

LOWRY HIGHS CHOOOL

Fall Sports Program 2010-2011

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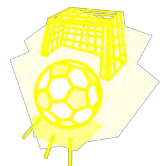
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Lowry High School Buckaroos Welcome You

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

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

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

Your paid or complimentary admission to our events entitles you to enjoy an exhibition of skills developed by our students in an educational setting. Please give these 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 athletic programs highly visible and popular in Humboldt County.

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: 10

Years at Lowry: 3

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: 4

Years at Lowry: 4

Words for Athletes: "Win or lose with PRIDE!"

Education: B.S. Microbiology, University of Montana; M. Ed. in Educational

Leadership, Jones International University



Mr. Byron Jeppsen, Vice Principal, Athletic Director

Hometown: Clinton, Utah

Years as Administrator: 5

Years at Lowry: 8

Words for Athletes: "Lowry High has a great tradition in athletics. Be proud to represent such a great school."

Education: B.A. in History and Spanish from Weber State University, M. Ed. in Educational Leadership from University of Nevada, Reno

TABLE OF CONTENTS

Welcome	1
Administration	2
History of Winnemucca & Lowry High School	4
State Championships, Hall of Fame.....	5
Hall of Fame Nomination Explanation	6
Hall of Fame Nomination Form.....	7
Lowry College Athletes.....	8
All State Winners.....	9
NIAA Conduct Information	10-12
Competitors	13
Cheerleaders.....	14-17
Cross Country.....	20-25
Dance.....	28-31
Football.....	35-44
Golf.....	48-50
Soccer (Boy's)	52-55
Soccer (Girl's).....	58-61
Volleyball.....	63-68
Century Club Golf Scramble Results.....	70
Century Club Membership List.....	71
Century Club Membership Form.....	72

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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.

Chief Winnemucca came by his name as a boy. When he was young, some prospectors found him in the river wearing just one moccasin. Using the Pauite word "muchcha" for moccasin, they called him "wan-ne-muc-cha." Young Chief Winnemucca liked the sound of the word and took it for his name. Later it came to mean "one moccasin."

LOWRY STATE CHAMPIONSHIPS

Boy's Basketball—1973, 1974, 1975, 1978, 1985, 1992, 2002

Girl's Basketball—1978, 1981, 1992, 2002, 2009

Boy's Cross Country—1995, 2001, 2004, 2005, 2007, 2009

Girl's Cross Country—2000, 2001, 2002, 2003, 2004, 2005, 2007, 2009

Boy's Golf—1973, 1974, 1975, 1978, 1979, 1984, 1985, 1986, 2009

Girl's Golf—1975, 2000, 2001, 2003

Volleyball—2005

Softball—2006

Wrestling—1980, 1984, 1985, 1987, 1988, 1990, 1991, 1992, 1993, 2003, 2009

HALL OF FAME

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

WINNEMUCCA
High School Hall of Fame
Application Form

Name _____ Year of Graduation _____
Current Address _____ School _____
Phone _____ Date of Birth _____
Place of Birth _____ If retired _____
College Attended _____ Date of Retirement _____

What activities did the nominee participate in while in high school? _____

What awards or honors did the nominee receive while in high school? _____

What award and/or activities has the nominee been involved in since graduation? _____

Need a letter of endoresement and recommendation attached _____ (not required
Newspaper and/or other supportive material attached _____ but recommended)

INDIVIDUAL SUBMITTING NOMINATION

Name _____ Phone _____
Mailing Address _____
City, State, Zip _____
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

Swimming & Diving

Madison Gray-BSU

Track & Field

Alicia Echevarria- UNR
Laura Stein- Idaho State

Volleyball

Ashley Bristol-WSU
Rachelle Piquet—Lewis & Clark College
Teresa Vesco

Men's Sports

Basketball

Chad Backus- Ricks College
Steve Clausen- Western Montana
Nate Green-Lane CC/Feather River
Bob Hooft- Harvard
Chad Peters- Napa Valley College
Jimmy Salmi-Columbia Basin
Gary Stoker- College of Idaho
Brian Watterson- Southwestern Oregon
Mitch Woods-UNR

Baseball

Ricci Abrego- Eastern Oregon
Pachi Bengochea-Treasure Valley CC
Jose Cardenas- Treasure Valley CC
Chris Christean- Modesto JC
Dustin Christean- Indiana College
Jon Curuchet-
Jason Davidsaver- California JC
Joey Enochson-Southwestern Oregon
Sean Gallian- Mesa CC
Matt Jarolimek- CSI
Jonathan Jarolimek-UNLV
Rick Maestrejuan- BSU
Benny Martinez-Dickinson State
Tony Martinez- Eastern Oregon
Anthony Marvel-California JC
Jody Marvel-California JC
Josh Orr- Albertsons
Tony Peluaga- San Francisco State
Chad Peters-Napa
Joe Robinson-Eastern Oregon/Dickinson State
Chris Vesco- UNLV

Cross Country

Bret Ferrier- Weber State
Willie Ulch- Lane CC

Football

Eric Angelopolous- Montana Tech
Grant Beatty-Saddleback CC
Tim Billingsley- College of the Redwoods
Zach Bristol- SD JC
TW Cunningham- UNR
Joe Dendary-UNR
Jon Echave-UNR
Mike Glenn- Arizona State Basketball/UNR
Kaden Glinsman- North Dakota
Brandon Grady-Dickinson State
Brian Harrison-Mayville State
Pat McDade-BSU
Vince Mendiola-BSU
Rick Ringheimer-College of the Redwoods
Dan Shaw-Mayville State
Matt Smith- UNR

Golf

Ben Bryson-WSU
Ryan Plummer-Long Beach State
Dennis Verner-UNR

Rodeo

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

Wrestling

Cody Louk- Missouri
Dave Bush-Oregon State
Paul Smith-BSU
Pat McDade-BSU

If you know of anyone that should be added to this list or if you can update our current information please contact Ray Parks @ 623-8228 or rparks@humboldt.k12.nv.us.

FALL—ALL STATE WINNERS

Cross Country

Kelsey Engstrom, 2000, 2001, 2003
Madison Gray, 2005
Hailey Yadon, 2005
Felicia George, 2005
Jon Rouston, 2005
Justin Grant, 2005
Triton Manso, 2005
Matt Pike, 2005, 2007
Vance Orr, 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

Golf

Mackenzie Swecker, 2001, 2002, 2003
Alicia Echevarria, 2005

Soccer—Girls

Tia Pilikian, 2000
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
Ashley Bristol, 2002
Kylie Owsley, 2005, 2006
Diana Dorman, 2005

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 Maestresjuan, 2002

Brian Watterson, 2003

Basketball, Girl's

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

Wrestling

Jim Billingsley, 1971, 1972, 1973
Denny Gortari, 1974
Tim Billingsley, 1976, 1977

Rick Ringheimer, 1977
Al Urban, 1978
Steve Lopes, 1980
Paul Kerr, 1980
Robert Neary, 1980
Jim Kracaw, 1980, 1981
George Miller, 1981
Kelly Pollock, 1981, 1982, 1983
Keith Neary, 1981, 1983
Rich Enochson, 1982
Jimmy Cannon, 1983
Pat McDade, 1983, 1984, 1985
Dave Stetler, 1985
Paul Smith, 1985, 1986, 1987
Gus Duncan, 1986, 1987
Bake Turner, 1986, 1987, 1988
Billy Holt, 1989
Dave Bush, 1988
Mitch Green, 1988
Jeff Hutchings, 1988
Aaron Poulson, 1989
Juan Manzo, 1989
Efrium Manzo, 1989

Jeff Arreola, 1989, 1990
Gus Alvarez, 1990
Chester George, 1990, 1991
Josh Kyles, 1991
Milo Cardenas, 1991
Pete Herold, 1994, 1995, 1996
Rick Hutchinson, 1992
Chris Hornbarger, 1992, 1993
Raul Cardenas, 1993
Jake Lage, 1999
Johnny Davis, 1991, 1992, 1993
Buster Segura, 1999, 2000
Johnny Romero, 2002
Brady Molton, 2002
Cody Louk, 2002, 2003
Jarrin Prokasky, 2002, 2003, 2004
Ty Baker, 2004
Justin Grant, 2004, 2005
Trevor Grant, 2008
Skylyr Bleck, 2008
Sean Raynor, 2008

SPRING—ALL STATE WINNERS

Baseball

Matt Jarolimek, 1991
Sean Gallian, 2000-01
Benny Martinez, 2001, 2002
Jared Owsley, 2001
Joey Enochson, 2003
Joe Robinson, 2002, 2003
Rueben Rodriguez, 2005
Matt Dennis, 2005, Shane
Goodale, 2005
Jojo Tameron, 2006
Eric Kerr, 2006
Lucas Alexander, 2006
Levi Carl, 2006
Andrew Lindsey, 2007
Anders Pace, 2009

Softball

Kristine Warrick, 1993-95
Katie Whalen, 2001-02
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
Kelsey Engstrom, 2000-2003

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. Definitions - The following terms or phrases shall have the meaning ascribed to them for purposes of interpreting this Policy.
 1. Competitive Week – means a seven (7) day period of time beginning with the **first scheduled competition** after a violation occurs in which a student athlete is participating as a member of an athletic team for a member or affiliate school, and in which that team is officially competing in NIAA sanctioned competition.
 2. Controlled Substance – includes any mind altering substance or beverage set forth in Schedule I-V of the list of Controlled Substances as identified by the office of the Drug Enforcement Administration or as set forth in 21 U.S.C. §812.
 3. Period of Suspension – means a student athlete is prohibited from appearing in any NIAA sanctioned sport or event as a member of an athletic team or in individual competition. A suspension from athletic competition begins with the first scheduled competition after a violation occurs. A student athlete who is suspended under this regulation who does not serve the entire period of suspension during the sport season in which suspension occurs shall serve any remaining period of suspension during the next sport season in which the student athlete appears on a NIAA roster. A violation of this regulation that occurs during a time when a student athlete does not appear on a NIAA roster shall be implemented at the commencement of the next sport season in which the student athlete participates. Attendance in a summer school class shall not apply toward satisfying any period of suspension.
 4. ***Possession means a student / athlete who is in actual physical control of alcohol, tobacco or a controlled substance.***
- b. Possession or Use of Tobacco/Alcohol/Controlled Substance/Narcotics. Any student athlete determined to be in possession of, or to have used tobacco, including smoking tobacco, chewing tobacco or snuff, an alcoholic beverage (as defined by NRS 202.020 **and any relevant local ordinances**), controlled substance and/or narcotic (unless prescribed by the student athlete's physician for medical purposes), is in violation of this policy. If after an investigation by the school it is determined that the student athlete is in violation of this regulation the student athlete shall immediately be declared ineligible to compete in any NIAA competition beginning with the first scheduled competition after a violation occurs. Additionally, the student athlete shall be subject to the following discipline:

