## LOWRY HIGH SCHOOL

2009-2010 Sports Program



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### Lowry High School Buckaroos

It is our pleasure to host each and every HOME event with the traditional WINNE-MUCCA 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 student-athletes 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 5375 Kluncy Canyon Road, Winnemucca, NV 89445 775-623-8130 www.humboldt.k12.nv.us/lhs



### Administration



### Mrs. Debbie Watts, Principal

Goal: To make sure every student at LHS receives the best education

possible.

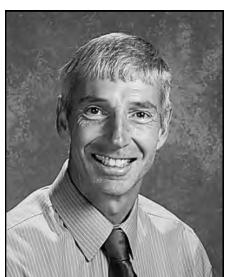
Hometown: Four Mile, Kentucky

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 Educa-

tional

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



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### 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, 2002

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 Davids	on 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	2008
		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

### High School Hall of Fame Application Form

Name	Year of Graduation
Current Address	School
Phone	Date of Birth
O-11 AM11	Date of Retirement
What activities did the nominee p	
What awards or honors did the no	ominee receive while in high school?
	the nominee been involved in since graduation?
Need a letter of endoresement an Newspaper and/or other supportive	
Name	Phone
City State 7in	
Signed	Date
Return completed form to:	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** 

Jessica Dennison-Yakima Leslie Case-Hislop- Yakima Elisa Leader-Westminster

Rachelle Piquet—Lewis & Clark College

Savannah Roman-Feather River

Carol Scott- Chico State

Lacey Takas-Thompson-Kentucky Wesleyan Magen Dufurrena—Albertson's/College of Idaho

**Cross Country** 

Kelsey Engstrom- Oklahoma Baptist Megan Engstrom- Oklahoma Baptist

Monica Myrhow-

Heather Thompson-Hall- UNR

Golf

Mackenzie Swecker- San Diego

Rodeo

Katie Garijo-Rickard- Eastern Oregon

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

<u>Football</u>

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

<u>Golf</u>

Ben Bryson-WSU

Ryan Plummer-Long Beach State

Dennis Verner-UNR

<u>Rodeo</u>

Mark Cowley-CSI Jeff Garijo- BSU

Teo Maestrejuan- Walla Walla CC

Jesse Segura- UNLV

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

<u>Baseball</u>

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



### FALL—ALL STATE WINNERS

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

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

Morgen Thacker, 2008

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

Gus Duncan, 1986, 1987

Billy Holt, 1989

Bake Turner, 1986, 1987, 1988

Alicia Echevarria, 2005

Golf

### 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

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

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

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

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



### 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 student-athletes 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. <u>Definitions</u> The following terms or phrases shall have the meaning ascribed to them for purposes of interpreting this Policy.
  - 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.
  - 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. §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.
  - 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:



- 1. <u>First Violation</u>: 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.
- 2. 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.
- 3. <u>Third Violation</u>: The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.
- 4. <u>Appeal</u>: 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. <u>Cumulative Effect of Suspensions</u>: 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<sup>th</sup> through 12<sup>th</sup> grade.
- d. <u>Substance Abuse Intervention Program</u>: 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.
  - 1. 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**

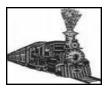
### 3A Northern Division



















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 820 15<sup>th</sup> 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) 635-5436 Colors: Green & Gold Mascot: Longhorns

Elko High School 987 College Ave. Elko, NV 89801 (775) 738-7281 Colors: Maroon & White Mascot: Indians

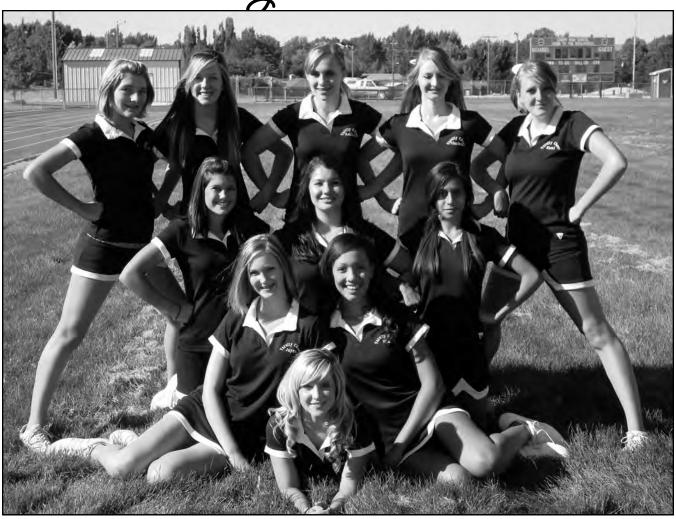
North Tahoe High School 2945 Polaris Rd.



