

Londonderry High School Athletic Newsletter



L O N D O N D E R R Y , N H

SPECIAL POINTS OF INTEREST:



- Londonderry Athletic Leadership Council
- The New Varsity Banquet
- Michelle's Tips
- Athletic Director's Corner
- Future College Athletes
- Winter Sports

A T H L E T I C L E A D E R S H I P C O U N C I L

Londonderry Athletics is proud to announce the creation of the Athletic Leadership Council. The council is comprised of nine student-athletes, Mr. Jason Parent, Mr. Howard Sobolov, Mrs. Crystal Rich and Ms. Katie Sullivan. The eight athletes representing LHS are: Alex Burbine (our NHIAA Rep), Dana Boyle, Devin Ingersoll, Becca Parascandola, Josie Bezerey, Geoff Fisher, Jake Finnegan and Justin Walker. The council was developed to help foster leadership in athletics. These student-athletes attended the NHIAA Leadership Con-

ference last Spring with Athletic Director Howard Sobolov. There, they were exposed to and engaged in many different exercises and conferences on leadership. As members of the A.L.C. here at L.H.S, students are asked to make decisions and have discussions on athletic happenings here in our athletic world. The Athletic Leadership Council will focus on fostering leadership among their peers, structuring community service projects, mentoring younger athletes, and making decisions on pertinent athletic topics. The A.L.C. will also

nominate one male and one female athlete to the NHIAA Player of the Month program. Nominees will join a special luncheon with Mr. Parent along with the students, teacher and staff members of the month. The Council meets every two weeks. If you have an agenda item you would like discussed or would like to place input on you can email Crystal Rich at crich@londonderry.org.

T H E N E W V A R S I T Y B A N Q U E T

The Acting Athletic Leadership Council of 2009-2010 has decided to change the set up of the Varsity Banquet that is held at the end of each year. This year it will be re-organized to better accommodate the varsity athletes in the Londonderry school system. In past years the banquet has been focused on handing out awards by individual coaches to athletes who may have

already been recognized at their own sport banquets. Before, only varsity athletes receiving awards were invited to attend but now all varsity level players are allowed to come. The presentation will be athlete led and oriented around the team as a whole instead of congratulating individuals. There will also be a video and picture portion of the night most likely during the

sit down dinner. Each team captain will be asked to share a few words on behalf of their team as well. Although less involved, the coaches are still highly encouraged to attend. Any questions regarding the banquet should be directed to the Athletic Leadership Council.

HOOPS FOR HUNGER

The Londonderry Lancers, in affiliation with the NHIAA, are collecting money for the "Hoops for Hunger" fundraiser program at all varsity basketball home games. The NHIAA started "Hoops for Hunger" as a way for student-athletes and athletic programs to

give back to their communities by collecting money that benefits the food pantry in their town. All proceeds collected at the Lancer games will be donated to the local food pantry located at St. Mark's Church in Londonderry. Members of each of the winter sports teams

will be present at each game to collect money during halftime, so make sure to attend the basketball games to support the Lancers, and try to save some change to donate for the needy in our community. Thanks for the support!



All proceeds benefit our local food pantry in Londonderry

MR. DOLPHIN

"How to's for the prospective college athlete"

High school students who intend to participate in Division I (D1) or Division II (DII) college athletics must be aware of the intricacies of the NCAA Clearinghouse, now called the NCAA Eligibility Center (www.eligibilitycenter.org). **The NCAA Eligibility Center determines whether the athlete can go on the playing field to practice, never mind play at any D I or D II institution in the USA.**

Students must:

- Register with the NCAA at the beginning of junior year so that their transcript can be sent to the NCAA
- Transcripts will be sent at the end of junior year and again upon graduation
- Be aware of what is called the 48H form, which are all of the 'core courses' approved by the NCAA for your high school. Core courses are English, Mathematics, Science, Social Studies, and Foreign Languages
- The student's high school cumulative grade point average and corresponding SAT scores must meet the minimum required by the NCAA. As an example, the lower the GPA, the higher SAT is

expected. The particulars are on the NCAA web-site.

- Each high school's guidance office is the place to go for accurate NCAA Eligibility information. NCAA Eligibility is not supervised by the high school's athletic office

If any high school student takes any one core course in their entire 4 high schools years that has not been approved by the NCAA, that student will not be able to play D1 or DII athlete college athletics. This includes not being able to practice at the college level.

