## LOWM MIMA SCEOCE 

Go Buckaroos!


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PARTS, SERVICE \& ACCESSORIES
* Pet PR Pis.




## Lowry Ligh Šchool Buckaroos

It is our pleasure to host each and every HOME event with the traditional WINNEMUCCA hospitality and we wish you the best of luck and hope you have a safe journey home.

On behalf of the students, faculty, and administration of Lowry High School and the City of Winnemucca we welcome you to our HOME away from home.

SPORTSMANSHIP is a top priority of Lowry Athletics. We are certain that we will have outstanding games and that each and every fan will practice good sportsmanship and applaud those efforts by both teams during the games. We have made a strong commitment to our athletes, coaches, parents, and spectators to have a positive competitive experience.

Your paid or complimentary admission to our events entitles you to enjoy an exhibition of skills developed by our students in an educational setting. Please give these studentathletes your positive encouragement and support. Your effort to applaud the talents of all players is appreciated. Booing, taunting or intimidating the officials and opponents is unfriendly and inappropriate. Please be an example to those around you. A special thanks goes to our Humboldt County School District Board of Trustees, Humboldt County School District Administration, Humboldt County school teachers, Lowry High School students, the City of Winnemucca, Winnemucca Century Club and the many workers who have contributed their time and effort to insure that you may enjoy athletics at its best.

Our sports programs are truly a community happening and we are proud to be able to host Lowry High School athletic events with students in mind. We would like to take this opportunity to thank all of the fans for continuing to support and make all Lowry

# SPORTSMANSHIP IS OUR TOP PRIORITY AT LOWRY! 

Albert M. Lowry High School<br>5375 Kluncy Canyon Road, Winnemucca, NV 89445

775-623-8130
www.humboldt.k12.nv.us/lhs

# Q8Oministration 



## Mrs. Debbie Watts, Principal

Goal: To make sure every student at LHS receives the best education possible.
Hometown: Four Mile, Kentucky
Years Administrator: 9
Years at Lowry: 2
Words For Athletes: "Be honorable in all that you do."
Education: Master's Degree in Curriculum and Instruction
Awards: 1978 O.W.E. Teacher of the Year, 1990 Outstanding Teacher of the year, 1996 Outstanding Teacher of the Year


## Mr. Doc Welter, Vice Principal

Goal: To help Lowry High School become the best 3A school in Nevada Hometown: Plentywood, Montana
Years as Administrator: 3
Years at Lowry: 3
Words for Athletes: "Win or lose with PRIDE!"
Education: B.S. Microbiology, University of Montana; M. Ed. in Educational
Leadership, Jones International University


Mr. Byron Jeppsen, Vice Principal
Hometown: Clinton, Utah
Years as Administrator: 4
Years at Lowry: 7
Words for Athletes: "Lowry High has a great tradition in athletics. Be proud
to represent such a great school."
Education: B.A. in History and Spanish from Weber State University, M.
Ed. in Educational Leadership from University of Nevada, Reno

## TABLE OF CONTENTS

Welcome ..... 1
Administration ..... 2
Athletic Director ..... 3
History of Winnemucca \& Lowry High School ..... 4
State Championships, Hall of Fame ..... 5
Hall of Fame Nomination Explanation ..... 6
Hall of Fame Nomination Form ..... 7
Lowry College Athletes ..... 8
All State Winners ..... 9
NIAA Conduct Information ..... 10-12
Competitors ..... 13
Cheerleaders ..... 14-17
Cross Country ..... 20-24
Dance ..... 28-31
Football ..... 34-41
Golf ..... 44-47
Soccer (Boy's) ..... 48-51
Soccer (Girl's) ..... 52-55
Volleyball ..... 57-61
Century Club Golf Scramble Results ..... 64
Century Club Membership List ..... 65
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WINNEMUCCA DENTAL CARE

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Cleanings - Bridges Preventative Care Children's Dentistry Veneers - Dentures Emergency Care

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VBA E


## HISTORY OF LOWRY HIGH SCHOOL

In 1967, a brand new Humboldt County High School was opened with the new name Albert Lowry High School in honor of revered Coach Albert M. Lowry.

A true Nevadan, Mr. Lowry was born in Tollhouse in 1897. He graduated from the University of Nevada in 1925, began teaching Science and coaching three sports in Winnemucca.

Mr. Lowry served the students of Humboldt County as a teacher, coach, principal, assistant superintendent and as director of the Nevada Education Association.

One of Nevada's first sporting legends, Mr. Lowry was instrumental in putting Humboldt County High School on the map. His basketball teams won 11 district or league championships and finished as the 1929 runner-up in the Nevada State Tournament.

As a track coach, he led his teams to Nevada championships in 1928, 1930, and 1936.

Mr. Lowry was also an integral part of introducing six-man football to some of Nevada's smaller schools. In 1941, he was chosen as the state's "Outstanding Coach".

Mr. Lowry served as president of the Nevada Interscholastic Athletic Association (NIAA) for 14 years and was chosen 3 times as a delegate to the National Federation of State High School Athletic Associations.

In 1933, Mr. Lowry was inducted into the NIAA Hall of Fame. He retired from the school district in 1966 and passed away May 5, 1989.

The original Lowry High School building was ready for use in 1967, with the vocational building added in 1983 the science building in 1991, the following improvements were made since then: weight room, new gym, art/social studies building, Jim Billingsley Softball Complex, new track—lighting and landscaping, baseball \& softball announcers booth.

## LOWRY HIGH - TRADITIONS OF PRIDE, DEDICATION \& EXCELLENCE

## HISTORY OF WINNEMUCCA

Winnemucca, originally called French Ford, sprouted up from a wagon crossing on the Humboldt River. A trading post and hotel were the first businesses in Winnemucca, the hotel serving miners and prospectors as well as wagon trains that were passing through on their way to California or Oregon.

Two brothers, Louis and Theophile Lay, built a bridge across the Humboldt River. After this, it was not necessary to ford the river and the town was renamed to Centerville. Soon after, the railroad was built so residents looked for a name that fit the town better.
L.C. Pease or C.B.O. Bannon are usually given credit for naming the town. They chose to name the town after Chief Winnemucca, the leader of a local Paiute tribe. Another theory is that a nameless worker for the Central Pacific Railroad wanting to keep peace with the Paiutes suggested naming Winnemucca after the Paiute chief. It is reasonable that all three men chose the name of the town as an agreement was necessary. Winnemucca was an apt name as the mountain and mining district had been named for the Paiute chief since 1863.

## LOWRY STATE CHAMPIONSHIPS

```
Boy's Basketball-1973, 1974, 1975, 1978, 1985, 1992, }200
Girl's Basketball-1978, 1981, 1992, 2002
Boy's Cross Country-1995, 2001, 2004, 2005, 2007
Girl's Cross Country-2000, 2001, 2002, 2003, 2004, 2005, 2007
Boy's Golf-1973, 1974, 1975, 1978, 1979, 1984, 1985, 1986
Girl's Golf-1975, 2000, 2001,2003
Volleyball-2005
Softball-2006
```


## HALL OF FAME

| Joe deArrieta Sr. | 1994 | Hank Mentaberrry | 1998 |
| :--- | :--- | :--- | :--- |
| John Dolan | 1994 | Pat Dolan | 1998 |
| Albert M. Lowry | 1994 | Gary Hoxsey | 1999 |
| Jim Billingsley | 1995 | Don Woods | 1999 |
| Steve Clausen | 1995 | Jerome Etchegoyhen | 1999 |
| Jim deArrieta | 1995 | Gary Stoker | 1999 |
| Joe Dendary | 1995 | Marvin Clausen | 1999 |
| Lori Echevarria | 1995 | Tammy Pollock | 2000 |
| Mike Glenn | 1995 | Tim Billingsley | 2000 |
| Alfred Gonzalez | 1995 | Dick Peraldo | 2000 |
| Rober Hooft | 1995 | Pat Hart | 2000 |
| Pat McDade | 1995 | Dr. James Calder | 2001 |
| Vince Mendiola | 1995 | Mateo Legarza | 2001 |
| Jim Phillips | 1995 | Don Stoker | 2001 |
| Rolfe Schwartz | 1995 | Pete Etchart | 2003 |
| Mitch Woods | 1995 | Lynn Cunningham | 2003 |
| Ted Zimmerman | 1995 | Rick Ringheimer | 2003 |
| Jock Echave | 1996 | David Stoker | 2003 |
| Lee Lowry | 1996 | Dave Mendiola | 2004 |
| Foe Mentaberry | 1996 | Lisa Jaureguito Davidson | 2004 |
| Betty Roeder | 1996 | Kelly Pollock | 2004 |
| Fred Watts | 1996 | Chad Peters | 2004 |
| Kirk Allred | 1997 | Laura Stein | 2005 |
| Don Bankofier | 1997 | T.W Cunningham | 2005 |
| Carol Scott | 1997 | David Schwartz | 2008 |
| Joe deArrieta | 1997 | Ron Bankofier | 2008 |
| Joe Ydiando | 1998 | Chris Vesco | 2008 |
| John Legarza | 1998 | Teresa Vesco | 2008 |
| Dennis Verner | 1998 | Susan Rorex | 2008 |
| Bill Hoxsey | 1998 |  | Lyman Bruce |
|  |  | Tony Erquiaga | 2008 |

## HALL OF FAME

Lowry High School will be sponsoring a Hall of Fame for deserving Winnemucca individuals who attended or taught at Humboldt County High School or Albert M. Lowry High School. 1994 was the inaugural year for this program and we encourage you to think back and nominate a deserving individual for this prestigious award. Nominees not selected this year will be placed in an active file for future years.

## Purpose:

The purpose of the Hall of Fame is to honor and recognize outstanding individuals who have had a significant and lasting impact on the lives of people through their involvement as student and/or athlete or educator at our local high school. These individuals must have excelled in high school and continued to exemplify high standards in their adult lives to be eligible for this award.

## Nomination procedures:

1. Candidates can be nominated by any person.
2. The "selection committee" will be composed of four representatives to serve a maximum four year term. The athletic administrator will select those individuals and the names of the individuals will be confidential.

## Nomination Deadline:

All nominations must be received in the Lowry High School office no later than October 15 of each year. All nominations will remain in an active file for a three year period.

## Awards:

Recipients will have their name placed on a Hall of Fame plaque at Lowry High School and receive a lifetime pass to all Lowry High athletic events.

## General Criteria:

Nominees must exemplify the highest standards of sportsmanship, ethical conduct, moral character and carry the endorsement of their respective high school. An applicant must meet the following qualifications:

1. Athletes - will be eligible for nominations ten years after high school graduation.
2. Teachers, Coaches, Administrators, and Contributors will be eligible after their service to Humboldt County School District has ended.

To further explain, athletes would be former student participants who are being nominated for their achievements in interscholastic athletics. Students and educators would be considered on the merits of their high school achievements only. A contributor would be an individual who has made a contribution to Winnemucca education in some capacity other than those

# WINNEMUCCA <br> High School Hall of Fame <br> Application Form 



What activities did the nominee participate in while in high school? $\qquad$
$\qquad$

What awards or honors did the nominee receive while in high school? $\qquad$
$\qquad$
$\qquad$

What award and/or activities has the nominee been involved in since graduation? $\qquad$
$\qquad$
$\qquad$

Need a letter of endoresement and recommendation attached $\qquad$ (not required Newspaper and/or other supportive material attached

। but recommended)

## INDIVIDUAL SUBMITTING NOMINATION

Name $\qquad$ _

Phone $\qquad$
Mailing Address
City, State, Zip $\qquad$

## Signed

$\qquad$ Date
Lowry High School
Hall of Fame Committee 5375 Kluncy Canyon Road
Winnemucca, NV 89445
All applications are due no later than October 15, 2007 Hall of Fame presentations will be announced at a later date.