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Varsity Cheerleaders



### Roster:

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





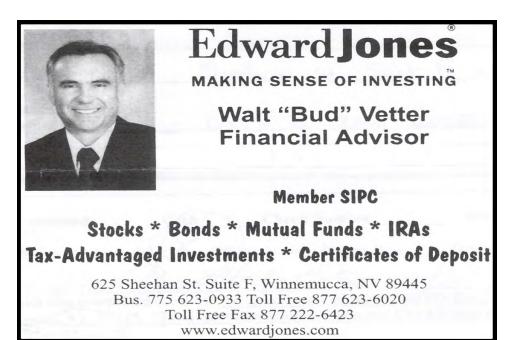
Junior Varsity Cheerleaders



### Roster:

Tayler Goodman, Desiree Ziemer, Tiffany Newman, Vivana Solis

Alexis novich, Mavity,



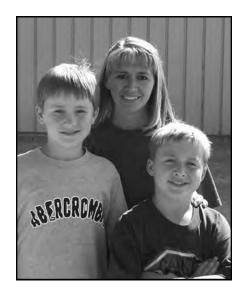


Kra-

Macie

Alex

## Cheerleading Coaches



### Crystal Nelson

Where are you from: Moab, Utah and Winnemucca Years at Lowry: 4 years attending, 3 ½ years coaching

Expectations for this season: For the squad to come together as one. Al-

so, I would like to see the girls get the crowd more involved.

Education: Associate at GBC and working towards Bachelors of Elemen-

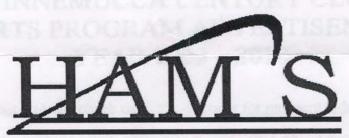
tary Education

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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### Sentor Cheerleaders



#### 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

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,



### 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

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



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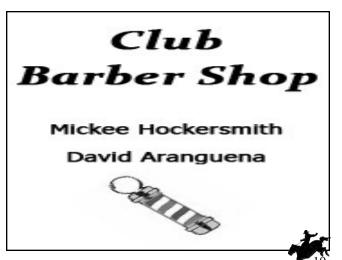
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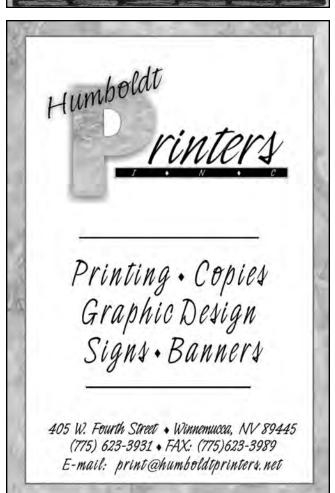












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### CROSS COUNTRY STATE CHAMPIONSHIPS TEAMS

Boys 1995



Girls 2000



Boys & Girls 2001



Girls 2002



Girls 2003



Boys & Girls 2004



Boys & Girls 2005



Boys 2006





## Cross Country Schedule

<u>varsity</u>				
<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Wednesday	09/02/09	*Fernley	Away	3:00PM
Friday	09/04/09	Douglas Class Races	Away	TBA
Friday	09/11/09	North Tahoe High School	Away	3:00PM
Wednesday	09/16/09	*Sparks High School	Away	3:00PM
Saturday	09/19/09	Bob Firman Invitational	Away	1:00PM
Wednesday	09/23/09	Lowry	Home	3:00PM
Wednesday	09/30/09	*Spring Creek High School	Away	3:00PM
Friday	10/09/09	*Lowry High School Invitational	Home	3:00PM
Friday	10/16/09	Sparks Invitational	Away	3:00PM

Varsity



### Roster:

Alvarez, Macy Kay	9	Arndt, Ryan	12
Flanders, Madie	10	Belanger, Trevor	12
Grantham, Arianna A	9	Bell, Shane Matthew	11
Karres, Audrey	Н	Bleck, Skylyr	12
Kelley, Alicia	11	Clark, Tyler Douglas	11
Lee, Ashlee	12	Corbari, Ryan	11
Legarza, Emelia E	11	Flanders, Joseph	9
Muething, Tienisha	9	Gray, Adam	12
Neu, Jenae	11	Hamry, Mark N	12
Tattersall, Erin R	11	Pike, Christopher	12
		Raynor, Daniel	10
		Riley, Brady J.	9
		Roman, Louis	12
		Schultz, Austin	9
		Schumacher, Alex	12



## Cross Country Coaches



### 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 .

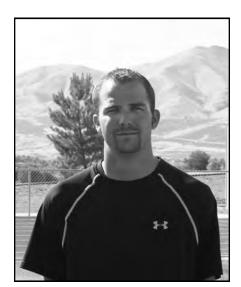
Education: B.S. From UNR in Elementary Education Playing Experience: 4 yr cross country in high school

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





## 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<sup>th</sup> at zone &
7<sup>th</sup> 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

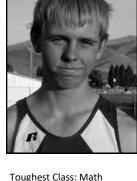
Favorite Food: Spaghetti or anything pasta! Got to love those carbs and pasta nights with the team

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



### 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



### 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

 $\label{eq:main_equation} \mbox{My Idea of Relaxation: Jamming with my band, Anthem.}$ 



### 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



#### Adam Gray

Birthplace: Winnemucca, Nevada
Parents: Robin & Soledad Gray
Brothers/Sisters: Rachel & Aaron Gray
Career Plans: Anthropologist
Favorite Pro Team: Emelia and Jenae
Greatest Personal Achievement: Winning
XC state back to back to back
Biggest Disappointment: STRONGLY
disliking coach Kirk the first part of XC last

Most Important Possession: My 1300

Person I Admire Most: Emelia Legarza Favorite Food: Whatever you got cooking Favorite Teacher: Mr. Beck, Mrs. Doyle and Marcel

Toughest Class: español

My Idea of Relaxation: Hanging with Jenae



### Mark Hamry

Birth Place: Tucson, Arizona Parents: Mike and Marian Hamry Brothers/Sisters: None Career Plans: Navy Favorite Pro Team: None Greatest Personal Achievement: Com-

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 tomor-

row"

## 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.



#### Louis Roman

Birth Place: Reno, NV Parents: Linda and Javn

Brothers/Sisters: Savannah, Alexis, and

Career Plans: Pro Golf Favorite Pro Team: L.A. Lakers

Greatest Personal Achievement: 6<sup>th</sup> 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<sup>nd</sup> or 3<sup>rd</sup> cause 1<sup>st</sup> is reserved!"



