



## 2010 IHSA 3A State Champions

Look out...

The website to order clothes will be open this week. I will send out a reminder as to the exact day it opens and closes.

Picture day is Wednesday  
March 23rd.

We need your help...

We need volunteers to work the concession stand at our Conference meet on Thursday May 12th. No experience necessary. Let me know if you are interested.

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

## It was a busy weekend...

The Lancers were in full swing this weekend as some of the team competed in a meet at Wheaton South on Friday night and others were at the always tough Proviso West Invitational on Saturday morning.

Some of the Friday night lights...

Several Lancers including Sean Lang (pole vault) set PR's (personal records). Others included Shawn Koch in the long and triple jump. David Dembo and Nate Celia in the long jump, Eric Ryan, Matt Shannon, Craig Ryan, Phil Drozdowski, and Mitch Nobis all set PR's in the shot put.

Some of the Saturday morning highlights...

The varsity team captured 2nd place out of 12 teams while the frosh/soph team finished 3rd. The varsity was paced again by strong performances from Jermaine and Jeremy Kline in the shot put and Zach Ziemek in the long/triple jump and pole vault. The team welcomed back Kevin Jorgensen after finishing the swim team season. The team also got a boost from Larry Matthies' 2nd place finish in the 200 hurdles, and Scott Filip's 2nd place finishes in the 55 hurdles and long jump. The frosh/soph team got a lift from Mike Amerlan and Marcus Jegede in the long and triple jumps as well as Derrick Smith in the high jump. Shot Putter Ian Smith and Per Johnson set PR's on their way to 2nd and 3rd place finishes as well.

