help. Contact tkaberna@lphs.org

Sports Physicals are being offered at East Campus on June 17th.
www.sportlinkusa.com and enter LPEAST as your location.

JAY IVORY
HEAD COACH
JIVORY@LPHS.ORG

Assistant Coaches

Chris Benak	Shot Put/Discus
Eddie Eisman	Sprints
Doug Juraska	Pole Vault/High Jump
Tom Kaberna	Long/Triple Jump
Lance Murphy	Distance
Bob Nihells	Shot Put/Discus

Coach Nihells Honored!

6/7/2011

Tate and Nihells named Gill Coach of the Year

INDIANAPOLIS - Coaches Jim Tate of St. Paul's Episcopal School in Mobile, Ala., and Bob Nihells of Lake Park High School in Roselle, Ill., have been named the Gill Athletics National High School Coach of the Year for girls' and boys' teams.

Tate and Nihells will be recognized in an award ceremony on Saturday, June 25 at the USA Outdoor Track & Field Championships in Eugene, Ore., in front of more than 10,000 track and field fans. Both award recipients' schools will receive \$5,000 worth of Gill Athletics track & field equipment.

"High school track and field coaches are the backbone of the sport of track and field in the U.S." says David Hodge, CEO of Gill Athletics. "Without their tireless work and dedication, the U.S. would not lead the world in the sport as it does. Gill Athletics is proud to recognize the great commitment of these coaches to our high school athletes."

Nihells has coached at Lake Park High School for 29 years, serving 18 years as the head coach and 10 as the throws coach. During his tenure, the Lancers have captured three state titles, including back-to-back wins in 2010 and 2011, and four finishes in the top 10. Nihells' athletes own state records in the shot put, discus and 200 meter dash.

"Bob has a passion for the kids and the sport of track and field that is extremely rare," said co-worker Jay Ivory. "When Coach Nihells took over the head job some 29 years ago, it is fair to say that it was not really a track and field team... His relentless recruiting, passion and time commitment turned the program into a track and field power."

Nihells, who was named the 1997 Illinois Coach of the Year, has had more than 10 athletes go on to compete in college on athletic scholarships.

"I was shocked, and it was also a very humbling experience to receive this award," Nihells said. "It is quite an honor to be named the regional winner, let alone the national winner."

Coach Nihells was one of two coaches selected from thousands of coaches from across the country. Lake Park is very lucky and truly proud to have someone as dedicated to the student-athletes as he is.