#### 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 cherished Oaklies ripped off (as well as a Jackson) Most Important Possession: My drum set

Person Ladmire 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



### **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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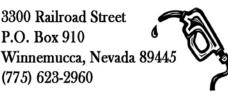


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Varsity Dance

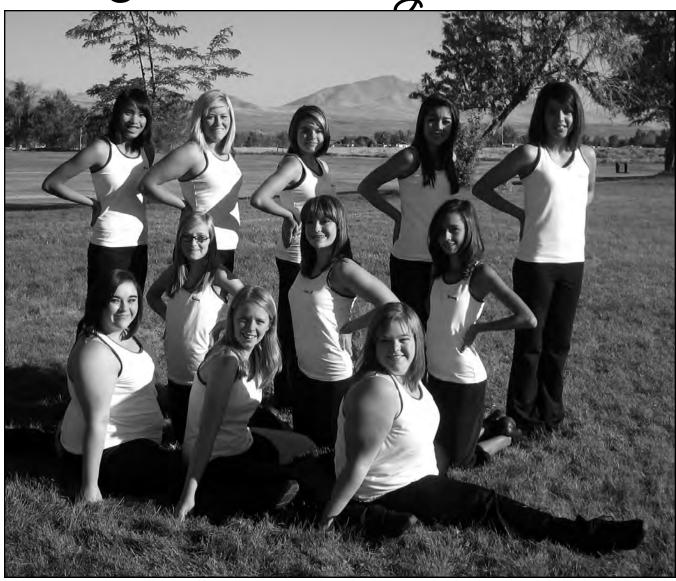


### Roster:

Amaya Drake	12	Camille Lyon	12	
Sheridan Fortney	11	Savannah McDade		1
Kristen Graham	11	Breanna Padilla	10	
Megan Griggs	12	Julissa Pulido	12	
Mallorie Leal	12	Rachael Studebaker	12	



Junior Varsity Dance



### Roster:

Brandi Brooks	11 Angelica Salvador			9
Talia Castaneda	10	Heather Steinhauer	9	
<b>Heather Cunningham</b>	11	Jordan Thomas	9	
Brandi Nielsen	10	Melanie Vance	10	
Jillian Pfarr	10	Jessica Villarreal		10
Renee Poole	9	Whitney Waller	9	
Denise Ruiz	9			



### Dance Coaches



Jane Studebaker, Head Coach

Where are you from: Indiana, Portland, And Winnemucca

Years at Lowry: 3 1/2

Expectations for this season: Work hard, do your best, and have fun.

Leticia Delaney, Assistant Coach



### Dance Team Sentors



### 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

Greatest Personal Achievement: Main-

taining 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



### 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<sup>nd</sup> at Dance Competition my sophomore

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 some-

Favorite Pro team: I only care about dance Greatest Personal Achievement: Taking 2<sup>nd</sup> 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



### 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<sup>nd</sup> 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

Toughest Class: Chemistry



### 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

Person I Admire Most: My mother

Favorite Food: Chicken devan

Favorite Teacher: Mr. Anderson Toughest Class: Honors Chemistry 1

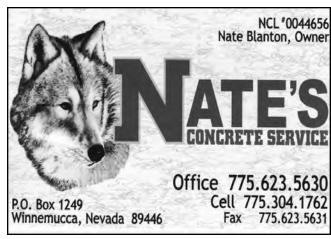
My Idea of relaxation: Being outdoors away from the "city life"

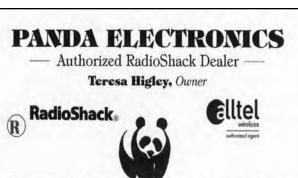
Favorite Quote: "Sometimes you have to fall to the bottom to rise to the

top" Shane Sparks





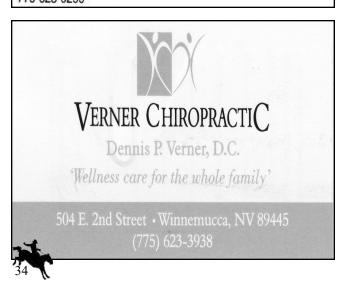


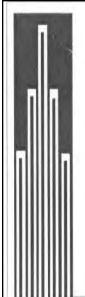




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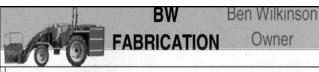
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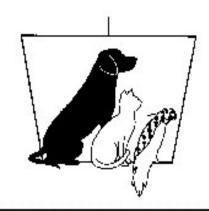
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<u>Day</u>	<u>Date</u>	Event C	<u>Place</u>	<u>Time</u>
Thursday	08/13/09	First Day Football	Home	TBA
Friday	08/28/09	Pershing County H.S.	Home	7:00 PM
Friday	09/04/09	Battle Mountain High School	Away	7:30 PM
Friday	09/18/09	Yerington High School	Home	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