1. First Violation: a six (6) competitive week suspension from participation in interscholastic competition beginning with the first scheduled competition after the suspension occurs. Four (4) competitive weeks of the suspension of eligibility may be waived if the student successfully completes all components of the appropriate substance abuse intervention program set forth in subparagraphs (d) (1) (A) and (d) (1) (B) below. The student may practice with the team during the period of suspension if approved by the coach and principal.
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. Third Violation: The student shall be ineligible to participate in interscholastic athletics for the remainder of the student's high school career.
4. Appeal: A student that serves their third violation and still has more than one year of remaining eligibility can appeal through the NIAA Board of Control. Both the students and his / her parents must attend this meeting of the Board to present their appeal.
- c. Cumulative Effect of Suspensions: Multiple suspensions of a student athlete's athletic eligibility based on violations of this Regulation shall be considered as cumulative over the length of each student athlete's high school career, 9th through 12th grade.
- d. Substance Abuse Intervention Program: Any student who has been suspended from athletic eligibility for violation of the provisions of this Regulation and whose future athletic eligibility is contingent on successful completion of a Substance Abuse Intervention Program, or whose suspension of athletic eligibility may be reduced through successful participation in a Substance Abuse Intervention Program, shall complete the Substance Abuse Intervention Program developed by the NIAA in conjunction with the State of Nevada, Department of Human Resources Division of Child and Family Services Program available through the Juvenile Justice Programs Office: (775) 684-7294.
 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



Churchill County
1222 S Taylor St.
Fallon, NV 89406
Colors: Kelly Green/White
Mascot: Greenwave



Dayton High School
335 Old Dayton Valley Road
Dayton, NV 89403
Colors: Red, Black
Mascot: Dust Devils



Elko High School
987 College Ave.
Elko, NV 89801
Colors: Maroon & White
Mascot: Indians



Fernley High School
1300 Highway 95A
Fernley, NV 89408
Colors: Orange, Black
Mascot: Vaqueros



South Tahoe
1735 Lake Tahoe Blvd.
South Lake Tahoe, NV 96150
Colors: Royal Blue/Gold
Mascot: Vikings



Sparks High School
820 15th Street
Sparks, NV 89431
Colors: Maroon, Gold
Mascot: Railroaders



Spring Creek High School
14550 Lamoille Hwy
Spring Creek, NV 89815
Colors: Purple, Black
Mascot: Spartans



Truckee High School
11725 Donner Pass Rd.
Truckee, CA 96161
Colors: Red, White
Mascot: Wolverines

2A Northern Division



Battle Mountain High School
435 Weaver Avenue
Battle Mountain, NV 89820
Colors: Green & Gold
Mascot: Longhorns



Incline High School
499 Village Boulevard
Incline Village, NV 89451
Colors: Green, Gold
Mascot: Highlanders



North Tahoe High School
2945 Polaris Rd.
Tahoe City, CA 96145
Colors: Blue & Black
Mascot: Lakers



Pershing County High School
1215 Franklin Avenue
Lovelock, NV 89419
Colors: Red & Black
Mascot: Mustangs



Rite of Passage
100 Rosaschi Road
Yerington, NV 89447
Colors: Maroon/Silver
Mascot: Rams



Silver Stage
2755 W Spruce Ave.
Silver Springs, NV 89429
Colors: Navy/Silver
Mascot: Nighthawks



West Wendover
2055 Elko Ave.
West Wendover, NV 89883
Colors: Burgundy/Black/White
Mascot: Wolverines



White Pine
1800 Bobcat Drive
Ely, NV 89301
Colors: Blue/White
Mascot: Bobcats



Whittell High School
240 Warrior Way
Zephyr Cove, NV 89448
Colors: Red & Gold
Mascot: Warriors



Yerington High School
114 Pearl St.
Yerington, NV 89447
Colors: Purple, White
Mascot: Lions

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VARSITY CHEERLEADERS

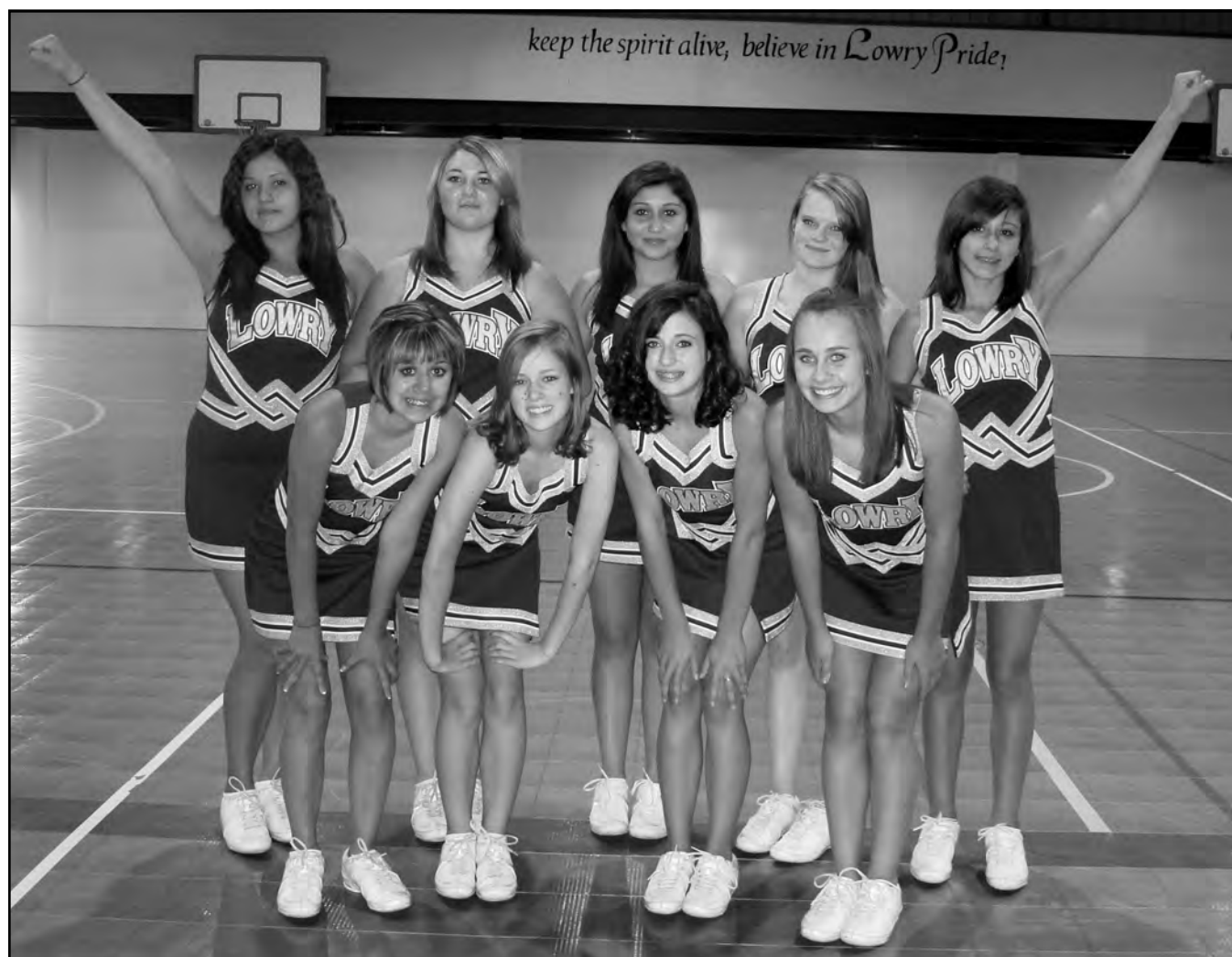


Roster:

<u>Athlete</u>	<u>Grade</u>
Arline Franco	12
Stephanie Hageman	12
Serah Haun	12
Mariah Johnson	12
Tessa Kempf	10
Alexis Kranovich	10

<u>Athlete</u>	<u>Grade</u>
Tiffany Newman	10
Ashley Principe	10
Bernice Sanchez	12
Kami Savoie	12
Alexandra Shirrick	10
Kailynn Winheim	12

JUNIOR VARSITY CHEERLEADERS



Roster:

<u>Athlete</u>	<u>Grade</u>
Sienna Beal	9
Alexis Bernal	9
Kiana Flores	10
Sarah Gillespie	10
Taylor LaTray	9
McKenizie Maddox	9
Macie Mavity	11
Viviana Solise	10
Chole Yates	9

CHEERLEADING COACH

Diane Rice



Where are you from: Seattle, Washington

Years at Lowry: 11 years coaching at Lowry

Expectations for this season: Beat Spring Creek!

Education: 1 year of U of W and 4 year Gemological institute of America

Playing Experience: 1 year cheering varsity (high school)

3 years competitive gymnastics (high school)

2 years performing civil dance theatre

Coaching experience: 11 years coaching cheerleading, 8 years coaching gymnastics

Awards: Most inspirational- gymnastics. And 2nd place balance beam- Seattle metro zone

Other interesting information: Husband- Joe Rice. Children- Samantha and Justin Rice. Owner of Rice Jewelers.

SENIOR CHEERLEADERS



Arline Franco

Birth Place: Culver City, CA

Parents: Mario and Maria Franco

Brothers/Sisters: Chris and Anthony

Greatest Personal Achievement:

Getting the office as President for 2011 senior class. Also being able to help many less fortunate in Jamaica this summer.

Future Plans: Major in either psychology or medicine, then travel the world by becoming a flight attendant.

Favorite Pro Team: Chivas de Guadalajara (Soccer) and Indian-

apolis Colts

Most Important Possession: iPod and car

Person I Admire Most: Definitely parents, for supporting me in everything.

Favorite Quote: "In order to be irreplaceable, one must always be different." -Coca Chanel



Stephanie Hageman

Birthplace: viva Las Vegas!

Parents: Todd and Kathryn

Hageman

Brothers/Sisters: Nicole Hageman

Greatest Personal Achievement:

Skunked my dad in fishing.

Future Plans: Attending college

to be a maternity ward nurse

Favorite Pro Team: Denver

Broncos!!!

