

Lake Central High School

8400 Wicker Avenue

St. John, IN 46373



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Mascot.....	Indians
School Colors.....	Royal Blue/White
Enrollment.....	3302
Conference.....	Duneland Athletic Conference
Superintendent.....	Dr. Lawrence Veracco
Director of Human Resources.....	Terry Mucha
School Board President.....	Don Bacso
School Board Vice President.....	Sandy Lessentine
School Board Secretary.....	Cindy Sues
School Board Member.....	Howard Marshall Jr
School Board Member.....	Dr. Janice Malchow
Principal.....	Sean Begley
Assistant Principal.....	Erin Novak
Assistant Principal.....	Richard Moore
Assistant Principal.....	Marty Freeman
Assistant Principal.....	Ed Beck
Dean of Students.....	Kari Regan
Director of Athletics.....	Chris Enyeart
Associate Director of Athletics.....	Jeff Sandor
Athletic Administrative Assistant.....	Kathy Kapelinski
Facility & Athletic Administrative Assistant.....	Erin Graves
Strength & Conditioning Coach.....	Tom Halterman
Athletic Trainer.....	Chris Hall
Assistant Athletic Trainer.....	Lydia Morgan

Lake Central High School Athletic Hall of Fame

1991

Homer Blink Gettler
Larry Hurley
Mike Blaze
Ted Sangalis
1987 Boys Swimming

1995

Raymond Jaryszak
Dawn Kruspe
Bill Smith
Jeff White
1981 Wrestling

1998

Dan Liebrand
Dick Rakoczy
Jared Tomich
1992 Girls Softball

2001

Kristina Divjak
Leslie Rossa

2004

Kelly Kuhn
Aaron Crague
Christine Bishop Stoddard
Sarah Van Gorp Payne
Kelly Komara
1990 Boys Swim

2007

Marv Hanson
Shanon Geary Franks
Nicole Nigh
Mike Orban
Jeremy Willett

2010

Janel Benda Tobias
Lana Damron Payer
Don Bugaski
Ryan NiBrooke Baker
Jennifer Steinkraus Zandstra
1999 Medley Relay Team
1999 Boys Swim

2016

Mark Peterson
Rudy Skorupa
Chadd Rigg
Nick Kruse
2010 Boys Soccer
1948 Dyer High Football

1992

Nick Thiery
Bodan Cucuz
Jeff Hupke
Milan Petrovic
Mike Fross
1984 Boys Basketball

1996

Jim Dunavant
Clarence Hartmann
Lori Kirk
Jim Kapitan
1976 Boys Basketball

1999

Lisa Gelon
Richard Jaryszak
1990 Football

2002

James Torres
Wendy Smith Reigel
Sandi Dinges Gelon
1995 Girls Basketball

2005

Lazo Alavanja
Kathy Arbuckle
Tom Linger
Laura Logan
Todd Smolinski
1995 Girls Softball

2008

1997 Girls Soccer
Tom Mogyesi
Jeff Sandor
Nick Testa

2011

Keith Hauber
Jim Tonkovich

2017

Chris Johnson
Jason Buffone
Katie Mitchell
2002 Girls Softball
2003 Girls Softball
2004 Girls Softball

1993

Al Yelich
Mike Hines
Chris Kostouros
Tom Peyton
1983 Boys Cross Country

1997

Cindy Hines
William Bill Penman
John Smith
Jan Smoljan

2000

Denise Szany
Jim Dinges
1994 Girls Basketball

2003

Vince Sessa
Ray Probasco
1993 Football

2006

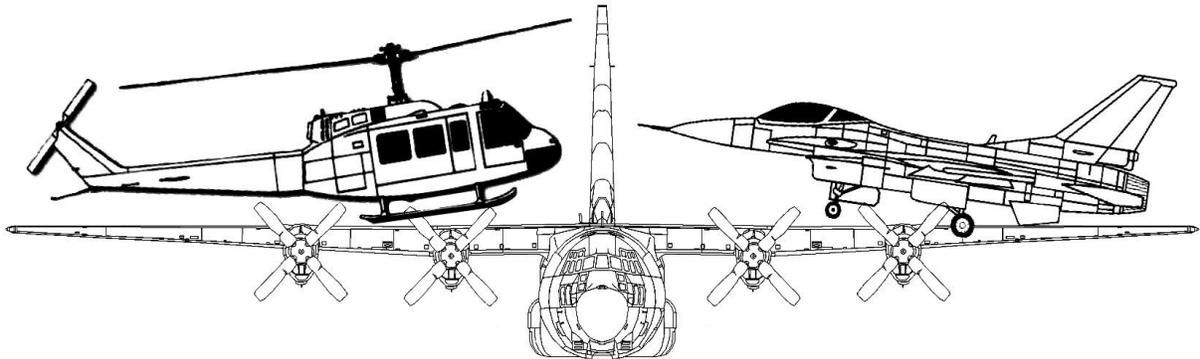
Kermit Kerns
Lori Moore
Bobby Pesavento
Chuck Pollen
Lynee Suroviak Atwell
1986 Football

2009

Michael Escobedo
Tom James
Denise Kulig Mitchell
Tiffany Redlarczyk

2012

Don Binole



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S T O R E F I X T U R E S

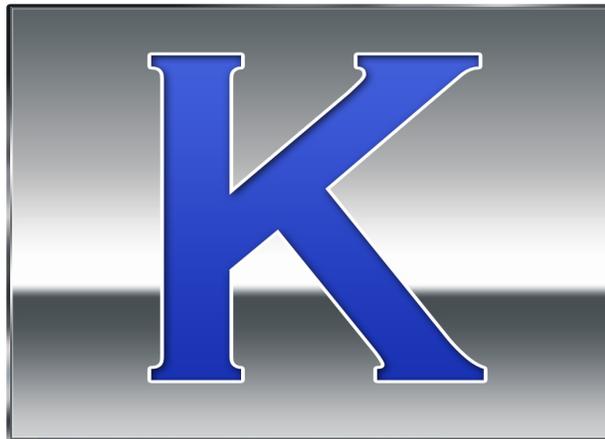




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CHEER COACHES CORNER

THE **JOAN LODEN** FILE

PERSONAL:

BORN: April 11, 1962
COURSES TAUGHT: Calculus
BC, Calculus AB

EDUCATION:

HIGH SCHOOL: Hobart High
School
COLLEGE: Purdue University
Calumet
DEGREE: BS in Mathematics
Education and MA in
Mathematics Teaching



FAMILY:

SPOUSE NAME: Keith
CHILDREN: Haley, Brad, and Doug
CITY OF RESIDENCE: St. John

PLAYING CAREER HIGHLIGHTS:

1978 and 1979 Hobart Brickie football state cheerleader

COACHING CAREER HIGHLIGHTS:

2012 Indiana State Cheerleading Champions
2014 Indiana State Cheerleading Runner-Up
Jamfest National Champions (multiple times)
2012 Indiana Cheer Coach of the Year Finalist
2013 NCA National Champions
2017 3rd Place State

COACH BIO: Joan is entering her 35th year at Lake Central and 31st year as the head cheer coach, making her Lake Central High School's longest tenured coach. Joan is a member of our mathematics department, and she also worked as a graduate assistant and guest lecturer at Purdue University Calumet. Go LC!

AWARDS:

2016-17 Lake Central School Corporation Co-Teacher of the Year
Inland Ryerson Teacher of the Year

2018-2019 CHEERLEADING COACHING STAFF

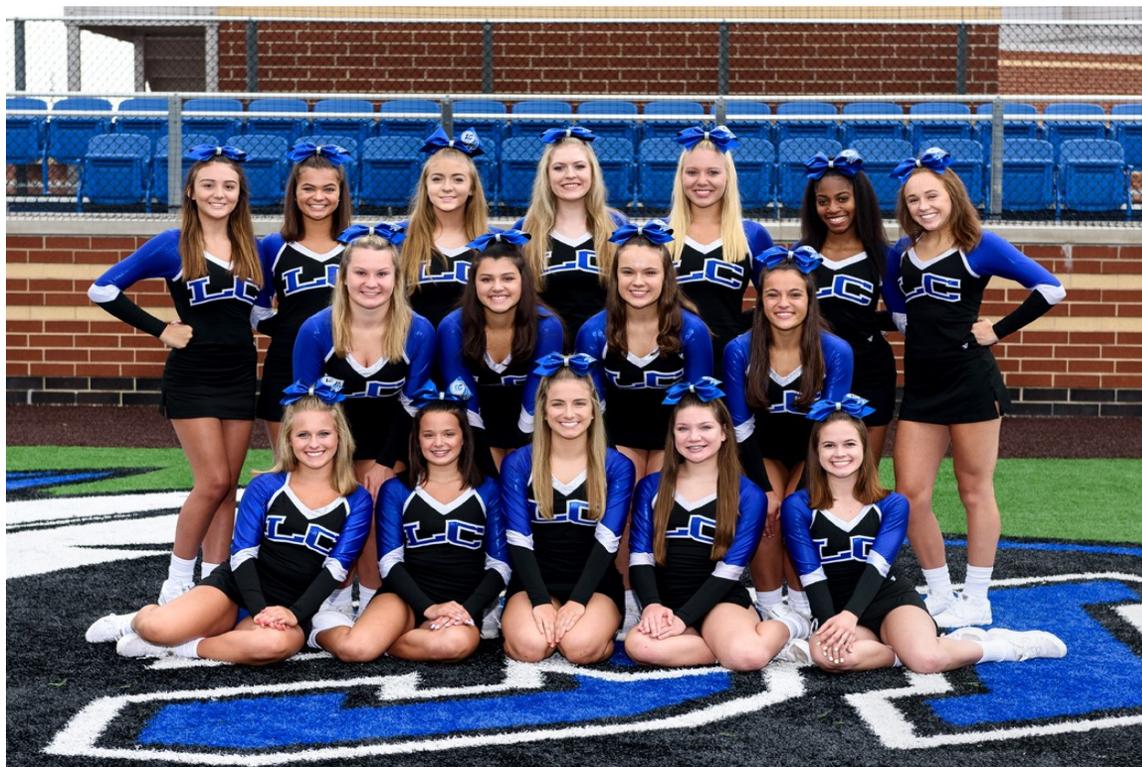
JOHN POWERS

John is beginning his 9th year as an assistant cheer coach for the Indians, and he brings 24 years of coaching experience with him. John has won several state titles in Illinois and one in Indiana as a cheer coach; he has also been a part of multiple National Championships. John resides in St. John with his partner Bill Rossi and two children: Gabriella and Aundrea. John is a state and national judge for cheerleading.