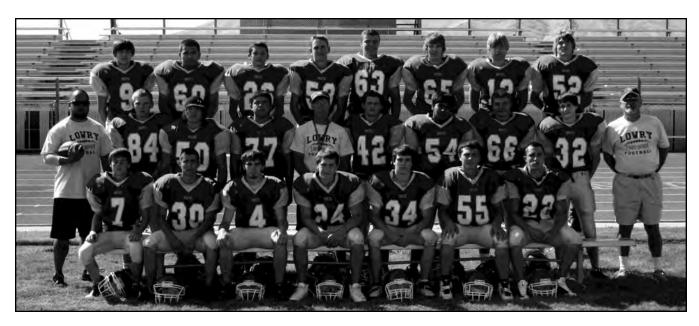


Name	#	Height	Weight	Position	Year
Ochoa, Danny G	2	5'9	159	NR/LB	11
Billingsley, Jace	3	5′7	145	QB/OB	10
Case, Blaine Allan	4	6'0	170	OL/NR	12
Messerly, Terrell	5	6'0	170	WR/QB	12
Eastman, David	6	5′9	160	NR/DB	12
Millikan, Sean	7	6′5	235	TE/DE	11
Leal, Anthony	8	5'11	160	WR/DB	11
Tiske, Mitch	9	6'3	195	WR/DE	11
Pollock, Mitch	11	5'6	120	NR/DB	11
Andersen, Dillon	12	6'3	160	WR/DB	11
Maga, Jake	13	5'10	145	DB/RB	12
Moreno, Cesar	20	5′7	150	DB/WR	11
Alcaraz, Christian	21	5'9	150	RB/DB	12
Barton, Joel	22	5'9	170	RB/LB	11
Flores, Lewis	24	5'9	170	LB/RB	11
Hernandez, Jonathan	32	5'10	185	RB/CB	10
Yost, Joshua	33	5'5	160	RB/LB	11
Noble, Bryan	44	6'1	185	LB/TE	10
Underwood, Paeden	50	5'10	185	LB/OL	12
Berentsen, Karl	51	5'11	175	LB	12
Ramirez, Ivan	52	6'2	230	OL/DL	11
Zepeda, Juan	54	5′7	205	OL/DL	12
Herrera, Fernando	55	5'10	215	OL/DL	10
Anderson, Tyler	56	6'3	210	OL/DL	12
Norfolk, Ben	58	5'9	200	OL/DL	12
Ongert, Dylan	60	6'0	200	LB/OL	11
Thacker, William	66	6'2	236	OL/DL	11
Pulido, Salvador	69	6'2	230	OL/PL	12
Ballard, Ryan	70	6'1	235	OL/DL	12
Hunnicutt-Tarr, Nikolai	75	6'3	210	DL/OL	11
Dufurrena, Ryan	77	6'1	200	DL/C	12
Tyree, Brian	78	6'1	180	OL/DE	11
Schofield, Ronald	84	6'1	175	WR/DB	11
Ramirez, Jose Luis	88	5'10	170	DB/NR	11



# Junior Varsity Football

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	08/28/09	Pershing County H.S.	Home	4:30 PM
Friday	09/04/09	Battle Mountain High School	Away	5:00 PM
Friday	09/18/09	Yerington High School	Home	4:30 PM
Saturday	09/26/09	Truckee High School	Away	11:00 AM
Friday	10/02/09	Lassen High School	Away	5:00 PM
Friday	10/09/09	Sparks High School	Home	4:30 PM
Friday	10/16/09	Fernley High School	Away	4:30 PM
Friday	10/23/09	Dayton High School	Home	4:30 PM



Name		11-1-1-4	144 - ! - l- 4	D = -111 =	G
Name	#	Height	Weight	Position	Grade
Gus Duncan	4	5′7	145	RB/LB	10
Severin Richey	7	5′6	120	WR/DB	10
Nicholas Lujan	9	6'	160	WR/DB	10
Dion Wardell	12	6′1	185	TE/DE	10
Chase Estes	13	5′10	150	WR/DB	10
Troy Jock	22	5′10	150	RB/DE	10
Michael Billingsley	24	5'8	160	QB/LB	9
Alfonso Bernal	26	5'9	145	WR/DB	11
Jonathan Landa	30	5′7	140	RB/DB	10
Kevin Boyle	32	5'11	140	RB/LB	10
Bret Hammon	34	5'8	140	RB/LB	10
Ryan Nicholson	42	5'9	165	RB/LB	10
Micah Van Dreumel	50	5'8	170	OL/LB	10
Nicolas Velasquez	52	6'2	190	OL/DL	10
Amardip Mall	54	5'11	230	OL/DL	10
Ryan Nelson	55	5'8	160	OL/DB	10
Robert Price	60	5'11	220	OL/DL	10
Austin Ourada	63	6'4	220	OL/DL	10
Kade Madder	65	6'1	185	OL/DL	10
Bobby Hoenck	66	5'10	170	OL/DL	10
Danny Klassen	67	6'0	200	OL/DL	10
Billy Welch	75	5'8	155	OL/DL	10
Tyler Duran	77	5′9	200	OL/DL	10
Angel Andy Martinez	80	5'6	135	WR/DB	10
Quinn Norcutt	81	6'1	160	TE/DE	10
Cameron Echave	84	5′10	150	WR/DB	10
				•	



