



LANCASTER CITY SCHOOLS
ATHLETIC DEPARTMENT
HOME OF THE **GOLDEN GALES**

July 2019

Golden Gale Fans,

The 2018-19 school year was a memorable one with the Golden Gales winning **FIVE** OCC Championships. We are very excited for the 2019-20 school year and anticipate another successful year. We would like to thank all of the Lancaster voters who helped to pass the bond issue for the construction of our new high school. The students of Lancaster are very fortunate to have the support of a community who understands the impact a solid education can have on their future.

Summer break has come and gone for many of our high school athletes, and with school beginning in just a few short weeks, fall sports are gearing up with the start of practices and try-outs. For most athletes, the summer months provide time to concentrate on building strength and conditioning while also participating in camps and open gyms to hone their skills in preparation for the competitive school year.

Our cross country teams have trained for a week on the hills at Old Man's Cave. The boys and girls soccer teams have just returned from a successful team camps at Ohio Wesleyan and Rio Grande. Our volleyball team finished as champions of the Logan Spike Fest and our field hockey team will be traveling soon to OU for team camp. The football team has been strength training and conditioning under the watchful eye of head coach Rob Carpenter and his staff this summer. Fans will have **SEVEN** opportunities to watch the Golden Gales defend their home turf at Fulton Field in 2019. Please note that all contests will start at 7:00pm.

Thursday	August 22	(S)Central Crossing	7:00PM (OHSAA Jamboree)
Friday	August 30	Bishop Watterson	7:00PM
Friday	September 6	Cathedral (Canada)	7:00PM (Distinguished Alumni and Junior Gale Night)
Friday	September 13	Hilliard Darby	7:00 PM
Friday	September 27	Upper Arlington	7:00 PM (Homecoming)
Friday	October 4	Grove City	7:00PM
Friday	October 25	Pickerington North	7:00 PM (Senior Night)

The Gales will open the 2019 season at home vs. Bishop Watterson. On Friday, September 6th our friends from Hamilton, Ontario Canada will be making the trip back to Lancaster as we recognize our junior Gales (Youth and junior high football players and cheerleaders) and we induct three new members into the LHS Distinguished Alumni Hall of Fame at halftime. We will crown our Homecoming Queen on September 27th and invite all LHS fans to arrive early to enjoy the Homecoming pre-game parade. October 25th brings Pickerington North to Fulton Field and we will recognize our senior football players, band members and cheerleaders, prior to kickoff.

You will also have many opportunities to catch other Golden Gale fall sports in action. Please visit our athletic website www.lancastergales.com for current sports schedules, pictures and news about our athletes. You can also follow the Golden Gales on Twitter @lancastergales.

Some special events this fall include the Wanda Shaner/Karen Wohrer Volleyball Tournament on August 24th in the LHS gymnasium and the Bob Reall Cross Country Invitational on Saturday, September 21st. Over 2500 athletes are expected to participate in this year's cross country invitational, one of the premier cross-country events in the state. The Boys Golf team will host the annual Lancaster Invitational at the Lancaster Country Club on Monday, September 16th. Come out and see the Golden Gales as they face off with some of the best teams in central Ohio.

Last year many of our teams participated in community service projects ranging from adopting a family for the holidays to helping elderly with spring yard work. Our coaching staff understands the importance of providing our young athletes with opportunities to make an impact on those in our community through service. The lessons taught by our coaches go far beyond the fields and courts where you see them coach. Our head coaching staff for 2019-20 is as follows:

<u>SPORT</u>	<u>COACH</u>	<u>SPORT</u>	<u>COACH</u>
Football	Rob Carpenter	Boys Golf	Luke Truex
Girls Tennis	Gary Elick	Girls Golf	Tom Stedman
Volleyball	Heather Ingram	Boys Soccer	Matt Pentiuik
Girls Cross Country	Teresa Tripp	Girls Soccer	Brian Griffin
Boys Cross Country	Jeff Koksall	Boys/Girls Swimming	Axel Birnbrich
Wrestling	Dugan Bentley	Fall Cheerleading	Amanda Betz
Girls Basketball	Dusty Miller	Boys Basketball	Kent Riggs
Boys/Girls Bowling	Wendy Russell	Softball	Stephanie Miller
Boys Tennis	Gary Elick	Boys Track	Jeff Koksall
Baseball	Corey Conn	Field Hockey	Allie Kinniard
Girls Track	Joe Muck	Winter Cheerleading	Lindsay Strittmatter

I would also like to take this opportunity to recognize our Junior High Athletic Directors. Sam Lucas (s_lucas@lcsschools.net) will be coordinating all General Sherman athletic teams and contests while Mark Pezo (m_pezo@lcsschools.net) will be taking care of Thomas Ewing. These two gentlemen also teach at the building for which they oversee athletics and can be reached by calling the main office at their junior high school. I would like to thank Sam and Mark for all of the attention they give to our junior high athletes assuring that our future Gales have positive experiences while developing their skills.

The following businesses have returned as our "Gold" advertising sponsors at our sporting events: Bob-Boyd Auto Family, Lancaster Bingo, Dagger Johnston Miller Ogilvie & Hampson Attorneys at Law, Porta-Kleen, Buckeye Honda, Michaels Oral Surgery, Matt Taylor Kia, Hugh White Chevrolet and Crestview Skilled Nursing and Rehab. All of these sponsors have contributed greatly to our ability to purchase uniforms and equipment for LHS Varsity, JV, Freshman, and TE/GS teams. Whenever you have the opportunity, please show your appreciation to our business partners.

Again, I am very excited for the upcoming school year and the athletic challenges that lie ahead. I am always proud of our student-athletes and love to see them take the **Lancaster** name into battle across Ohio representing our community with pride. Ticket information for 2019-20 is attached. Thank you for your support!

GO GALES
Pam Bosser
Athletic Director