Most Important Possession: My hairless cat Mooshew

Person I admire most: Marilyn

Monroe

Favorite Quote: You can never be happy at the expense of the happiness of others. -Chinese proverb

SENIOR CHEERLEADERS



Serah Haun

Birth Place: Kennewick Washington
 Parents: Nancy and Edward Haun
 Brothers/Sisters: Robert, Randie (sister in law), Cody, and Hannah
 Greatest Personal Achievement: Becoming the cheerleaders friends =), being #1 as a team at camp and cheering for 4 years
 Future Plans: Moving to Spokane Washington; attending WSU and becoming a family therapist
 Favorite Pro team: I don't play favorites
 Most important possession: my

cat PD

Person I admire most: Robert my brother; my family and Martin

Favorite Quote: "Today is the tomorrow you thought about yesterday."



Mariah Johnson

Birth Place: Washoe, Nevada
 Parents: Karen and Randy Johnson
 Greatest Personal Achievement: Two first places at camp. Three full downs and three libs at the beginning of the season. All American three years, varsity four years.
 Future Plans: Graduate, cheer in college, go for graphic design advertising
 Favorite Pro Team: Jellyfish
 Most Important Possession: Burt's Bees
 Person I Admire Most: Grandpa Darrel

Favorite Quote: "What good is all the cash if it doesn't buy time, and what good is being famous if I'm never on your mind?" -Drake



Berenice Sanchez

Birth Place: Winnemucca
 Parents: Maria and Roberto Sanchez
 Brothers/Sisters: MaElena and Roberto Sanchez
 Greatest Personal Achievement: Two 1st place trophies at cheer camp =). Being girls triple jump state champion my first year at track!!
 Future Plans: Graduate, go to college, get an awesome job, and live happily ever after.
 Favorite Pro team: Steelers

Most important possession: My turtle Martha

Person I admire most: my parents

Favorite Quote: We are never prepared for what we expect.



Kami Savoie

Birth Place: Bakersfield California
 Parents: RJ and Lori Savoie
 Brothers/Sisters: Joey, Dustin, and Alexa Savoie
 Greatest Personal Achievement: Being a co-captain my senior year and winning 2 first place trophies at camp.
 Future Plans: To go to college and become an amazing lawyer
 Favorite Pro team: Denver Broncos!!!
 Most important possession: My

puppy moose!

Person I admire most: my parents who truly made me believe anything is possible

Favorite Quote: No matter which direction you start its always against the wind coming back.



Kailynn Winheim

Birth Place: Las Vegas, Nevada
 Parents: Barbara and Dan Winheim
 Brothers/Sisters: Logan Winheim
 Greatest Personal Achievement: Being nominated for All American Cheer this year at camp, being elected as a class officer 2 years in a row and being asked to be co-editor for the yearbook!
 Future Plans: First I want to go to Boise State University or University of Las Vegas Nevada to major in political science and minor in law. Then eventually become a member of congress or have my own law firm.
 Favorite Pro Team: Football-Raiders!! Baseball- Cardinals!!
 Most Important Possession: My car

Person I admire most: My brother Logan, my parents, all my friends, and Sarah Palin.

Favorite Quote: There's a jungle cat in the bathroom!!!


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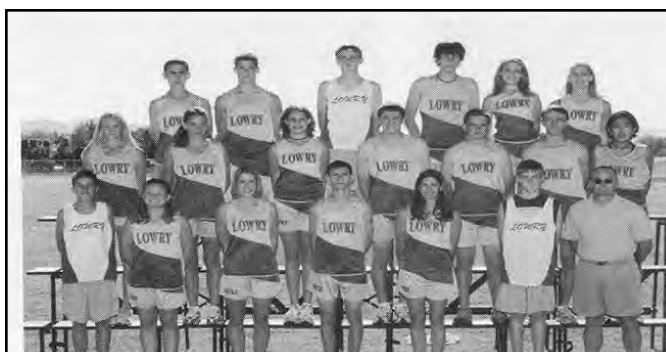
Girls 2000



Boys & Girls 2001



Girls 2002



Girls 2003



Boys & Girls 2004



Boys & Girls 2005



Boys 2006



Boys & Girls 2009



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CROSS COUNTRY SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	09/03/10	Class Races @ Douglas	Away	TBA
Friday	09/10/10	Whittel Invitational	Away	3:00 pm
Friday	09/17/10	North Tahoe Invitational	Away	TBA
Saturday	09/25/10	Bob Firman Invitational@ Boise	Away	TBA
Wednesday	09/29/10	Spring Creek Invitational	Away	TBA
Friday	10/01/10	South Tahoe Retro Relays	Away	TBA
Friday	10/08/10	Lowry Invitational	Home	TBA
Friday	10/15/10	Elko Invitational	Away	TBA
Thursday	10/28/10	3A Northern Regional Championships	Away	TBA
Saturday	11/06/10	State Championships @ South	Away	TBA



Roster:

Macy Alvarez	10	Jancy Ulch	9
Edith Castaneda	10	Harley Baker	9
Yoana Chavez	10	Shane Bell	12
Alexis Coleman	9	Richie Bleck	9
Rachelle Dennis	12	Luis Brown	9
Karen Esparza	9	Ryan Corbari	12
Madie Flanders	11	Carlos Esparza	12
Bridgette Gilboy	9	Chase Estes	11
Arianna Grantham	10	Joey Flanders	10
Marion House	10	Dylan Keller	12
Alicia Kelly	12	Jared Parks	11
Riata Kull	10	Daniel Raynor	11
Emelia Legarza	12	Brady Riley	10
Kinzie McClintick	11	Austin Schultz	10
Eva Mercado	10	Joleen Dunlap	10
Tienisha Muething	10	Jenae Nue	12
Jorden Raynor	9		

CROSS COUNTRY COACHES



Dawn Lucas, Head Coach

Where are you from: Reno, NV

Where are you from: Reno, Nevada

Years at Lowry: Starting my 4th year

Expectations for this season: Practice and compete like champions.

Education: B.S. from U.N.R.

Playing Experience: 4 years Varsity Cross Country in high school

Coaching Experience: Coached NV Cross Country team in Australia with Down Under Program in summer '08, coached 3rd/4th graders from Grass Valley for youth cross country race last three years, coached girls' and boys' state champion teams for last two years.

Other interesting information: I summited the highest mountain in Africa, Mt. Kilimanjaro, this summer.



Kitty Norcutt, Assistant

Where are you from: Butte, Montana

Years at Lowry: 30 years and counting

Expectations for this season: To coach a boys' and girls' State championship team

Education: B.S. in Elementary Ed., National Board Certification

Playing Experience: I have competed in numerous half-marathons, 10-K and 5-K races. Varsity Track in High School – 4 years

Coaching Experience: I coached both Track and Cross Country at Lowry High School for 6 years

Awards: 1st place finisher in Reno-Air 5-K ; 2nd place finisher in Race-To-The-Angel Half-Marathon

Other Interesting Information: I competed in the DeCelle Memorial 72-mile relay around Lake Tahoe

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CROSS COUNTRY SENIORS



Rachelle Dennis

Birth Place: Winnemucca Nevada
 Parents: Mike and Tammy Dennis
 Brothers/sisters: Tyler, Matt, Amber, Angela, and Sterling
 Greatest Personal Achievement: Winning State Championships in basketball
 Future Plans: Be an art teacher or go to culinary school
 Favorite Pro team: San Diego Chargers
 Most Important Possession: Cell Phone

Person I Admire Most: My older sister Amber and older brother Tyler
 Favorite Quote: "To give anything less than your best is to sacrifice the gift"



Alicia Kelly

Birth Place: Winnemucca, Nevada
 Parents: Louis and Kristina Kelly
 Brothers/Sisters: Shane and Brian Kelly
 Greatest Personal Achievement: Winning State in the 4x4 with my girls Dez, Kristie, and Sophie!
 Future Plans: Make bank, be successful, have a happy life.
 Favorite Pro Team: Yay Lakers!)
 Most Important Possession: My iPod, it keeps me sane.
 Person I Admire Most: Older brother Shane, he gives the best advice.

Favorite Quote: "A failure is a blessing in disguise."



Emelia Legarza

Birth Place: Reno, Nevada
 Parents: Jennifer Legarza, David Legarza
 Brothers/Sisters: Andrew Legarza
 Greatest Personal Achievement: I defeated all the blood elves in level 47 of World of Warcraft.
 Future Plans: To be a cross country state champ again.
 Favorite Pro Team: Average Joes
 Most Important Possession: My Princess, Jenae Neu
 Person I Admire Most: Mr. and Mrs. Lucas

Favorite Quote: "I'm a HOOT, why aren't you asking me?" -Coach Lucas



Jenae Neu

Birth Place: Alamosa, Colorado
 Parents: Sherry Burris, Richard Neu
 Brothers/Sisters: Travis, Tyler, Camille
 Greatest Personal Achievement: I climbed to Balconies on the eighth floor in Hawaii successfully (and back).
 Future Plans: To be a cross country state champ again.
 Favorite Pro Team: Purple Cobras
 Most Important Possession: My girl, Emelia Legarza
 Person I Admire Most: Mr. and

Mrs. Lucas
 Favorite Quote: "I'm a HOOT, why aren't you asking me?" -Coach Lucas



Shane Bell

Birth Place: Reno, NV
 Parents: Dan & Kelley
 Sister: Carly
 Greatest Personal Achievement: Putting 20 marshmallows in my mouth at one time.
 Future Plans: President of the United States of America!
 Favorite Pro Team: Boston Celtics
 Most Important Possession: My Aviators
 Person I Admire Most: Chuck Norris
 Favorite Quote: "I failed to make

the chess team because of my height." - Woody Allen



Ryan Corbari

Birth Place: Reno Nevada
 Parents: Archie and Cherie Corbari
 Brothers/sisters: Maggie Corbari
 Greatest Personal Achievement: Track
 Future Plans: Air Force
 Favorite Pro team: Los Angeles Lakers
 Most Important Possession: Truck
 Person I Admire Most: Dad
 Favorite Quote: Hell Ride to Heaven

CROSS COUNTRY SENIORS



Carlos Esparza

Birth Place: Guadalajara, Mexico
 Parents: Carlos and Angelica Esparza
 Brothers/Sisters: Karen Esparza
 Greatest Personal Achievement: Teaching myself to tumble
 Future Plans: Art College
 Most Important Possession: My oil paints!
 Person I Admire Most: My parents
 Favorite Quote: "Once you kill the cow, you gotta make a burger."