HALEY LODEN

Haley is beginning her 6th year as the assistant cheer coach at Lake Central. She is currently a student-athlete at Purdue University Northwest and coaches level 1-5 all-star cheerleading at Midwest Training. At Lake Central, Haley was a decorated athlete earning several accolades in cheer and softball. At Purdue Northwest she is in the Honor's College and is a member of the CCAC All-Academic Team and was the 2016 softball captain.



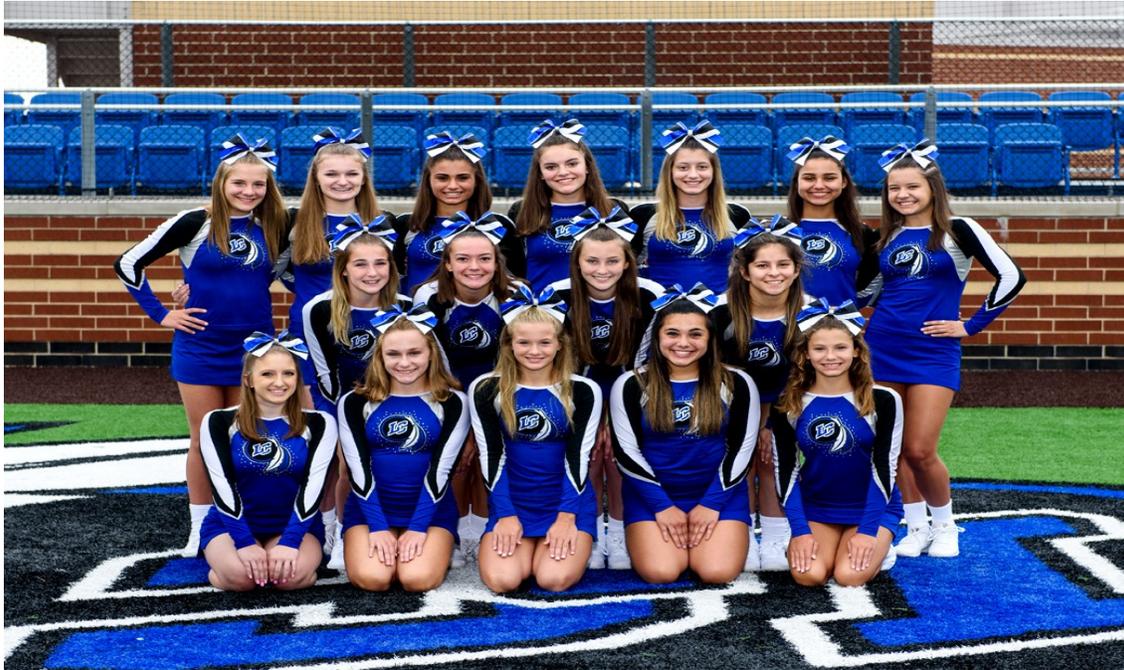
VARSITY

Row 1- Sam Misirly, Lily Lane, Madeline Mills, Elyse Bosnak, Rissy Penwitt

Row 2- Jaide Perko, Bella DiBitetto, Lexi Rigg, Madison Rigg

Row 3- Kiely Garza, Mia Graziani, Anna Nawrot, Morgan Tattini, Alexa Aardema, LaTreasure Johnson, Madison Sandoval

2018-2019 LAKE CENTRAL CHEERLEADING TEAM



JV

Row 1- Hannah DiDonato, Julie Wasyliv, Kaylee Chalos, Alana Taylor, Greta Segert

Row 2- Abbey Zarlengo, Hailey Newton, Kelsey Moore, Kassidy Cotter

Row 3- Grace Enyeart, Diana Kohler, Payton Gorski, Natalie Gehrig, Rhyne Noldin, Carissa Mansfield, Brooke Ludke



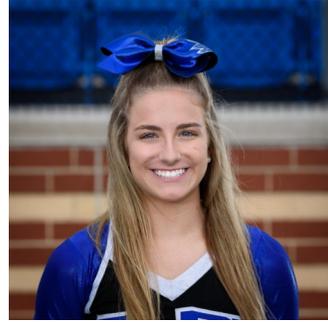
Freshmen

Row 1- Jenna Giannini, Olivia Garcia, Jessica Almeida, Lauren Gnat

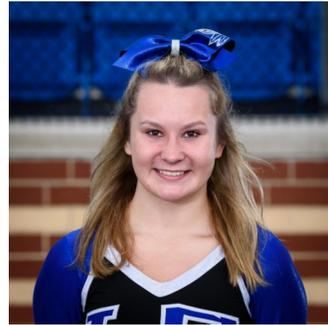
Row 2- Megan Michalik, Kayla Garza, Kelli Latta, Erin Sanfrantello, Abbie Janich

2018-2019 CHEER SENIOR BIO

Player's Name: Madeline Mills
Varsity Letters Earned: 4
Position: Captain/base
Honors/Awards Received: Captain
Hobbies: hanging out with my family
Favorite Food: stuffed mushrooms
Favorite Musician: Bazzi
Greatest Athletic Memory: 2017-18 State Team Performance; team sleepover at my house



Player's Name: Jaide Perko
Varsity Letters Earned: 4
Position: Captain/base
Honors/Awards Received: Rookie of the Year (15-16)
Hobbies: playing with my dogs
Favorite Food: pizza
Favorite Musician: Post Malone
Greatest Athletic Memory: Friday night football games; team sleepover



Player's Name: Madison Rigg
Varsity Letters Earned: 3
Position: main base
Hobbies: pole vault
Favorite Food: chocolate ice cream
Favorite Musician: Thomas Rhett
Greatest Athletic Memory: making it into the semis at UCA Nationals in Disney



COMPETITION HISTORY

ICA State Champion: 2012

ICA State Runner Up: 2014

Jamfest National Champions: 2016, 2014, 2013, 2012, 2010, 2009, 2006, 2005, 2004

NCA Open National Champions: 2013

2018-2019 CHEER SENIOR BIO

Player's Name: Mia Graziani

Varsity Letters Earned: 4

Position: Base/Captain

Honors/Awards Received: Academic Letterwinner (3), Athletic Varsity Letter (3), Pride Hustle Determination, Sportsmanship Award

Hobbies: playing with my dog, napping

Favorite Food: sushi

Favorite Musician: Thomas Rhett, Post Malone

Greatest Athletic Memory: when Coach JP tore his Achilles at state after we hit a perfect routine; making all the run through/senior night posters



Player's Name: Madison Sandoval

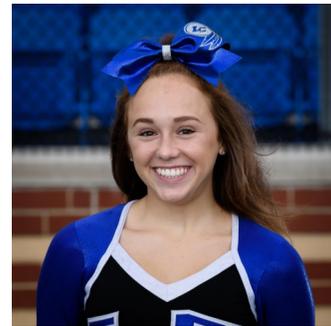
Varsity Letters Earned: 3

Position: base

Favorite Food: any kind of fruit

Favorite Musician: Post Malone

Greatest Athletic Memory: watching Coach JP tear his Achilles after our killer state routine



Jim Miskovich, Agent
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2018-2019 Lake Central Cheerleading Competition Schedule

9/22/18	LC Cheer Championship	Lake Central HS
9/30/18	“Get on Track” Competition	Purdue University
10/6/18	Central IN Cheer Championship	Pendleton Heights HS
10/14/18	BD Cheer Competition	Bishop Dwenger HS
10/20/18	JV State Cheer Championship	Decatur Central HS
10/27/18	Varsity State Pre-Lims	Greenfield Central HS
11/3/18	Varsity State Cheer Championship	New Castle HS
11/18/18	UCA Regional (Varsity)	Pendleton Heights HS
12/2/18	Midwest Cheer Fest (JV/F)	Carl Sandburg HS
12/15/18	Mustang Round-Up (JV/F)	Rolling Meadows HS
2/9-11/18	UCA Nationals (Varsity)	Orlando, FL



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DANCE COACHES CORNER

THE **KEVIN MATHIS** FILE

PERSONAL:

BORN: Chicago, IL

OCCUPATION: Dance Instructor,
Choreographer, Studio Owner

FAMILY:

SPOUSE NAME: Dana

CHILDREN: Jessica Kiszka (32), Miles
Mathis (19)

CITY OF RESIDENCE: St. John



COACHING CAREER HIGHLIGHTS:

Coach Mathis has been the owner and artistic director of M2 Dance in Schererville since 2001. He began his career in 1980 as a choreographer for numerous high school programs throughout the Midwest. His choreography has won multiple state and national titles. In 2000, he founded Danzforce Allstars. Danzforce has won over 30 NDA and UDA national dance titles. In 2011, he began coaching Purdue University's Dance Team in West Lafayette. As head coach of Purdue, he has led the dance team to 2 national runner ups and is a premier national finalist team. In 1994, he founded the IHSDTA and has served as President since 1995. Kevin has served on NDA's National Advisory Board and as judge for multiple high school, national and collegiate national championships televised on ESPN, CBS, and USA Sports. Most recently he has accepted a board advisory position on Varsity Dance Cast and was elected President of the National Dance Coach Association, (NDCA).

COACH BIO:

Coach Mathis is beginning his 30th year at Lake Central as dance coach of the Centralettes. Under his leadership, Lake Central Centralettes have won a combined 49 Indiana state and national championships. The Centralettes have been undefeated in the IHSDTA State Championships since 1995.