# LOWRY COLLEGE ATHLETES 

## Women's Sports

Basketball<br>Jessica Dennison-Yakima<br>Leslie Case-Hislop- Yakima<br>Elisa Leader-Westminster<br>Rachelle Piquet—Lewis \& Clark College<br>Savannah Roman- Feather River<br>Carol Scott- Chico State<br>Lacey Takas-Thompson-Kentucky Wesleyan<br>Magen Dufurrena-Albertson's/College of Idaho<br>Cross Country<br>Kelsey Engstrom- Oklahoma Baptist<br>Megan Engstrom- Oklahoma Baptist<br>Monica Myrhow-<br>Heather Thompson-Hall- UNR<br>Golf<br>Mackenzie Swecker- San Diego<br>Rodeo<br>Katie Garijo-Rickard- Eastern Oregon

Rachelle Piquet—Lewis \& Clark College
Teresa Vesco
Basketball
Chad Backus- Ricks College
Steve Clausen- Western Montana
Nate Green-Lane CC/Feather River
Bob Hooft- Harvard
Jimmy Salmi-Columbia Basin
Gary Stoker- College of Idaho
Brian Watterson- Southwestern Oregon
Mitch Woods-UNR
Baseball
Ricci Abrego- Eastern Oregon
Pachi Bengochea-Treasure Valley CC
Jose Cardenas- Treasure Valley CC
Chris Christean- Modesto JC
Dustin Christean- Indiana College
Jon Curuchet-
Jason Davidsaver- California JC
Joey Enochson-Southwestern Oregon
Sean Gallian- Mesa CC
Matt Jarolimek- CSI
Jonathan Jarolimek-UNLV
Rick Maestrejuan- BSU
Benny Martinez-Dickinson State
Tony Martinez- Eastern Oregon
Anthony Marvel-California JC
Jody Marvel-California JC
Josh Orr- Albertsons
Tony Peluaga- San Francisco State
If you know of anyone that should be added to this list or if you can update our current information

Suzanne Montero- UNLV
Sadie Myers- Cal Poly SLO
Amy Jo Peraldo- UNLV

Softball
Mandy Chaffin- Lassen
Tara Davis- Lassen
Andrea Ingle-Lassen
Erica Ingle-Lassen
Kristie Ingle- Lassen
Monique Melody-Lassen
Rachelle Piquet-Lewis \& Clark College
Savannah Roman- Feather River
Jackie Schrempp- Feather River
Track \& Field
Alicia Echevarria- UNR
Laura Stein- Idaho State
Volleyball
Ashley Bristol-WSU

## Men's Sports

Chad Peters-Napa
Joe Robinson-Eastern Oregon/Dickinson State
Chris Vesco- UNLV
Cross Country
Bret Ferrier- Weber State
Willie Ulch- Lane CC
Football
Eric Angelopolous- Montana Tech
Grant Beatty-Saddleback CC
Tim Billingsley- College of the Redwoods
Zach Bristol- SD JC
TW Cunningham- UNR
Joe Dendary-UNR
Jon Echave-UNR
Mike Glenn- Arizona State Basketball/UNR
Kaden Glinsman- North Dakota
Brandon Grady-Dickinson State
Brian Harrison-Mayville State
Pat McDade-BSU
Vince Mendiola-BSU
Rick Ringheimer-College of the Redwoods
Dan Shaw-Mayville State
Matt Smith- UNR
Golf
Ben Bryson-WSU
Ryan Plummer-Long Beach State
Dennis Verner-UNR

## Rodeo

Mark Cowley-CSI
Jeff Garijo- BSU
Teo Maestrejuan- Walla Walla CC
Jesse Segura- UNLV

## Cross Country

Jon Rouston, 2005
Justin Grant, 2005
Triton Manso, 2005
Matt Pike, 2005, 2007
Vance Orr, 2005
Felicia George, 2005
Hailey Yadon, 2005
Madison Gray, 2005

## Football

Alfonso Gonzalez , 1969
Frank Bengoa, 1970
Jim Calder, 1970
Paul Vesco, 1971
Tom Gillespie, 1971
Vince Mendiola, 1971, 1972, 1973

## FALL—ALL STATE WINNERS

Joe Dendary, 1974
Steve Clausen, 1974
Dave Mendiola, 1976
Hank Dufurrena, 1976, 1977
Bob Cassinelli, 1977
Bruce Delaney, 1977
Fred Stewart, 1977
Rick Ringheimer, 1977
Tim Billingsley, 1977
Al Urban, 1978
Pat Schroeder, 1980
Andrew Hillyer, 1982
Doug Bosch, 1982
Roy Echeverria, 1982
Doug Graham, 1983
Joel Jaureguito, 1983, 1984
Pat McDade, 1983, 1984

David Schwartz, 1984
David Bush, 1987
Jonathan Jarolimek, 1987
Jeff Schrempp, 1989
Jon Echave, 1989
Van Kinder, 1989
Chad Peters, 1990
Gordy Schumacher, 1990
Israel Lopez, 1990
Jamie Schroeder, 1990
Jose Cardenas, 1990
Mike Novi, 1990
Scott Strickler, 1990
Josh Kyles, 1991
T.W. Cunningham, 1995, 1996

Robby Volack, 2000

Golf
Alicia Echevarria, 2005
Soccer-Girls
Dayla Sudbrack, 2005
Volleyball
Betty Glinnsman, 1980
Lisa Davidson, 1980, 1981, 1982
Carol Scott, 1981, 1982
Teresa Vesco, 1981, 1982
Denise Cady, 1982
Diana Hoss, 1983, 1984
Denise DeLong, 1984
Penny Begay, 1985, 1986
Britney Bristol, 2000
Alexis Martinez, 2002

## WINTER-ALL STATE WINNERS

Basketball, Boy's
Mitch Woods, 1971, 1972, 1973
Joe Dendary, 1974, 1975
Stan Davidson, 1973
Mike Glenn, 1975
Bob Hooft, 1974, 1975
Steve Clausen, 1974, 1975
Ron Bankofier, 1978
Ted Willer, 1978
Jim Visger, 1978
Rolfe Schwartz, 1979
David Stoker, 1981
David Schwartz, 1985
Gary Stoker, 1984, 1985
Chris Vesco, 1983
Dennis Porter, 1986
Lane Peraldo, 1989
Jim Salmi, 1988, 1989
Chad Peters, 1991, 1992
Chad Backus, 1992

Ben Bryson, 2001
Nate Green, 2001, 2002
Teo Maestrejuan, 2002
Brian Watterson, 2003

Basketball, Girl's
Betty Seward, 1979
Denise Michelson, 1979
Tammy Mentaberry, 1979
Sandi Smith, 1980
Teresa Vesco, 1981, 1982
Carol Scott, 1981, 1982
Lisa Davidson, 1983
Tina Echeto, 1990
Rachelle Piquet, 1991, 1992
Tara Davis, 2001
Jessica Bishop, 2003
Mackenzie Swecker, 2003, 2004
Megan Dufurrena, 2003, 2004
Savannah Carlo, 2008

Morgen Thacker, 2008

Wrestling
Jim Billingsley, 1971, 1972, 1973
Denny Gortari, 1974
Tim Billingsley, 1976, 1977
Rick Ringheimer, 1977
Al Urban, 1978
Steve Lopes, 1980
Paul Kerr, 1980
Robert Neary, 1980
Jim Kracaw, 1980, 1981
George Miller, 1981
Kelly Pollock, 1981, 1982, 1983
Keith Neary, 1981, 1983
Rich Enochson, 1982
Jimmy Cannon, 1983
Pat McDade, 1983, 1984, 1985
Dave Stetler, 1985
Paul Smith, 1985, 1986, 1987

Gus Duncan, 1986, 1987
Bake Turner, 1986, 1987, 1988
Billy Holt, 1989
Dave Bush, 1988
Mitch Green, 1988
Jeff Hutchings, 1988
Aaron Poulson, 1989
Juan Manzo, 1989
Efrium Manzo, 1989
Jeff Arreola, 1989, 1990
Gus Alvarez, 1990
Chester George, 1990, 1991
Josh Kyles, 1991
Milo Cardenas, 1991
Pete Herold, 1994, 1995, 1996
Rick Hutchinson, 1992
Chris Hornbarger, 1992, 1993
Raul Cardenas, 1993
Jake Lage, 1999
Johnny Davis, 1991, 1992, 1993

# SPRING—ALL STATE WINNERS 

## Track

Kelli Baker, 1975
David Dake, 1975
John Luna, 1975
Lloyd Johnson, 1975
Julie Tipton, 1976
Larry Blaylock, 1977, 1978, 1979
Betty Seward, 1979
Pat McDade, 1983, 1984, 1985
Vicki Salmi, 1984
Matt Buchan, 1984, 1985, 1986
Chris Bishop, 1986
Bell, McKemy, Peraldo, Salmi, 1600 M Relay, 1987
Lane Peraldo, 1987, 1988
Cathey, Burns, Backus, Dean, 1600 M Relay, 1988

Sergio Cabada, 1600 M \& 3200 M, 1996
Salvador Cabada, 4A Cross
Country, All State 1996
Sergio Cabada, 4A, 1600 M, 1996
Brett Ferrier, 1999, 2000
Jamie Cabada, 2000
Levi Keller, 2003

Salmi, Peraldo, Schlottman, Peraldo, Lecumberry, 1600 M Relay, 1988
Mandy Burns, 1989
Burns, Backus, Piquet, Cassinelli, 800 M Relay, 1989
Piquet, Bidart, Cassinelli, Burns, 400 M Relay, 1989
Smith, Canepa, Schlottman, Netcher, 800 M Relay, 1989
Burns, Backus, Dehart, Cassinelli, 1600 M Relay, 1989
Tina Echeto, 1989, 1990
Laura Stein, 1994
Willie Ulch, 1995
Sergio Cabada, 1995

## NIAA ALCOHOL, TOBACCO AND OTHER DRUG POSSESSION, USE, ABUSE and PENALTIES POLICY

Participation in NIAA sanctioned sports is a privilege and responsibility which requires all participants to adhere to athletic training rules imposed by the school district and member or affiliate school the student attends and represents. Adherence to training rules ensures that all studentathletes are in top physical condition, minimizes potential for injury, and further ensures that all member and affiliate school athletic teams are appropriately represented by their student-athletes. Therefore, the possession or use of any controlled substance, alcohol or tobacco products by a student athlete, whether it occurs on or off of school property, is prohibited and shall result in the penalties set forth herein.

This regulation shall begin once our son/daughter begins participation as a student athlete in high school athletics. This policy remains in effect for every calendar school year during the course of his/her high school career and when he/she is directly involved in a school activity occurring at any time (summer leagues / camps, etc.). This policy remains in effect regardless of whether our son/daughter is currently participating on a high school athletic team.
a. Definitions - The following terms or phrases shall have the meaning ascribed to them for purposes of interpreting this Policy.