Dylan Keller

Birth Place: Winnemucca, NV
 Parents: Michelle Morris & Brian Keller
 Brothers/sisters: Don Morris, Dustin Morris, Melyssa A
 Greatest Personal Achievement: Ate a large Dominos pizza
 Future Plans: Professional of something awesome!
 Favorite Pro Team: New England Patriots, Boston Celtics, Denver Nuggets
 Most Important Possession: Disco Ball
 Person I Admire Most: Tom Brady, Randy Moss, Adam Sandler, Kat Williams
 Favorite Quote: "Shake 'N' Bake"

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VARSITY DANCE



Roster:

<u>Athlete</u>	<u>Grade</u>
Brandi Brooks	12
Talia Castaneda	11
Sheridan Fortney	12
Caitlyn Long	12
Savannah McDade	12
Brandi Nielson	11
Breanna Padilla	11

<u>Athlete</u>	<u>Grade</u>
Denise Ruiz	10
Jordan Thomas	10
Melanie Vance	11
Jessica Villarreal	11
Jazmyn Ward	12
Rachel Yates	12
Christina Zurcher	11

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JUNIOR VARSITY DANCE



Roster:

<u>Athlete</u>	<u>Grade</u>	<u>Athlete</u>	<u>Grade</u>
Lynsie Brown	9	Renee Poole	10
Crystal Chavez	11	Chalene Quinn	10
Amaya Davis	9	Angelica Salvador	10
Maeve Donovan	9	Heather Steinhaur	10
Harley Long	9	Alexis Sutfin	11
Teesha Nielson	9	Whitney Waller	10
Mallory Padilla	9		

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DANCE COACHES



Kelley Griggs, Head Coach

Where are you from: Good ole Orvada
Years at Lowry: seems like all my life =)
Expectations for this season: To put out the best dances we can that the crowd will enjoy.
Education: life in general
Playing Experience: Tea parties with Makenna
Coaching Experience: took over the team last year
Awards: Varsity girls took 3rd in their jazz competition. Pretty Dang good!
Other Interesting Information: I'm experiencing the "Empty Nest Syndrome" this year. It's not fun!

Leticia Delaney, Assistant Coach

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DANCE TEAM SENIORS



Brandi Brooks

Birth Place: Reno, Nevada
 Parents: John & Paige Brooks
 Brothers/sisters: Joe & Eric Brooks
 Career Plans: I want to go into Radiology
 Favorite Pro Team: I don't really know
 Greatest Personal Achievement: Getting the position ad Northern Region Rep. for Student Council
 Biggest Disappointment: When I ran a red light & totaled my Jetta
 Most Important Possession: My Gramps' dog tags
 Person I Admire Most: My Gramps and my daddy
 Favorite Food: Chorizo & eggs or the Fez's my dad makes me (Fried egg sandwich!)
 Favorite Teacher: Mrs. James!

Toughest Class: Anatomy
 My Idea of Relaxation: Laying on the couch, watching movies & eating ice cream
 Favorite Quote: "Forget the risk and take the fall if it's what you want it's worth it all."



Sheridan Fortney

Birth Place: Gallup, New Mexico
 Parents: Birth Father-Derrick Fortney, Step Father- Rob Butterfield, Laura Butterfield
 Brothers/Sisters: Tiffany, Michael, Angel, Travis
 Career Plans: Working in the medical field
 Favorite Pro Team: Broncos! Woohoo!
 Greatest Personal Achievement: Making Varsity Dance Team as a freshman
 Biggest Disappointment: Not placing my first two years at dance competition
 Most Important Possession: MP3/Truck
 Person I Admire Most: My mother
 Favorite Food: Food in general is my favorite.

Favorite Teacher: Mrs. Kottke, Mr. Felshaw
 Toughest Class: Math in general
 My Idea of Relaxation: Lying on the beach getting sun kissed!



Caitlyn Long

Birth Place: Fresno California
 Parents: Jim and Kathy Long
 Brothers/sisters: Grace, Kyle, Harley, McKenna, and Samuel Long
 Greatest Personal Achievement: Making it to Senior year
 Future Plans: High school biology teacher
 Favorite Pro team: Cowboys
 Most Important Possession: Music
 Person I Admire Most: My Dad
 Favorite Food: Valerie Lockaby's Banana Chocolate Chip Bread
 Favorite Teacher: Mrs. Meissner and Mrs. Pasquale
 Toughest Class: Math in general
 My Idea of Relaxation: Laying in bed

watching Tosh.O and Jersey Shore
 Favorite Quote: "Flying is learning how to throw yourself at the ground and miss" -Douglas Adams



Savannah McDade

Birth Place: Reno, NV
 Parents: Raymond and Elisa McDade
 Brothers/sisters: J.W. McDade
 Career Plans: Becoming a famous screen writer/actress!
 Favorite Pro Team: Packers
 Greatest Personal Achievement: Making the all-star dance team all four years
 Biggest Disappointment: The remake of the John Wayne movie, True Grit
 Most Important Possession: My car
 Person I Admire Most: My grandma Kubiecheck & my grandma McDade
 Favorite Food: Chorizo
 Favorite Teacher: Mrs. Godinez, Mr. Beck, & Mr. Setzer
 Toughest Class: Chemistry

My Idea of Relaxation: Hiking is rather relaxing
 Favorite Quote: "Hard times build character"



Jazmyn Ward

Birth Place: Reno Nevada
 Parents: Danyell and Desmond Ward
 Brothers/sisters: Jordyn and Angel Ward
 Greatest Personal Achievement: Being captain of the varsity dance team
 Future Plans: Go to college, major in fashion design, and hopefully become a pro-dancer!
 Favorite Pro team: Green Bay Packers and the Los Angeles Lakers
 Most Important Possession: My Family and Friends
 Person I Admire Most: My Momma
 Favorite Quote: The hand of friendship has no color



Rachel Yates

Birth Place: Reno, NV
 Parent: Greg Yates
 Brothers/Sisters: Chole Yates
 Career Plans: I don't know yet!
 Favorite Pro Team: Orioles... I know they never win...
 Greatest personal Achievement: Having a 4.0 and working my butt off in school
 Biggest Disappointment: not placing high at competition last year
 Most important possession: My happiness!
 Person I admire most: My dad-he's awesome.
 Favorite Teacher: Mr. Setzer, Mr. Corak or Mr. Anderson
 Toughest Class: anatomy

My idea of relaxation: Getting a pedicure
 Favorite Quote: Life is way too important to be taken seriously.- Oscar Wilde

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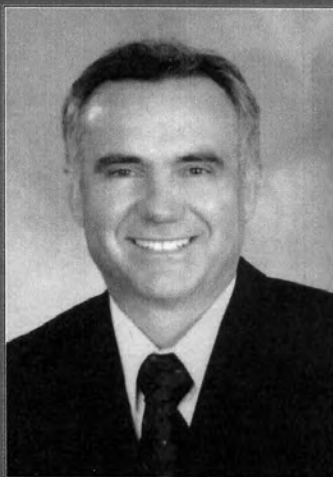
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FOOTBALL SCHEDULES

Varsity

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Saturday	08/21/10	Scrimmage Fallon & Elko	Home	10:30 am
Friday	08/27/10	Battle Mountain High School	Home	7:00 pm
Friday	09/03/10	Wooster High School	Home	7:00 pm
Friday	09/10/10	South Tahoe	Away	7:00 pm
Friday	09/17/10	Dayton High School	Away	7:00 pm
Friday	09/24/10	Elko High School	Home	7:00 pm
Friday	10/01/10	Sparks High School	Away	7:00 pm
Friday	10/08/10	Spring Creek High School	Away	7:00 pm
Friday	10/15/10	Fernley High School	Home	7:00 pm
Saturday	10/23/10	Truckee High School	Away	1:30 pm
Friday	10/28/10	Fallon High School	Home	7:00 pm
Saturday	11/06/10	Quarter Final Playoffs	Away	TBA
Saturday	11/13/10	Semi-Final Playoffs	Away	TBA
Saturday	11/20/10	State Final	Away	TBA

Junior Varsity

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Saturday	08/21/10	Scrimmage Fallon & Elko	Home	9:00 am
Friday	8/27/10	Battle Mountain High School	Home	4:30 pm
Friday	9/03/10	Wooster High School	Home	4:30 pm
Friday	9/10/10	South Tahoe	Away	4:30 pm
Friday	9/17/10	Dayton High School	Away	4:30 pm
Friday	9/24/10	Elko High School	Home	4:30 pm
Friday	10/01/10	Sparks High School	Away	4:30 pm
Friday	10/08/10	Spring Creek High School	Away	4:30 pm
Friday	10/15/10	Fernley High school	Home	4:30 pm
Saturday	10/23/10	Truckee High school	Away	11:00 am
Thursday	10/28/10	Fallon High School	Home	4:30 pm

Freshman

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Saturday	08/21/10	Scrimmage Fallon & Elko	Home	9:00 am
Thursday	9/02/10	Wooster High School	Home	5:00 pm
Thursday	09/09/10	South Tahoe	Away	3:00 pm
Friday	09/17/10	Yerington High school	Away	4:30 pm
Thursday	09/23/10	Elko High School	Home	5:00 pm
Friday	10/01/10	Battle Mountain High School	Away	4:30 pm
Thursday	10/07/10	Spring Creek High School	Away	5:00 pm
Thursday	10/14/10	Fernley High School	Home	5:00 pm
Thursday	10/21/10	Truckee High School	Away	3:00 pm
Wednesday	10/27/10	Fallon High School	Home	5:00 pm

VARSITY FOOTBALL



#	Name	Grade	Height	Weight	Position
2	Danny Ochoa	12	5'10"	175	DE-REC
3	Jace Billingsley	11	5'8"	165	TB, LB
6	Gus Duncan	11	5'8"	155	TB,CB
5	Michel Billingsley	10	5'10"	175	QB, LB
7	Mitch Pollock	12	5'7"	140	QB,CB
11	Sean Millikan	12	6'6"	235	TE, DE
12	Dillon Anderson	12	6'3"	180	REC, DB
20	Jonathon Landa	11	5'8"	140	REC, DB
22	Cesar Moreno	12	5'8"	145	REC, DB
24	Mitch Tiske	12	6'2"	185	FB, DE
28	Alfonso Bernal	12	5'11"	170	REC, DB
32	Johnny Hernandez	11	6'0"	190	FB, CB
34	Devon Marcell	11	5'11"	190	RB, LB
44	Bryan Noble	11	6'1"	185	TE, LB
48	Dylan Ongert	12	5'11"	180	FB, LB
42	Ryan Nicholson	11	5'9"	180	FB, CB
52	Ivan Ramirez	12	6'2"	235	OC, DC
51	Ryan Nelson	11	5'8"	190	FB, LB
54	Cody Anderson	10	6'1"	230	OL, DL
55	Fergi Herrera	11	6'0"	240	OL, DL
50	Nic Velasquez	11	6'3"	210	OL, DL
66	Will Thacker	12	6'3"	255	OL, DL
68	AJ Ourada	11	6'4"	230	OL, DL
78	Ronnie Jo Schofield	12	6'2"	195	OL, DE
75	Niko Tarr	12	6'3"	220	OL, DL
77	Brian Tyree	12	6'0"	175	OL, DC
81	AJ Leal	12	6'0"	175	S, REC
82	Cole Hatcher	11	6'0"	155	REC, DE
70	Amoar Mall	12	5'10"	235	OL, DL
33	Michael Arenas	10	5'10"	160	RB, LB

