Wildcat Nation,

Here's the belated Lawrence North athletics weekly update for the week of March 6, 2017. We wanted to wait for the end of season recognition for our athletes.

Boys Basketball:

The Wildcats got a great win in the opening round of the sectional, with a 60-54 win over #2 Warren Central (21-3). They followed that up with a solid win over Indianapolis Tech (5-17) in the semi-finals. This set up a big rematch with #6 North Central. Tied at the half and then down only three going into the 4th quarter, the Cats couldn't get a bucket for the first five minutes of the 4th quarter as North Central (23-4) pulled away for the 58-50 win. Lawrence North (17-10) was led by Kevin Easley with 14 points, Ra Kpedi with 13 points & 15 rebounds, and Dexter Shouse with 9 points. Thanks to seniors Ra Kpedi, Dalen Davis, and Bryce Roark-Glenn for all your hard work and dedication over the last four years, and to the fans and cheerleaders who supported the team throughout the year!











DESTINY PERKINS NAMED TO INDIANA ALL-STAR TEAM!

Lawrence North senior point guard Destiny Perkins was named to the 2017 Indianapolis Star Indiana All-Star team on Wednesday. She becomes the 11th girls' basketball player at LN to be named an Indiana All-Star, and the 6th Wildcat to be named to the team in Coach Chris Giffin's five years as head coach of the program.

Perkins will attend the University of Akron on a basketball scholarship where she will study sports broadcasting/communication. Congratulations, Destiny!

http://www.indystar.com/story/sports/high-school/2017/03/08/girls-indiana-all-stars-announced/98895056/





ALL-MIC TEAMS ANNOUNCED

The All-Conference teams for the Metropolitan Interscholastic Conference were announced at the annual winter sports coaches banquet on Tuesday night. Those Lawrence North athletes recognized as "All-MIC" are as follows:

Boys Basketball: Ra Kpedi, Kevin Easley
Girls Basketball: Destiny Perkins
Wrestling: Robert Samuels
Boys Swimming: Ben McAteer
Girls Swimming: Brooke Atkins

ALL-MARION COUNTY TEAMS ANNOUNCED

The All-Marion County teams were announced on Thursday night. Those Lawrence North athletes recognized as "All-County" are as follows:

Boys Basketball: Ra Kpedi, Kevin Easley

Girls Basketball: Destiny Perkins, Trinity Brady

Boys Swimming: Ben McAteer

LN LETTER JACKET & SPRING GARAGE SIGN ORDERS

Now that we are ending one season and starting another, here is information regarding Lawrence North letter jackets and garage signs. We will place an order for garage signs right before spring bring. Please get your orders in before Wednesday, March 22nd. When you get back from break, the garage signs should be waiting for you in the athletic office!

Promote LN & your students with GARAGE SIGNS



Letter Jacket

Information: http://lnwildcats.ltschools.org/MediaLibraries/lnwildcats.ltschools.org/Documents/LN-Letter-Jacket-Info.pdf

Garage Sign Information:

http://lnwildcats.ltschools.org/MediaLibraries/Inwildcats.ltschools.org/Documents/Garage-Sign-Order-Form.pdf

SPRING SPORT INFORMATION

Spring sports are just around the corner! Listed below are the head coaches, the official first practice date, and contact email for each spring sport. Pre-season conditioning and open workouts are already underway! Contact the head coach as soon as possible if you are interested in participating in a spring sport. Make sure you have an official IHSAA sports physical on file in the athletic office! You must have a physical on file to participate in any open gym, tryout, practice, or competition. You can download the official physical packet right

here: http://www.ltschools.org/MediaLibraries/Itschools.org/Documents/AthleticparticipationPacket-16-17.pdf

Baseball (3/12): Head Coach Richard
Winzenread <u>richardwinzenread@msdlt.k12.in.us</u>
Softball (3/5): Head Coach Matt Marino <u>mmarino@proassurance.com</u>
Girls Track & Field (2/12): Head Coach Hillary
Church hillarychurch@msdlt.k12.in.us

Boys Track & Field (2/12): Head Coach Pat Mallory patmallory@msdlt.k12.in.us Girls Tennis (3/12): Assistant Coach Brad Cangany johncangany@msdlt.k12.in.us Boys Golf (3/12): Head Coach Greg Wischmann

gregorywischmann@msdlt.k12.in.us
Unified Track & Field (3/12): Head Coach Corey
McGarrell coreymcgarrell@msdlt.k12.in.us

Congrats to our Wildcat Alumni Athletes Making News in College!





Destiny Washington (2014) and Lauren Dickerson (2016) both received end of season Mid-American Conference recognition. Washington, a Ball State Cardinal, was named the 2017 MAC Sixth Man of the Year. Dickerson, playing for Miami (OH), was named the MAC Freshman of the Year. Congrats, ladies!







Adam Noens (2014) and Morgan Meixner (2015) both finished in the top 8 at the Big Ten swimming & diving championships for the Purdue Boilermakers; Noens in the 400 IM and Meixner in 3m diving. Laura Weiss (2013) finished her swimming career at the University of Akron on top as a member of the Zips 2017 MAC championship team.



Cameron Jones (2016) finished his freshman year at the University of the Cumberlands at the NAIA national championships, where he finished 8th at 184 and was named an NAIA All-American.



The MIC Network covers all the games and posts scores from MIC conference games. Go to www.themicnetwork.in to keep up with the latest action and follow us on social media @micnetworkin.

You can find up-to-date scheduling and information for all sports at <u>www.lnwildcats.com</u>.

Have a great week, and GOOO CATS!!

Mike Penrose Athletic Director Lawrence North High School 7802 Hague Road Indianapolis, IN 46256 (317) 964-7713 office (317) 964-7708 fax

Achieving Excellence~Building Character~Serving Others



For more info on LN athletics:



LN Wildcats: http://lnwildcats.com/
MIC Conference: www.micathletics.org
Twitter: http://www.twitter.com/lnwildcats
Facebook: Lawrence North Athletics