## Freshmen Football

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	09/04/09	Yerington High School	Away	4:30 PM
Thursday	09/17/09	Pershing H.S.	Away	5:00 PM
Thursday	09/24/09	Truckee High School	Home	5:00 PM
Thursday	10/01/09	Battle Mountain High School	Home	5:00 PM
Thursday	10/08/09	Sparks High School	Away	5:00 PM
Thursday	10/15/09	Fernley High School	Home	5:00 PM
Thursday	10/22/09	Dayton High School	Away	5:00 PM



<u>Name</u>	<u>HT</u>	<u>WT</u>	<u>Pos</u>	<u>#</u>
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 Football 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

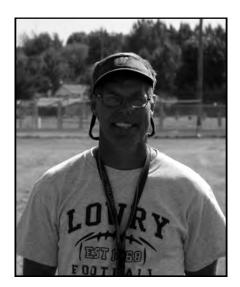
watching videos from Chris Ward

Awards: Play hard and come to practice and you will get awards Other Interesting information: Taua Cabatbat and Ty Lucas are my half

brothers



## TV Football 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 kids-

Joe, 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

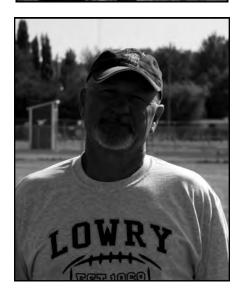
Defensive Expectations: seek and destroy

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



MISSING PICTURE/BIO: HANK DUFURRENA

## Freshman Football Coaches



#### 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, Univer-

sity 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



#### 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<sup>st</sup> 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"



Ryan Ballard



#### 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

Winne

Favorite Food: Steak and taters

Favorite Teacher: Mrs. Delores Detweiler



#### Blaine Case

Birthplace: Warland, Wyoming Brothers/Sisters: Leslie, Cory, Brandon and Jeremy

Career Plans: Takeover my uncle's con-

struction business

Favorite Pro Team: Broncos

Greatest Personal Achievement: Straight

A's in 8<sup>th</sup> 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 any-

พลงร"



#### 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** 

n scho

Biggest Disappointment: Getting in trou-

ble

Most Important Possession: My car Person I Admire Most: My mom

Favorite Food: Carne Asada Favorite Teacher: Mr. Beck Toughest Class: Math

My Idea of Relaxation: Listening to music Favorite Quote: "Live your life to the fullest"



#### 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 Biologist

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

Career Plans: Become a police officer Favorite Pro Team: Baltimore Ravens Greatest Personal Achievement: Going through the tough years and making it this

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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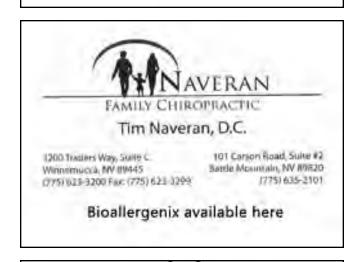
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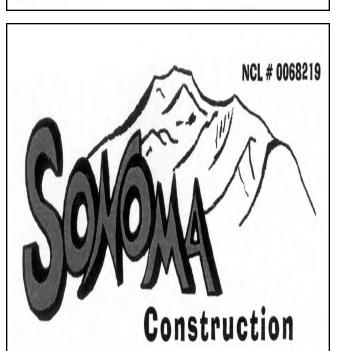
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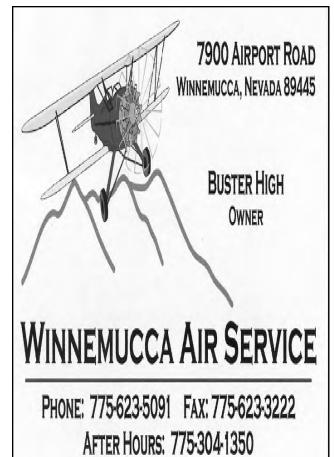
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## Girl's Golf State Championships

1975



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

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

2001



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



Girl's Golf Schedule

<b>-</b> ·
<u>Time</u>
10:00 AM
10:00 AM
11:00 AM
9:00 AM
9:00 AM
TBA
TBA
10:00 AM
TBA



#### Roster:

Marissa Alanis	11	Jordan McClintick	11
Amy Balagna	12	Kinzie McClintick	10
Allison Carlo	11	Kylee Meckley	11
Casey Kieser	10	Alyssa Parks	12
Cortney Kieser	9	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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# Senior Golfers



#### 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

muci

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

she was incredibly brave

Favorite Food: What am I not allergic to?