JUNIOR VARSITY FOOTBALL



#	Name	Grade	Height	Weight	Position
2	Mall, Narinder Singh	10	5'8	150	WR/DB
22	Ugarte-Rodriguez, David	10	5'6	120	RB/DB
4	Johnson, Lance G	10	6'2	160	WR/DB
7	Pollock, Daniel Scott	10	5'1	100	QB/DB
8	Ramirez Hernandez, Edgar	11	6'0	155	WR/DB
9	Connors, Calvin William	9	5'6	125	QB/DB
12	Zepeda, Miguel Angel	10	5'8	150	WR/DB
30	Okuma, Brandon Warren	9	5'6	135	RB/LB
34	Cook-Green, Cody Lane	10	5'8	150	RB/LB
44	O'Reilly, Dukota Patrick	10	5'8	160	TE/LB
50	Hamilton, Dusty James-Rosco	10	5'8	170	OL/LB
52	Esquivel, Marc Anthony	10	5'8	180	OL/DL
54	Ourada, Matt Karl	9	6'1	210	OL/DL
55	Welch-Garnett, William Joel	11	6'1	160	OL/DL
60	Ranson, Jordan Leighton	10	6'2	210	OL/DL
63	Begay, Taylor Jackson	10	5'8	250	OL/DL
65	Von Aspern, Tyler Louis	10	5'10	145	OL/DE
66	Quilici, Michael John	10	5'10	165	OL/LB
67	Wells, Matthew Warren	10	5'5	165	OL/DL
71	Blouir, Trystan Kyle	10	5'10	225	OL/DL
75	Cardenas, Michael Ray	10	5'8	165	OL/DL
77	Duran, Tyler Gabriel	11	5'10	235	OL/DL
80	Watterson, Joshua L	9	6'3	165	TE/DE
88	Martin, Taylor James	10	5'9	165	TE/DE

FRESHMAN FOOTBALL



<u>##</u>	<u>First</u>	<u>Last</u>	<u>OFF</u>	<u>DEF</u>	<u>##</u>	<u>First</u>	<u>Last</u>	<u>OFF</u>	<u>DEF</u>
86	Jacob	Aitken	RB	DB	22	Cody	Jock	RB	LB
55	Garrett	Arndt	OL	DE	74	Jed	Johnson	OL	LB
42	Alex	Barnes	OL	DE	56	Tytin	Johnson	OL	DT
32/33	Kirk	Berentsen	RB	LB	72	Drake	Kavanaugh	OL	DE
3	Eric	Brooks	RB	CB	66	Jacob	Klassen	OL	DT
53	Brad	Brown	OL	DT	7	Tanner	Lecumberry	QB	DB
60	Zac	Bruffett	OL	DT	84	Wyatt	Lester	TE	LB
52	Kerry	Buckmaster	OL	DT	74	Sam	Madrid	OL	DT
65/67	Tyler	Carl	OL	CB	81	Anthony	Manzo	TE	DB
20	Quinn	Carrica	RB	LB	32	Alec	Mayo	RB	LB
57	Ivan	Castellanos	OL	DE	57	George	Mendoza	OL	DT
56/88	John	Childs	OL	DT	82	Lane	Mentaberry	TE	LB
54	John	Cooney	OL	DE	18	Tytus	Millikan	TE	LB
44	Chance	Davis	RB	LB	12	Marcus	Molina	OL	DE
9	Christian	Dawson	QB	LB	88	Aaron	Nelson	TE	DB
50	Nate	Eldodt	OL	DE	45	Nate	Nelson	TE	DB
13	Frankie	Flanders	RB	DE	30	Clay	Norcutt	TE	DB
21	Erik	Francis	RB	LB	34	Dominic	Ozanick	RB	DE
7	Elijah	Frei	RB	DT	20	Braxton	Paulson	OL	LB
77	Omar	Garcia	OL	DT	26	Dillon	Peterson	RB	LB
21	Ethan	Gray	QB	DB	63	DJ	Ragan	OL	DT
8	Troy	Hardy	RB	DB	71	Robert	Stepper	OL	DE
75	Manny	Herrera	OL	DT	4	Devin	Tinken	OL	DE
67/72	Taylin	Hotz	OL	DT	24	Tenaiya	Victor	RB	DB

VARSITY FOOTBALL COACHES



Tim Billingsley, Head Coach

Where are you from: Winnemucca, NV

Years at Lowry: 4

Expectations for this season: Work hard and go to post season

Education: College of Redwood, BS Education and UNR Major - English/PE

Playing Experience: Lowry High and College of Redwood

Coaching Experience: 11 years Lowry Head Coach, 7 years 86-92, 4 years 07-10

Awards: Coach of the year 09, State runner up '90 and '92

Other Interesting Information: Wife Susan, and beautiful children. GO BUCKS!!!



Ron Beck

Where are you from: Twin Bridge, Montana

Years at Lowry: 21

Expectations for This Season: Make it to the Playoffs

Education: B.S. Social Studies Western Montana College

Coaching Experience: 21 here at Lowry all levels



Shaun Murgel, Assistant

Where are you from: The U.S.A.

Years at Lowry: 7

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



Tom Newland, Assistant

Where are you from: Colorado

Years at Lowry: One

Expectations for this season: Get to know the other coaches and have fun coaching Lowry Football and Track and Field

Education: M.S. Sport Administration, University of Northern Colorado, B.S. Industrial Technology,

Colorado State University

Playing Experience: College- Five years at Colorado University Football. High School- Four years at Brush High School (Brush, Colorado) Football and Track.

Coaching Experience: 18 years total coaching experience, 10 years for football, nine years for track and field, six years for baseball, two years for girls fast pitch softball

Awards: 1987 Western Athletic Conference Scholar Athlete, 1983 AA Colorado High School Player of the Year.

JV 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: Married to Paige Brooks and Three kids- Joe, Brandi, and Eric. Also I coach wrestling at Lowry



AUAT TABTABAC

Where are you from: Up country
Years at Lowry: I don't do years. I'll be here forever!
Expectations for this season: B no bedah then yesterday...
Education: Coach Lucas tutors me every day.
Playing Experience: 3 Years WYFL
Coaching Experience: 1 year powder puff...
Awards: Being here at Lowry is an' will be the biggest award I have received...
Other Interesting Information: I survived 1 week at camp success w/ coach "B"...



Ty Lucas

Where are you from: WY, OR, WA, CA, NV
Years at Lowry: 4
Expectations for this season: To play smash mouth football!!
Education: Educated from the best school in the west, The WOLF PACK!!
Playing Experience: I think I tried two hand touch once!
Coaching Experience: 4th year at Lowry: Football, basketball, softball.
Coached 10 different sports at LHS after 3 years.
Awards: I think they are still in the mail???
Other Interesting Information: There is nothing better than getting up and coming to LHS everyday!!

FRESHMAN FOOTBALL COACH-



Greg Scott

Where are you from: North Idaho

Years at Lowry: 6

Expectations for this season: Get better every week to win our conference.

Education: Master's in Industrial Education

Playing Experience: H.S.

Coaching Experience: 15 years

Awards: 2007- A few years in my McDermitt days

Other Interesting Information: Married to a great gal, have two great kids, and love to Geek.



Grant Beatty

Brent Riemersma

Where are you from: Manistee, Michigan

Years at Lowry: First year

Expectations for this season: Help the freshmen learn the game, have fun and hopefully win a few games.

Education: Bachelors from Grand Valley State University, working on Masters from George Washington

Playing Experience: Nose Tackle for the Manistee Chippewas

Coaching Experience: 6 years in McDermitt

Awards: 2007—Senior Award, 2008—Distinguished Educator

FOOTBALL SENIORS



Dillon Anderson

Birth Place: Rexburg, ID
 Parents: Susan and Demar Anderson
 Brothers/sisters: Cody, Shannon, and Kristin Anderson
 Greatest Personal Achievement: Going to state for track
 Future Planes: Biologist or accountant
 Favorite pro Team: Cardinals
 Most Important Possession: My bed
 Person I admire most: My

mom and pops

Favorite Quote: "get sick on your own time"



Alfonso Bernal

Birth Place: Winnemucca, NV
 Parents: Graciela and Alfonso Biaz Bernal
 Brothers/sisters: Omar and Perla Bernal
 Greatest Personal Achievement:
 Future Planes: College
 Favorite pro Team: San Francisco 49ers
 Most Important Possession: Family and Friends
 Person I admire most: My dad

Favorite Quote: "never give up"



AJ Leal

Birth Place: Fallon, NV
 Parents: Joe and Michon Leal
 Brothers/ sisters: Mallorie and Kaden Leal
 Greatest Personal Achievement: Starter on Varsity football as a sophomore
 Future Planes: College, then ruling the world
 Favorite pro Team: Saints
 Most Important Possession: Family and Broskis
 Person I admire most: My

mom and dad

Favorite Quote: "For every dark night there is a brighter day"



Amour Mall



Bobby Marley

Parents: Tom Marley
 Brothers/Sisters: Kevin, Jeremy, Ricky, and Joe Marley
 Greatest Personal Achievement: Getting out of Foster care
 Future Plans: Go to college or into the Army
 Favorite Pro Team: Dallas Cowboys
 Most Important Possession:
 Person I Admire Most: My Dad

Favorite Quote: Once you've wrestled everything is easier



Sean Millikan

Birth Place: Pocatello, Idaho
 Parents: Michael, and Dara Lee
 Brothers/Sisters: Tytus, Trenna, Saree
 Greatest Personal Achievement: TD return last year against Fernley.
 Future Plans: Computer Engineering
 Favorite Pro Team: Falcons
 Most Important Possession: My Skills
 Person I Admire Most: You

Favorite Quote: "I don't know what to say"- Lee Bosch

FOOTBALL SENIORS



Cesar Moreno

Birth Place: Michoacán Mexico
 Parents: Yadira Ochoa
 Brothers/ sisters: Felipe Moreno, Manuel Magana, Beatriz Ochoa
 Greatest Personal Achievement:
 Future Planes: Become a law Enforcer
 Favorite Pro Team: Raiders
 Most Important Possession:
 Person I admire most: My

mom

Favorite Quote: "Go hard or go home"



Danny Ochoa

Birth Place: Winnemucca, NV
 Parents: Israel Sr and Leticia Ochoa
 Brothers/ sisters: Israel jr and Mariel Ochoa
 Greatest Personal Achievement: Everything I do
 Future Planes: Own a strip club
 Favorite Pro Team: Oakland Raiders
 Most Important Possession:

My clothes

Person I admire most: My Brother

Favorite Quote: "Every Play, Every Day"



Dylan Ongert

Birth Place: Winnemucca, NV
 Parents: David and Sandy Ongert
 Brothers/sisters: Jessica Lambert and Ashley Wicke
 Greatest Personal Achievement: Playing Football for ten seasons
 Future Planes: United States Air Force
 Favorite Pro Team: Washington Redskins

Most Important Possession: My hat

Person I admire most: My dad

Favorite Quote: "Nothing is impossible"



Mitch Pollock

Birth Place: Reno, NV
 Parents: Tammy and Kelly Pollock
 Brothers/ sisters: Daniel
 Greatest Personal Achievement: State champion wrestler
 Future Planes: Be successful in what ever I do
 Favorite Pro Team: Not the Cowboys
 Most Important Possession: MY wakeboard
 Person I admire most: My dad

Favorite Quote: "Champions aren't built in the gym. Champions are built from something deep inside them— a desire, a dream, a vision."