1. Competitive Week - means a seven (7) day period of time beginning with the first scheduled competition after a violation occurs in which a student athlete is participating as a member of an athletic team for a member or affiliate school, and in which that team is officially competing in NIAA sanctioned competition.
2. Controlled Substance - includes any mind altering substance or beverage set forth in Schedule I-V of the list of Controlled Substances as identified by the office of the Drug Enforcement Administration or as set forth in 21 U.S.C. $\S 812$.
3. Period of Suspension - means a student athlete is prohibited from appearing in any NIAA sanctioned sport or event as a member of an athletic team or in individual competition. A suspension from athletic competition begins with the first scheduled competition after a violation occurs. A student athlete who is suspended under this regulation who does not serve the entire period of suspension during the sport season in which suspension occurs shall serve any remaining period of suspension during the next sport season in which the student athlete appears on a NIAA roster. A violation of this regulation that occurs during a time when a student athlete does not appear on a NIAA roster shall be implemented at the commencement of the next sport season in which the student athlete participates. Attendance in a summer school class shall not apply toward satisfying any period of suspension.
4. Possession means a student / athlete who is in actual physical control of alcohol, tobacco or a controlled substance.
b. Possession or Use of Tobacco/Alcohol/Controlled Substance/Narcotics. Any student athlete determined to be in possession of, or to have used tobacco, including smoking tobacco, chewing tobacco or snuff, an alcoholic beverage (as defined by NRS 202.020 and any relevant local ordinances), controlled substance and/or narcotic (unless prescribed by the student athlete's physician for medical purposes), is in violation of this policy. If after an investigation by the school it is determined that the student athlete is in violation of this regulation the student athlete shall immediately be declared ineligible to compete in any NIAA competition beginning with the first scheduled competition after a violation occurs. Additionally, the student athlete shall be subject to the following discipline:
5. First Violation: a six (6) competitive week suspension from participation in interscholastic competition beginning with the first scheduled competition after the suspension occurs. Four (4) competitive weeks of the suspension of eligibility may be waived if the student successfully completes all components of the appropriate substance abuse intervention program set forth in subparagraphs (d) (1) (A) and (d) (1) (B) below. The student may practice with the team during the period of suspension if approved by the coach and principal.
6. Second Violation: The student shall be suspended from interscholastic competition for a minimum of ninety (90) school days which shall include a minimum of six (6) competitive weeks of competition. The student shall not be allowed to practice with the team, or participate in any out of season activities and must complete the requirements set forth in subparagraphs A and B below, in order to be considered for reinstatement of future athletic eligibility, which shall be determined following the ninety (90) day suspension of athletic eligibility by a group composed of one of the student's parents/legal guardians, the school principal, athletic director, coach and a substance abuse program coordinator.
A. A substance abuse evaluation assessment conducted by a licensed alcohol and drug counselor at the expense of the parent/legal guardian of the student must be completed within ten (10) school days following the suspension and all assessment recommendations must be satisfactorily met before athletic eligibility may be reinstated.
B. The student must successfully participate in all sessions of the appropriate substance abuse intervention program set forth in subparagraphs (d) (1) (a) and (d) (1) (B) below, and successfully complete a minimum of ten (10) tobacco or alcohol/drug related support sessions.
7. Third Violation: The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.
8. Appeal: A student that serves their third violation and still has more than one year of remaining eligibility can appeal through the NIAA Board of Control. Both the students and his / her parents must attend this meeting of the Board to present their appeal.
c. Cumulative Effect of Suspensions: Multiple suspensions of a student athlete's athletic eligibility based on violations of this Regulation shall be considered as cumulative over the length of each student athlete's high school career, $9^{\text {th }}$ through $12^{\text {th }}$ grade.
d. Substance Abuse Intervention Program: Any student who has been suspended from athletic eligibility for violation of the provisions of this Regulation and whose future athletic eligibility is contingent on successful completion of a Substance Abuse Intervention Program, or whose suspension of athletic eligibility may be reduced through successful participation in a Substance Abuse Intervention Program, shall complete the Substance Abuse Intervention Program developed by the NIAA in conjunction with the State of Nevada, Department of Human Resources Division of Child and Family Services Program available through the Juvenile Justice Programs Office: (775) 684-7294.
9. Successful completion of the Substance Abuse Intervention Program shall require, at a minimum:
A. The completion of a video program specific to the nature of the student athlete's offense, by the student athlete, and his/her parent(s) or legal guardian(s), as demonstrated by the successful completion of an assignment on the content of the video by the student athlete and his/her parent(s) or legal guardian(s).
B. The completion of a minimum of an eight (8) hour assignment selected from a list of ten (10) possible assignments by school personnel. Successful completion shall be determined through a meeting between the student athlete, his/her parent(s) or legal guardian(s), the head coach of the sport in which the student athlete was participating at the time of offense, and the school counselor or dean of students.

All investigations and penalty enforcements will be conducted by the school and / or district with support through the NIAA office.

## PARENT / LEGAL GUARDIAN AND STUDENT ACKNOWLEDGEMENT

The Nevada Interscholastic Activities Association (NIAA) recognizes and understands that parents / guardians take the primary role in instilling values for their students. It is the goal of the NIAA to work cooperatively with parents to provide guidelines and programs that assist student athletes in making positive choices.

IMPORTANT - Please read the following information and acknowledge with your signature below.
We understand that participation in high school athletics is a privilege, not a right, and that underage drinking and drug use is against the law. It is against the law to sell tobacco to people under the age of 18 and usage is against school policy. Substance abuse negatively impacts athletics and academic performance, and research indicates that early onset of alcohol use increases the occurrence of addiction in adulthood by four times. Alcohol and drug use interferes in learning processes, brain development and increases the chance of physical injury while participating in athletic competition. Because of these risks, and in addition to the laws of the State of Nevada, the NIAA requires participants and parents to agree to the following:

1. We have read the NIAA Drug, Alcohol and Tobacco Possession, Use and Abuse Penalties Policy and agree to abide by the Policy as written.
2. We realize that a video and Power Point presentation regarding the Policy is available and we have either seen this presentation or agree to waive the requirement of viewing the presentation.
3. We understand that we are encouraged to notify our school's athletic administrator / director if our son / daughter violates this Policy and / or the laws of the state of Nevada. It would also be acceptable for our child to self-report any violation of this policy to our school's athletic administrator / director.
4. We understand that knowingly providing erroneous information during the course of an investigation of an alleged violation of the policy will result in a one calendar year suspension from all high school athletic activities.
5. We further acknowledge that once our son / daughter begins participation as a student athlete in high school athletics that this policy remains in effect for every calendar school year during the course of their high school career and when he / she is directly involved in a school activity occurring at any time (summer leagues / camps, etc.). This policy remains in effect regardless of whether our son / daughter is currently participating on a high school athletic team.
6. We have also reviewed the following NRS 202.020, Purchase, Consumption or Possession of Alcoholic Beverage by Minor, and understand the laws of Nevada and how they pertain to our family.
7. We understand that although it is not technically against the law to use tobacco in the state of Nevada (NRS 202.2493 and 202.24935 prohibits anyone from supplying a person under the age of 18 with any kind of tobacco product), we realize it is against this policy and general school policy, and that scientific evidence demonstrates it is unhealthy and a detriment to athletic performance.
8. We understand that the use of steroids and other performance enhancing drugs are dangerous, illegal, provide only temporary gains and are a form of cheating other competitors.

## COMPETITORS

## 3A Northern Division



Spring Creek High School 14550 Lamoille Hwy Spring Creek, NV 89815
(775) 753-5575

Colors: Purple, Black Mascot: Spartans

Truckee High School
11725 Donner Pass Rd. Truckee, CA 96161
(530) 582-2600

Colors: Red, White
Mascot: Wolverines

Dayton High School 335 Old Dayton Valley Road Dayton, NV 89403
(775) 246-6240

Colors: Red, Black
Mascot: Dust Devils

Fernley High School 1300 Highway 95A Fernley, NV 89408 (775) 575-3400

Colors: Orange, Black
Mascot: Vaqueros
Sparks High School $82015^{\text {th }}$ Street Sparks, NV 89431 (775) 353-5514

Colors: Maroon, Gold
Mascot: Railroaders

Incline High School 499 Village Boulevard Incline Village, NV 89451
(775) 832-4206

Colors: Green, Gold
Mascot: Highlanders

Yerington High School
114 Pearl St.
Yerington, NV 89447
(775) 463-6822

Colors: Purple, White
Mascot: Lions

## Others

Ontario High School 1115 W. Idaho Avenue Ontario, OR 97941
(541) 889-5309

Colors: Orange \& Yellow
Mascot: Tiger


Virgin Valley High School 820 Valley View Drive Mesquite, NV 89027 (702) 346-2780

Colors: Green \& White Mascot: Bulldogs

Pershing County High School 1215 Franklin Avenue Lovelock, NV 89419 (775)273-2625 Colors: Red \& Black Mascot: Mustangs

Whittell High School 240 Warrior Way
Zephyr Cove, NV 89448
(775) 588-2420

Colors: Red \& Gold Mascot: Warriors

Douglas High School 1670 Highway 88 Minden, NV 89423 (775) 782-5136

Colors: Orange \& Black Mascot: Tigers

Reed High School 1350 Baring Blvd. Sparks, NV 89434 (775) 353-5708

Colors: Columbia Blue \& Gold Mascot: Raiders

Battle Mountain High School 435 Weaver Avenue
Battle Mountain, NV 89820

$$
(775) \text { 635-5436 }
$$

Colors: Green \& Gold Mascot: Longhorns

Elko High School 987 College Ave. Elko, NV 89801
(775) 738-7281

Colors: Maroon \& White Mascot: Indians

North Tahoe High School 2945 Polaris Rd.


Lowry High School \& Winnemucca Century Club would

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## Qarsity Cheerleaders



## Roster:

Darae Bradshaw, Mariah Johnson, Ashley Principe, Clarissa Conn, Kami Savoie, Tessa Kampt, Ester Rosas, Berenice Sanchez,


## Junior ${ }^{2}$ arsity Cheerleaders



## Roster:

Tayler Goodman, Desiree Ziemer, Tiffany Newman, Vivana Solis Alexis novich, Mavity,

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Kra-
Macie Alex

## Cheerlending Conches



## Crystal Nelson

Where are you from: Moab, Utah and Winnemucca
Years at Lowry: 4 years attending, $31 / 2$ years coaching
Expectations for this season: For the squad to come together as one. Also, I would like to see the girls get the crowd more involved.
Education: Associate at GBC and working towards Bachelors of Elementary Education
Playing Experience: 4 years of dance, 2 years cheer
Coaching experience: Started as an assistant coach and was doing this for a year and a half before taking the head coaching position
Other Interesting information: My family... A big thank you to my husband Ryan and my two boys Nate and Darrin for all their support!

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## Senior Cheerlenders



## Mia Davis

Birth Place: Winnemucca
Parents: Spring and Jose Nachiondo Brothers/Sisters: Zach, Josh, Joe Career Plans: Go to college to become a Dental Hygienist.
Favorite Pro team: Dallas Cowboys! Greatest Personal Achievement: Making Varsity sophomore year. Biggest Disappointment: Not applying myself as well as I should have.
Most Important Possession: My family and cell phone.
Person I Admire Most: My mother.
Favorite Food: Chicken strips with French Fries and ranch.
Favorite Teacher: Mr. Conner
Toughest Class: Math
My Idea of Relaxation: Getting a massage.


