

**1997, 2010, 2011, 2012, 2013  
IHSAA 3A  
State Champions**

For complete results and more pictures check out the team website  
www.lphstrack.com

**Did You Know...**

Since 1997 LP Throwers have scored 145 points at the State meet...the 2nd place team has scored 60.



The lone Senior  
Curtwan Evans



Coach Bob Nihells

# Meet the Throwers...

In Illinois the “throwers” compete in the Shot Put and Discus events. While it is very common that a thrower compete in both events, usually they prefer one over the other. In recent times Lake Park Track and Field owes much of its success to this event group and these athletes. And this group has a had a lot of success...Lake Park throwers hold 3 All Time IHSAA records! Dan Block holds the Discus record with a throw of 208’ 11”, Jermaine Kline holds the outdoor Shot Put record with a throw of 66’ 5.75”, and Jeremy Kline holds the indoor Shot Put record with a throw of 67’ 6.5” !

This year’s crew is looking to carry on the tradition. Currently In the state of Illinois in the Shot Put Curtwan Evans is ranked #2 with a throw of 58’ 9”, Mike Prestigiacomio is 13th with 53’ 2” and Sophomore Dylan Scheirich is 22nd with 50’ 11”. In the Discus Prestigiacomio is ranked 3rd with 178’ 2”, Freshman Chago Basso is 14th with 160’ and Curtwan Evans is 19th with 158’ 5”.

State qualifying for the Shot Put is 52’ 11” and Discus is 156’ 6”. In the State series each school can only enter 2 athletes per event, so we could be headed towards a good problem where we have more than 2 competitors in each event who have thrown further than the qualifying mark. The architect of all this success is ITCCCA Hall of Fame Coach Bob Nihells. His passion and attention to detail has created a winning tradition.



Mike Prestigiacomio



Peter Zubak



Alex Pape



Dante Apuzzo

Juniors

Dylan Scheirich

Austin Lynch

Clay Wagner

Kevin Baczek

Max Karlis

Chago Basso

