

Hello Wildcats!

We all hope that you are having an enjoyable summer! We also hope that all of our Wildcats are keeping up with their summer reading! Mr. Penrose is reading "The High-Performance Athlete" by Dr. Jason Winkle. It's a great read about what it takes to perform under high-pressure situations. Dr. Winkle explores techniques to succeed not only on the playing field, but also how these tools can be applied to every day life. I highly recommend it. Dr. Winkle will be speaking to all of our Lawrence North coaches later this month. What are you reading this summer?

For the class of 2021, welcome to Lawrence North and Wildcat Nation!! Here is the latest news and information from the LN athletic office:

1. **PHYSICALS:** Physicals and Consent to Treat Forms: All athletes must have the entire IHSAA and Community Health Sports Medicine packet completed and submitted to the athletic office in order to participate in summer conditioning, open workouts, tryouts, practice, or any type of competition. You can find the packet

here: <http://www.itschools.org/MediaLibraries/Itschools.org/Documents/Athletics/MSDLT-AthleticParticipationPacket-16-17.pdf>

2. **CONSTRUCTION:** Our construction and renovation projects are moving along! We are extremely excited to debut the Ed Martin Automotive Dwaine C. Bell Stadium at the grand opening game on Friday, August 25th, starting at 7:30pm. Your LN Wildcat football team will take on the Brownsburg Bulldogs for the WHMB TV-40 Game of the Week!

3. **ROOKIE WILDCATS:** Freshman Orientation will be July 26th from 9:00am - 12:00pm or 1:00pm - 4:00pm. We ask that you register for this

event: <http://lawrencenorth.itschools.org/announcements/freshman-orientation>

4. **RETURNING WILDCATS:** Chromebook distribution and schedule pick up for upperclassmen will be July 27th from 1:00pm - 7:00pm and July 28th from 8:00am - 12:00pm.

5. **NUTS & BOLTS:** During freshmen orientation and chromebook distribution/schedule pick-up, LN athletics will be selling spirit signs (garage signs), car decals, student parking permits, and all-sports passes. The prices are listed here:

Garage Signs: \$30.00

LN Car Decals: \$6.00 each or 2 for \$10.00 (Each individual sport available)

Student Parking Permits: \$30.00

All-Sport Passes: Adult (\$70.00), LN Student/Senior Citizen 65+ (\$50.00), Middle School/Elementary School (\$30.00)

6. **GOLF MEETING:** There will be a meeting for anyone interested in playing golf (girls or boys) this Thursday, July 13th at 3:00pm in LGI room 532. This room is located near entrance doors 11/12, near the weight room. Any returning golfers and anyone new to the sport who would like information should plan to attend. Our new coach will be introduced at this time.

7. **LN COACHING CONTACTS:**

If you are a freshman, newly enrolled student, or just interested in participating in a sport, please reach out to our coaching staff:

Fall Sport Coaches:

Boys/Girls Cross Country: Ben Morgan: benmorgan@msdlt.k12.in.us

Football: Pat Mallory: patmallory@msdlt.k12.in.us

Girls Soccer: Cory Sandvold: sandvoldsoccer@gmail.com

Boys Soccer: Kameron McBride: kameronmcbride@msdlt.k12.in.us

Boys Tennis: Brad Cangany: johncangany@msdlt.k12.in.us

Cheerleading: Jenn Sahagun: jennsahagun@msdlt.k12.in.us

Volleyball: Nick Cox: nickcox@msdlt.k12.in.us

Girls Golf: TBA at the meeting on July 13th at 3:00pm

Winter Sport Coaches:

Boys Basketball: Jack Keefer: johnkeefe@msdlt.k12.in.us

Girls Basketball: Chris Giffin: christophergiffin@msdlt.k12.in.us

Boys/Girls Swimming & Diving: Tom Burchill: tomburchill@msdlt.k12.in.us

Wrestling: Jason Stewart: jasonstewart@msdlt.k12.in.us

Cheerleading: Jenn Sahagun: jennsahagun@msdlt.k12.in.us

Spring Sport Coaches:

Baseball: Richard Winzenread: richardwinzenread@msdlt.k12.in.us

Softball: Matt Marino: mmarino@proassurance.com

Girls Track & Field: Hillary Church: hillarychurch@msdlt.k12.in.us

Boys Track & Field: Pat Mallory: patmallory@msdlt.k12.in.us

Girls Tennis: Brad Cangany: johncangany@msdlt.k12.in.us

Boys Golf: TBA at the meeting on Thursday, July 13th at 3:00pm

Unified Track & Field: Corey McGarrell: coreymcgarrell@msdlt.k12.in.us

You can find out updated athletic schedules and important information on our LN athletics website: www.lnwildcats.com

Follow us on Twitter: @Inwildcats

Follow us on Facebook: Lawrence North Athletics

That's all for now. Have a great summer and let's get ready to have a great 2017-2018 school year!

Go Cats!! Mike Penrose, Athletic Director