

The Sports Dominator

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

Player Profile

John Michael Blake

Written by: Bryan Dillard – Writing for the Mass Media Class Portfolio



This month we are bringing to the spot-light the right handed pitcher for the Lakers, John Michael Blake aka JM Blake. The Lakers will be utilizing Blake as their starting pitcher for the spring season.

A local to Lake County, Blake attended Leesburg high school where he played baseball all four years. Interestingly he played shortstop in his first three years in high school. Prior to his senior year his coach noticed the arm strength that Blake had and began working with him as a pitcher. In his senior year Blake became a pitcher for the Leesburg Yellow Jackets.

After high school, Blake transferred to Lake Sumter community college. He started

his first season playing well, but found a whole new level of competition. Blake apparently adjusted well because he was chosen in the 32nd round of the MLB draft by the San Francisco Giants. "It was something I always dreamed about since I was a kid," Blake quoted about the experience of being chosen in the draft. Blake turned down the offer and decided to do one more year at LSCC with the Lakers. He has signed with the University of Central Florida where he will be majoring in physical therapy and playing baseball with the Knights.

BASEBALL HOME GAME

Jan. 30 South FL 3:00pm

Upcoming Events:

ALUMNI DAY-Jan. 17th
Baseball game 12:00pm
Softball game 12:00pm
Volleyball match 12:00pm



Player Profile

Dominique Smith

Written by: Bryan Dillard – Writing for the Mass Media Class Portfolio

This month we are bringing to the spotlight a standout hitter on the Lakers Softball team. Dominique Smith is originally from Ocoee where she attended both West Orange and Ocoee high school. While Smith was in high school she had the opportunity to play on the West Orange state runner-up softball team. "Playing in the state championship game was a dream come true, also it was the most stressful situations I have been put in," stated Dominique Smith.

This year she is a sophomore at Lake Sumter community college (LSCC) and is majoring in sports and fitness. Smith plans to transfer after this year to the University of Central Florida to continue her studies.

In her first season at LSCC, Smith worked hard to keep up with the new level of competition. With her freshmen year out of the way, Smith is playing second base and has stepped up and become a really good hitter. "I love to hit... it's your chance to be as perfect as possible through practice and dedication," stated Dominique Smith.

With 15 years experience, Smith has grown to have a good understanding of the game and how it is played. "She has stepped up as a leader this year... whatever she sets her mind to she accomplishes," stated Kelly Golden, coach of the Lakers softball team.

2008 Fall Semester Academic Awards

Dean's List

Amy Mihok – Volleyball
 Cassie Reschke – Volleyball
 Emily McCall – Volleyball
 Erin DiRobbio – Softball
 Kristin Gaul – Softball
 Caitlin Griffis – Softball
 Katie Huggins – Softball
 Patricia Saldivar – Softball
 Frankie Hall – Baseball
 Ryan Schneider – Baseball

President's List

Lauren Harvey – Softball
 Brazia Keys – Softball

Brian Crangle – Baseball
 Tyler Scanlon - Baseball

Recipe **Turkey Pasta** From Rachel Ray

A great way to use Christmas leftovers!

Ingredients

- 2 tablespoons extra virgin olive oil (EVOO)
- 3/4 pound penne pasta
- 1/4 pound pancetta (about 1/2 cup), chopped
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 bay leaf, fresh or dried
- 2 cups leftover turkey, shredded
- 1 cup cream
- A pinch of allspice
- Salt and freshly ground pepper
- 1 cup Asiago cheese (a mounded handful)
- 1/2 head radicchio, shredded

Preparation

Place a large nonstick skillet over medium-high heat with two turns of the pan of EVOO.

Place a large pot of water over high heat and bring to a boil to cook the pasta. Once the water is boiling, add a generous amount of salt and the pasta and cook to al dente according to package directions.

While the water is coming up to a boil, start the sauce. Add the pancetta to the hot EVOO and

cook for about 3-4 minutes. Add the onion, garlic and bay leaf, and cook until softened. Add the turkey and cook for 5 minutes more to heat through. Add the cream, allspice, salt and freshly ground pepper. Let the cream reduce by half.

Drain the pasta and add to the sauce. Mix thoroughly to combine. Place in a large serving bowl and top with the cheese and radicchio.

The Athletics Staff

- Mike Matulia, Athletic Director
- Tammie Glover, Staff Assistant
- Lisa Huntley, Head Volleyball Coach/Intramural Director
- Valerie Morales, Assistant Volleyball Coach
- Kelly Golden, Head Softball Coach/SID
- Cathy Benedict, 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.