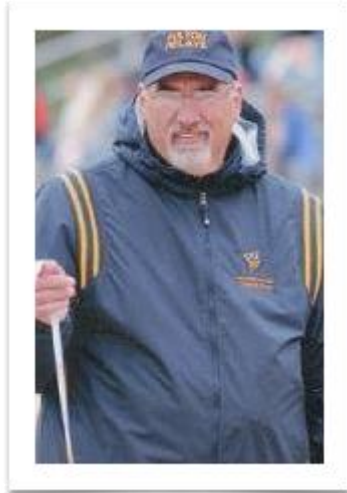


LANCASTER GOLDEN GALES GIRLS TRACK

2013-2014 Varsity Girls Track News



LHS Coach Doug Henwood Inducted into Coaching Hall of Fame

Long time Lancaster Girls' Track and Field Coach, Doug Henwood was posthumously inducted into the Ohio Association of Track Coaches Hall of Fame on January 24th. Henwood led the Lady Gales Track & Field team from 1992 through May, 2008, the month of his death.

Before heading up the girls' program, Henwood was an assistant coach on the boys' side for a total coaching tenure of 30 years. He was known state-wide for his coaching expertise in the shot put and discus. During his coaching tenure, Doug Henwood coached seven individual State Champions in these events, and as Head Girls' Coach mentored two more State Champions in the 300 Hurdles and Pole Vault.

During his 17 year stint as Head Girls' Coach his teams earned 12 League and District Championships, 3 Regional Titles, and one State Runner-up finish.

Doug Henwood, a well-respected local coach, has become the ninth Lancaster High School admission into the State Track Hall of Fame. He follows **Gene Cole**, 1952 Olympic Silver Medalist, **Bob Hamm**, Lancaster Boys' State Championship track coach, **Bill Beaty**, State Cross Country and Track Champion, **Bob Reall**, 2 time State Cross Country Championship coach; **Dwight Kane**, State and NCAA Hurdle Champion; **John Zishka**, State Track & Cross Country Champion; **Terry Oehrtman**, long time Lancaster Track Coach; and **Barry Walker**, State Champion in the Shot Put and Discus.

Coach Henwood was within three weeks of completing a 35 year teaching career with Lancaster when he unexpectedly succumbed to cardiac arrest during the week of the league track meet. His death was a shock to the Lancaster community. Coach Douglas E. Henwood scholarships have been awarded to Lancaster track and field athletes since his passing.

Henwood's recent induction has increased Lancaster High School's historical prominence with Ohio high school track and field. No other high school has nine inductees.