AWARDS:

IHSDTA Northern Regional Champions: 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018

IHSDTA State Champions: 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018

National Champions 1998, 2001, 2002, 2003, 2009, 2010, 2011, 2012, 2014, 2015, 2016,

2018-2019 LAKE CENTRAL CENTRALETTES

Jessica Almaraz 11
Anna Amanatidis 11
Madison Gelatka 9
Carly Gibson 12
Gabriella Grahovac 9
Hala Haddad 10
Chloe Hardesty 9
Isabella Holdren 9
Sofia Jasnic 9
Lilah Lopez 10
Meghan Martewicz 9
Claire Nowacki 10
Maya Pasyk 9

Courtney Pereira 9
Gianna Poulos 9
Grace Penna 9
Jade Prescaro 11
Miranda Prowse 11
Jessica Rech 12
Lily Rogers 9
Emma Schallmo 9
Alaina Seren 11
Jamie Szczecina 10
Jocelyn Vanek 12
Melissa Vanek 10

COMPETITION AWARDS

NDA National Champions

1998, 2001, 2002, 2003,
2010, 2011, 2012, 2014, 2015, 2016

UDA National Champions

2009

IHSDTA State Champions

1995, 1996, 1997, 1998,
1999, 2000, 2001, 2002,
2003, 2004, 2005, 2006,
2007, 2008, 2009, 2010,
2011, 2012, 2013, 2014
2015, 2016, 2017

2018-2019 CENTRALETTE SENIOR BIOS

Dancer's Name: Carly Gibson

Varsity Letters Earned: 3

Honors/Awards Received: Technical Excellence

Hobbies: watching basketball & football

Favorite Food: tacos

Favorite Musician: lil uzi vert

Greatest Athletic Memory: playing hangman in the locker room during games



Dancer's Name: Jessica Rech

Varsity Letters Earned: 2

Honors/Awards Received: Best Attitude; Outstanding Technique

Hobbies: listening to a lot of music

Favorite Food: spaghetti

Favorite Musician: Frank Ocean

Greatest Athletic Memory: winning the Unleashed Award @ Nationals



Dancer's Name: Jocelyn Vanek

Varsity Letters Earned: 3

Honors/Awards Received: Outstanding Rookie; Outstanding Leadership

Hobbies: dance; being with friends and family

Favorite Food: mac n cheese

Favorite Musician: Post Malone

Greatest Athletic Memory: company practice freshman year with Sophia



kuraray



2018-19 CENTRALETTE'S BASKETBALL & COMPETITION SCHEDULE

12/7	Fri	GBB Michigan City
12/8	Sat	IHSDTA Competition TBA
12/15	Sat	IHSDTA Clark Middle School
12/18	Tue	BB Munster
1/4	Fri	BB LaPorte
1/5	Sat	UDA Chicago
1/11	Fri	BB Portage
1/12	Sat	IHSDTA Avon High School
1/15	Tue	BB Lowell
1/18	Fri	BB Valparaiso
1/26	Sat	IHSDTA Munster High School
1/31	Thu	BB Merrillville
2/2	Sat	NDA Louisville or IHSDTA Homestead High School
2/5	Tue	BB East Chicago
2/9	Sat	IHSDTA LCDI
2/15	Fri	BB Crown Point
2/19	Tue	BB Marquette
2/20-	Wed	NDA Nationals
2/24	Mon	
2/22	Fri	BB McCutcheon
3/2	Sat	IHSDTA Regional Championship
3/9	Sat	IHSDTA State Championship



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BOYS' BASKETBALL COACHES CORNER

THE **DAVE MILAUSNIC** FILE

PERSONAL:

BORN: East Chicago, IN 1972
COURSES TAUGHT: Special
Education Math, Credit Recovery

EDUCATION:

HIGH SCHOOL: Highland
COLLEGE: Ball State Univer
sity
DEGREE: Special Education

FAMILY:

SPOUSE NAME: Robyn
CHILDREN: Mitchell (14),
Riley (12)
CITY OF RESIDENCE: Dyer



COACHING CAREER HIGHLIGHTS:

2 DAC Championships
2012 Sectional Championship
2018 Sectional Championship
2014 4A State Runners Up

COACH BIO:

Coach Dave Milausnic is entering his 15th season as the head boys' basketball coach. He has spent his entire career coaching basketball at Lake Central; holding roles as the junior varsity coach, freshman coach, and Grimmer Middle School coach. In addition to coaching basketball, Dave coached freshman baseball and middle school football. Dave has the most wins as a coach in Lake Central boys' basketball history (195-127). He is in his 23rd year teaching special education at Lake Central.

AWARDS:

NWI Times Coach of the Year 2014
Post Tribune Coach of the Year 2014

2018-2019 BOYS' BASKETBALL COACHING STAFF

Andy Gurnak

Andy is entering his 12th year at Lake Central and 3rd season as the assistant boys' basketball coach. He brings coaching experience from middle to high school in both boys/girls basketball and track and football, and just completed his first season with our girls' golf program helping lead them to a Sectional Championship. Andy is a member of our PE/health department. He is a graduate of Indiana University in Bloomington. Andy was a member of the coaching staff for our 2013 and 2015 girls' basketball sectional championships. He is married to Jamie and they reside in Crown Point.



Bill Smith

Bill returns to his alma mater as the junior varsity coach. He brings a wealth of coaching experiences that ranges from junior varsity baseball to leading AAU programs to being a freshman, JV, and varsity assistant in both boys' and girls' basketball including stints at Lake Central, Griffith, and Wheeler. Bill is employed by Pro-Am Team Sports and teaches basketball shooting and fundamentals. Bill was a 1971 graduate and was inducted into the Lake Central Athletic Hall of Fame in 1995 for participating in 3 sports and earning 10 letters. Bill resides in St. John with his wife of 33 years Irene. They have 4 children: Wendy, Linsey, Rick, and Skyler.



IHSAA STATE TOURNAMENT HISTORY

Semi-State Championships: 2013-14

Regional Championships: 1983-84, 2013-14

Sectional Championships: 1969-70, 1978-79, 1979-80, 1983-84, 1987-88, 1990-91, 1993-94, 1996-97, 2011-12, 2013-14, 2017-18

2018-2019 BOYS' BASKETBALL COACHING STAFF

Stephen Fry

Stephen is entering his 4th year coaching freshman basketball at Lake Central and his 12th year coaching overall. His additional experience includes 2 years of middle school coaching at Frontier Jr. High, 3 years coaching junior varsity at Griffith, and 3 years as a varsity boys' assistant at Lake Station. Stephen has been a member of our social studies department for 3 years. Prior, he spent 3 years each at Scott Middle School and Edison Jr./Sr. High School. Stephen is a graduate of Purdue University and holds a graduate degree from Purdue Calumet. He resides in Lowell with his wife Lauren. Stephen led the 2015-16 freshman team to a 21-1 record and Highland tournament championship.



Mark Strbjak

Mark begins his 1st season coaching freshman basketball with the Indians and just completed his first year coaching varsity football as the quarterbacks coach. He will also student teach at Lake Central. Mark is a recent graduate of St. Xavier University where he was a 3-year starter at wide receiver and the team captain (helped lead them to 2014 NAIA Semi-Finals). Mark initially attended Northern Illinois University and was a 2012 MAC Champion and 2013 Orange Bowl participant. In high school, Mark was a 3-sport athlete and the 2012 Munster Male Athlete of the Year. He was a 2012 North All-Star game representative and a 2011 1st Team All-Stater. Mark resides in Munster.



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2018-2019 BOYS' BASKETBALL



Varsity

BACK ROW: Coach Milausnic, Coach Smith, Nate Oakley, Dominic Ciapponi, Ami Khatra, Kyle Blum, Coach Gurnak, Manager Michael Olabinton

FRONT ROW: Jerry Edwards, Mark Mileusnic, Nick Anderson, Jack Davis, Hunter Zezovski, Alex James, Zack Dobos

2018-2019 BOYS' BASKETBALL



JV

BACK ROW: Coach Milausnic, Mark Mileusnic, Carson Blackhurst, Nate Oakley, Bryan Stokes, Brandon Moreno, Coach Smith

FRONT ROW: Deshawn Berryhill, Jerry Edwards, Declan Lain, Manager Michael Olabinton, Jaedon Clayton, Graham Weber, Kyle Nichols



Freshman

BACK ROW: Coach Strbjak, Ryan Mauder, Adam Walters, Ryan Cirks, Jack Mahoney, Milos Damjanovic, Lucca Darak, Diego Garcia, Luke Dragos, Coach Fry

MIDDLE ROW: Cole Thompson, Jake Zezovski, Aidan Kluth, Stef Radoja, Zach Vollrath, Aiden Neylon, David Triezenberg

FRONT ROW: Vince Pieters, Tre' Adams, Keyon Harris, Brian Michor, Niko Krizic, Justin Nichols

LAKE CENTRAL INDIANS VARSITY BASKETBALL 2018-2019

NO.	NAME	YR	POS	HT	BASKETS	FREE THROWS	ASSISTS	FOULS
0	Nick Anderson	11	G	6'2				
2	Jerry Edwards	10	G	5'11				
11	Jack Davis	12	G	6'3				
14	Alex James	11	G/F	6'1				
24	Zack Dobos	12	G	5'9				
30	Mark Mileusnic	10	G	5'11				
33	Ami Khatra	11	C/F	6'6				
34	Dominic Ciapponi	12	F	6'5				
35	Dawson Cheney	12	C/F	6'5				
40	Kyle Blum	11	G/F	6'3				
41	Hunter Zezovski	11	G/F	6'2				
43	Nate Oakley	10	C/F	6'4				

HEAD COACH: DAVE MILAUSNIC

Varsity Assistant: Andy Gurnak, Bill Smith Student Manager: Ethan Snodgrass

Frosh Assistants: Stephen Fry, Mark Strbjak Student Manager: Michael Olabinton

JV

NO.	NAME	YR	POS	HT	BASKETS	FREE THROWS	ASSISTS	FOULS
1	Graham Weber	10	G	5'11				
2	Jerry Edwards	10	G	5'11				
4	Deshawn Berryhill	10	G	5'8				
5	Declan Lain	10	G	5'11				
20	Jaedon Clayton	9	G	6'1				
12	Kyle Nichols	10	G	5'10				
15	Ethan Knopf	9	G	6'0				
30	Mark Mileusnic	10	G	5'11				
31	Brandon Moreno	10	F	6'1				
32	Carson Blackhurst	10	F	6'3				
43	Nate Oakley	10	C/F	6'4				
44	Bryan Stokes	10	F	6'3				



JV Head Coach: Bill Smith

To get pictures of your child in action, go to:
lakecentral.smuamua.com

2018-2019 BOYS' BASKETBALL SENIOR BIOS

Player's Name: Zack Dobos #24

Varsity Letters Earned: 3

Position: PG/SG

Honors/Awards Received: All DAC (baseball); 2nd Team All-Area (baseball)

Hobbies: fishing; hanging with friends

Favorite Food: steak

Favorite Musician: Juice Wrld

Greatest Athletic Memory: winning sectionals



Player's Name: Jack Davis #11

Varsity Letters Earned: 3

Position: SG

Honors/Awards Received: Scholar Athlete; Sportsmanship; MVP Track; 2X Sectional Champ High Jump; basketball Sectional Champ