## Robin Wadleigh

Birth Place: Winnemucca, NV Parents: Kollette, Robert Wadleigh Brothers/Sister: Robert, Corbyn, Brook, Jordan, Amber, Kiely
Career Plans: go to college and become a pediatric dentist/hygienist Favorite Pro Team: The Sacramento kings, even if they have had a few bad seasons. Greatest Personal Achievement: Winning the top all American cheerleader at camp Biggest Disappointment: locking myself out of my dorm room in a towel at cheer

## camp this year!

Most important possession: My lip gloss, and my boyfriend
Person I admire most: My mamma, Malbrie Marie, Jeffery Micheal and Lacie lynn
Favorite food: Olive Garden!
Favorite teacher: Mr. Criddle, Miss. Kottke
Toughest Class: Advisory
My idea of relaxation: Hot bath and music
Favorite Quote: "Sometimes you put walls up not to keep people out,

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Jayna Hill
Birth Place: Reno, NV
Parents: John and Rene Hill Brothers/Sisters: Jack, Jayci, Joely Hill Career Plans: District Attorney Favorite Pro Team: ?
Greatest Personal Achievement: Making All- American cheer squad and performing in Hawaii
Biggest Disappointment: nothing Most Important Possession: My dog Kasper
Favorite Food: Enchaladas, burritos, pas-
ta, lasagna, tuna casserole.
Favorite teacher: Mr. Espinola
Toughest Class: Anything Math
My idea of Relaxation: Sleeping in my own little comfy bed Favorite quote: "Character is doing the right thing when nobody's looking. There are so many people who thing that the only thing that's right is to get by, and the only thing that is wrong is to get caught" J.C. Watts


Mickee Hockersmith David Aranguena




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## CROSS COUNTRY STATE CHAMPIONSHIPS TEAMS

Boys 1995


Boys \& Girls 2001


Girls 2003


Boys \& Girls 2005


## Cross Country Schedule

Varsity

| Day | $\underline{\text { Date }}$ |
| :--- | :--- |
| Wednesday | $09 / 02 / 09$ |
| Friday | $09 / 04 / 09$ |
| Friday | $09 / 11 / 09$ |
| Wednesday | $09 / 16 / 09$ |
| Saturday | $09 / 19 / 09$ |
| Wednesday | $09 / 23 / 09$ |
| Wednesday | $09 / 30 / 09$ |
| Friday | $10 / 09 / 09$ |
| Friday | $10 / 16 / 09$ |
| Friday | $10 / 30 / 09$ |

Event
*Fernley
Douglas Class Races
North Tahoe High School
*Sparks High School
Bob Firman Invitational
Lowry
*Spring Creek High School
*Lowry High School Invitational
Sparks Invitational
3A Regional Meet

| Place |  | Time |
| :--- | :--- | :--- |
| Away |  | $3: 00 P M$ |
| Away | TBA |  |
| Away | $3: 00 \mathrm{PM}$ |  |
| Away | $3: 00 \mathrm{PM}$ |  |
| Away | 1:00PM |  |
| Home | $3: 00 \mathrm{PM}$ |  |
| Away | $3: 00 \mathrm{PM}$ |  |
| Home | $3: 00 \mathrm{PM}$ |  |
| Away | $3: 00 \mathrm{PM}$ |  |
| Away | $3: 00 \mathrm{PM}$ |  |



Roster:

| Alvarez, Macy Kay | 9 |
| :--- | ---: |
| Flanders, Madie | 10 |
| Grantham, Arianna A | 9 |
| Karres, Audrey | H |
| Kelle, Alicia | 11 |
| Lee, Ashlee | 12 |
| Legarza, Emelia E | 11 |
| Muething, Tienisha | 9 |
| Neu, Jenae | 11 |
| Tattersall, Erin R | 11 |


| Arndt, Ryan | 12 |
| :--- | ---: |
| Belanger, Trevor | 12 |
| Bell, Shane Matthew | 11 |
| Bleck, Skylyr | 12 |
| Clark, Tyler Douglas | 11 |
| Corbari, Ryan | 11 |
| Flanders, Joseph | 9 |
| Gray, Adam | 12 |
| Hamry, Mark N | 12 |
| Pike, Christopher | 12 |
| Raynor, Daniel | 10 |
| Riley, Brady J. | 9 |
| Roman, Louis | 12 |
| Schultz, Austin | 9 |
| Schumacher, Alex | 12 |

## Cross Country Conches



## Dawn Lucas, Head Coach

Where are you from: Reno, NV
Years at Lowry: 2
Expectations for this season: I hope to continue the teams dominance by having the experienced runners hard work and dedication to the new runners.
Education: B.S. From UNR in Elementary Education
Playing Experience: 4 yr cross country in high school
Coaching Experience: I an starting my second season as the head cross country coach.
Awards: 3A boys/ girls State Champions in 2008
Other interesting information: I coached the Nevada boys and girls cross country team in Australia this summer. Between my husband and me,


## Daniel Kirk, Assistant

Where are you from: Winnemucca, NV
Years at Lowry: 2
Expectations for this season: STATE CHAMPS!!
Education: Lowry Alumni, UNR-BA in elementary education
Playing Experience: UNR Triathlon Team
Coaching Experience: 1 yr Germany DODDE tracks, 2 yr Lowry cross country
Awards: 3A boys/ girls State Champions
Other interesting information: Summited Mt. McKinnley (Denali) 20,320
ft 6/13/09

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# Cross Country Seniors 



## Ashlee Lee

Birth Place: Winnemucca, Nevada
Parents: Patty and Mark Lee Brothers/Sisters: Danyelle Lee Career Plans: Medicine
Favorite Pro Team: Lowry Cross Country Greatest Personal Achievement: Being part of the Lowry XC dynasty and placing $5^{\text {th }}$ at zone \& $7^{\text {th }}$ at State Junior Year
Biggest Disappointment: Not winning state XC my freshman year due to a tie breaker Most Important Possession: Cellphone. Racing Flats, Nalgene, and Stopwatch
Person I admire most: My sister Danyelle Favorite Food: Spaghetti or anything pasta! Got to love those carbs and pasta nights with the team
Favorite Teacher: Mrs. Ludlow, Mr. Anderson, Mrs. McGibbon, Mrs. Rorex, and Mrs. Christine
Toughest Class: Anatomy
My Idea of Relaxation: Sitting in sweats, drinking mint tea and watching movies


## Trevor Belanger

Birth Place: Reno, Nevada
Parents: Brain and Mariann Belanger Brothers/Sisters: Nick
Career Plans: Graduate from college with a degree in business
Favorite Pro Team: Sam Francisco Giants Greatest Personal Achievement: 1) Winning sate in cross country
2) Getting a band organized

Biggest Disappointment: Not doing cross country my freshman year Most Important Possession: Gibson Les Paul
Guitar
Person I admire Most: My brother
Favorite Food: Steak
Favorite Teacher: Mr. Corak
Toughest Class: Honors English II
My Idea of Relaxation: Jamming with my band, Anthem.


Favorite Food: Whatever you got cooking
Favorite Teacher: Mr. Beck, Mrs. Doyle and Marcel
Toughest Class: español
My Idea of Relaxation: Hanging with Jenae


Ryan Arndt
Birth Place: Texas
Parents: Susan and Guy Coffman
Brothers/Sisters: Garrett
Career Plans: Diesel Mechanic
Greatest Personal Achievement: Getting to Senior year without failing Biggest Disappointment: not trying harder in school
Most Important Possession: my truck
Person I admire most: Steve Prefontaine
Favorite Food: Greasy Food Favorite Teacher: Mr. Kirk
Toughest Class: Math
My Idea of Relaxation: BBQ
Favorite Quote: "The best pace is suicide pace, and today looks like a good day to die" - Steve Prefontaine


## Skylyr Bleck

Birth Place: Twin Falls, ID
Parents: Lisa and Jason Bleck
Brothers/Sisters: 1 Brother Richie Bleck
Career Plans: Wrestle in the Olympics
Favorite Pro Team: U.S Olympic wrestling
Team
Greatest Personal Achievement: Junior
Wrestling season
Biggest Disappointment: Not winning state freshman year
Most Important Possession: wrestling shoes
Person I Admire Most: Justin Grant
Favorite Food: Lasagna
Favorite Teacher: Mrs. Doyal, she is so cool
Toughest Class: Chemistry
My Idea of Relaxation: Hotel room after a long day of wrestling
Favorite Quote: "Once you've wrestled everything else in life is


## Mark Hamry

Birth Place: Tucson, Arizona Parents: Mike and Marian Hamry
Brothers/Sisters: None
Career Plans: Navy
Favorite Pro Team: None
Greatest Personal Achievement: Competing in paintball scenario games in other states
Biggest Disappointment: Breaking my leg Most Important Possession: Paintball gun Person I admire Most: My Uncle Fred Favorite Food: Hamburgers
Favorite Teacher: Mrs. Pasquale
Toughest Class: Math
My Idea of Relaxation: Riding my Four-Wheeler
Favorite Quote: "Learn from yesterday, live for today, hope for tomorrow"

# Cross Country Seniors 



Christopher Pike
Birthplace: Gillette
Parents: Timothy, Laura Pike
Brothers/Sisters: Matt Pike
Career Plans: go to college for Biology
Favorite Pro Team: Minnesota Twins
Greatest Personal Achievement: obtaining multiple letters in 3 different sports and one in band Biggest Disappointment: Not letting my grandparents know how much I loved them before their time Most Important Possession: family
Person I Admire Most: my brother
Favorite Food: fresh cooked trout
Favorite Teacher: Mr. Storm
Toughest Class: English
My Idea of Relaxation: ina float tube fishing
Favorite Quote: If opportunity doesn't knock, build a door.


## Alex Schumacher

Birth Place: Grangeville, Idaho
Parents: Paul \& Shelly Schumacher Brothers/Sisters: Forrest, Anna, and Katie Schumacher
Career Plans: Attend University of Utah to become an epidemiologist
Favorite Pro Team: Team Rocket Power Greatest Personal Achievement: Making a bunch of Mac \& Cheese with only my feet Biggest Disappointment: Having my cher-
ished Oaklies ripped off (as well as a Jackson) Biggest Disappointment: Having my cher-
ished Oaklies ripped off (as well as a Jackson) Most Important Possession: My drum set
Person I admire Most: Shawn White
Favorite Food: The Texas Double Whopper Value Meal from Burger king
Favorite Teacher: Mrs. Doyle
Toughest Class: Calculus
My Idea of Relaxation: Watching Rachel Ray make doughnuts on the food network in the wee hours of the night ner


Louis Roman
Birth Place: Reno, NV
Parents: Linda and Javn
Brothers/Sisters: Savannah, Alexis, and Nick
Career Plans: Pro Golf
Favorite Pro Team: L.A. Lakers
Greatest Personal Achievement: $6^{\text {th }}$ golf
state 2008
Most Important Possession: Long Board
Person I admire most: My Mom
Favorite Food: Spaghetti Favorite Teacher: T-Bat and Mrs. Lucas
Toughest Class: Honors Chem
Favorite Quote: "Try for $2^{\text {nd }}$ or $3^{\text {rd }}$ cause $1^{\text {st }}$ is reserved!"


## Audrey Karres

Birthplace: Cartersville, GA Parents: Tom, Denise Karres Brothers/Sisters: Jessica, Michelle, Kelly, Vanessa, Megan Career Plans: Attend Pensacola Christian college majoring in Graphic Design Favorite Pro Team: Florida Gators!!! Greatest Personal Achievement: in 16 and a senior! Woohoo!
Biggest Disappointment: none

## Most Important Possession: My guitar

Person I Admire Most: my sister Megan we are super close and she's everything I wanna be plus more!
Favorite Food: My mom's homemade cheeseburger-mac
Favorite Teacher: well since I've been home schooled all my life I guess that would be my mom!
Toughest Class: English



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## Varsity Oance



Roster:

| Amaya Drake <br> Sheridan Fortney | 12 |  |
| :---: | :---: | :---: |
| Kristen Graham | 11 |  |
| Megan Griggs | 12 |  |
| Mallorie Leal | 12 |  |

## Junior ${ }^{2}$ arsity Oance



Roster:
Brandi Brooks 11 Talia Castaneda10
Heather Cunningham ..... 11
Brandi Nielsen ..... 10
Jillian Pfarr ..... 10
Renee Poole ..... 9
Denise Ruiz ..... 9
Angelica Salvador ..... 9
Heather Steinhauer ..... 9
Jordan Thomas ..... 9
Melanie Vance ..... 10
Jessica Villarreal ..... 10
Whitney Waller ..... 9

## Oance Coaches



## Jane Studebaker, Head Coach

Where are you from: Indiana, Portland, And Winnemucca
Years at Lowry: $31 / 2$
Expectations for this season: Work hard, do your best, and have fun.