These rules do not apply to Division III colleges

High School Student Athlete recruiting tips

If the high school student is not a superior athlete and is not being recruited by any college or university and wants to play D1, DII and even DIII college athletics, they should consider:

-Identifying your support system in high school (Athletic Director, Varsity Coach, Guidance Counselor) to assist you- when you ask them for help, make an attempt to do so personally

-Creating a high school athletic resume (spring of junior year)

-Filming the high school athlete in live game action and saving it to a disk

-Contacting the head coaches of the college sport via e-mail; send a statement of interest and attach a copy of the athletic resume

-Attaching your transcript or have your guidance counselor do this for you

-Following up with an additional e-mail within ten school days

-Call the coach if no reply is forthcoming

-If there is no reply at this point, the baseball saying "three strikes or out" means it is time to move on

-Discover the "walk on" policies at your colleges and universities of interest

-Have your high school coach contact the college coach after you have personally requested this from your high school coach

-Starting early- before senior year and keep it at

A T H L E T I C D I R E C T R - H O W A R D S O B O L O V

Many times I am asked why I chose to become involved in high school athletics first as a coach and then for the last 9 years as an athletic director. I believe strongly in the value of participation in interscholastic athletics and its importance in the overall development of our students in helping them to realize their potential not only in athletics but in academics as well. In short, I believe that athletics is an extension of the classroom and serves an important function in the education of our students. The best way to explain the importance of participation in interscholastic athletics is best outlined in the “Fundamentals of Coaching” course that I teach and was designed by The National Federation of High School Sports,

our national athletic governing body. They have identified the top five educational outcomes of participation in a student centered interscholastic athletic program such as ours at LHS. They are: The Promotion of Learning where students should acquire new knowledge or skills that will lead to long-term behavioral change. This learning is not limited to the development of physical skills and should also facilitate the social, personal, and psychological development of each student. Life skills where student learn how to balance their life, emotional well being, leadership, personal growth and decision making skills. Healthy lifestyles where we help students become committed to an

addiction-free, physically active and long-term healthy lifestyle.

Sportsmanship where students learn respect and concern for rules and officials, opponents, and the spirit and customs of sport.

And **Citizenship** where students acquire knowledge, attitudes, experience and skills that will prepare students to be productive and responsible members of society.

I believe that these five outcomes form the core values that a person can use to live a long, productive, meaningful, and successful life no matter which career path he or she chooses.



M I C H E L L E ’ S T I P S

I’m often asked specific questions about strength training, conditioning and nutrition for athletes. So, when I was asked write a column for this newsletter I thought why not give the answers.

This weeks question, what should I eat?

Dr. John Berardi has a website called Precision Nutrition and he has an article called the 7 Habits of Healthy Eating. This is essentially the path I follow and the path I recommend to my athletes. Here is a modified version:

1. Eat Breakfast! Breakfast boosts metabolism, pro-

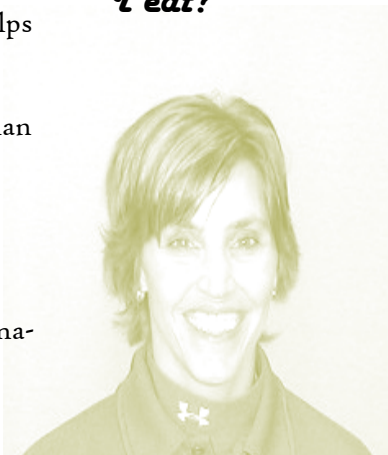
- vides energy for the day ,
- 2. And helps maintain a healthy weight.
- 3. Eat a meal every 2-3 hours. You should have between 5-8 smaller meals each day. This helps keep the metabolism going and limits cravings from “sugar” spikes.
- 4. All meals need to include a fruit and or a vegetable
- 5. Include a healthy fat with all meals. Olive Oil, fish oil, walnuts, almonds.
- 6. Drink plenty of water and non-calorie fluids. Natural green tea is an excellent choice.
- 7. Complex carbohydrates

- are best. Brown rice, whole wheat pasta, whole grain breads with at least 3 grams of fiber and sweet potato.
- 8. Eat a lean and complete protein with each meal. Complete protein contains all the essential amino acids and is “thermogenic” so it helps burn calories.

Build your nutrition plan around this blue print. It’s a proven format to build healthy and lean athletes.

Check out more information at Precisionnutrition.com

This weeks question, what should I eat?



C O N G R A T U L A T I O N S T O T H E F O L L O W I N G W I N T E R A T H L E T E S
O N T H E I R S U C C E S S F U L S E A S O N S

Girls Basketball

JV
Andrews , Kelsey
Doucette, Alexandra
Dzenis, Katherine
Enwright, Kirsten
Holland, Kaitlyn
Magoon, Karisa
Malloy, Kirsten
Mc Mullen, Kyleigh
Morris, Kimberly
Sanborn, Erin
Summers, Samantha
Williams, Shea
Varsity
Bolduc, Lindsey
Butterfield, Savanna
Cloutier, Catherine
Crutcher, Daniele
Holewa, Lucy
Hunt, Kelly
King , Callie
Moloney , Allie
Morissette , Courtney
Pescia, Christina
Thompson, Shannon
Uphold, Jaymi

Boys Basketball

JV
Feinstein, Adam
Flanders , Ben
Mc Clure, Ryan
Meade, Chris
Milliken, Russell
Natella, Nicholas
Ortiz, Jose Junior
Smith, Keegan
Wiedenfeld, Michael
Winn, JR, Stephen
Varsity
Ball, Tyler
Bintz, Jeff
Champa, Zachary
Colby, Michael
Connors, Ryan
Doucette, Eric
Finnegan, Jake
Flanders, C J
Mansfield, Troy
Martinez, Nick
Mc Mullen, Ian
Sanborn, Matthew
Schwalbe, Jared
Swanson, Michael