Favorite Teacher: Mrs. McGibbon because I learned a lot more than

chemistry

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 scien-

tific

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

ohone

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



Alan Davis

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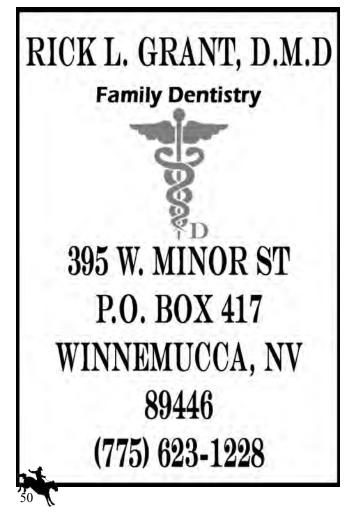
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# Boy's Soccer Schedule

Varsity	0			
<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	08/28/09	Elko Pre-Season Tourney	Away	TBA
Saturday	08/29/09	Elko Pre-Season Tourney	Away	TBA
Saturday	09/05/09	Incline High School	Home	11:00 AM
Friday	09/11/09	Truckee High School	Away	3:00 PM
Saturday	09/12/09	Whittell High School	Away	11:00 AM
Friday	09/18/09	North Tahoe High School	Away	3:00 PM
Saturday	09/19/09	Sparks High School	Home	11:00 AM
Tuesday	09/22/09	Spring Creek High School	Away	3:00 PM
Thursday	09/24/09	Dayton High School	Home	3:00 PM
Tuesday	09/29/09	Fernley High School	Away	3:00 PM
Thursday	10/08/09	Battle Mountain High School	Away	2:00 PM
Saturday	10/10/09	Yerington High School	Home	11:00 AM
Tuesday	10/13/09	Spring Creek High School	Home	2:00 PM
Thursday	10/15/09	Dayton High School	Away	2:00 PM
Tuesday	10/20/09	Fernley High School	Home	2:00PM
Tuesday	10/27/09	Battle Mountain High School	Home	2:00 PM
Saturday	10/31/09	Yerington High School	Away	11:00 AM
Thursday	11/05/09	Regional Playoffs	Away	TBA
Friday	11/06/09	Regional Playoffs	Away	TBA
Saturday	11/07/09	Regional Playoffs	Away	TBA
Friday	11/13/09	State Playoffs	Away	TBA
Saturday	11/14/09	State Playoffs	Away	TBA



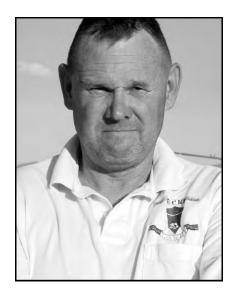


Varsity Boy's Soccer



NAME	GRADE	NUMBER	POSITION
Nestor Ruiz	12	2	Striker
Dustin Kraft	11	3	Midfielder
Alex Villagomez	11	4	Mid/Fullback
Daniel Guzman	11	5	Midfielder
Alejandro Villagomez	12	6	Midfielder
Jacob Gibson	11	7	Fullback
Andy Hernandez	12	8	Midfielder
Gerardo Covarrubias	12	9	Striker
Jose Acevedo	10	11	Striker
Christian Villagomez	9	12	Midfielder
Jessie Pate	10	13	Fullback
Dusty Thiede	10	15	Fullback
Adrian Arenas	11	17	Fullback
Matthew Jones	10	18	Fullback
Alvaro Ruiz	11	19	Fullback
Ander Pace	11	20	Mid/Striker
Noel Garcia	12	GK	Goal Keeper
Francisco Almontes	10		Striker
Nathen Andrew	9		Goal Keeper
Edwin Arenas	10		Striker
Nicos Avalos	12		Fullback
Jose Castaneda	10		Midfielder
John Kelsey	9		Fullback
Christian Perez	9		Goal Keeper

# Boys' Soccer Coaches



#### 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 Var-

sity, 6 seasons USYSA Competitive Soccer, 2 seasons of AYSO Awards: 2008 SAGEBRUSH CONFERENCE CHAMPIONS

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# Boys' Soccer Sentors



#### 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

 ${\bf Most\ Important\ Possession:\ Autographed}$ 

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



#### 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 I don't become wealthy to enjoy life com-

fortably

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



#### Andy Hernandez



#### **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



#### 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<sup>th</sup> grade

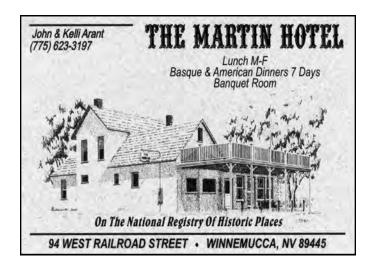
Biggest Disappointment: losing in Zone

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."