Hobbies: playing 2K; Bible studies

Favorite Food: pizza

Favorite Musician: Shai Linne

Greatest Athletic Memory: winning sectionals for basketball



Player's Name: Dom Ciapponi #34

Varsity Letters Earned: 2

Position: PF

Honors/Awards Received: Pride Hustle Desire

Hobbies: basketball; hanging out with friends

Favorite Food: steak

Favorite Musician: Lil Wayne

Greatest Athletic Memory: winning sectionals



Player's Name: Dawson Cheney #35

Varsity Letters Earned: 1

Position: PF/C

Hobbies: hanging with friends

Favorite Food: chicken wings

Favorite Musician: Juice Wrld

Greatest Athletic Memory: winning Sectionals



Lake Central High School 2018 - 2019 Basketball (Boys V)

Date	Event	Start Time	Location	
Thu Nov 15	Hobart High School (Scrimmage)	6:00 PM	Lake Central High School	Home
Mon Nov 19	Andrean High School	7:00 PM	Andrean High School	Away
Sat Nov 24	Washington High School - South Bend	1:30 PM	Lake Central High School	Home
Thu Nov 29	Gary Lighthouse College Preparatory Academy	7:00 PM	Lake Central High School	Home
Tue Dec 4	Gary West Side High School	7:30 PM	Gary West Side High School	Away
Fri Dec 7	Warsaw Community High School	6:45 PM	Warsaw Community High School	Away
Sat Dec 15	Hammond Morton High School	7:00 PM	Hammond Morton High School	Away
Tue Dec 18	Munster High School	7:00 PM	Lake Central High School	Home
Thu Dec 27	Holiday Hoopfest	10:30 AM	Highland High School	Away
Fri Dec 28	Holiday Hoopfest	10:30 AM	Highland High School	Away
Sat Dec 29	Holiday Hoopfest	2:00 PM	Highland High School	Away
Fri Jan 4	LaPorte High School	7:00 PM	Lake Central High School	Home
Tue Jan 8	Highland High School	7:00 PM	Lake Central High School	Home
Fri Jan 11	Portage High School	7:00 PM	Lake Central High School	Home
Tue Jan 15	Lowell High School	7:00 PM	Lake Central High School	Home
Fri Jan 18	Valparaiso High School	7:00 PM	Valparaiso High School	Away
Fri Jan 25	Chesterton High School	7:00 PM	Chesterton High School	Away
Sat Jan 26	Hammond High School	7:00 PM	Hammond High School	Away
Thu Jan 31	Merrillville High School	7:00 PM	Lake Central High School	Home
Tue Feb 5	East Chicago Central High	7:00 PM	Lake Central High School	Home
Fri Feb 8	Michigan City HS	7:00 PM	Michigan City HS	Away
Fri Feb 15	Crown Point High School	7:00 PM	Lake Central High School	Home
Tue Feb 19	Marquette High School	7:00 PM	Lake Central High School	Home
Fri Feb 22	McCutcheon High School	6:30 PM	Lake Central High School	Home
Tue Feb 26	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Wed Feb 27	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Fri Mar 1	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Sat Mar 2	IHSAA Sectional Championship	7:00 PM	Crown Point High School	Away
Sat Mar 9	IHSAA Regional	5:00 PM		Away
Sat Mar 16	IHSAA Semi-State	5:00 PM	TBA	Away
Sat Mar 23	IHSAA State	5:00 PM	Bankers Life Fieldhouse	Away



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GIRLS' BASKETBALL COACHES CORNER

THE **JOE HUPPENTHAL** FILE

PERSONAL:

BORN: May 17, 1964
COURSES TAUGHT: Geometry,
Algebra

EDUCATION:

HIGH SCHOOL: Highland
COLLEGE: Purdue University,
Indiana University South Bend
DEGREE: BS Mathematics,
Masters Secondary Education

FAMILY:

SPOUSE NAME: Shannon
CHILDREN: Jared (23), Timmy (17)
CITY OF RESIDENCE: Dyer



COACHING CAREER HIGHLIGHTS:

1994-95 East Chicago Central team ranked #1 nationally
2016-2018 DAC Champions
8 Time Sectional Champion (5 East Chicago Central/2 South Bend Clay)
Student Manager under Gene Keady, Bruce Weber, and Kevin Stallings
2 NIC Tournament Championships/2 NIC Conference Championships
3 Calumet Holiday Tournament Championships
79 former athletes have played beyond high school

COACH BIO: Coach Joe Huppenthal is entering his 3rd season as the head coach of the Lady Indians. Joe brings 30 plus years of coaching experience to Lake Central. Joe has a career record of 429-269 as a varsity coach. Joe has been a part of several conference and holiday tournament championships. He is also a 3rd year member of our math department with 31 years of teaching experience.

AWARDS:

1997-98 Northern Indiana Conference Coach of the Year
2008-09 Northern Indiana Conference Coach of the Year

2018-2019 GIRLS' BASKETBALL COACHING STAFF

Tom Golumbeck

Tom is entering his 3rd season at Lake Central as the assistant varsity girls' basketball coach. He brings a wealth of experience to the Lady Indians: Tom served as an assistant coach at Hammond Gavit, Griffith, and Hobart high schools; he also was the head coach for 15 seasons at Griffith High School. Tom led Griffith to 6 consecutive sectional championships. He also helped them win a regional championship and advance to a final four in 2010.



Tom was named the 2011 NWI Times Coach of the Year and was the 2012 ICGSA District 1 Coach of the Year. Coach Golumbeck joined our guidance department two years ago as a counselor, a position he has held since 1996 at both Hammond Gavit and Griffith. Tom earned his undergraduate degree from Indiana University and his graduate degree from Purdue University Calumet. Tom resides in Highland with his wife Donna and three children: Andrew (16), Emily (12), and Olivia (11). His grandfather is a 1941 graduate of Dyer Central High School.

Jeanette Gray

Jeanette is entering her 4th year teaching math and coaching at Lake Central, and this is her 4th year coaching basketball for the Indians. She brings a wealth of coaching experience to the staff.

Jeanette has served as the head girls' basketball coach for both Highland (1 year), Hammond Clark (1 year), and Valparaiso (4 years). Her assistant duties included stints in softball (4 years), girls' soccer (1 year), and girls' basketball (4 years) at Highland, Valparaiso, Morgan Township, and Lake Central. Jeanette also coached girls' basketball collegiately at Ball State University for 3 years. She just completed her 3rd year coaching football for the Indians. Jeanette enters her 14th year teaching math. She attended Valparaiso University where she played on the women's basketball team. Jeanette was named the NCC Girls Basketball Coach of the Year for the 2007-2008 season. Jeanette is a recent inductee into the Women's Football Hall of Fame. She resides in St. John.



2018-2019 GIRLS' BASKETBALL COACHING STAFF

Brian McNamara

Brian is beginning his 3rd season as the girls' basketball freshman coach. He brings both basketball and baseball coaching experience to the Lady Indians. Brian has been the head freshman or junior varsity baseball coach for the last 5 seasons and has also coached middle school basketball for both boys and girls. Brian is entering his 6th year in the classroom in the Special Education Department: He has taught biology, government, and economics. Brian holds a graduate degree from Purdue University (MS in Special Education) and undergraduate degree from Purdue University Calumet (BS in Social Studies). Brian resides in St. John with his wife Alexandra and his newborn daughter Madelyn. He was named Teacher of the Month in July of 2015.



Ricky Gard

Ricky is entering his 2nd season as the girls' assistant freshman basketball coach. He is employed as a Relationship Manager by American Community Bank. Ricky brings several years of basketball experience, both managerial and coaching, to the staff: He served as student manager for the boys' 2012 Sectional Championship in addition to being a volunteer on the 2013 Girls' Sectional Championship. Ricky also coached middle school basketball as an assistant for 5 seasons at Clark and Grimmer. He is a graduate of Indiana University Northwest and holds two degrees: BS in Business Administration and BS in Accounting/Financial Information Systems. Ricky is the current voice of Lake Central boys' basketball. He resides in Schererville.



IHSAA TOURNAMENT HISTORY

State Championships: 1993-1994

Semi-State Championships: 1993-94, 1994-95, 1997-98

Regional Championships: 1993-94, 1994-95, 1995-96, 1997-98

Sectional Championships: 1976-77, 1977-78, 1984-85, 1985-86, 1988-89, 1990-91, 1991-92, 1992-93, 1993-94, 1994-95, 1995-96, 1996-97, 1997-98, 2010-11, 2012-13, 2014-15, 2017-18

**LAKE CENTRAL INDIANS
VARSITY GIRLS BASKETBALL
2018-2019**

NO. W/B	NAME	YR	POS	HT	BASKETS	FREE THROWS	ASSISTS	FOULS
3	Sara Zabrecky	11	G	5'8				
5	Jen Tomasic	10	G	5'9				
10	Tiana Morales	10	G	5'6				
11	Stephanie Dijak	12	G	5'6				
12	Abby Oedzes	10	G/F	5'9				
21	Taylor Jaksich	11	G	5'11				
23	Bailey Fehrman	12	G/F	5'9				
25	Meghan Long	12	G	5'6				
34	Julia Nawrot	11	F	5'10				
42	Aubrey Rowser	11	F	5'11				
45	Allie Mularski	11	C	6'1				



HEAD COACH: Joe Huppenthal
 VARSITY ASST: Tom Golumbeck
 JV COACH: Jeanette Gray
 HEAD FRESHMEN ASSISTANT: Brian McNamara
 ASSISTANT: Ricky Gard



Student Managers:
 Stats: Ryan Huppenthal
 Student Managers: Makeda Ellis, Laylah Gail
 Video: Hayley Matton

JUNIOR VARSITY

NO	NAME	YR	POS	HT	BASKETS	FREE THROWS	ASSISTS	FOULS
14	Sarah Cunningham	10	G/F	5'8				
22	Amanda Blevins	9	F	5'11				
24	Makenna Hullinger	10	G	5'5				
30	Essence Johnson	9	G	5'9				
32	Claudia Alonso	10	G	5'2				
33	Jackie Kosina	10	G	5'2				
41	Tatumn Damron	10	F	5'7				
44	Daphne Pistello	10	C	6'0				

JV COACH: Jeanette Gray

To get pictures of your child in action, go to: lakecentral.smugmug.com

2018-2019 GIRLS' BASKETBALL



Varsity

BACK ROW: Coach Gard, Coach Golumbeck, Aubrey Rowser, Allie Mularski, Coach Huppenthal, Taylor Jaksich, Bailey Fehrman, Coach McNamara, Coach Gray

FRONT ROW: Stephanie Dijak, Julia Nawrot, Tiana Morales, Sara Zabrecky, Jennifer Tomasic, Meghan Long, Madison Dulski, Abby Oedzes