Leticia Delaney, Assistant Coach


## Tance $\int$ eam Seniors



## Amaya Drake

Birth Place: Reno Nevada
Parents: Cam \& Shelly Drake
Brothers/Sisters: Michael a.k.a. Booger
Career Plans: Occupational Therapy
Favorite Pro Team: LHS Varsity Dance
Team
Greatest Personal Achievement: Maintaining a 4.0 GPA
Biggest Disappointment: Not making the all star Dance Team
Most Important Possession: My phone
Person I Admire Most: My mom
Favorite Food: Chicken Caesar salad
Favorite Teacher: Mrs. Scott
Toughest Class: Honors Chemistry
My Idea of Relaxation: Going to the lake or reading a good book Favorite Quote: "Yesterday is history, tomorrow a mystery, and today is


## Mallorie Leal



## Julissa Pulido

Birth Place: Winnemucca
Parents: Lupe \& Unel
Brothers/ Sisters: Stefanie \& Jocelyn Career Plans: Go to college and possibly study in the medical field Favorite Pro Team: I don't have one Greatest Personal Achievement: Placing $2^{\text {nd }}$ in Jazz at the Dance Competition my sophomore year
Biggest Disappointment: Not taking intro to chem!
Most Important Possession: My dog
Person I Admire Most: My dad
Favorite Food: Chocolate covered strawberries
Favorite Teacher(s): Mr. Setzer, Ms.Kottke, Mr. Conner, Mrs. Doyle, and Mr. Beck
Toughest Class: Chemistry


Megan Griggs
Birth Place: Boise Idaho
Parents: Gale \& Kelley Griggs
Brothers/ Sisters: Amber
Career Plans: Something in beauty or fashion
Favorite Pro Team: umm.... I don't know Greatest Personal Achievement: Winning $2^{\text {nd }}$ at Dance Competition my sophomore year
Biggest Disappointment: Not pushing myself harder last year on my grades Most Important Possession: My I-pod
Person I Admire Most: My older sister
Favorite Food: Ranch Dressing
Favorite Teacher(s): Mrs. Meisner, Mr. Setzer, Mr. Beck
Toughest Class: Anything math
My Idea of Relaxation: Curling up on the couch with a good movie


## Camille Lyon

Birth Place: Reno, NV
Parents: Thomas and Elizabeth Lyon
Brothers/ Sisters: Chris and Nicole
Career Plans: Go to College and Pursue something in Law
Favorite Pro team: I only care about dance
Greatest Personal Achievement: Taking $2^{\text {nd }}$ in
Jazz at competition my sophomore year
Biggest Disappointment: Choosing not to take A.P U.S History

Most Important Possession: I don't know...My debit card
Person(S) I Admire Most: Jordan Vetter, my
parents, and my siblings
Favorite Food: Eggplant paemigiana, I'll eat anything
Favorite teacher(s) : Mrs. McGibbion, and Mr.Setzer
Toughest Class: Journalism, it's ridiculous
My Idea of Relaxation: eating a lot and taking a good nap
Favorite Quote: "If you're not gonna laugh at yourself, life is gonna seem a lot


Rachael Studebaker
Birthplace: Winnemucca, NV Parents: Jane \& Hoby Studebaker Brothers/ Sisters: Jesse
Career Plans: Going to college for art Favorite Pro Team: Don't have one Greatest Personal Achievement: Making varsity dance team as a freshman Biggest Disappointment: Tearing my ACL Most Important Possession: My dance shoes
Person I Admire Most: My mother Favorite Food: Chicken devan
Favorite Teacher: Mr. Anderson Toughest Class: Honors Chemistry 1
My Idea of relaxation: Being outdoors away from the "city life"
Favorite Quote: "Sometimes you have to fall to the bottom to rise to the top" Shane Sparks


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| :---: | :---: | :---: | :---: | :---: |
| Day | Date | Event | Place | Time |
| Thursday | 08/13/09 | First Day Football | Home | TBA |
| Friday | 08/28/09 | Pershing County H.S. | Home | 7:00 PM |
| Friday | 09/04/09 | Battle Mountain High School | Away | 7:30 PM |
| Friday | 09/18/09 | Yerington High School | Home | 7:00 PM |
| Saturday | 09/26/09 | Truckee High School | Away | 1:30 PM |
| Friday | 10/02/09 | Lassen High School | Away | 7:30 PM |
| Friday | 10/09/09 | Sparks High School | Home | 7:00 PM |
| Friday | 10/16/09 | Fernley High School | Away | 7:00 PM |
| Friday | 10/23/09 | Dayton High School | Home | 7:00 PM |
| Thursday | 10/29/09 | Spring Creek High School | Away | 7:00 PM |
| Saturday | 11/14/09 | State Semi Finals | Away | TBA |



\section*{ <br> 08/28/09 <br> 09/04/09 <br> 09/18/09 <br> 09/26/09 <br> 10/02/09 <br> 10/09/09 <br> 10/16/09 <br> 10/23/09 <br> Pershing County H.S. <br> Battle Mountain High School <br> Yerington High School <br> Truckee High School <br> Lassen High School <br> Sparks High School <br> Fernley High School <br> Dayton High School <br> | Place | $\frac{\text { Time }}{\text { Home }}$ |
| :--- | :--- |}

Day
Friday
Friday
Friday
Saturday
Friday
Friday
Friday
Friday


| Name | \# |
| :--- | :--- |
| Gus Duncan | 4 |
| Severin Richey | 7 |
| Nicholas Lujan | 9 |
| Dion Wardell | 12 |
| Chase Estes | 13 |
| Troy Jock | 22 |
| Michael Billingsley | 24 |
| Alfonso Bernal | 26 |
| Jonathan Landa | 30 |
| Kevin Boyle | 32 |
| Bret Hammon | 34 |
| Ryan Nicholson | 42 |
| Micah Van Dreumel | 50 |
| Nicolas Velasquez | 52 |
| Amardip Mall | 54 |
| Ryan Nelson | 55 |
| Robert Price | 60 |
| Austin Ourada | 63 |
| Kade Madder | 65 |
| Bobby Hoenck | 66 |
| Danny Klassen | 67 |
| Billy Welch | 75 |
| Tyler Duran | 77 |
| Angel Andy Martinez | 80 |
| Quinn Norcutt | 81 |
| Cameron Echave | 84 |


| Height | Weight |
| :---: | :---: |
| $5^{\prime} 7$ | 145 |
| $5^{\prime} 6$ | 120 |
| $6^{\prime}$ | 160 |
| $6^{\prime} 1$ | 185 |
| $5^{\prime} 10$ | 150 |
| $5^{\prime} 10$ | 150 |
| $5^{\prime} 8$ | 160 |
| $5^{\prime} 9$ | 145 |
| $5^{\prime} 7$ | 140 |
| $5^{\prime} 11$ | 140 |
| $5^{\prime} 8$ | 140 |
| $5^{\prime} 9$ | 165 |
| $5^{\prime} 8$ | 170 |
| $6^{\prime} 2$ | 190 |
| $5^{\prime} 11$ | 230 |
| $5^{\prime} 8$ | 160 |
| $5^{\prime} 11$ | 220 |
| $6^{\prime} 4$ | 220 |
| $6^{\prime} 1$ | 185 |
| $5^{\prime} 10$ | 170 |
| $6^{\prime} 0$ | 200 |
| $5^{\prime} 8$ | 155 |
| $5^{\prime} 9$ | 200 |
| $5^{\prime} 6$ | 135 |
| $6^{\prime} 1$ | 160 |
| $5^{\prime} 10$ | 150 |


| Position | Grade |
| :--- | :---: |
| RB/LB | 10 |
| WR/DB | 10 |
| WR/DB | 10 |
| TE/DE | 10 |
| WR/DB | 10 |
| RB/DE | 10 |
| QB/LB | 9 |
| WR/DB | 11 |
| RB/DB | 10 |
| RB/LB | 10 |
| RB/LB | 10 |
| RB/LB | 10 |
| OL/LB | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DB | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| OL/DL | 10 |
| WR/DB | 10 |
| TE/DE | 10 |
| WR/DB | 10 |

## Freshmen Football

| Day | $\underline{\text { Date }}$ | $\underline{\text { Event }}$ | $\frac{\text { Place }}{\text { Time }}$ | $\frac{\text { Away }}{\text { 4:30 PM }}$ |
| :--- | :--- | :--- | :--- | :--- |
| Friday | $09 / 04 / 09$ | Yerington High School | Away | 5:00 PM |
| Thursday | $09 / 17 / 09$ | Pershing H.S. | Home | 5:00 PM |
| Thursday | $09 / 24 / 09$ | Truckee High School | Home | 5:00 PM |
| Thursday | $10 / 01 / 09$ | Battle Mountain High School | Away | 5:00 PM |
| Thursday | $10 / 08 / 09$ | Sparks High School | Home | 5:00 PM |
| Thursday | $10 / 15 / 09$ | Fernley High School | Away | 5:00 PM |



| Name | HT | WT | Pos | \# |
| :---: | :---: | :---: | :---: | :---: |
| Buschman, Paul | 5'5 | 125 | QB/DB | 3 |
| Johnson, Lance | 6 | 150 | TE/DB | 4 |
| Pollock, Daniel | 5'1 | 95 | QB/DB | 7 |
| Zepeda, Miguel | 5'7 | 135 | QB/DB | 12 |
| Rodriguez, David | 5'2 | 115 | RB/DB | 22 |
| Green, Cody | 5'9 | 140 | RB/LB | 34 |
| Arenas, Michal | 5'7 | 150 | RB/LB | 44 |
| O'Reilly, Dukota P | 5'7 | 155 | RB/LB | 45 |
| Jackson, Alexander | 5'10 | 210 | OL/DL | 50 |
| Cameron, Matthew W | 6 ' | 220 | OL/DL | 52 |
| Davis, Evan M | 5'8 | 190 | OL/DL | 54 |
| Dufurrena, Joshua A | 5'7 | 150 | OL/LB | 55 |
| Esquivel, Marc | 5'6 | 155 | OL/LB | 57 |
| Mall, Narinder | 5'11 | 140 | OL/DL | 60 |
| Begay, Taylor | 5'6 | 230 | OL/DL | 63 |
| Drake, Michael C. | 5'9 | 145 | OL/DL | 66 |
| Wells, Matthew W. | 5'4 | 147 | OL/LB | 67 |
| Ranson, Jordan L | 6'1 | 205 | OL/DL | 71 |
| Von Aspern, Tyler | 5'8 | 125 | OL/DE | 74 |
| Guadalupe, Cody M | 5'2 | 136 | OL/LB | 75 |
| Blouir, Trystan K | 5'8 | 210 | OL/DL | 77 |
| Murchison, Jesse A. | 5'1 | 105 | WR/DB | 80 |
| Quilici, Michael | 5'11 | 150 | WR/LB | 81 |
| Shemp, Richard | 5'7 | 120 | WR/DB | 82 |
| Martin, Taylor J | 5'10 | 170 | TE/DE | 84 |
| Andersen, Cody | 6 ' | 220 | TE/DT | 86 |

## Varsity Pootball Coaches



## Tim Billingsley, Head Coach

Where are you from: Winnemucca
Years at Lowry: 10 years head coach, off and on
Expectations for this season: Work harder get better to get to play- offs Education: UNLV, college of Redwood, BS Education Nevada
Playing Experience: 4 Years Lowry, 2 years Redwood
Coaching Experience: 10 Lowry herd, 3 Lowry JV
Awards: 3 Time Coach of the year, Central Cone AA
Other Interesting information: Wife Susan, son Michael Beny Cade, Daughter- Jessica Jamie


## Ray Parks, Assistant

Where are you from: Reno, NV
Years at Lowry: 10
Expectations for the season: Play- offs
Education: B.S in Secondary Education, Masters in School Administration Playing Experience: High School
Coaching Experience: Football, Basketball, and Track
Other interesting information: Former Freshman coach, former head football coach, currently a varsity assistant.