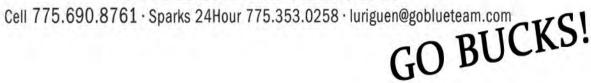
## Girl's Soccer Schedule

Day	<u>Date</u>	<u>Event</u>	<u>Place</u>	Time
Friday	08/28/09	Elko pre Season Tourney	Away	TBA
Saturday	08/29/09	Elko pre Season Tourney	Away	TBA
Saturday	09/05/09	Incline High school	Home	1:00PM
Friday	09/11/09	Truckee High School	Away	5:00PM
Saturday	0912/09	Whittell High School	Away	!:00PM
Friday	09/18/09	North High school	Away	5:00PM
Saturday	09/19/09	Sparks high School	Home	1:00PM
Tuesday	09/22/09	Spring Creek High School	Away	5:00 PM
Thursday	09/24/09	Dayton High School	Home	5:00 PM
Saturday	09/26/09	Pershing County H.S.	Away	11:00 AM
Tuesday	09/29/09	Fernley High School	Away	5:00 PM
Thursday	10/08/09	Battle Mountain High School	Away	4:00 PM
Saturday	10/10/09	Yerington High School	Home	1:00 PM
Tuesday	10/13/09	Spring Creek High School	Home	4:00 PM
Thursday	10/15/09	Dayton High School	Away	4:00 PM
Saturday	10/17/09	Pershing County H.S.	Home	11:00 AM
Tuesday	10/20/09	Fernley High School	Home	4:00 PM
Tuesday	10/27/09	Battle Mountain High School	Home	4:00 PM
Saturday	10/31/09	Yerington High School	Away	1:00 PM
Thursday	11/05/09	Regional Playoffs	Away	TBA
Friday	11/06/09	Regional Playoffs	Away	TBA
Saturday	11/07/09	Regional Playoffs	Away	TBA
Friday	11/13/09	State Playoffs	Away	TBA
Saturday	11/14/09	State Playoffs	Away	TBA



Lisa Uriguen Branch Manager

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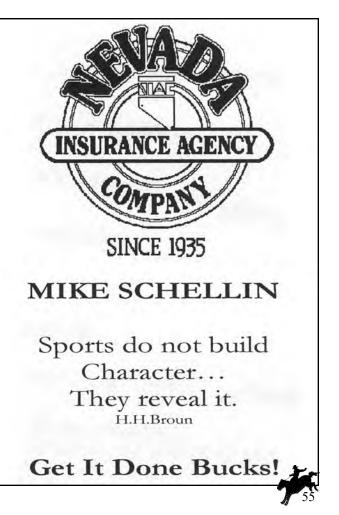




# Varsity Girl's Soccer



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

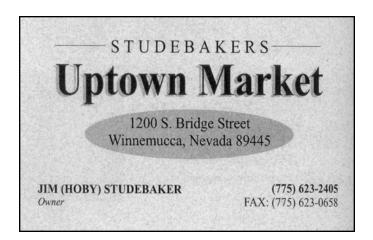
My idea of Relaxation: Laying down with my i-pod

Favorite quote: "I would rather do something and find out it was the



Desirae Lemm









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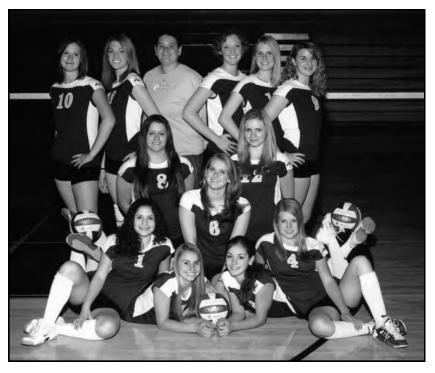
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## **VOLLEYBALL STATE CHAMPIONS**

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

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
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 Tournamer	nt 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



#	NAME	GRADE	HEIGHT	POSITION
1	Skylar Estes	12	5'11"	M
14	Courtney Hammond	12	5'9"	S/OP
3	McKenzie Gray	12	5′9″	ОН
18	Gianesi Tarafa	12	6'0"	M
4	Shelby Snyder	12	5'4"	DS
7	Elisa Higbee	11	5′7″	S/OP
8	Jamie Rose	11	5′7″	OH/S/OP
6	Alta Smith	11	5'8"	ОН
20	Tatiana Sotomayor	11	5′9″	OP
16	Hana Etcheverry	10	5′7″	OH/OP
2	Betsy Guerrero	10	5'9"	OH/M
5	Angie Herrera	10	5'2"	DS/L
10	Julia Dufurrena	10	5'11"	OH/M



Junior Varsity Volleyball

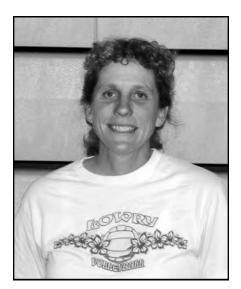
<u>Day</u>	<u>Date</u>	<u>Event</u>	Place O	<u>Time</u>
Friday	09/11/09	Dayton High School	Away	5:00
Saturday	09/12/09	Yerington High School	Away	11:00
Wednesday	09/16/09	Spring Creek High School	Home	5:00
Saturday	09/26/09	Truckee High School	Away	11:00
Friday	10/02/09	Fernley High School	Home	5:00
Saturday	10/03/09	Sparks High School	Home	11:00
Friday	10/09/09	Dayton High School	Home	5:00
Saturday	10/10/09	Yerington High School	Home	11:00
Friday	10/16/09	Truckee High School	Home	5:00
Friday	10/23/09	Spring Creek High School	Away	5:00
Thursday	10/29/09	Sparks High School	Away	5:00



# N	AME	GRADE	н	EIGHT	POSITION
6 Olivia	Snow	10	)	5'5"	OH/S/DS
15 Kayla	Doyle	10	)	5'10"	M/OH
16 Shanr	non McClellan	10	)	5'9"	OS
7 Kristi	e Kloeppel	10	)	5'9'"	OH/M
9 Tori E	Cheverria	9		5'4"	S/Op/DS
12 Sam l	₋aTray	9		5'9"	OH/M
10 Ariell	e Sandoval	9		5'4"	S/DS
5 Cassie	e Klemish	9		5'5"	S/DS/OP
11 Paige	Thiede	9		5'9"	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 volley-

ball, 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 funda-

mentals, 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<sup>th</sup> grade Sparks Middle School for 1 year, 7<sup>th</sup> and 8<sup>th</sup> 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 Educa-

tion and English.