Louise's

2018-2019 GIRLS' BASKETBALL



JV

BACK ROW: Coach Huppenthal, Sarah Cunningham, Daphne Pistello, Coach Gray, Amanda Blevins, Essence Johnson, Coach Golumbeck

FRONT ROW: Claudia Alonso, Tatumn Damron, Makenna Hullinger, Jackie Kosina



Freshman

BACK ROW: Coach McNamara, Madison Heinecke, Sydney Copak, Katelyn Zajeski, Skylar Habenicht, Sanja Aleksic, Catherine Foster, Brittani Koons, Coach Gard

FRONT ROW: Sharon Austin, Olivia Heurtz, Olivia Balog, Olivia Hecht, Lauren Powers, Gwen Schilling

2018-2019 GIRLS' BASKETBALL SENIOR BIOS

Player's Name: Stephanie Dijak #11
Varsity Letters Earned: 4 soccer; 3 basketball
Position: guard
Honors/Awards Received: Scholar Athlete (3X), NHS (2 years)
Hobbies: soccer, job shadowing local veterinarians
Favorite Food: chocolate
Favorite Musician: Sara Ramirez
Greatest Athletic Memory: winning Sectionals in soccer & basketball



Player's Name: Bailey Fehrman #23
Varsity Letters Earned: 3
Position: forward
Honors/Awards Received: Student Athlete Award; Varsity letter
Hobbies: looking for snacks in the pantry & petting dogs
Favorite Food: cheese pizza
Favorite Musician: Big Time Rush
Greatest Athletic Memory: being on the same team with my sister and always pushing each other in games and at practice



Player's Name: Meghan Long #25
Varsity Letters Earned: 7
Position: point guard and off guard
Honors/Awards Received: Rookie of the Year (track); Sportsmanship (cross country)
Hobbies: sports, biking, hanging with friends, petting dogs, and getting ice cream with Taylor
Favorite Food: mac & chicken
Favorite Musician: Imagine Dragons
Greatest Athletic Memory: winning Sectionals for basketball; going to State my freshman year for track & field



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**Lake Central High School
2018 - 2019 Basketball (Girls V)**

Date	Event	Start Time	Location	
Tue Oct 23	Andean High School (Scrimmage)	6:00 PM	Lake Central High School	Home
Sat Nov 3	Lake Central Classic	9:00 AM	Lake Central High School (Fieldhouse-Entire)	Home
Sat Nov 10	Tip Off Classic @ Fishers	10:00 AM	Fishers High School	Away
Sat Nov 10	Tip Off Classic @ Fishers	5:00 PM	Fishers High School	Away
Sat Nov 17	Penn High School	8:30 PM	Penn High School	Away
Wed Nov 21	Chesterton High School	7:00 PM	Lake Central High School	Home
Sat Nov 24	Highland High School	7:00 PM	Lake Central High School	Home
Tue Nov 27	Munster High School	7:00 PM	Lake Central High School	Home
Fri Nov 30	Merrillville High School	7:00 PM	Merrillville High School	Away
Tue Dec 4	Hobart High School	7:00 PM	Lake Central High School	Home
Fri Dec 7	Michigan City HS	7:00 PM	Lake Central High School	Home
Wed Dec 12	East Chicago Central High	7:00 PM	East Chicago Central High	Away
Fri Dec 14	Crown Point High School	7:00 PM	Crown Point High School	Away
Fri Dec 21	Kankakee Valley High School	7:00 PM	Kankakee Valley High School	Away
Fri Dec 28	Marian Holiday Tournament	11:00 AM	Mishawaka Marian High School	Away
Sat Dec 29	Marian Holiday Tournament	11:00 AM	Mishawaka Marian High School	Away
Sat Jan 5	LaPorte High School	2:30 PM	Lake Central High School	Home
Wed Jan 9	Gary West Side High School	7:00 PM	Gary West Side High School	Away
Sat Jan 12	Portage High School	7:00 PM	Lake Central High School	Home
Sat Jan 19	Valparaiso High School	2:30 PM	Valparaiso High School	Away
Wed Jan 23	Hammond Morton High School	7:00 PM	Hammond Morton High School	Away
Fri Jan 25	South Bend St. Joseph's High School	7:00 PM	Lake Central High School	Home
Tue Jan 29	IHSAA Sectional	5:00 PM	Lowell High School	Away
Wed Jan 30	IHSAA Sectional	TBD	Lowell High School	Away
Fri Feb 1	IHSAA Sectional Semifinals	TBD	Lowell High School	Away
Sat Feb 2	IHSAA Sectional Championship	7:00 PM	Lowell High School	Away
Sat Feb 9	IHSAA Regional	TBD	LaPorte High School	Away
Sat Feb 16	IHSAA Semi-State	5:00 PM		Away
Sat Feb 23	IHSAA State	5:00 PM	Bankers Life Fieldhouse	Away

View

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GYMNASTICS COACHES CORNER

THE **KAREN BARCELLI** FILE

PERSONAL:

BORN: East Chicago, IN

OCCUPATION: Steel worker at Arcelor Mittal

EDUCATION:

HIGH SCHOOL: Lake Central

FAMILY:

SPOUSE NAME: David

CHILDREN: Sydney (25), Mackenzie (23), Delaney (20), Colby (16),
Wrigley (12)

CITY OF RESIDENCE: Ogden Dunes

PLAYING CAREER HIGHLIGHTS:

Club gymnast for 6 years

COACHING CAREER HIGHLIGHTS:

9 years as the Portage High School head coach

7 time State Finals participant (4 as a full team)

2013 State Champions

Former private club owner (9 years)

COACH BIO:

Coach Karen Barcelli takes over as the head coach of the Indians' gymnastics program. Karen brings a wealth of experience to Lake Central; including 32 years as a coach, 10 years as a private club owner/instructor, and 9 years leading rival Portage High School. Karen led Portage to the 2013 State Championship. Karen led the Indians in 2017-2018 to nearly every school team record.

AWARDS:

ICGSA Gymnastics

District Coach of the Year 2012, 2014, 2015

State Coach of the Year 2013

2018-2019 GYMNASTICS COACHING STAFF

Delaney Barcelli

Delaney is beginning her 1st year as an assistant gymnastics coach at Lake Central.

Sydney Barcelli

Sydney is beginning her 2nd year as an assistant gymnastics coach. She brings great experience to the Indians' program; including 2 years as Andean's cheer coach and 10 years coaching USGA competitive gymnastics at Northwest Athletics. Sydney attended the University of Southern Indiana where she competed in collegiate athletics for 4 years. Sydney was a high school gymnast at Wheeler and a USAG gymnast for 8 years becoming a level 9 gymnast. She currently owns Northwest Athletics in Hobart. Sydney resides in Hobart.



2018-2019 GYMNASTICS SENIOR BIOS

Player's Name: Sophie Born

Varsity Letters Earned: 4 gymnastics, 1 cross country

Position: All Around

Honors/Awards Received: Rookie of the Year (2016), Most Improved (2017), Pride Hustle Desire (2018)

Hobbies: sleeping, hanging out with friends

Favorite Food: burrito

Favorite Musician: Ariana Grande, Chris Brown

Greatest Athletic Memory: beating my personal record on bars at Sectionals



Player's Name: Gabrielle DeVries

Varsity Letters Earned: 4

Position: All Around

Honors/Awards Received: MVP (3X); Captain

Hobbies: hanging out with friends and watching movies

Favorite Food: lasagna

Favorite Musician: Pearl Jam

Greatest Athletic Memory: breaking the record and making it to regionals



Player's Name: Madison Mullens

Varsity Letters Earned: 3

Position: All Around

Honors/Awards Received: Scholar Athlete; Rookie of the Year

Hobbies: Science Olympiad; camping; listening to music, & hanging out with friends

Favorite Food: pasta

Favorite Musician: all of them

Greatest Athletic Memory: competing in our own gym



Player's Name: Jennifer Campos

Position: All Around

Honors/Awards Received: 3

Hobbies: playing piano & watching Netflix

Favorite Food: cheese pizza

Greatest Athletic Memory: going to the Bloomington meet for the first time



2018-2019 GYMNASTICS ROSTER

CLOE AMANATIDIS 9

MAGGIE GRUDZIEN 9

SOPHIA BORN 12

MADISON MULLENS 12

MADELINE BUGG 10

ALLISON MYBECK 10

JENNIFER CAMPOS 12

VANINA NGUYEN VAN NHUT 10

GABRIELLE DEVRIES 12

NICOLE WASYLIW 10



**Lake Central High School
2018 - 2019 Gymnastics (Girls V & JV)**

Date	Event	Start Time	Location	
Sat Jan 5	Valparaiso High School	11:00 AM	Valparaiso High School	Away
Thu Jan 10	Portage High School	6:00 PM	Lake Central High School	Home
Tue Jan 15	Lowell High School	6:00 PM	Lake Central High School	Home
Thu Jan 17	Merrillville High School	6:00 PM	Merrillville High School	Away
Tue Jan 22	Valparaiso High School	6:00 PM	Lake Central High School	Home
Thu Jan 24	Crown Point High School	6:00 PM	Crown Point High School	Away
Mon Jan 28	Michigan City HS	6:00 PM	Michigan City HS	Away
Tue Feb 5	Chesterton High School	6:00 PM	Chesterton High School	Away
Sat Feb 9	Bloomington North High School	11:00 AM	Bloomington North High School	Away
Wed Feb 13	LaPorte High School	6:00 PM	Lake Central High School	Home
Sat Feb 16	DAC Championship	11:00 AM	Portage High School	Away
Tue Feb 19	Hobart High School	6:00 PM	Hobart High School	Away
Sat Feb 23	IHSAA Sectional	12:00 PM	Chesterton High School	Away
Fri Mar 1	IHSAA Regional	1:00 PM	Valparaiso High School	Away
Sat Mar 9	IHSAA State	11:30 AM	Worthen Arena-Ball State University	Away



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BOYS' SWIMMING COACHES CORNER

THE **JEFF KILINSKI** FILE

PERSONAL:

BORN: September 2, 1968

OCCUPATION: Aquatic Director

EDUCATION:

HIGH SCHOOL: Lake Central '86

COLLEGE: Vincennes University

DEGREE: Printing Tech

FAMILY:

SPOUSE NAME: Susan

CHILDREN: Josh (23), Ryan (19)

CITY OF RESIDENCE: St. John



PLAYING CAREER HIGHLIGHTS:

swam for Lake Central—1986 High School All-American

8 time Sectional Champion & record holder in 50/100 Free

4 time Lake Suburban Conference Champion & record holder

COACHING CAREER HIGHLIGHTS:

Sectonal Runner-Up-2014, 2017

DAC Record-6-1 (2017)

COACH BIO: Coach Jeff Kilinski is entering his 6th season as the head varsity boys' swimming and diving coach. Jeff has great experience within the field; he has served as a club coach for 30 years. This included working within the Lansing Swim Organization, the Lake Central Barracudas, and Crown Point Club. Coach Kilinski has also spent time assisting in swimming and diving at Lake Central and Crown Point high schools. He is currently our Aquatics Director, a position he has held since the pool opened.