## Shaun Murgel, Assistant

Where are you from: The U.S.A.
Years at Lowry: 6
Expectations for this season: Play good fundamentals
Education: It is very important if you want a great job.
Playing Experience: If you work hard you will get experience Coaching Experience: I have spent hours talking w/ coach Parks and watching videos from Chris Ward
Awards: Play hard and come to practice and you will get awards Other Interesting information: Taua Cabatbat and Ty Lucas are my half brothers

## JVFootball Coaches



John Brooks

Where are you from: Southern California
Years at Lowry: 6 Years
Expectations for this season: Win out the season
Education: Graduate from UNR
Playing Experience: 4 Years High school and 2 Year college Football Coaching Experience:6 Years at Lowry
Awards:
Other Interesting information: Mariied to Paige Brooks and Three kidsJoe, Brandi, and Eric. Also I coach wrestling at Lowry


Trahern (Taua'aliilaniehawaii) Cabatbat

Where are you from: Up Country, Maui
Years at Lowry: going on 5
Expectations for this season: Offensive expectations: make moves
Defensive Expectations: seek and destroy
Education: Still learning...it never ends...
Playing experience: Xbox: All night
Coaching Experience: one summa down under...42degrees below...
Awards: Coaching some of the greatest athletes at Lowry High school is the biggest award that I have ever received
Other Interesting Information: I bleed blue and gold. "paniolo for life"


## Lynn Cunningham

Where are you from: Texas
Years at Lowry: 20
Expectations for this season: Have fun with a winning season Education: Nevada/Reno
Playing experiences: 1 year Tempe, AZ
Coaching Experiences: 30 years

## Freshman $\mathcal{F o v t b a l l ~ C o a c h e s ~}$



## Ron Beck

Where are you from: Twin Bridges, Montana
Years at Lowry: 20
Expectations for the season: To get better each week Education: B.S. Western Montana College
Coaching Experience: 20 Years here at Lowry, all levels.


## Ty Lucas

Where are you from: Reno
Years at Lowry: 3
Expectations for this season: Have fun and Hit hard!
Education: B.A. Social Studies/ Alt. Ed
Playing Experience: High School
Coaching Experience: 3 Years Football, Basketball, and Softball
Awards: Still waiting for one?
Other interesting information: Between my wife and I we coach 5 sports at Lowry!


## Greg Scott

Where are you from: Clark Fork, Idaho
Years at Lowry: 5th Year as Frosh coach
Expectations for this season: I expect our kids to play as hard as humanly possible, and learn the techniques that will make them better players.
Education: BS Physical Sciences, Masters of Industrial Education, University of Idaho
Coaching Experience: 7 years, McDermitt Head Coach, 5 years Lowry Freshman Coach
Awards: Coach of the year, 2000, Northern 1A

## Football Seniors



Christian Alcaraz
Birthplace: Winnemucca
Parents: Veronica Gonzalez
Brothers/Sisters: Jerardo, Alexis, Nataly
Favorite Pro Team: Falcons
Greatest Personal Achievement: Scored
Touch Down
Biggest Disappointment: Lakers Won Championship
Most Important Possession: Football
Person I Admire Most: Michael Jordan
Favorite Food: Spagetti
Favorite Teacher: Mr. Westmorland
Toughest Class: Math
My Idea of Relaxation: Couch
Favorite Quote: I get older they stay the same age


## Blaine Case

Birthplace: Warland, Wyoming
Brothers/Sisters: Leslie, Cory, Brandon and Jeremy
Career Plans: Takeover my uncle's construction business
Favorite Pro Team: Broncos
Greatest Personal Achievement: Straight
$A^{\prime}$ 's in $8^{\text {th }}$ grade
Biggest Disappointment: Losing my mom
Most Important Possession: My truck
Person I Admire Most: Oldest brother Cory
Favorite Food: steak and potatoes
Favorite Teacher: Mr. Cabatbat
Toughest Class: English
My Idea of Relaxation: Vacation on the beach
Favorite Quote: "Courage is being scared to death but saddling up anyways"


Tyler Anderson
Birthplace: Ely, Nevada
Parents: Susan \& Don Anderson
Brothers/Sisters: Adam, Seth, Lesa, Lori
Career Plans: Not sure yet
Favorite Pro Team: Chargers
Greatest Personal Achievement: $1^{\text {st }}$ boys varsity Discus
Biggest Disappointment: Losing State
Most Important Possession: P.O.S. Truck
Person I Admire Most: LT
Favorite Food: Food
Favorite Teacher: Mr. Aberasturi
Toughest Class: Algebra II
My Idea of Relaxation: Wake Boarding
Favorite Quote: "Go big or go home"


## Karl Berentsen

Birthplace: Reno, NV
Parents: Eric and Sharlet Berentsen
Brothers/Sisters: Morgan Troike and Kirk Ber-
entsen
Career Plans: Pilot, United States Air force /
Navy
Favorite Pro Team: Miami Dolphins, GO PHINS! Greatest Personal Achievement: Getting accepted as a paige to the 2008 Republican National Convention and meeting people such as Rudy Giuliani, Sean Hannity, Mitt Romney, Mr. Kennedy (wrestler), Newt Ginrich, ect.
Biggest Disappointment: Missing my first Mule
deer, It was a 7'x7
Most Important Possession: My guns
Person I Admire Most: Ernie Davis (The first African American Heisman Trophy Winner)
Favorite Food: Steak and taters
Favorite Teacher: Mrs. Delores Detweiler


Ryan Dufurrena
Birthplace: Reno, Nevada
Parents: Dan \& Maryjo Duferrena Brothers/Sisters: Josh
Career Plans: High school History Teacher Favorite Pro Team: Dallas Cowboys Biggest Disappointment: Not being able to wrestle a lot last year because of all the staples that were put in my head Most Important Possession: My family Person I Admire Most: Dad
Favorite Food: Spaghetti, prime rib and taco salad
Favorite Teacher: Mr. Beck by far
Toughest Class: Algebra II
My Idea of Relaxation: Riding my horse or chillin with friends
Favorite Quote: "Champions aren't those who never fail but those who never quit"

## Football Seniors



## David Eastman

Birthplace: Elko, Nevada
Parents: Jerod and Deanna Eastman Brothers/Sisters: Jessica, Brandon, Jaydn Career Plans: Doctor or sports medicine Favorite Pro Team: Tennessee Titans
Greatest Personal Achievement: State tournament
Most Important Possession: Dog, Juice Box
Person I Admire Most: Jace Billingsley
Favorite Food: Gushers
Favorite Teacher: Mrs. McGibbon
Toughest Class: English
My Idea of Relaxation: Sleeping, on a bed
Favorite Quote: "I have failed over and over again in my life and that is why I succeed"


## Terrell Messerly

Birthplace: Havre, Montana
Parents: Mike and Kathy Iannacchione Brothers/Sisters: Reece, Garrett, Collin, Dave, David and Jake
Career Plans: Doctor
Favorite Pro Team: St. Lewis Cardinals Greatest Personal Achievement: Never failing a class
Biggest Disappointment: Losing in state
Most Important Possession: My couch
Person I Admire Most: Mr. Espinola
Favorite Food: Sloppy Joes
Favorite Teacher: Mr. Sans
Toughest Class: Biology II
My Idea of Relaxation: Lounging out in front of tv
Favorite Quote: "If the world turns its back on you, you turn your back on the world" - Lion King


## Salvador Pulido

Birthplace: Winnemucca, Nevada
Parents: Bertha Pulido
Brothers/Sisters: Elva Pulido \& Fernando
Mendoca
Career Plans: Not sure yet
Favorite Pro Team: Colts
Greatest Personal Achievement: Staying in school
Biggest Disappointment: Getting in trouble
Most Important Possession: My car Person I Admire Most: My mom


## Jake Maga

Birthplace: Winnemucca, Nevada
Parents: Randy Maga \& Jaci Miller Brothers/Sisters: Kenadee, Megan, Brad and Chet
Career Plans: Pursue a degree in engineering at the University of Utah Favorite Pro Team: Denver Broncos Greatest Personal Achievement: 3 state titles on my dirt bike
Biggest Disappointment: I don't have any disappointments or regrets. I live and learn the hard way.
People I Admire Most: My Parents.
Favorite Food: Ami's rhubarb dessert or the Merninator's Chocolate cake
Favorite Teacher: Mrs. James
Toughest Class: Weights


Ben Norfolk
Birthplace: Fallon, Nevada
Parents: Ben and Laura Norfolk Brothers/Sisters: Dustan, Dustin, Westly, Tyler and Erik
Career Plans: Mining
Favorite Pro Team: Dallas Cowboys Greatest Personal Achievement: Winning some games last season
Biggest Disappointment: Getting hurt last season
Most Important Possession: My Jeep Person I Admire Most: Parents
Favorite Food: Steak
Favorite Teacher: Mrs. James
Toughest Class: Algebra II
My Idea of Relaxation: Fishing
Favorite Quote: "Life is too short to live in the past; you have to live in


Paeden Underwood
Birthplace: Winnemucca, Nevada Parents: Mitch and Kellie Munger Brothers/Sisters: JaeCee Career Plans: Wildlife Biologis
Favorite Pro Team: Oakland Raiders
Greatest Personal Achievement: State Wrestling Chapionship
Most Important Possession: Bareback Rigging
Person I Admire Most: Bobby Mote
Favorite Food: Steak and Potatoes
Favorite Teacher: Mrs. Ludlow
Toughest Class: Chemistry
My Idea of Relaxation: Fishing anywhere
Favorite Quote: "Early bird gets the worm but the second mouse gets the cheese"

## Football Seniors



## Juan Zepeda

Birthplace: Las Vegas, Nevada
Parents: Juan Carlos Zepada and Maria Carmen Ochoa
Brothers/Sisters: Carmen, Miguel and Tiffany Zapeda
Career Plans: Become a police officer Favorite Pro Team: Baltimore Ravens Greatest Personal Achievement: Going through the tough years and making it this far
Biggest Disappointment: Not joining sports earlier
Most Important Possession: My pictures of people that believe in me Person I Admire Most: My father for being there and teaching me a lot of what I know
Favorite Food: Tamales
Favorite Teacher: Mrs. James
Toughest Class: English

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| VIDEO INSPECTION |  |  |  |  |  |  |$|$



## Girl's Golf State Championships

1975


Julie Warner, Julie Larragueta, Cindy Bidart, Debbie Mentaberry, Karen Mendiola, Joyce Vetter, Kathy Bidart, Mary Ann Lawrence

2001


Mackenzie Swecker, Meghan Duffurena, Janice Domingo, Kelly Dugger, Leslie Prat, Nichole Cochrane, Nicole Mezenen, Chelsea Mendiola, Jamie Billingsley, Coach Orr

2000


Chelsea Mendiola, Kelly Dugger, Jamie Billingsley, Gwen Meyer, Leslie Prat, Heather Blattman, Mackenzie Swecker, Nicole Sorenson, Kathryn Brooks, Meghan Duffurena, Janice Domingo, Nichole Cochrane, Coach Orr

2003


Holly Olsen, Allison Beck, Anita Cowley, Mackenzie Swecker, Meghan Duffurena, Nichole Cochrane, Savannah Roman, Jamie Billingsley, Chelsea Mendiola, Leslie Pratt, Coach Glenn

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10/19/09

Regional Icebreaker
Lowry High School
Sparks High School
Spring Creek High School Yerington High School
Truckee High School
Dayton High School
Fernley High School
3A Girls State Golf South

| Place | Time |
| :---: | :---: |
| Home | 10:00 AM |
| Home | 10:00 AM |
| Away | 11:00 AM |
| Away | 9:00 AM |
| Away | 9:00 AM |
| Away | TBA |
| Away | TBA |
| Away | 10:00 AM |
| Away | TBA |



Roster:

| Marissa Alanis | 11 |
| :--- | :---: |
| Amy Balagna | 12 |
| Allison Carlo | 11 |
| Casey Kieser | 10 |
| Cortney Kieser | 9 |

Marissa Alanis 11
Amy Balagna 12
Allison Carlo 11
Casey Kieser $\quad 10$
Cortney Kieser 9

Jordan McClintick 11
Kinzie McClintick 10
Kylee Meckley $\quad 11$
Alyssa Parks 12
Megan Weaver 12

# Golf Coach 



## Brant Corak

Where are you from: Enterprise, Oregon
Years at Lowry: 12
Expectations for the season: Improve every day, in the end, compete for a state title.
Education: BSED, University of Idaho
Playing Experience: 20 years
Coaching Experience: 2nd year of golf, 4 years football at LHS, 11 years
wrestling at LHS
Awards: 2003 LHS Teacher of the Year, 2003 Nevada State Wrestling
Championship
Other Interesting Information: Food, Oxygen, and Oregon Duck Football


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Ist Global Advisory Inc.

