

The Sports Dominator

Bringing you the Lake-Sumter Community College Sports News and Events Since 1997

VOLLEYBALL NEWS

Volleyball Goes To State!

The Volleyball team made its first appearance in the State Tournament since 2004. The tournament was held at Polk Community College. The Lakers played Miami-Dade Community College in the first round that was ranked #2 in the country. The Lakers lost in 3 games, but each game they got more confident and aggressive. The scores of the games were 13-30, 17-30, 25-30. The Lakers, then had to face Palm Beach Community College. They lost in 3 games, but played very competitively. The scores of the games were 27-30, 27-30, 17-30. Coach Lisa Huntley said, "The experience was good for our girls because now they have learned that they must work hard to earn a spot in the state tournament."

Jessica Brady was named 1st Team All Conference, 1st Team All State and named to FCCAA All – Tournament Team at the State/District Tournament.

Lauren Cline also received 1st Team All Conference for the Libero position.

Coach Huntley says, "The next task at hand for the volleyball team is recruiting for next year. This is the first time that Lake-Sumter has been able to recruit full-time through the spring season."

COMMUNITY SERVICE

Habitat for Humanity

The baseball and softball team both participated in serving the community over the past weekend. They participated in Habitat for Humanity, which invites people of all backgrounds, races and religions to build houses together in partnership with families in need. Habitat has built more than 225,000 houses around the world, providing more than 1 million people in more than 3,000 communities with safe, decent, affordable shelter.

They worked on a house in Eustis and contributed to making the frame of the house. They put all the trusses of the roof up and nailed in the frame of the house. Amber Williams says, "I enjoyed giving back to the community and hope to do it again!"



Sports Leadership Program

NFL Hall of Famer Kellen Winslow

Kellen Winslow spoke to a capacity crowd Tuesday, November 13, 2007 at the Lake-Sumter Community College Sports Leadership Program, charming attendees with wit and delivering a message about the importance of developing character and strength.

Kellen Winslow is a member of the Pro Football Hall of Fame, Class of 1995 and a member of the NFL All-Time Team, celebrating 75 years of NFL history. He continues to define success on and off the field. Today, he serves as the Director of Planning and New Event Development for the Walt Disney Wide World of Sports Complex, where he is responsible for developing the business strategy for this multi-million dollar facility. A firm believer that academics go hand in hand, Kellen graduated from the University of Missouri receiving a Bachelor of Educational; Science in Counseling Psychology. He returned to school after his football career and earned his Jurist Doctorate from the University of San Diego School of Law in 1993.

Coaches and student-athletes from Eustis, Leesburg, Umatilla and Tavares, along with coaches from the Eustis Junior Panthers' youth football program took advantage of

an invitation to attend the function, which included dinner. Student-athletes and coaches from LSCC's athletic programs also attended.

"I love talking to student-athletes about their coaches and teachers," Winslow said. "So much of what I've accomplished in my life is because so many people believed in me in high school. My teachers at East St. Louis (Ill.) High School saw something in me and kept challenging me to never stop trying."

Recipe Turkey Soup

Ingredients

1 1/2 cup chopped
cooked turkey
3 cups reduced sodium chicken
broth
2 1/4 cups water
1 cup thinly sliced carrots
1/2 cup thinly sliced celery
1 tsp crushed dried thyme
2 cups dried wide noodles
2 tblsp lemon juice
1 1/3 cup yellow summer squash
1 medium onion, cut into thin
wedges

Method:

Combine chicken broth, turkey, celery, carrots, onion, water and dried thyme in a large saucepan. Boil this mixture and then reduce the heat. Simmer, keeping the mixture covered for about 15 minutes.

Now stir in the noodles and squash and cook it for another 10 to 12 minutes, till the noodles become tender.

Then stir in the lemon juice and the fresh thyme.

Cook for another 1 minute keeping the saucepan uncovered. Serve the turkey soup hot.

Sport Injury Prevention

Written by: Jake Hart

In the first installment of sport injury prevention I will be discussing medial tibial stress syndrome also known as "shin splints". This condition is caused by a strain to the posterior tibialis muscle and its fascial sheath at the periosteum of the distal, lower 2/3, tibia. Pain could also be caused by a stress fracture, compartment syndromes and tendonitis, while secondary pain could be from faulty foot mechanics, tightness, muscle weakness, improper footwear and training errors. Treatment of "shin splints" include proper footwear maybe even orthotics, activity modifications, anti-inflammatory drug, toe taps, stretching, ice massage and correcting any abnormal foot mechanics. "Shin splints" can progress to a stress fracture if not treated appropriately. If none of these things help he/she should go see his/her physician to rule out a stress fracture.

The Athletics Staff

- Mike Matulia, Athletic Director
- Kathy Dawson, Staff Assistant
- Lisa Huntley, Head Volleyball Coach/Intramural Director
- Rachel Bruce, Assistant Volleyball Coach
- Kelly Golden, Head Softball Coach/SID
- Ashley Baney, Assistant Softball Coach
- Rich Billings, Head Baseball Coach/Recruiting Coordinator
- Josh Holt, Assistant Baseball Coach/Head Groundskeeper
- Jake Hart, Head Athletic Trainer

If you would like to advertise a health or sports event, taking place at Lake-Sumter Community College or in the area, please let us know. We do our best to keep up with the events, but your help is appreciated. Contact us at 323-3655 or 323-3645.