AWARDS:

2014 Sectional Coach of the Year

2018-2019 BOYS' SWIMMING & DIVING COACHING STAFF

Rod Smith

Rod joins the boys' swim program as an assistant for the first time in 2018-19. He brings coaching experience to the Indians: Previously, Rod coached collegiately at Ball State (2005), high school at Manchester (2007-08) and Munster (2010-11), and age group at Merrillville (2006-07). Rod is an elementary teacher at Kolling; this is his 11th year teaching 3rd grade and 4th grade. He is a graduate of Ball State University. Rod resides in St. John with his wife Cassandra and three children: Conner (6), Chloe (4), and Calli (2).

Heidi Moffett

Heidi is beginning her 2nd season assisting the boys' and girls' swimming and diving programs. She brings coaching experience in both diving (3 years) and gymnastics (2 years) to the Indians' swimmers. Heidi was a state diver when she competed in high school and went to the Olympics for gymnastics. She competed in gymnastics for 12 years and diving for 3. Heidi resides in Schererville with her husband Danny and two children: Mckayla and Derrick.



IHSAA TOURNAMENT HISTORY

State Championships: 1986-1987

State Runner-Up: 1989-90, 1998-99

Sectional Championships: 1985-86, 1986-87, 1987-88, 1988-89, 1989-90, 1990-91, 1991-92, 1992-93, 1993-94, 1994-95, 1995-96, 1996-97, 1997-98, 1998-99, 1999-2000, 2000-01, 2001-02, 2003-04

2018-2019 BOYS' SWIMMING & DIVING



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LAKE CENTRAL BOYS' SWIMMING 2018-2019

Name	Grade	Name	Grade
ANDREW ALMAZAN	9	STEPHEN STASNY	9
LEO BOWMAN	9	JONATHAN THRALL	10
JOSHUA BURTON	11	ERIC TINSLEY	9
JAKE CARSTENSEN	11	JACK TINSLEY	12
TONY FLOWERS	11	DAVID VANVLECK	12
MATT GACEK	9	EARRICE WALKER	9
KC GONDEK	11	CHRISTOPHER WAYMAN	12
JAKOB HALLING	11	CAMERON WILLIAMS	10
KYLE HEGYI	11	MICHAEL ZAJAC	12
RILEY INGRAM	12		
JAY JAFFER	10		
DEVIN MENCIONI	12		
MICHAEL NELSON	10		
ZACHARY RAMACCI	9		
ALEX REMMENG	10		
CARTER SCHUSTER	9		



HEAD COACH: JEFF KILINSKI
 ASSISTANT COACH: ROD SMITH
 DIVING COACH: HEIDI MOFFETT/ANDREA DAVIS



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2018-2019 BOYS' SWIMMING & DIVING SENIOR BIOS

Player's Name: Jack Tinsley

Varsity Letters Earned: 4

Position: 500/200

Honors/Awards Received: Rookie of the Year; Hards Worker (2X)

Hobbies: swimming

Favorite Food: bread

Favorite Musician: Foo Fighters

Greatest Athletic Memory: when I beat my biggest rival and 3-year Sectional Champion in our best event by 0.01 seconds at a home meet



Player's Name: Riley Ingram

Varsity Letters Earned: 4

Position: 100 free/100 back

Honors/Awards Received: DAC Champ; 7th in State for 100 free

Hobbies: swimming

Favorite Food: cheeseburger

Favorite Musician: Nickelback

Greatest Athletic Memory: sophomore year my captain and I switched spots in a race and ended up beating other swimmer from LaPorte



Player's Name: David VanVleck

Varsity Letters Earned: 3

Position: freestyle

Honors/Awards Received: National Honor Society; Scholar Athlete Award 2016

Hobbies: camping, reading, & hanging with friends

Favorite Food: pasta

Favorite Musician: Thomas Rhett; Florida Georgia Line

Greatest Athletic Memory: breaking a minute in the 100 freestyle



Player's Name: Michael Zajac

Varsity Letters Earned: 3

Position: 50 free

Honors/Awards Received: Scholar Athlete

Hobbies: surfing; karate; rock climbing, & skydiving

Favorite Food: pizza

Favorite Musician: Florida Georgia Line

Greatest Athletic Memory: swimming the 200 and 400 re-lays at State



2018-2019 BOYS' SWIMMING & DIVING SENIOR BIOS

Player's Name: Devin Menconi

Varsity Letters Earned: 3

Position: diver

Honors/Awards Received: 7th at DAC; 5th at sectionals

Hobbies: snowboarding

Favorite Food: sushi

Favorite Musician: Lil Wayne

Greatest Athletic Memory: Going to Penn State my sophomore year and riding the bus with all of my friends for over 2 hours



Player's Name: Christopher Wayman

Varsity Letters Earned: 3

Position: varsity diver

Honors/Awards Received: 8th @ sectionals; 4th @ sectionals; Regional Qualifier

Hobbies: sleeping, eating, & cooking

Favorite Food: pizza

Favorite Musician: none

Greatest Athletic Memory: qualifying for regionals



Lake Central High School 2018 - 2019 Swimming (Boys V)

Date	Event	Start Time	Location	
Tue Nov 27	Valparaiso High School	5:30 PM	Lake Central High School	Home
Thu Nov 29	Highland High School	6:00 PM	Highland High School	Away
Sat Dec 1	Munster Relays	9:00 AM	Munster High School	Away
Sat Dec 1	Munster Relays	1:00 PM	Munster High School	Away
Tue Dec 4	Merrillville High School	5:30 PM	Lake Central High School	Home
Sat Dec 8	Penn High School	9:00 AM	Penn High School	Away
Tue Dec 11	LaPorte High School	5:30 PM	Lake Central High School	Home
Fri Dec 28	Highland Invite (Diving)	9:00 AM	Highland High School	Away
Fri Dec 28	Highland Invite	1:00 PM	Highland High School	Away
Thu Jan 3	Michigan City HS	5:30 PM	Lake Central High School	Home
Tue Jan 8	Chesterton High School	5:30 PM	Chesterton High School	Away
Tue Jan 15	Crown Point High School	5:30 PM	Crown Point High School	Away
Thu Jan 17	Munster High School	6:00 PM	Munster High School	Away
Tue Jan 22	Portage High School	5:30 PM	Lake Central High School	Home
Sat Jan 26	DAC Championship	9:00 AM	Lake Central High School	Home
Thu Feb 14	IHSAA Sectional Prelims	5:30 PM	Munster High School	Away
Sat Feb 16	IHSAA Sectional Prelims	9:00 AM		Away
Sat Feb 16	(IHSAA Sectional	1:00 PM		Away
Tue Feb 19	IHSAA Diving Regional	5:00 PM	Mishawaka High School	Away
Fri Feb 22	IHSAA State Prelims	5:00 PM	IUPUI	Away
Sat Feb 23	IHSAA State	9:00 AM	IUPUI	Away

GIRLS' SWIMMING & DIVING COACHES CORNER

THE **TODD SMOLINSKI** FILE

PERSONAL:

BORN: November 3, 1980
COURSES TAUGHT: World
History

EDUCATION:

HIGH SCHOOL: Lake Central '98
COLLEGE: University of
Minnesota
DEGREE: BA in History

FAMILY:

SPOUSE NAME: Krista
CHILDREN: Natalie (7), Jason (5)
CITY OF RESIDENCE: Crown Point



PLAYING CAREER HIGHLIGHTS:

Student-Athlete at the University of Minnesota
2000 & 2004 Olympic Trial Qualifier
2001 Silver and Bronze Medalist at World University Games in Beijing
Big Ten Champion and record holder

COACHING CAREER HIGHLIGHTS:

Sectional Coach of the Year 2011, 2012, 2013, 2016
IHSAA top 10 finisher: 2007 & 2008
Coached Individual State Champion in 2008 & 2009

COACH BIO: Coach Todd Smolinski is entering his 9th year as the head girls' swimming and diving coach. Prior to this position, Todd was the Indians' head boys' swimming and diving coach from 2004-2012 and was also a member of the coaching staff for the Lake Central Barracudas swim club. This is Todd's 14th year at Lake Central; he is a member of our social studies department. Todd teaches world history. He was a decorated swimmer both at Lake Central and the University of Minnesota. In 2000 and 2004 he qualified for the Olympic Trials and in 2001 was a Silver and Bronze medalist at the World University Games in Beijing.

2018-2019 GIRLS' SWIMMING & DIVING COACHING STAFF

Dan Fox

Dan is starting his 2nd season with the Lake Central swim program: He will help both the boys' and girls' programs. Dan is a science teacher at Lake Central HS. Dan attended Valparaiso University, and he resides in Dyer.



Heidi Moffett

Heidi is beginning her 2nd season assisting the boys' and girls' swimming and diving programs. She brings coaching experience in both diving (3 years) and gymnastics (2 years) to the Indians' swimmers. Heidi was a state diver when she competed in high school and went to the Olympics for gymnastics. She competed in gymnastics for 12 years and diving for 3. Heidi resides in Schererville with her husband Danny and two children: Mckayla and Derrick.