## Senior Golfers


she was incredibly brave chemistry

Amy Balagna
Birth Place: Reno, Nevada Parents: James \& Karen Brothers/Sisters: Jay/ Birdy
Career Plans: Hydrologist
Favorite Pro Team: I don't like sports that much
Greatest Personal Achievement: I haven't achieved much
Biggest Disappointment: I'm only 17 Most Important Possession: "Baby" my favorite childhood toy
Person I admire most: My ammie because

Favorite Food: What am I not allergic to?
Favorite Teacher: Mrs. McGibbon because I learned a lot more than

Toughest Class: Espy's Journalism Class


## Megan Weaver

Birth Place: Winnemucca, Nevada
Parents: Lorri, Jim Glasgow
Brothers/Sisters: Sidney, Wesley,
Suran, Krystle
Career Plans: something medical or scientific
Favorite Pro Team: The one winning the Game
Greatest Personal Achievement: sticking it out throughout school and finishing
Biggest Disappointment: if and when I let my family down
Most Important Possession: my car and phone
Person I admire Most: my mom and sister
Favorite Food: chicken marsala and shrimp
Favorite Teacher: Mrs. Meissner
Toughest Class: H. Chemistry


## Alyssa Parks

Birth Place: Winnemucca, Nevada
Parents: Kim and Ray
Brothers/Sisters: Jared
Career Plans: College undecided Favorite Pro Team: Dallas Cowboys Greatest Personal Achievement: I'm only 17
Biggest Disappointment: Dropping my phone in the toilet
Most Important Possession: My cell
phone
Person I Admire Most: My grandma be-
cause she is the most amazing person I know I love you grandma!
Favorite Food: Birthday cake ice cream
Favorite Teacher: Mrs. Scott
Toughest Class: Honors Chemistry
My Idea of Relaxation: Riding Jet skis or watching a good movie

## FARMERS

## Alan Davis

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Auto - Fire - Life - Commercial


Varsity
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Saturday
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Elko Pre-Season Tourney Elko Pre-Season Tourney Incline High School Truckee High School Whittell High School North Tahoe High School Sparks High School Spring Creek High School Dayton High School Fernley High School Battle Mountain High School Yerington High School Spring Creek High School Dayton High School Fernley High School Battle Mountain High School Yerington High School
Regional Playoffs Regional Playoffs Regional Playoffs
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State Playoffs

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## Qarsity Bou's Soccer



NAME
Nestor Ruiz
Dustin Kraft
Alex Villagomez
Daniel Guzman
Alejandro Villagomez
Jacob Gibson
Andy Hernandez
Gerardo Covarrubias
Jose Acevedo
Christian Villagomez
Jessie Pate
Dusty Thiede
Adrian Arenas
Matthew Jones
Alvaro Ruiz
Ander Pace
Noel Garcia
Francisco Almontes
Nathen Andrew 9
Edwin Arenas 10
Nicos Avalos
Jose Castaneda ..... 10
John Kelsey ..... 9

9
Christian Perez12

GRADE
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NUMBER
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POSITION
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Midfielder Mid/Fullback Midfielder
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Fullback
Fullback
Mid/Striker
Goal Keeper
Striker
Goal Keeper
Striker
Fullback
Midfielder
Fullback

# 'Boys' <br> 1 



## Steve Swansen

Where are you from: Here and there
Years at Lowry: 9 seasons
Expectations for this season: Repeat as Sagebrush Conference Champions, win 2 games at zone and qualify for the State Tournament, make the other coaches cry
Education: BS from the school of hard knocks, some kind of degree from UNR
Playing Experience: Not much in soccer, but hey, those who can't play, coach... right?
Coaching Experience: 8 seasons Lowry varsity 1 season Lowry Junior Varsity, 6 seasons USYSA Competitive Soccer, 2 seasons of AYSO
Awards: 2008 SAGEBRUSH CONFERENCE CHAMPIONS

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## 'Boys' Soccer Seniors



## Gerardo Covarrubias

Birth Place: Elko, Nevada
Parents: Sylvia, Marcelino Covarrubius Brothers/Sisters: Lydia Covarrubias Career Plans: Going to college to work with cars
Favorite Pro Team: Cleveland Cavaliers Greatest Personal Achievement: Shaking LeBron James' hand
Biggest Disappointment: Not playing
soccer my Junior year
Most Important Possession: Autographed LeBron James Jersey
Person I admire Most: My parents
Favorite Food: Pizza
Favorite Teacher: Mrs. James
Toughest Class: Pre-calc
My Idea of Relaxation: chillin



## Alejandro Villagomez

Birth Place: Winnemucca, Nevada Parents: Juan and Sandra Villagomez Brothers/Sisters: Juan Martin and Alex Villagomez
Career Plans: Graphic Designer Favorite Pro Team: Real Madrid Greatest Personal Achievement: passing the $8^{\text {th }}$ grade
Biggest Disappointment: losing in Zone Most Important Possession: My Ronaldo Jersy
Person I admire Most: My Dad
Favorite Food: enchiladas
Favorite Teacher: Mrs. James
Toughest Class: precalculus
My Idea of Relaxation: sleeping
Favorite Quote: "The only person who can hold me back is me."


## Noel Garcia

Birth Place: Winnemucca
Parents: Joe and Aracely Garcia Brothers/Sisters: sister Jolyn
Career Plans: Civil Engineer
Favorite Pro Team: Cleveland Cavaliers Greatest Personal Achievement: Is yet to come
Biggest Disappointment: Would be if । don't become wealthy to enjoy life comfortably
Most Important Possession: I don't worry about possessions
Person I Admire Most: My family
Favorite Food: Prime Rib
Favorite Teacher: Mr. Corak
Toughest Class: Honors Physics
My Idea of Relaxation: Hangin out in the great outdoors


Nestor Ruiz
Birth Place: Mexico
Parents: Nestor Ruiz and Maria Ruiz Brothers/Sisters: Alvaro, Araceli, Maricela, Daisy, Irma
Career Plans: college degree
Favorite Pro Team: America
Greatest Personal Achievement: Ronaldo Biggest Disappoitnment: not run so fast Most Important Possession:
Person I Admire Most: Ronaldo
Favorite Food: Tamales
Favorite Teacher: Mr. Gibson
Toughest Class: Science
My Idea of Relaxation: Music Favorite Quote: Come on


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## Girl's

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Elko pre Season Tourney Elko pre Season Tourney Incline High school Truckee High School Whittell High School North High school Sparks high School Spring Creek High School Dayton High School Pershing County H.S. Fernley High School Battle Mountain High School Yerington High School Spring Creek High School Dayton High School Pershing County H.S.
Fernley High School
Battle Mountain High School
Yerington High School
Regional Playoffs
Regional Playoffs
Regional Playoffs
State Playoffs
State Playoffs

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## Varsity Girl's Soccer



| $\#$ | NAME | GRADE |
| :--- | :--- | :--- |
| 2 | Gaudy Castaneda | 11 |
| 3 | Ashley De La Mora | 9 |
| 4 | Jasmine Cisneros | 10 |
| 5 | Rikki Hamilton | 9 |
| 6 | Cintia Aguilar | 10 |
| 7 | Sydnie Sundahl | 10 |
| 8 | Ashley Okuma | 11 |
| 9 | Ashley Lombardi | 10 |
| 10 | Andrea Calderon | 10 |
| 11 | Crystal Ingle | 11 |
| 12 | Martha Vizcarra | 9 |
| 13 | Abbey Haaglund | 12 |
| 14 | Anna Davis |  |
| 15 | Virginia Castillo | 11 |
| 16 | Kelse Diehl | 10 |
| 17 | Jordyn Coutts | 9 |
| 19 | Ashlee Jenkins | 9 |
| 20 | Kendal Madden | 9 |
| 21 | Desirae Lemm | 12 |
| 23 | Suzi Jones |  |
|  | Keeper |  |
|  | Adriana Perez | 10 |

POSITION
Defense Middle Fielder Defense
Defense
Defense
Forward
Goal Keeper
Defense
Forward
Middle Fielder
Defense
Forward
Forward
Defense
Middle Fielder Middle Fielder Middle Fielder Forward Middle Fielder Goal

Manager


## Girl's Soccer Coaches



## Jose Sapien Sr.

Hometown: Mexico City
Years at Lowry: 2
Expectations for this season: For my team players to have better skills and to play better
Education: High School in Mexico City
Playing Experience: Playing soccer since I was 9 years old
Coaching Experience: Started coaching in 1992 in Winnemucca for the
adult soccer team (play in Reno), I've been coaching for 16 years.
Awards: 2 Awards for best goalkeeper in Mexico City (1970 \& 1971)


## Mario Perez

Where are you from: Mexico
Years at Lowry: Two
Expectations for this season: Working hard with JV to be ready for the Varsity next year and work with them to improve their skills.
Playing Experience: Since I was a kid
Coaching Experience: Two years H.S. Level 8 in the Hispanic league
Awards: Best keeper like player
Other interesting information: Soccer is my hobby



# Girl's Soccer Seniors 



## Abbey Haaglund

Birth Place: Winnemucca
Parents: Elaine Haaglund
Brothers/Sisters: Luke, Sadie, Molly, Lib-
by, Lindy Haaglund
Career Plans: College
Favorite Pro Team: Cavaliers
Greatest Personal Achievement: is yet to
come
Biggest Disappointment: Loosing people I was close with
Most Important Possession: Memories Person I Admire most: My mommy
Favorite Food: Salad
Favorite teacher: Mr. Landa
Toughest Class: any math
My idea of Relaxation: Laying down with my i-pod
Favorite quote: "I would rather do something and find out it was the



Suzi Jones

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## VOLLEYBALL STATE CHAMPIONS 2005



Back Row: Amber Dennis, Kylie Owsley, Coach Stephanie Wade, Charmane Hall, Chantel Jarret, Diana Dorman, Middle: Ashley Madden, Stacey Goodale, Melissa Watterson, Front: Cristal Herrera, Ambar Huish, Cheri Ingle, Christin Flodman

## Varsity Volleyball Schedule

| Day | $\underline{\text { Date }}$ | Event | Place | Time |
| :--- | :--- | :--- | :--- | :--- |
| Friday | $08 / 28 / 09$ | State Farm Invitational | Home | TBA |
| Saturday | $08 / 29 / 09$ | State Farm Invitational | Home | $8: 00$ |
| Friday | $09 / 11 / 09$ | Dayton High School | Away | 6:00 |
| Saturday | $09 / 12 / 09$ | Yerington High School | Away | $12: 00$ |
| Wednesday | $09 / 16 / 09$ | Spring Creek High School | Home | 6:00 |
| Friday | $09 / 18 / 09$ | Yerington Invitational | Away | TBA |
| Saturday | $09 / 19 / 09$ | Yerington Invitational Volleyball | Away | TBA |
| Saturday | $09 / 26 / 09$ | Truckee High School | Away | 12:00PM |
| Friday | $10 / 02 / 09$ | Fernley High School | Home | 6:00PM |
| Saturday | $10 / .3 / 09$ | Sparks High School | Home | 12:00PM |
| Friday | $10 / 09 / 09$ | Dayton High School | Home | 6:00PM |
| Saturday | $10 / 10 / 09$ | Yerington High School | Home | 12:00PM |
| Friday | $10 / 16 / 09$ | Truckee High School | Home | 6:00PM |
| Friday | $10 / 23 / 09$ | Spring Creek High School | Away | 6:00PM |
| Thursday | $10 / 29 / 09$ | Sparks High School | Away | 6:00PM |
| Friday | $10 / 30 / 09$ | Fernley High School | Away | 12:00PM |
| Saturday | $11 / 07 / 09$ | 3A Northern Regional Tournament Away | TBA |  |
| Friday | $11 / 13 / 09$ | 3A State Volley ball Tournament | Away | TBA |
| Saturday | $11 / 14 / 09$ | 3A State Volleyball Tournament | Away | TBA |