Ivan Ramirez

Birth Place: Colima Mexico
 Parents: Maria Bautista
 Brothers/sisters: Livier Ramirez, Will Thacker
 Favorite pro Team: Baltimore Ravens
 Most Important Possession: My Guitar
 Person I admire most: My mom
 Favorite Quote: "do work"



Ronnie Schofield

Birth Place: Winnemucca, NV
 Parents: Dale and Noreen Schofield
 Brothers/sisters: Ryan and Robert Ballard, Sam Schofield
 Greatest Personal Achievement: Offered to act in a movie
 Future Planes: College
 Favorite Pro Team: Packers
 Most Important Possession: My truck

Person I admire most: Family

FOOTBALL SENIORS



Niko Tarr

Birth Place: Elko, NV
 Parents: Drew and Vicki Tarr
 Brothers/ sisters: Kyle
 Greatest Personal Achievement: Recording our bands first C.D./ making it this far in school
 Future Planes: Go to UNR and study Radiology
 Favorite pro Team: Pittsburgh Steelers
 Most Important Possession: My guitar

Person I admire most: My mom
 Favorite Quote: "One step, slide"



Will Thacker

Birth Place: Las Vegas, NV
 Parents: Bobbi and Shane Thacker
 Brothers/ sisters: Morgen and Shayln Thacker, Ivan Ramirez
 Greatest Personal Achievement: Starting lineman, All-League OL/DL as a sophomore
 Future Planes: Physical Education Teacher
 Favorite pro Team: Oakland City Thunder
 Most Important Possession: Family and Friends
 Person I admire most: My little

sister
 Favorite Quote: "Never Give Up"



Mitch Tiske

Birth Place: Winnemucca, NV
 Parents: Robert and Debi Tiske
 Brothers/ sisters: Mat
 Greatest Personal Achievement: making it 18 years
 Future Planes:
 Favorite pro Team: Packers
 Most Important Possession: My bull rope
 Person I admire most: My uncle Rob
 Favorite Quote: "Slide and

ride"



Brian Tyree

Birth Place: Winnemucca, NV
 Parents: Dyane and Marian Tyree
 Brothers/ sisters: Ben, Chris, Katie, Maggie
 Greatest Personal Achievement: Completing my eagle project
 Future Planes: Military and college, have my own corvette
 Favorite pro Team: Steelers
 Most Important Possession:

My dog Midas
 Person I admire most: My dad
 Favorite Quote: "The real man smiles in trouble, gathers strength from distress and grows brave from reflection"

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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,

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

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	8/27/10	Ice Breaker @ Spring Creek	Away	10:00 am
Friday	09/03/10	South Tahoe	Away	11:00 am
Thursday	09/09/10	Fallon High School	Away	10:00 am
Friday	09/17/10	Spring Creek High School	Away	10:00 am
Friday	09/24/10	Lowry Invitational	Home	10:00 am
Thursday	09/30/10	Truckee High School	Away	10:00 am
Thursday	10/07/10	Dayton High School	Away	10:00 am
Thursday	10/14/10	Elko High School	Away	10:00 am
Wednesday	10/20/10	State Tournament	Away	TBA
Thursday	10/21/10	State Tournament	Away	TBA



Roster:

<u>Athlete Name</u>	<u>Grade</u>
Allison Carlo	12
Bailey Laird	10
Hannah Haun	9
Casey Kieser	11
Cortney Kieser	10
Madeline Burgher	12

GOLF COACH



Chelsea Mendiola

Where are you from: Winnemucca, Nevada
 Years at Lowry: Two years as teacher, four as a student
 Expectations for this season: To get better everyday
 Education: 99-03 at Lowry High School, 03-07 at University of Nevada
 Reno Special Education and Elementary Education
 Playing Experience: Four years of varsity golf, four years varsity basketball
 Coaching Experience: Three years girls basketball, one year girls golf
 Awards: 2001 and 2002 3A Girls Golf State Champs, 2002 3A Girls Basketball State Champs

SENIOR GOLFER



Allison Carlo

Birth Place: Winnemucca, Nevada
 Parents: Tony and Misty Carlo
 Brothers/Sisters: Savannah Carlo
 Greatest Personal Achievement: Making the varsity golf team four years in a row
 Future Plans: Going to Culinary School in Denver, Colorado
 Favorite Pro Team: Tiger is the only pro I watch.
 Most Important Possession: My

pug Tibby
 Person I Admire Most: My sister Savannah for never giving up.
 Favorite Quote: "Well behaved women rarely make history." – Marilyn Monroe



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BOY'S SOCCER SCHEDULE

Varsity

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	09/03/10	Elko Tournament	Away	TBA
Saturday	09/04/10	Elko Tournament	Away	TBA
Tuesday	09/07/10	*Spring Creek High School	Away	5:00pm
Friday	09/10/10	Rite of Passage	Home	5:00pm
Saturday	09/11/10	White Pine High School	Home	1:00pm
Tuesday	09/14/10	*Elko High School	Home	5:00pm
Friday	09/17/10	*Battle Mountain High School	Home	5:00pm
Saturday	09/18/10	*Fallon High School	Home	1:00pm
Tuesday	09/21/10	*Fernley High School	Away	5:00pm
Friday	09/24/10	Yerington High School	Away	5:00pm
Saturday	09/25/10	Dayton High School	Home	1:00pm
Thursday	09/30/10	*Battle Mountain High School	Away	5:00pm
Saturday	10/02/10	*Spring Creek High School	Home	1:00pm
Thursday	10/07/10	Rite of Passage	Away	3:00pm
Saturday	10/09/10	White Pine High School	Away	1:00pm
Tuesday	10/12/10	Elko High School	Away	4:00pm
Saturday	10/16/10	Fallon High School	Away	1:00pm
Friday	10/22/10	Yerington High School	Home	5:00pm
Saturday	10/23/10	*Fernley High School	Home	1:00pm



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VARSITY BOY'S SOCCER



#	ATHLETE NAME	GRADE	POSITION
1	Guzman, Daniel	12	Midfielder
4	Villagomez, Alex	12	Fullback
5	Castaneda, Jose Emmanuel	11	Midfielder
7	Gibson, Jacob Helaman	12	Fullback
8	Jones, Matthew Allen	11	Fullback
9	Waite, Ephrem Yemer	10	Striker
10	Thiede, Dusty John	11	Midfielder
11	Acevedo, Jose Cristobal	11	Striker
12	Alvarez, Luis Hernan	10	Midfielder
13	Pate, Jessie Agustus	11	Fullback
14	Kraft, Dustin Robert	12	Midfielder
19	Ruiz, Alvaro A	12	Fullback
20	Pace, Anders Lee	12	Midfielder
GK	Carrica, Cameron Lee	11	Goal Keeper

JUNIOR VARSITY BOY'S SOCCER

#	ATHLETE NAME	GRADE	POSITION
3	Villagomez, Christian Mendoza	10	MIDFIELDER
6	Diaz, Jose Juan	9	STRIKER
15	Hernandez, Luis Angel Rodriguez	10	STRIKER
18	Aguilar Jr., Carlos	9	STRIKER
	Barta, Christopher Paul	9	FULLBACK
	Carrillo, Wilbert Oswaldo	9	STRIKER
	Castaneda, Sergio	9	FULLBACK
	Jones, Joshua David	9	G/K
	Maher, Dain Robert	9	MIDFIELDER
	Mendoza, Christopher Isidro	9	MIDFIELDER
	Mendoza, Jose Alberto	9	MIDFIELDER
	Roark, Alex Joseph	9	MIDFIELDER
	Wolfsteller, Logan Raye	9	FULLBACK



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BOYS' SOCCER COACHES



Steve Swansen

Where are you from: Lots of different places

Years at Lowry: 10 seasons

Expectations for this season: to win the conference championship, win the first game at zone, to surprise a lot of people

Education: I got a bit.

Playing Experience: Never really played soccer

Coaching Experience: 9 seasons Lowry varsity 1 season Lowry Junior Varsity

Awards: Too many to mention, you'll have to check out my "I love me" wall at home.

Other interesting information: Lowry Men's Soccer has qualified for Zone every season for the last 10 years.

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BOYS' SOCCER SENIORS



Danny Guzman

Birth Place: Winnemucca
 Parents: Lucia G Rangel
 Brothers/Sisters: Tony, Amador, Mike, Beto, Vanesa
 Greatest Personal Achievement: Getting a 3.8 last semester
 Future Plans: Go to college
 Favorite Pro Team: New York Yankeeessssss
 Most Important Possession: Familia
 Person I Admire Most: My

Loving Mother

Favorite Quote: Why do what has already been done?



Anders Pace

Birth Place: Nampa, ID
 Parents: Bob and Mary Kay
 Brothers/sisters: Robin
 Future Plans: college
 Favorite Pro Team: Boston Red Sox
 Most important possession: Family
 Person I admire most: My parents
 Favorite quote: "Never out smart your common sense"



Alex Villagomez

Birth Place: Winnemucca, NV
 Parents: Juan and Sandra Villagomez
 Brothers/sisters: Alejandro and Juan Martin Villagomez
 Future Plans: College
 Favorite Pro Team: Liverpool
 Most Important Possession: My car
 Person I Admire Most: Dad



Jacob Gibson

Birth Place: Twin Falls, Idaho
 Parents: Jonathan and Tawnja Gibson
 Brothers/Sisters: Too many to list
 Greatest Personal Achievement: All-State Choir Section Leader
 Future Plans: College and world domination
 Favorite Pro Team: Lowry High Men's Choir
 Most Important Possession: My dignity
 Person I Admire Most: My

mommy

Favorite Quote: "I don't feel like I can, but I know that I will." – Yours Truly



Dustin Kraft

Birth Place: Winnemucca, Nevada
 Parents: Gregg and Jodi Kraft
 Brothers/Sisters: Kaci Kraft
 Greatest Personal Achievement: Harvesting first deer
 Future Plans: Professional baseball player
 Favorite Pro Team: Houston, Dynamo
 Most Important Possession: 2008 JV baseball player of the year plaque

Person I Admire Most: Dad

Favorite Quote: "Almost doesn't count, unless it's in horse shoes"



Alvaro Ruiz

Birth Place: Mexico
 Parents: Maria and Nestor
 Brothers/Sisters: Nestor, Irma, Marisela, Arasele, Peisy
 Future Plans: College
 Favorite Pro Team: Chivas
 Most Important Possession: My family
 Person I Admire Most: My parents
 Favorite Quote: "Never give up."