IHSAA TOURNAMENT HISTORY

Sectional Championships: 1986-87, 1988-89, 1989-90, 1991-92, 1992-93, 1993-94, 1994-95, 1995-96, 1996-97, 1997-98, 1998-99, 1999-2000, 2000-01, 2001-02, 2002-03, 2003-04



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2018-2019 GIRLS' SWIMMING & DIVING



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2018-2019 GIRLS' SWIMMING & DIVING SENIOR BIOS

Player's Name: Mia Rinaldi
Varsity Letters Earned: 4
Position: 100 Breast, 500 Free
Honors/Awards Received: Scholar Athlete; Sportsman-
ship; Hardest Worker; Most Improved
Hobbies: watching Netflix & shopping
Favorite Food: Which wich
Favorite Musician: Kencrick Lamar; Macklemore, Child-
ish Gambino
Greatest Athletic Memory: winning Highland Invite 2018



Player's Name: Allie Beilfuss
Varsity Letters Earned: 4
Position: 200 IM/100 backstroke
Honors/Awards Received: Sportsmanship; Scholar Ath-
lete
Hobbies: swimming & reading
Favorite Food: any pasta
Favorite Musician: Luke Bryan
Greatest Athletic Memory: winning Highland Invite junior year



Player's Name: Jillian Murray
Varsity Letters Earned: 4
Position: 500 freestyle & 100 backstroke
Honors/Awards Received: Rookie of the Year; Hardest
Worker; Scholar Athlete
Hobbies: saving lives
Favorite Food: rice
Favorite Musician: Cardi B & Beyonce
Greatest Athletic Memory: whenever I get a best job



Larry Titak Photography

Lake Central High School 2018 - 2019 Swimming (Girls V)

Date	Event	Start Time	Location	
Tue Nov 20	Portage High School	5:30 PM	Portage High School	Away
Tue Nov 27	Valparaiso High School	5:30 PM	Lake Central High School	Home
Thu Nov 29	Highland High School	6:00 PM	Highland High School	Away
Sat Dec 1	Munster Relays	9:00 AM	Munster High School	Away
Sat Dec 1	Munster Relays	1:00 PM	Munster High School	Away
Tue Dec 4	Merrillville High School	5:30 PM	Lake Central High School	Home
Sat Dec 8	Penn High School	9:00 AM	Penn High School	Away
Tue Dec 11	LaPorte High School	5:30 PM	Lake Central High School	Home
Thu Jan 3	Michigan City HS	5:30 PM	Lake Central High School	Home
Sat Jan 5	Highland Invite	1:00 PM	Highland High School	Away
Tue Jan 8	Chesterton High School	5:30 PM	Chesterton High School	Away
Sat Jan 12	DAC Championship	9:00 AM	Chesterton High School (Pool)	Away
Tue Jan 15	Crown Point High School	5:30 PM	Crown Point High School	Away
Thu Jan 17	Munster High School	6:00 PM	Munster High School	Away
Thu Jan 31	IHSAA Sectional	5:30 PM	Lake Central High School	Home
Sat Feb 2	IHSAA Sectional Diving Prelims	9:00 AM	Lake Central High School	Home
Sat Feb 2	IHSAA Sectional Finals	1:00 PM	Lake Central High School	Home
Tue Feb 5	IHSAA Diving Regional	5:00 PM	Mishawaka High School	Away
Fri Feb 8	IHSAA State Prelims	5:00 PM	IUPUI	Away
Sat Feb 9	IHSAA State Finals	9:00 AM	IUPUI	Away

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WRESTLING COACHES CORNER

THE **LUKE TRIVELINE** FILE

PERSONAL:

BORN: May 26, 1985
OCCUPATION: Strength &
Conditioning Specialist

EDUCATION:

HIGH SCHOOL: Lake Central
'03
COLLEGE: Purdue University,
West Lafayette
DEGREE: Health Sciences

FAMILY:

SPOUSE NAME: Lisa
CHILDREN: Layla (6 months)
CITY OF RESIDENCE: Schererville



PLAYING CAREER HIGHLIGHTS:

4 time varsity wrestler
3rd most wins at Lake Central (146)
2 time state placer
Most career pins at Lake Central (96)/most pins in a season at Lake Central (34)
State record for fastest pin

COACHING CAREER HIGHLIGHTS:

Coached 3 State Champions (1-1 timer, 1-2 timer, 1-3 timer)
Coached 6 top 6 state placers and 10 total state qualifiers
1 team Sectional Championship

COACH BIO: Luke is entering his 10th year overall with the Lake Central Indians wrestling staff and 2nd as the head varsity coach. As an Indian wrestler himself Luke earned a top 5 and top 7 finishes in 2002 and 2003 respectively. He currently owns and operates, Fitness Evolution, a strength and conditioning facility and holds impressive certifications: Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association; Certified Personal Trainer through the American College of Sports Medicine.

2018-2019 WRESTLING COACHING STAFF

Daniel Vargas

Daniel is entering his 3rd year as an assistant wrestling coach. He is a Lake Central alumnus and former team captain. Daniel attends Purdue University Northwest, and he resides in Schererville.



Bryan Smith

Bryan is beginning his 2nd season assisting the Indians' wrestling program. Bryan is currently employed by the IBEW 697 as a Telecommunications Technician; a position he has held for 8 years. Bryan attended Valparaiso University and Purdue University for one year each before beginning his apprenticeship program, where he earned an Associates in Applied Science. He is an alumnus of Lake Central and was a decorated wrestler. Bryan was a three-time Sectional Champion and four-time regional and semi-state qualifier. He set records for most pins (2007) and most wins (2008). Bryan was also a Harvest Classic Champion (2008), Harrison Super Dual Champion (2009/2010), and Lake County Champion (2009). He currently resides in St. John.

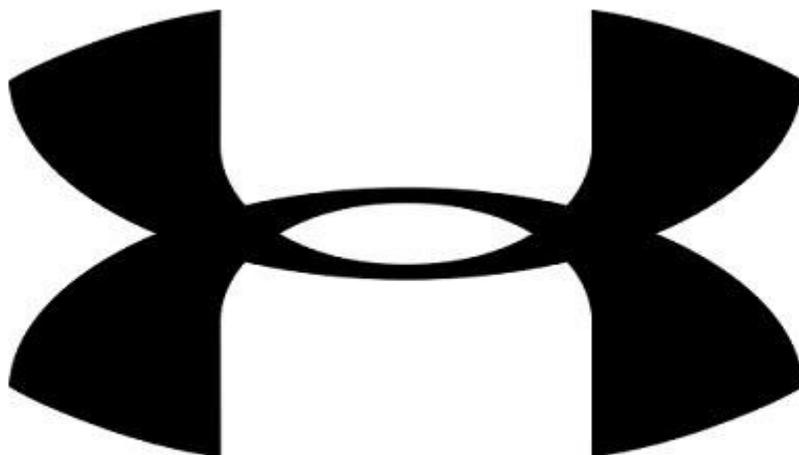


Mike Garza

Mike is entering his 2nd season as an assistant wrestling coach with the Indians. Prior to Lake Central, Mike coached wrestling at Griffith High School. Mike is currently majoring in business at Indiana University Northwest and has aspirations to own his own business. Mike was an elite high school wrestler at Merrillville: He qualified for state 3 times, won 3 regional championships, 4 sectional championships, 3 DAC championships, and was a 2-time team captain. Mike resides in Griffith.



2018-2019 WRESTLING TEAM



UNDER ARMOUR

LAKE CENTRAL WRESTLING 2018-2019

NAME	GR	NAME	GR
Alonso, Aidan	10	Maluchnik, Bryan	9
Alonso Edward	11	Michalik, Alex	10
Amptmeyer, Jacob	11	Mullens, Dylan	9
Bais, Marcus	9	Oldham, Nicolas	9
Bosold, Benjamin	12	Park, Daniel	12
Castro, Isaih	9	Peterson, Riley	10
Cortez, John	9	Ponce, Cristian	11
Cortez, Sebastian	11	Ponce, Isaiah	10
Crimmins, Colin	9	Rendon, Salvador	11
Davis, James	9	Ryan, Russell	12
Decero, Bito	9	Skrezyna, Mason	12
DeGrado, Jr., Michael	9	Sues, Jacob	9
DeHart, Simeon	12	Tham, Joseph	10
Delgadillo, Jacob	9	Tomic, Dejan	10
Deyarmin, Noah	9	Wisinski, Reed	12
Dinich, Stefan	9		
Dominguez, Sebastian	9		
Dubish, Richard	9		
Easton-Crague, Elijah	11		
Enriques-Sosa, Alejandro	9		
Fleming, Quincy	11		
Garcia, Gabriel	9		
Garcia Nicholas	12		
Garcia, Seth	10		
Gomez, Xavier	9		
Gosselin, Sean	9		
Huffman, Andrew	11		
Klinkhammer, Michael	12		



HEAD COACH: Luke Triveline
 Assistant Coaches: Dan Vargas, Bryan Smith
 Michael Garza

2018-2019 WRESTLING SENIOR BIOS

Player's Name: Ben Bosold
Varsity Letters Earned: 2
Weight Class: 132
Honors/Awards Received: Scholar Athlete (3X); Regional Qualifier (2X)
Hobbies: baseball & football
Favorite Food: steak
Favorite Musician: Eric Church
Greatest Athletic Memory: making varsity freshman year just before sectionals and qualifying for regionals



Player's Name: Nick Garcia
Varsity Letters Earned: 2
Weight Class: 285
Honors/Awards Received: Offensive Lineman of the Year
Hobbies: cooking & fishing
Favorite Food: tacos
Favorite Musician: Bruno Mars
Greatest Athletic Memory: finishing 4th at the Harvest Classic; summer football



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2018-2019 WRESTLING SENIOR BIOS

Player's Name: Daniel Nathan Park

Varsity Letters Earned: 4

Weight Class: 145

Honors/Awards Received: 2018 MVP; 2018 Pride Hustle Desire

Hobbies: wrestling, cooking, & juggling

Favorite Food: chicken wings

Favorite Musician: Lil Pump

Greatest Athletic Memory: winning a Sectional Championship



Player's Name: Ryan Russell

Varsity Letters Earned: 2

Weight Class: 126/132

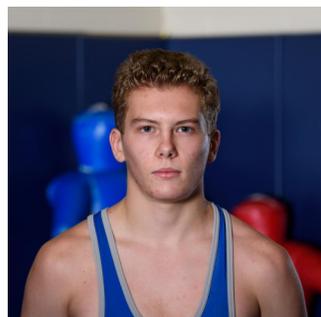
Honors/Awards Received: Letter winner (3-XC and Wrestling); Rookie of the Year

Hobbies: hiking, running, & watching baseball

Favorite Food: steak tacos

Favorite Musician: Jon Pardi

Greatest Athletic Memory: going to Mishawaka freshman year



Player's Name: Mason Skrezyna

Weight Class: 160

Hobbies: boxing, muay-thai, jiu-jitsu

Favorite Food: chicken

Favorite Musician: Black Sabbath

Greatest Athletic Memory: winning Tri-State Jiu-Jitsu tournament



Lake Central High School 2018 - 2019 Wrestling (Boys V)