## Varsity Volleyball $^{2}$



| $\#$ | NAME | GRADE |
| :--- | :--- | :---: |
| 1 | Skylar Estes | 12 |
| 14 | Courtney Hammond | 12 |
| 3 | McKenzie Gray | 12 |
| 18 | Gianesi Tarafa | 12 |
| 4 | Shelby Snyder | 12 |
| 7 | Elisa Higbee | 11 |
| 8 | Jamie Rose | 11 |
| 6 | Alta Smith | 11 |
| 20 | Tatiana Sotomayor | 11 |
| 16 | Hana Etcheverry | 10 |
| 2 | Betsy Guerrero | 10 |
| 5 | Angie Herrera | 10 |
| 10 | Julia Dufurrena | 10 |

## Junior $\mathcal{V a r s i t y}_{\text {Divent }}$ Oolleyball

Day
Friday
Saturday
Wednesday
Saturday
Friday
Saturday
Friday
Saturday
Friday
Friday
Thursday

09/11/09
09/12/09
09/16/09
09/26/09
10/02/09
10/03/09
10/09/09
10/10/09
10/16/09
10/23/09
10/29/09

Dayton High School Yerington High School Spring Creek High School
Truckee High School Fernley High School Sparks High School Dayton High School Yerington High School Truckee High School Spring Creek High School Sparks High School

Place
Home 5:00

Away
Home 5:00

Home 11:00
Home 5:00
Home
11:00
Home 5:00
Away
5:00
Away

\# NAME GRADE
6 Olivia Snow
10
15 Kayla Doyle
10
16 Shannon McClellan 10
7 Kristie Kloeppel 10
9 Tori Echeverria 9
12 Sam LaTray
10 Arielle Sandoval
9

5 Cassie Klemish 9
11 Paige Thiede

HEIGHT
5'5"
5'10"
5'9"
5'9'"
5'4"
5'9"
5'4"
5'5"
5’"

POSITION
OH/S/DS
M/OH
OS
OH/M
s/Op/DS
OH/M
S/DS
S/DS/OP
OH/M

## Volleyball Coaches



## Mary Kay Pace

Where are you from: Joseph, OR
Years at Lowry: 6
Expectations for this season: This is an incredible team with same outstanding attitudes and unique physical talent. With this combination of skills, we should go to state.
Education: BS Oregon State University- GO BEAVERS!
Playing Experience: 4 years high school volleyball, basketball, track, and 1 year of college Basketball.
Coaching Experience:14 years Junior High school volleyball, 4 years Junior high basketball, 7 years JV volleyball, 2 years track, 3 years freshman volleyball, 2 years varsity volleyball
Awards: various ones in High School
Other interesting information: My family is the best thing going for me, An-


## Cassandra Jenkins

Where are you from: Colorado
Years at Lowry: 2
Expectations for this season: To build a strong team with solid fundamentals, team camaraderie, and most of all team spirit.
Education: Lowry graduate; BFA Advertising and Graphic Design; Masters in Elementary education.
Playing Experience: High school
Coaching Experience: Freshman and JV at Sparks high for 3 years, $8^{\text {th }}$ grade Sparks Middle School for 1 year, $7^{\text {th }}$ and $8^{\text {th }}$ grade Shan Middle School for 2 years
Other interesting information: New mommy to a beautiful little girl, Tessa.


## Miranda Santos

Where are you from: Butte, MT/ Winnemucca, NV
Years at Lowry: 1
Expectations for this season: For the girls to do their best and noticeably improve throughout the season, while working together as a team. Education: Lowry (LHS) graduate, and UNR- Bachelors of Arts in Education and English.
Playing Experience: 4 years at Lowry High School.
Coaching Experience: 2 years at Winnemucca Junior High

## Qolleyball Šeniors



## Skylar Estes

Birth Place: Sparks, NV
Parents: Heather McCoy and Harvey Estes Brothers/Sisters: Chase Estes
Career Plans: Scientific Field and interior design Favorite Pro team: My favorite team is the one who wins.
Greatest Personal Achievement: Making first team all-league and all-North and second team all-state as a junior
Biggest Disappointment: Losing at state two years in a row in Basketball
Most Important Possession: My stuff animal and blanket from when I was really little.
Person I Admire Most: My parents for always being there for me and encouraging me to be the best I can be. My little brother for trying to be the coolest person on Earth, (It's a long shot for him)
Favorite Food: Anything
Favorite Teacher: Mrs. Grady and Mrs. Dawson
Toughest Class: Spanish
My Idea of Relaxation: Vegging out in front of the TV.


## McKenzie Gray

Birth Place: Montgomery, AL
Parents: Denmark and Patrick Gray Brothers/Sisters: Madison, Ethan, Christian, Garrett
Career Plans: Get my degree in Architectural or Landscaping design
Favorite Pro team: Don't have one
Greatest Personal Achievement: Being accepted in the Reno Phillharmonic Youth Symphony
Biggest Disappointment: (don't have one) My life is good.
Most Important Possession: French Horn
Person I Admire Most: My v-ball team
Favorite Food: chicken Fettuccini
Favorite Teacher: Mrs. Miessner
Toughest Class: Anatomy and Physiology


## Shelby Snyder

Birth Place: Reno, NV
Parents: Tony and Nancy Snyder; Christina
Snyder
Brothers/Sisters: Matt, Justin, Heto, Mekayla, Ashley
Career Plans: Ultra sound tech.
Favorite Pro team: Dallas Cowboys.
Greatest Personal Achievement: Making it this far
Biggest Disappointment: not giving it my
all my first 3 years of high school
Most Important Possession: my family
Person I Admire Most: my parents
Favorite Food: I like it all
Favorite Teacher: Mrs. James
Toughest Class: Spanish
My Idea of Relaxation: Hangin out with my cuz Nicky J
Favorite Quote: Go green.


## Courtney Hammond

Birth Place: Bountiful, UT
Parents: Angela and Bryon Brothers/Sisters: Chelsie
Career Plans: Psychology and Publishing
Favorite Pro team: I don't watch pro sports Greatest Personal Achievement: Being accepted into the advanced class at the Institute of Children's Literature.
Biggest Disappointment: Losing the state championship to Spring Creek in basketball Junior Year
Most Important Possession: My travel blanket my best friend gave to me-I wouldn't survive
early morning bus trips without it.
Person I Admire Most: My parents for helping me to become the best person I can and my sister for being everything I'm not.
Favorite Food: My mom's scones
Favorite Teacher: I like all my teachers
Toughest Class: Honors English III- the stress killed me!
My Idea of Relaxation: Hanging out with my friends


MARY KAY ${ }^{\circ}$
Deanna Eastman Independent Sales Director

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## Winnemucca Century Club would like to thank the following businesses for their continued support of the Gene Laucirica Memorial Golf Scramble



This Year's Results!
1st Place: Ron Pacheco, Dick Celio, Vicki Celio, Jim
Jenista, Doug Haylett
2nd Place: Vince Mendiola, Tim Connors, Tim
Dufferena, Cam Drake, Shelly Drake
3rd Place: Chad Peters, Cam White, Joe Dendary, Rodger Wade, Johnny Moore Longest Drive, Men: Nick Verner, Women:
 Jennifer Drobny, Over 55: Dick Celio


## Special Thanks to EVERYONE that played in our Scramble!

## 2009-10 Century Club Members

| Mary Agnes Boni | Cam Drake | Eric Peters |
| :--- | :--- | :--- |
| Ron Beck | Shelly Drake | Jessell Peters |
| Brian Belanger | Dan Dufurrena | Julie Peters |
| Mariann Belanger | Ginny Dufurrena | Jean Pfarr |
| Carly Bell | Hank Dufurrena | Jerry Pfarr |
| Kelley Bell | Linda Dufurrena | Hal Phillips |
| Jim Billingsley | Deanna Eastman | Kelly Pollock |
| Kay Billingsley | Jerod Eastman | Tammy Pollock |
| Susan Billingsley | Michele Eldodt | Buddy Quilici |
| Tim Billingsley | Nate Eldodt | Tammie Quilici |
| Lee Bosch | Brandy Gallups | Andree Rose |
| Steve Bosch | Nedra Hartley | Carl Rose |
| Terry Boyle | Jeff Herzog | Cathy Schwartz |
| Eric Brooks | Patty Herzog | Dave Schwartz |
| John Brooks | Dave Jensen | Katy Schwartz |
| Paige Brooks | Byron Jeppsen | Rolfe Schwartz |
| Clifton Brown | Jamie Jeppsen | Diane Seeliger |
| Jeannie Brown | Marty Johnson | John Seeliger |
| Jeff Brumm | Vince Lopes | Jennifer Shurtliff |
| Kathy Brumm | Tyrell Lucas | Jonathan Shurtliff |
| Michael Bumgartner | Bill Macdonald | Jeff Snyder |
| Taua Cabatbat | Mike Macdonald | Nancy Snyder |
| Kristin Carriere | Chelsea Mendiola | Steve Snyder |
| Scott Carriere | George Miller | Tony Snyder |
| Tim Connors | Jaci Miller | Fred Stewart |
| Collean Cox | Shawn Murgel | Kris Stewart |
| Jeff Cox | Aaron Nelson | James Studebaker |
| Herk Criswell | Heather Nelson | Bobbi Thacker |
| Itxaso Criswell | Shane Nelson | Shalynn Thacker |
| Carol Darlington | Terry Norcutt | Shane Thacker |
| Doug Darlington | Bob Pace | Duane Tyree |
| Tom Donaldson | Mary Kay Pace | Marian Tyree |
| Mike Donnelley | Chad Peters | Lisa Verner |
| Mike Donnelley | Dana Peters | Don Walton |
| John Doyle | Don Peters | Jim Webb |
|  |  | Dick Williams |
|  |  |  |
|  |  |  |

# Winnemucca Century Club 

P.O. Box 3656

Winnemucca, Nevada 89446
The Winnemucca Century Club is a nonprofit corporation which receives and expends funds to promote and support Lowry High School athletics. Past contributions have been used to assist in the funding of improvements to the fields and facilities of baseball, football, soccer, softball and track, as well as to purchase equipment and/or uniforms for baseball, basketball, cheerleading, cross country, dance team, football, golf, soccer, softball, track, volleyball and wrestling. If you wish to contribute to the booster club for Lowry High School athletics, please fill out this form and send it to us at the above address. If you have any questions, please call Ray Parks at 623-8120, Vince Mendiola at 623-8130, or Mike Macdonald at 623-2517.

## 2009-2010 Membership Form

Name(s):
Address:

City, State \& Zip Code: $\qquad$

Amount of contribution:
Each member receives a gate pass for Lowry athletic events for the school year.
$\$ 125.00 \quad$ First family member
$\$ 75.00 \quad$ Second family member (Spouse or children 21 years and younger)
$\$ 50.00$ Each additional family member (Children 21 years and younger)
Remember your Century Club membership is tax deductible.

## Preference for payment:

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