



1997, 2010, 2011, 2012, 2013
IHSA 3A
State Champions

Alumni Update!!!

Our Alum have been doing very well in college!

CONFERENCE UPDATES

*Kevin Spejcher (University of Iowa) finished 3rd in the Big 10 Indoor meet in the High Jump.

*Elliot Krause (Eastern Illinois University) finished 6th in the Pole Vault in his Indoor Conference meet.

*Shawn Koch (University of Northern Iowa) finished 7th in the Triple Jump in his Indoor Conference meet.

*Greg Block (SIU-Edwardsville) placed 3rd in the Shot Put and 2nd in the Weight Throw in the OVC Indoor Conference meet.

*Jeremy Lozano (DePaul University) made the finals of the Big East conference meet in the mile.

*We wish Marcus Jegede (University of Louisville) a speedy recovery as he redshirts this indoor season as he recovers from knee surgery.

L4L Joey Pacione is now coaching at the University of Minnesota Moorehead. In his 1st season, one of his athletes won the 400m and another won the 600m at the Indoor Conference meet. His 4x400 relay is currently ranked 6th in the nation going into the National meet.

CONFERENCE CHAMPIONS / NATIONAL QUALIFIERS

*Tim Ehrhardt (Michigan State) won the Big Ten Indoor Conference meet in the Pole Vault and was 2nd in the Heptathlon while setting 6 new PRs! He has qualified for the NCAA Indoor National Meet this Saturday at the University of Arkansas. He enters the meet ranked 6th in the nation in the Heptathlon.

*The 5th ranked Heptathlete in the nation is Scott Filip (Rice University). He won the Indoor Conference USA meet in the Heptathlon while setting 7 new PRs! He will compete against Tim in the Heptathlon in what should be an exciting event as just 50 points separate the 2.

OLYMPIC HOPEFULS

*Zach Ziemek (University of Wisconsin-Madison) is redshirting this indoor season as he prepares to make a run at the 2016 Olympic Games in the Decathlon.

*Danny Block (formerly of University of Wisconsin-Madison) is back working with Coach Nihells as he is also looking to make a run at the 2016 Olympic Games in the Shot Put.

We are so proud of all of our Alumni as we currently have no less than 12 athletes competing at the collegiate level. Good luck to our National qualifiers!