Gymnastics

Berglund, Julie
Brown, Victoria
Carrasquillo , Maria
Dagosto, Maggie
Faiella, Stephanie
Govoni, Carolyn
Hansen, Abigail
Jackson, Leah
Koon, Madelaine
Lacasse, Valerie
Lagasse, Nicole
Marchetti, Miranda
Mastromarino, Brianna
Morrissette, Jessica
O' Shea, Cari
Page, Emily
Tierney, Emily
Yennaco, Alison

Hockey

JV
Donlan, Steven
Garvey, Thomas
Griffin, Ryan
Hamilton, Brian
Hanulec, Peter
Havener, Zachery
Kearney, Dylan
Malagodi, Ted
Parilla, Thomas
Pimenta, Nathan
Ruel, Hunter
Schirch, Stephen
Simpson, Keith
Tillis, Josh
Wynters, John

Varsity

Bears, Michael
Bell, Joshua
Devereaux, Steven
Donovan, David
Dunn, James
Dunn, John
Fedorchuk, Eric
Gomes, John
Griffin , Sean
Isaak, Kurt
LaTorre, Phil
Mac Nicoll, Joe
Mac Nicoll, Samuel
Moody, Shawn
Morrison, Scott
Parker, Jeff
Robillard, Andrew
Robitaille, Andrew
Ruel, Colby

Girls Track

Anderson , Sarah
Ashe, Farrah
Blanchette, Ainsley
Burke, Shannon
Clark, Colleen
Colotti , Cara
Devereaux, Briana
Devereaux, Heather
Fondo, Katherine
Guenther , Sandy
Karthas, Stacy
Lacasse, Katie
Lagueux, Sydney
Lasocki, Katherine
Laurence, Alexandra
Lewis, Catherine
Mac Lennan, Claire
Marino, Marcie
Mc Grath, Morgan
Mc Queeney, Elizabeth
Moburg, Erika
Moburg, Rachel
Parascandola, Becca
Park, Jocelyn
Powers, Emily
Reynolds, Jessie
Roberts, Bryanna
Stevens , Allison
Szymanski, Amanda
Tarquinio, Amanda
Troisi, Elizabeth
Winslow, Lyssa

Boys Track

Abruzese, Thomas
Alix, Adam
Anderson, Cody
Anderson, Kyle
Ashe, Kyle
Bolduc, Thomas
Bonfanti , Anthony
Bonfanti, Scott
Brodeur, Kyle
Brouillard, Tyler
Brown, Michael
Choe, Harry
Dalzell, Matthew
Daouk, Samir
Domitrz, James
Galluzzo, Dominic
Geiger , Andreas
Geiger, Devereux
Giles, James
Hall, Alex
Harkins, Patrick
Hicks, Daniel
Jenkins, Isaiah
Joy, Zachary
Kinnon, Daniel
Lasocki, Christopher
Law, Andrew
Leahy, Joshua
Manor, Austin
Marett, Ryan
Mercier, James
Mitchell, C. Tyler
O' Gorman, Sean
Parilla, Vincent
Patterson, Timothy
Perry, Clint
Pfalzgraf, Greg
Rodriguez, Joel
Rouleau , Cameron
Smith , Benjamin
Spera, Brandon
Sprague, Jacob
Sroka, Mitchell
Sweetman, Richie
Taylor, Jeff
Theodhosi, Harrison
Tierney, Patrick
Walker, Justin
Whelton, Michael
Young, Brandon

Boys Swim

Almquist, Tyler
Bompastore, Nicholas
Doherty, Ethan
Hayes, Cory
Hayward, Justin
Hereijgers, Kristiaan
Holzberger, Alex
Horton, Alex
Lamont , Charles
Larie, Philip
Lavalliere, Joseph
Maher, Kevin
Mc Carthy, John
Monahan, Patrick
Occhipinti, Joseph
Schindler, Justin
Stuart, Gillen
Swanson, Nigel
Wallace, Ted
Ziolek, Dominic

Girls Swim

Avella, Amanda
Beaton, Rachel
Boccia, Alyssa
Carpenter, Sarah
Courtemanche, Ellen
Di Matteo, Stephanie
Dunn, Emily
Foley, Delia
Frank, Georgina
Harrington , Margaret
Houston, Emily
Lavalliere, Julie
Mak, Megan
Mc Kenney, Shelby
Plumer, Stephanie
Stepanik, Emma
Stone, Jennifer
Strong, Tracy
Watson, Jen

Wrestling

JV
Benard, Nicholas
Boutot, Christopher
Cabezas, Matt
Davidson, Nick
Douglas, Mackenzie
Guilmain, Cody
Russek, Charles
Szarek, Daniel
Varsity
Barr, Joseph
Cail, Alex
Carollo, Kasey
Charest, Matthew
Chase, James
Di Sessa, John
Fitzpatrick, Shane
Janowicz, Andrew
Maio, Joseph
Mounce, Kaylyn
Paul, Jonathan
Roger, Daniel
Tavano, Jake
Wilson, Tyler

Tryouts for Spring Sports begin on March 22, 2010