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~
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GIRL'S SOCCER SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	09/03/10	Elko Tournament	Away	TBA
Saturday	09/04/10	Elko Tournament	Away	TBA
Tuesday	09/07/10	*Spring Creek High School	Away	3:00 pm
Friday	09/10/10	Pershing County High School	Home	3:00 pm
Saturday	09/11/10	White Pine High School	Home	11:00 am
Tuesday	09/14/10	*Elko High	Home	3:00 pm
Friday	09/17/10	*Battle Mountain High School	Home	3:00 pm
Saturday	09/18/10	*Fallon High School	Home	11:00 am
Tuesday	09/21/10	*Fernley High School	Away	3:00 pm
Friday	09/24/10	Yerington High School	Away	3:00 pm
Saturday	09/25/10	Dayton High School	Home	11:00 am
Thursday	09/30/10	*Battle Mountain High School	Away	3:00 pm
Saturday	10/02/10	*Spring Creek High School	Home	11:00 am
Friday	10/08/10	Pershing County High School	Away	3:00 pm
Saturday	10/09/10	White Pine High School	Away	11:00 pm
Tuesday	10/12/10	Elko High School	Away	2:00 pm
Saturday	10/16/10	Fallon High School	Home	3:00 pm
Friday	10/22/10	Yerington High School	Home	3:00 pm
Saturday	10/23/10	*Fernley High School	Home	11:00 am



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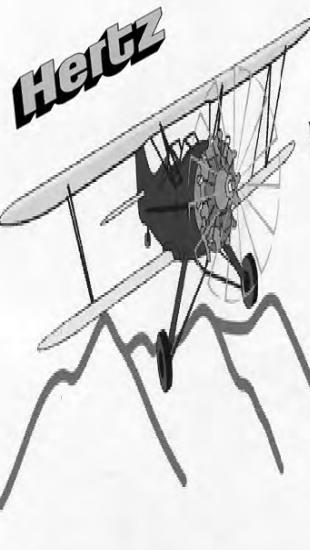


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VARSITY GIRL'S SOCCER



#	ATHLETE NAME	GRADE	POSITION
2	Castaneda, Gaudy Johanna	12	Defender
4	Cisneros, Jasmine	11	Mid-Defender
5	Mitch, Madeline Irene	10	Midfielder
6	Sandoval, Marilynn	12	Defender
7	Sundahl, Sydnie Lynn	11	Forward
8	Okuma, Ashley Nicole	12	Keeper
9	Lombardi, Ashley Marie	11	Defender
10	Hamilton, Rikki Lorene	10	Defender
11	Ingle, Kristine June	12	Midfielder
12	Walker, Alison Rose	9	D/stopper
13	Silva, Kaley Marie	9	Mid-Defender
14	Davis, Anna Nichole	10	Forward
15	Castillo, Virginia Lynn	12	Stopper
16	Diehl, Kelse Rae Ann	11	Mid- Stopper
17	Coutts, Jordyn Nicole	10	Stopper
18	Fernandez, Savanna Kaelene	12	Forward
19	Jenkins, Ashlee Nicole	10	Midfielder
20	Madden, Kendal Renee	10	Mid/Forward
21	Marin, Johnnie	9	Forward
25	Ingram, Savannah Elizabeth	10	Defender

JV GIRL'S SOCCER

#	ATHLETE NAME	GRADE	HEIGHT	POSITION
1	Cary, Shae Alizabeth	9		Keeper
2	Garcia, Jolyn	9		GK/Defender
3	Gonzalez, Maria Elizabeth	9		Forward
5	Ramirez, Mairani Vanessa	9		Mid-Forward
6	Aguilar, Cintia Yvette	11		Defender
7	Castillo, Elizabeth L.	9		Mid-Forward
9	Covarrubias, Lydia Crystal	9		Mid-Defender
13	Gomez, Diana Estefany	9		Defender
14	Flores, Karina	9		Forward
15	Decker, Courtney L	9		Center Mid Field
20	Covarrubias, Jennifer	9		Right Mid Field
21	Anguiano, Rosemary	9		Forward/Defender
	Armstrong, Cherice Rose	9		Defender
	Montero, Savannah May	9		Forward
	Solis, Bertha	9		Left Mid Field
	Perez, Aolani	10		Defender
	Hernandez, marysol	9		Right Mid Field
	Vanderveen, Casey	9		Defender
	Brown, Katlin	9		Left Mid Field
	Tuck, Kaila	9		Left Mid Field
	Perez, Adriana	11		Manager

Coach: Virginia Perez

Athletic Administrator: Byron Jeppsen



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GIRL'S SOCCER COACHES



Jose Sapien Sr.

Hometown: Mexico City

Years at Lowry: 3

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)

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GIRL'S SOCCER SENIORS



Gaudy Castaneda

Birth Place: Winnemucca
Parents: Luz & Sergio Castaneda
Brothers/Sisters: Claudia, Yuridia, Virginia, Sergio
Greatest Personal Achievement: Making it to senior year
Future Plans: Go to college to become an architect
Most Important Possession: My Family
Person I Admire Most: My sister Yuri!

Favorite Quote: "I cannot predict the future, I cannot change the past, I have just the present moment, I must treat it as my last."

dict the future, I cannot change the past, I have just the present moment, I must treat it as my last."



Virginia Castillo

Birth Place: Yuma, AZ
Parents: Mike & Cathy Castillo
Brothers/Sisters: Diamond, Guady & Chris S
Greatest Personal Achievement: Making it to senior year
Future Plans: Going to college to become a therapist
Most Important Possession: My Family
Person I Admire Most: My Dad, Henry M Castillo
Favorite Quote: "Never let the fear of striking out keep you from playing the game."



Ashley Okuma

Birth Place: Sparks, NV
Parents: Kenji & Debbie Okuma
Brothers/Sisters: Brandon, Cameron, Kara
Greatest Personal Achievement: Making it to my senior year!
Future Plans: Go to college and hopefully play college soccer
Favorite Pro Team: New Orleans Saints
Most Important Possession: Family

Person I Admire Most: My dad

Favorite Quote: "I believe in sun when it's not shining, in love when I am alone, and in god when he is silent."



Kirstie Ingle

Birth Place: Winnemucca, NV
Parents: Richard & Cathy Ingle
Brothers/Sisters: Matt, Ben, Katie
Greatest Personal Achievement: Winning State my sophomore year in the 4x400
Future Plans: Attending a university and majoring in anthropology and archaeology
Favorite Pro Team: Real Madrid
Most Important Possession: My record player
Person I Admire Most: Winston Churchill

Churchill

Favorite Quote: "James Dean taught me not to speed, River Phoenix taught me not to do speed, & Marlon Brando taught me to slow down on the cheeseburgers."



Marilynn Sandoval

Birth Place: Lancaster, CA
Parents: Liliana & Fidencio Sandoval
Brothers/Sisters: Joanna, Bunnie, Ahahi
Greatest Personal Achievement: Making it to Senior Year
Future Plans: Go to college and study to become an optometrist
Favorite Pro Team: Denver Nuggets

Most Important Possession: My Family

Person I Admire Most: My dad

Favorite Quote: "Life is either a daring adventure or nothing."
- Helen Keller



Savanna Fernandez

Birth Place: Winnemucca, NV
Parents: Enrique & Tammy Fernandez
Brothers/Sisters: Hunter, Natalia, Victoria
Greatest Personal Achievement: Keeping a high GPA throughout high school
Future Plans: Go to college in CA to become a veterinarian then move back to Nevada
Favorite Pro Team: Steelers
Most Important Possession: My dogs Duke & Malibu

Person I Admire Most: My cousin, Erik & My mom

Favorite Quote: "Only when we are no longer afraid do we begin to live" - Dorothy Thompson

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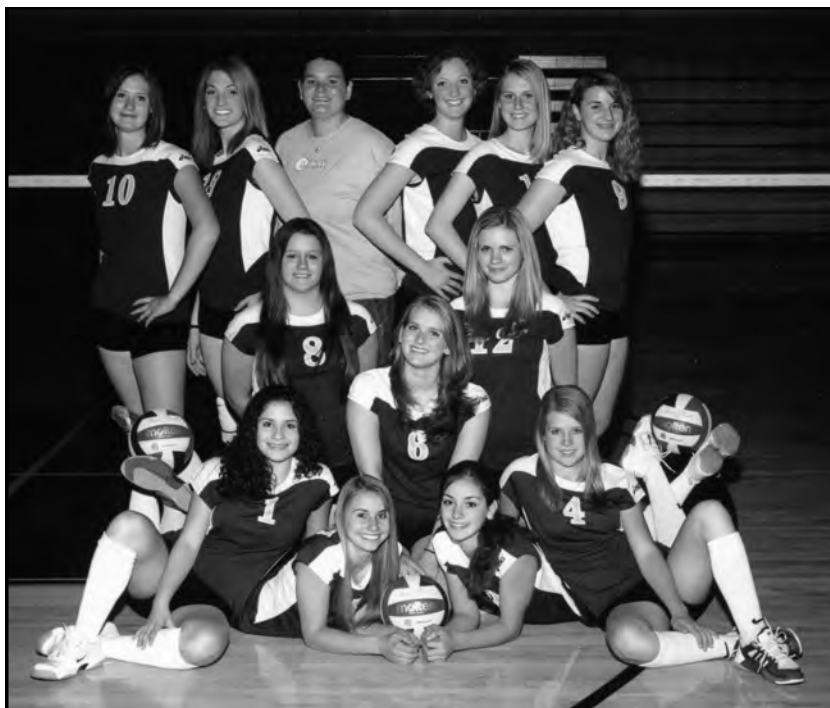
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2005



