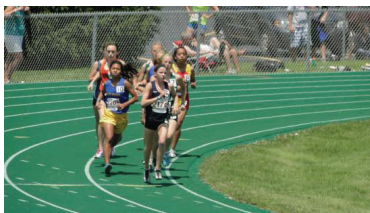




LPHSTF

**2010 and 2011
IHSA 3A
State Champions**



Summer Highlights...

The hits keep on coming for Zach Ziemek...

The Illinois Track and Cross Country Coaches Association is awarding Athlete-of-the-Year honors to four outstanding athletes. Each of the four seniors have accomplished rare feats that have seldom, or never, been done before in Illinois.

Zach Ziemek from Roselle Lake Park. Zach's efforts helped lead the Lancers to the IHSA Class AAA State title. This year he captured 1st place in the long jump 23' 8", 1st in triple jump 50' 6.75" and 1st in pole vault with 16' 6". All of those are personal bests and school records. Although the coaching staff decided not to compete him in the high jump at the state meet, he also cleared 6' 8" this season. In 2010 he won the pole vault and finished 2nd in the triple jump. He was a team captain this year, and a great leader for the team. According to Coach Jay Ivory, nobody worked or trained harder than Zach. Despite all of his individual accomplishments, he always put the team first. When asked what events he wanted to do, he would always respond "Whatever the team needs me to do".

Gatorade also voted Zach the Gatorade State of Illinois Boys Track and Field Athlete of the Year! This award also puts Zach in the running for the National Athlete of the Year Award. He is keeping busy this summer as he competed in long and triple jump at the USA Track & Field National meet held in Eugene, Oregon.

Another group of athletes is also hard at work this summer...

The boys and girls cross country camps are running every morning (and some afternoons too) in preparation for their upcoming season. Some of these runners are putting in up to 50 to 60 miles a week. While running at 7 a.m. doesn't always sound great, these athletes are willing to do what it takes to be great.

The DuPage Track Club is in full swing! Many of our athletes will be competing this weekend with a shot at qualifying for the USA Track & Field National Junior Olympics to be held later this summer in Wichita, Kansas. Good luck to all the competitors! The DuPage Track Club is also hosting a meet at East Campus on Saturday July 23rd. We need your help and support at this event. If you are interested in helping (there are several ways you can help/support) please contact Tom Kaberna at tkaberna@lphs.org. The club is doing a cool fundraiser this summer as well. Please show your support by checking it out <https://www.charitymania.com/give/J1027>

Meet the 2011 DuPage Track Club



JAY IVORY
HEAD COACH
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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