Date	Event	Start Time	Location	
Wed Nov 28	Michigan City HS	6:30 PM	Lake Central High School	Home
Sat Dec 1	Harvest Classic	8:30 AM	Lake Central High School	Home
Wed Dec 5	Valparaiso High School	6:30 PM	Lake Central High School	Home
Sat Dec 8	Downers Grove South Invitational	9:00 AM	Downers Grove South High School	Away
Thu Dec 13	Crown Point High School	6:30 PM	Crown Point High School	Away
Sat Dec 15	Munster High School	9:00 AM	Munster High School	Away
Fri Dec 28	Mishawaka High School	8:30 AM	Mishawaka High School	Away
Fri Dec 28	Mishawaka High School	9:00 AM	Mishawaka High School	Away
Wed Jan 2	LaPorte High School	6:30 PM	LaPorte High School	Away
Sat Jan 5	Lake County Championships	9:00 AM	Hanover Central High School	Away
Wed Jan 9	Merrillville High School	6:30 PM	Lake Central High School	Home
Sat Jan 12	DAC Championship	9:00 AM	Michigan City HS	Away
Wed Jan 16	Portage High School	6:30 PM	Portage High School	Away
Sat Jan 26	IHSAA Sectional	5:00 PM	Crown Point High School	Away
Sat Feb 2	IHSAA Regional	9:00 AM	Calumet High School	Away
Sat Feb 9	IHSAA Semi-State	5:00 PM		Away
Fri Feb 15	IHSAA State Finals	5:00 PM	Banker's Life Fieldhouse	Away
Sat Feb 16	IHSAA State Finals	5:00 PM	Banker's Life Fieldhouse	Away



IHSAA TOURNAMENT HISTORY

Regional Championships: 1984-85, 2001-02

Sectional Championships: 1968-69, 1974-75, 1980-81, 1982-83, 1983-84, 1987-88, 1989-90, 1991-92, 1992-93, 1994-95, 1995-96, 1997-98, 1998-99, 2001-02, 2003-04, 2005-06, 2006-07, 2011-12

IHSSA INDIVIDUAL STATE WRESTLING TOURNAMENT HISTORY

STATE CHAMPIONS

1987- MIKE FROSS- HWT
1995- JAMES TORRES- 126
1997- VINCE SESSA- 119
2001- MICHAEL ENGBERG-BARTLEY
- 152
2001- MICHAEL ESCOBEDO- 145
2002- MICHAEL ESCOBEDO- 152
2010- KYLE AYERSMAN- 112
2011- KYLE AYERSMAN- 119
2012- KYLE AYERSMAN-126
2013- GELEN ROBINSON- 220
2014- GELEN ROBINSON- 220
2016 - JAKE KLEIMOLA- 195

2ND PLACE

1977- TED SANGALIS- 112
1983- GEORGE EPPL- 177
1984- MIKE KIRAL- 105
1996- VINCE SESSA- 119
2000- MICHAEL ESCOBEDO- 135
2003- JUSTIN MORA- 140
2004- AARON SESSA- 112
2005- AARON SESSA- 119

3RD PLACE

1976 - TED SANGALIS- 112
1981 - RICK DANIELS- 155
1985 - MIKE KIRAL- 112
1994 - JAMES TORRES- 125
1999 - RYAN ALB- 112
2001 - TIM JONES- 215
2003 - AUSTIN TORRES- 152
2009 - KYLE AYERSMAN- 103
2012 - GELEN ROBINSON- 220
2014 - JAKE SEBAHAR- 145

4TH PLACE

1971 - MIKE GIBSON- 145
1978 - TIM TRIUMPH- 132
1979 - RANDY CAMPBELL- 167
1982 - JIM DANIELS- 112
1982 - RAY MAKIEJUS- HWT

5TH PLACE

1995 - VINCE SESSA- 112
2002 - LUKE TRIVELINE- 130
2010 - BRADLEY WARTMAN- 135
2015 - BRANDEN TRUVER- 126

6TH PLACE

2004 - AARON BUCHLER- 125
2011 - BRADLEY WARTMAN- 140

7TH PLACE

2003 - LUKE TRIVELINE- 140



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LAKE CENTRAL HIGH SCHOOL ATHLETIC BOOSTER CLUB 2018-2019

PLEASE HELP SUPPORT OUR STUDENT ATHLETES AND JOIN TODAY!

What does the Lake Central Athletic Booster Club do?

- Supports all athletic teams with money raised through dues and fundraisers
For the 2017-2018 Fiscal Year, the Booster Club awarded the Athletic Department \$28,000.
- Meets on the second Monday of the month at 7 PM to discuss current issues
- Awards scholarships to graduating senior letter winners with ACTIVE parent membership
Seven \$1500 scholarships were awarded in May 2018

2018-2019 BOOSTER CLUB OFFICERS:

PRESIDENT:

Laura Polaski

CO VICE PRESIDENTS:

Kelli Dijak

Jen Chadd

SECRETARY:

Veronica Reyes

TREASURER:

Marc Zubeck

If you have any additional questions, please contact us at: secretary@lchsabc.club

Visit our website <http://lchsabc.club/>

SAVE THE DATE:

10th Annual Support the Tribe Raffle & Silent Auction

Friday, April 12, 2019, Banquets of St. George



2018-19 Lake Central High School Athletic Booster Club Membership & Contact Information

PLEASE PRINT CLEARLY

L E V E L		LEVEL (pick one)	
		Indian - \$25	Membership for the 2018-19 school year.
		Chief - \$100	Membership for the 2018-19 school year. Includes one rechargeable Punch Pass good for 10 gate admissions.

T Y P E		TYPE (pick one)	
		Parent/Family	Has student-athlete(s) currently attending Lake Central Please fill out athlete info below.
		Alumni	Alumni without student-athlete(s) currently attending Lake Central
		Friend of LCHSABC	Anyone not part of the above groups

M E M B E R I N F O	MEMBER 1 NAME (last, first)		
	Email:		Cell Phone:
	MEMBER 2 NAME (last, first)		
	Email:		Cell Phone:
	ADDRESS:		
	City, State, Zip		

A T H L E T E	ATHLETE 1 NAME (last, first)		Circle Gender M F	
	Sports Played:		Graduation Year:	
	ATHLETE 2 NAME (last, first)		Circle Gender M F	
	Sports Played:		Graduation Year:	

DONATION ABOVE AND BEYOND (NOT REQUIRED): \$ _____

CASH and CHECKS are accepted. Checks payable to: LCHSABC. Returned checks are subject to extra NSF Charges.
This form may be turned into the LC Athletic office or mailed to: LCHSABC – 8400 Wicker Avenue, St. John, IN 46373

DATE PAID:		TOTAL PAID =		CASH:		CHECK #	
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ANNUAL LAKE CENTRAL ATHLETIC DEPARTMENT GOLF OUTING



White Hawk Country Club
1001 White Hawk Dr.
Crown Point, IN
Saturday, September 21, 2019

Registration 12:00 pm – 1:00 pm shotgun start

Cost is \$100 per golfer
See hole sponsorship opportunities below

(Please have your registration forms in by September 16th)
A sack lunch will be provided before you start and dinner buffet after golf
Door prizes, raffle baskets and tip boards

Level 1	Level 2	Level 3
Hole Sponsorship	Program Sponsorship	Food/Beverage Sponsorship
Minimum of \$150 Logo with sign at hole	\$500 - \$900 Level 1, plus Company logo on sponsor banner	\$1,000 Level 2, plus free foursome at outing
displayed at LC football complex and gymnasium for 2018 seasons/ad in winter/spring sports programs		

Lake Central Athletic Department Golf Outing September 21st @ White Hawk Country Club

Please list each golfer's name:

1. _____
2. _____
3. _____
4. _____

Phone/E-mail: _____

- | | |
|-----------------------------------|----------|
| Entry Fee of \$100 per golfer | \$ _____ |
| Donation: | \$ _____ |
| Sponsorship (\$150/\$500/\$1,000) | \$ _____ |
| Dinner Only (\$20 per person) | \$ _____ |
| Total Payment: | \$ _____ |

If you are unable to attend, but would like to make a contribution towards the Lake Central Athletic Department or provide door prizes for the outing, please indicate below:

Contribution: _____

Please return this form and checks made payable to: Lake Central Athletics

Attention: Jeff Sandor

8400 Wicker Ave.

St. John, IN 46373

Athletic Director: Chris Enyeart: cenyeart@lcsccmail.com (219) 365-8551 X 2051

Outing representative: Jeff Sandor: jsandor@lcsccmail.com (219) 730-5632

INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

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Welcome to this IHSAA event. The IHSAA hosts tournaments that are spread over 22 sports - 10 for boys and 10 for girls and two co-ed (unified track and field and unified flag football). Approximately 160,000 boys and girls in Indiana high schools will participate this year in IHSAA sports.

We appreciate your support of our young people participating in this event. They have devoted much of themselves in preparation for the contest. Whether they win or lose, they will have gained much from their efforts. Please help to make their experience more positive by exhibiting good sportsmanship during your attendance.

Sportsmanship Expectations: We ask the following be reflected toward the competitors, the IHSAA assigned officials, coaches, tournament administrators, and spectators:

- Treat everyone with the utmost respect regardless of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.
- Promote a welcoming environment by avoiding hostility toward opponents and their fans.
- Refrain from the use of profanity and vulgarities at all events.
- Respect all facilities and every person that contributes to the production of athletic contests by refraining from throwing objects onto the field or court and/or leaving objects in the stands.
- Create the loudest and most positive atmosphere possible when attending interscholastic events while maintaining full support for your school and their student athletes.

Security: To ensure the safest and most secure atmosphere for our IHSAA events, tournament management will diligently maintain established security procedures and activities. This will require complete cooperation by all competing teams, contest officials and fans. Security will always have priority over convenience; therefore, all individuals are requested to promptly cooperate with event personnel in any manner. Your assistance will enable tournament staff to fulfill its responsibilities efficiently.

2018-19 Executive Committee

Brian Strong, Logansport (Chairman)
Dave Worland, Indpls. Cathedral (Vice Chairman)
Stacy Adams, Griffith
David Amor, LaCrosse
Jim Brown, Fishers
Martin Brown, North Vermillion
Victor Bush, MSD Lawrence Township
Chris Conley, Delta
Nathan Dean, Jimtown
Jeff Doyle, Barr-Reeve
Brent Duncan, Connersville
Chad Gilbert, Charlestown
Ed Gilliland, LaPorte
Tim Grove, South Knox School Corporation
Matt Martin, Knightstown
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Mike Whitten, Boonville
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Chris Kaufman, Assistant Commissioner
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IHSAA Executive Staff