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VARSIY VOLLEYBALL SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	8/27/10	Yerington Tournament	Away	TBA
Saturday	8/28/10	Yerington Tournament	Away	TBA
Friday	9/3/10	State Farm Invitational	Home	TBA
Saturday	8/4/10	State Farm Invitational	Home	TBA
Friday	9/10/10	Fallon High School	Away	6:00 pm
Friday	9/17/10	Fernley High School	Home	6:00 pm
Saturday	9/18/10	Dayton High School	Home	1:00 pm
Friday	9/24/10	Battle mountain High School	Away	6:00 pm
Friday	10/1/10	West Wendover High School	Home	6:00 pm
Saturday	10/2/10	White Pine High School	Home	1:00 pm
Friday	10/8/10	Battle Mountain High School	Home	5:00 pm
Friday	10/15/10	West Wendover High School	Away	6:00 pm
Saturday	10/16/10	White Pine High School	Away	1:00 pm
Wednesday	10/20/10	Elko High School	Home	6:00 pm
Friday	10/22/10	Spring Creek High School	Away	6:00 pm
Tuesday	10/26/10	Elko High School	Away	6:00 pm
Thursday	10/28/10	Spring Creek High School	Home	6:00 pm
Saturday	11/6/10	Regionals	Away	TBA
Saturday	11/13/10	State	Away	TBA

67

JUNIOR VARSITY VOLLEYBALL

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Tuesday	9/7/10	McDermitt	Away	5:30 pm
Friday	9/10/10	*Fallon High School	Away	5:00 pm
Friday	9/17/10	Fernley High School	Home	5:00 pm
Saturday	9/18/10	*Dayton High School	Home	12:00 pm
Friday	9/24/10	*Battle Mountain High School	Away	5:00 pm
Friday	10/1/10	West Wendover High School	Home	5:00 pm
Saturday	10/2/10	White Pine High School	Home	12:00 pm
Tuesday	10/5/10	McDermitt	Home	5:30 pm
Friday	10/8/10	Battle Mountain High School	Home	4:00 pm
Friday	10/15/10	*West Wendover High School	Away	5:00 pm
Saturday	10/16/10	White Pine High School	Away	12:00 pm
Wednesday	10/20/10	Elko High School	Home	5:00 pm
Friday	10/22/10	*Spring Creek High School	Away	5:00 pm
Tuesday	10/26/10	*Elko High School	Away	5:00 pm



NAME

GRADE

Patricia Bates	11
Alexis Carlson	10
Tori Echevria	10
Ereanna Higbee	9
Jessica Jensen	9
Cassandra Klemish	10
Jasmin Landa	9
Heather Smith	11
Paige Thiede	10
Cortni Welch	10

FRESHMAN VOLLEYBALL

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday	9/10/10	Fallon High School	Away	4:00 pm
Friday	9/17/10	Fernley High School	Home	4:00 pm
Saturday	9/18/10	Dayton High School	Home	11:00 pm
Wednesday	10/20/10	Elko High School	Home	4:00 pm
Friday	10/22/10	Spring Creek High School	Away	4:00 pm
Tuesday	10/26/10	Elko High School	Away	4:00 pm
Thursday	10/28/10	Spring Creek High School	Home	4:00 pm



NAME	GRADE
Allison Barron	9
Carly Bell	9
Charlotte Bernard	9
Sarah Betteridge	9
Shauna Burdick	9
Khyra Colley	9
Natalie Norcutt	9
Taylor Schwartz	9
Rachel Singurdson	9
Shyllise Tarafa	9

VOLLEYBALL COACHES



Cassandra Jenkins

Where are you from: Colorado

Years at Lowry: 2

Expectations for this season: To build a strong team with solid fundamentals, team camaraderie, and most of all team spirit.

Education: Lowry graduate; BFA Advertising and Graphic Design; Masters in Elementary education.

Playing Experience: High school

Coaching Experience: Freshman and JV at Sparks high for 3 years, 8th grade Sparks Middle School for 1 year, 7th and 8th grade Shan Middle School for 2 years

Other interesting information: New mommy to a beautiful little girl, Tessa.



Megan Allen

Where are you from: Meeteetse, Wyoming

Years at Lowry: First

Expectations for this season: I am very excited to coach the JV and Freshmen volleyball teams this year! I suspect this season to be filled with excitement and strong successes. Both teams have hardworking girls, who are committed to the program and becoming successful.

Education: Black Hills State University Spearfish, SD, 2008 Bachelors of Science: Outdoor Education *cum laude*, Minor: Athletic Coaching; Northwest College Powell, WY, 2005 Associate's of Science: Physical Education, Certificate: Assistant Coaching

Playing Experience: Recreation Leagues: since college volleyball, I have in numerous women's and co-ed leagues in Wyoming, South Dakota and Nevada; Northwest College: Recruited on scholarship as a setter in 2003, then sadly due to injury had to leave the team.

High School: Lettered and played varsity for all four years of high school. Position setter, captain 2 years, all conference player 2 years etc...

Coaching Experience: Volleyball: While living in South Dakota, I coached at Belle Fourche high school for four years. Three years I coached freshmen volleyball and assisted JV and Varsity. My last year I coached JV and assisted Varsity. Basketball: Belle Fourche Middle school, 7th grade coach, one year. Track and Field: Powell Middle School. I coached 6th-8th grades, shot put and discus

Awards: Northwest College Athletic Scholarship; High School: Volleyball All Conference 2001,2002, Basketball State Tournament Good Sportsmanship Award 2003, Basketball All Conference 2002,2003, State Track Meet: Discus runner up Champion 2003, Regional Track Meet: Discus Champion 2003

VOLLEYBALL SENIORS



Elisa Higbee

Birth place: Winnemucca, NV
 Parents: Chris & Bertha Higbee
 Brothers/Sisters: Andrew & Ere
 Greatest Personal Achievement: The best is yet to come!
 Future Plans: I will let ya know when I get there.
 Favorite pro team: The Steelers baby!
 Most important possession:

My Baby Boy Chamaco (toy poodle)
 Person I Admire Most: My Brother, greatest guy ever
 Favorite Quote: "Not here for a long time, just a good time."



Jamie Rose

Birth Place: Fallon, NV
 Parents: Mary Rose & Farrel Rose
 Brothers/Sisters: Junior Rose
 Greatest Personal Achievement: Made it all the way to my senior year with no problems
 Future Plans: Go to college
 Favorite Pro Team: Don't have any
 Most important Possessions: My shoes

Person I admire most: my brother, mom & dad and other family members
 Favorite quote: "Beauty is only skin deep"




Alta Smith

Birth Place: Salt Lake City
 Parents: Russell & Whitney Smith
 Future Plans: GO to BYU TO study Psychology and Get My PHD in Counseling
 Favorite Pro Team: Lakers!
 Person I Admire Most: My Family
 Favorite Quote: Here is

the test to find out whether your mission on earth is finished: if you're alive, it isn't. - RICHARD BACH

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Scramble Winners

Stephanie Wade

Rodger Wade

Cam White

Shane Goodale

Chelsea Mendiola




Special Thanks to EVERYONE
that played in our Scramble!

2010-11 Century Club Members

Boyd Betteridge
Nancy Snyder
Alfred Gonzalez
David & Katy Schwartz
Cam & Shelly Drake
Lorin & Shelly Noble
David & Jennifer Legarza
Jim Billingsley
Toby & Kristee Brinkerhoff
Jack Smith
Byron & Jamie Jeppsen
Tony Erquiaga
Tina Espinola
Mike & Theresa Mavity
Richard Williams
Shane, Bobbi & Shalyn Thacker
Max & Maria Herrera
Clif & Jeannie Brown
Shaun Murgel
Brandy Gallups
Taua Cabatbat
Chelsea Mendiola
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Ray Parks
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Tom Donaldson
Kelley Bell
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Don Walton
Carl Rose
Andree Rose
Joshua Rose
Elise Rose



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GO LOWRY!

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March	Ranch Hand Rodeo Weekend
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May	Rim-A-Mucca Motorcycle Rally
June	Mule Show and Races
July	Fifties Fever Car Show
September	Tri-County Fair & Stampede
October	Chamber Harvest Hops & Grapes
	Senior Pro Rodeo Finals

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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.

2010-2011 Membership Form

Name(s): _____

Address: _____

City, State & Zip Code: _____

Amount of contribution:

Each member receives a gate pass for Lowry athletic events for the school year.

\$125.00	First family member
\$75.00	Second family member (Spouse or children 21 years and younger)
\$50.00	Each additional family member (Children 21 years and younger)

Remember your Century Club membership is tax deductible.

Preference for payment:

Pay the full amount now of _____.

Pay _____ now and the balance in installments of _____.

Monthly _____ Quarterly _____

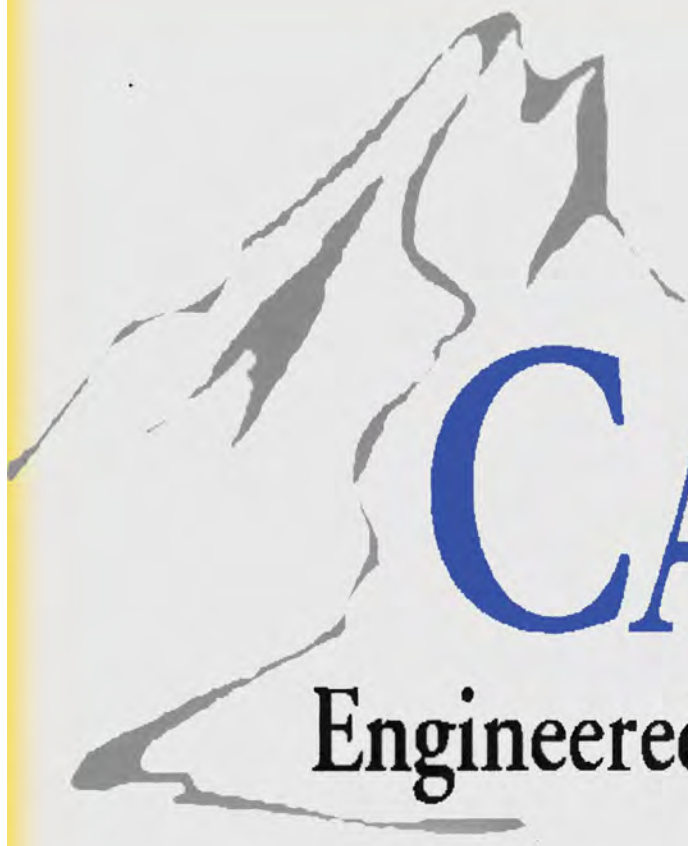
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Signature: _____

Winnemucca Century Club thanks our Lowry High School Alumni Members

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Christy Bell
Lyle Davis
Kelly Pollock
Johnna Gillihan
Gus Duncan
Jim Kerr
Tami Spero
Katie Donovan
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