

Presented April 22nd, 2022 at Fulton Field

Jeff Koksal: *"At this time, we take a moment to recognize Jack Cheek, the best throws coach in the State of Ohio. Jack started his coaching career in 1986 and has worked passionately over 30 seasons to develop and mentor hundreds of Lancaster student-athletes. During this time, Jack has guided his throwers to four (4) State Championships, 12 All-Ohio finishes with 11 National qualifiers and two National Championships. Along the way, he has coached three 60 ft+ Lancaster shot putters.*

In recognition of his coaching ability, Jack has been selected to coach the Team Ohio throwers for the Midwest Meet of Champions and lifted the throws program at Ohio Christian University. He received the 2015 Sportsmanship, Ethics and Integrity Award from the Ohio Association of T&F, XC.

Beyond the numbers and the accolades, Jack has had a profoundly positive influence on the young men he has coached. Passionate about our sport, competitive and driven to win, Jack is also generous and kind, willing to help anyone interested in getting better as a thrower... and human being. Jack is a good man, who models behavior that builds other good men. It's this influence that draws so many of his Alums back to Fulton Field year after year...

Among the several past and present Gales throwers and families here today is Jason Green. Jason is 1995 Alum and part of Jack's legacy of champions and will make a presentation to Coach Cheek."

Jason Green: *"Thank you, Coach."*

"Coach Cheek, tonight we recognize your commitment to improving the lives of young men throughout your coaching career. On behalf of current and former throwers, parents and fellow coaches, we are pleased to formally announce that the boys throwing area will be named in recognition of your coaching tenure. An atlas stone with the inscription "Coach Jack Cheek – Boys Throwing Area" will be permanently displayed, serving as a reminder for future generations of coaches that a good coach can impact a game, but a great coach can impact a life.

Additionally, we would like to thank Jack's wife Kathryn and their children for sharing their husband and father through the years. You have helped fuel and sustain the Lancaster Gales throwing legacy.

Will you please join us in a round of applause for the Cheek family?"