Playing Experience: 4 years at Lowry High School.

Coaching Experience: 2 years at Winnemucca Junior High

# Volleyball Sentors



#### 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, Chris-

tian, Garrett

Career Plans: Get my degree in Architec-

tural 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

Brothers/Sisters: Matt, Justin, Heto,

Mekayla, Ashley

Career Plans: Ultra sound tech. Favorite Pro team: Dallas Cowboys. Greatest Personal Achievement: Making it

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

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



Gianesi Tarafa



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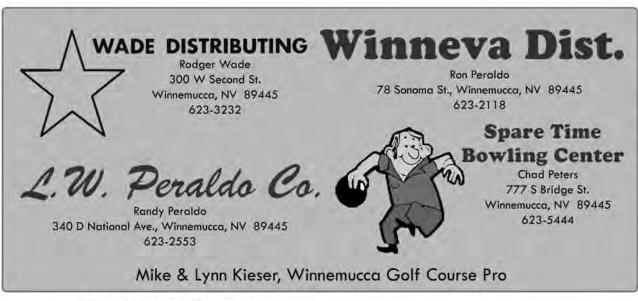
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#### This Year's Results!

1st Place: Ron Pacheco, Dick Celio, Vicki

Celio, Jim

Jenista, Doug Haylett

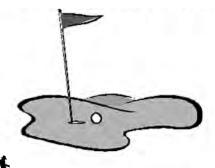
2nd Place: Vince Mendiola, Tim Connors,

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

Ron Beck

Brian Belanger

Mariann Belanger

Carly Bell

Kelley Bell

Jim Billingsley

Kay Billingsley

Susan Billingsley

Tim Billingsley

Lee Bosch

Steve Bosch

Terry Boyle

**Eric Brooks** 

John Brooks

Paige Brooks

Clifton Brown

Jeannie Brown

Jeff Brumm

**Kathy Brumm** 

Michael Bumgartner

Taua Cabatbat

Kristin Carriere

Scott Carriere

Tim Connors

Collean Cox

Jeff Cox

Herk Criswell

Itxaso Criswell

**Carol Darlington** 

**Doug Darlington** 

Tom Donaldson

Mike Donnelley

Mike Donnelley

John Doyle

Cam Drake

Shelly Drake

Dan Dufurrena

Ginny Dufurrena

Hank Dufurrena

Linda Dufurrena Deanna Eastman

Jerod Eastman

Michele Eldodt

Nate Eldodt

**Brandy Gallups** 

**Nedra Hartley** 

Jeff Herzog

Patty Herzog

Dave Jensen

Byron Jeppsen

Jamie Jeppsen

Marty Johnson

Vince Lopes

Tyrell Lucas

Bill Macdonald

Mike Macdonald

Chelsea Mendiola

George Miller

Jaci Miller

**Shawn Murgel** 

Aaron Nelson

Heather Nelson

Shane Nelson

**Terry Norcutt** 

**Bob Pace** 

Mary Kay Pace

Chad Peters

**Dana Peters** 

**Don Peters** 

**Eric Peters** 

Jessell Peters

Julie Peters

Jean Pfarr

Jerry Pfarr

Hal Phillips

Kelly Pollock

Tammy Pollock

**Buddy Quilici** 

Tammie Quilici

Andree Rose

Carl Rose

Cathy Schwartz

Dave Schwartz

Dave Scriwartz

**Katy Schwartz** 

Rolfe Schwartz

Diane Seeliger

John Seeliger

Jennifer Shurtliff

Jonathan Shurtliff

Jeff Snyder

Nancy Snyder

Steve Snyder

Tony Snyder

Fred Stewart

Kris Stewart

James Studebaker

**Bobbi Thacker** 

Shalynn Thacker

**Shane Thacker** 

**Duane Tyree** 

Marian Tyree

Lisa Verner

**Don Walton** 

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.

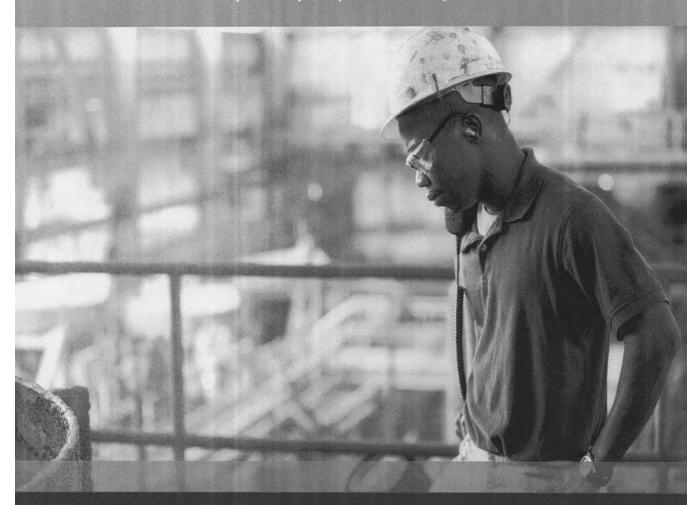
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