

The Sports Dominator

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

Player Profile Kyle Kotchie



This month we are featuring one of our two Canadian athletes, Kyle Kotchie. Kyle has been an integral part of the baseball team and pitching staff for two years and has developed into one of the teams best relievers out of the bullpen. As a sophomore, his leadership has noticeably grown more by actions rather than words. The guys follow his ways on and off field. "If we are going to contend for a conference championship, Kyle will have a big hand in it. As good as Kyle is on the field, he is an even better person off the field. He has improved this year as a student and has put himself in a position academically and athletically to go on to play at a four year school," says Coach Josh Holt.

BASEBALL HOME GAMES

| | | |
|---------------|-------------------|---------------|
| Fri.3 | St. John's | 3:00pm |
| Mon.6 | Santa Fe | 3:00pm |
| Mon.13 | Daytona | 3:00pm |
| Sat.18 | FCCJ | 1:00pm |
| Wed.22 | Seminole | 2:30pm |

SOFTBALL HOME GAMES

| | | |
|-----------------|---------------------|---------------|
| Tues.7 | Central FL | 2:30pm |
| Thurs.9 | FCCJ | 2:30pm |
| Thurs.16 | Daytona | 2:30pm |
| Tues.21 | Hillsborough | 3:00pm |

Player Profile Megan Holm



This month we are bringing the softball spotlight to Megan Holm. Megan is a freshman for the Lakers this season. She is one of our two Canadian athletes. Born and raised in North Delta, British Columbia, Canada, Megan decided to further her education and softball career in Florida. Holm is one of the members of the Laker pitching staff who has high expectations of her. Not only is she is an excellent softball player, she is also academically sound. Majoring in Sports and Fitness, Megan plans to be a physical therapist. After Megan's two years at LSCC, she plans on



attending a four year institution somewhere in Florida.

"We are so pleased to have Megan on our squad. We have high hopes for talent on the mound. Megan puts out 100% effort on the field and in the classroom," Coach Golden.

Upcoming Events:

Sports Leadership
Program

Kevin Weickel- March 25th

Dinner will be served at 5:30pm in the Magnolia Room on the Leesburg campus.

Program begins at 6:00pm

Kevin Weickel is a golf industry leader working with the Walt Disney World Company as the Tournament Chairman of the PGA TOUR's *Children's Miracle Network Classic* in addition to serving as the Head Golf Professional for the Walt Disney World Resort.

Individual tickets available for \$30.00 and includes the program and lunch.

Sponsorships available beginning at \$100.00

For more information, contact:
LSCC Athletic Department at
(352) 323-3645



Recipe

Homestyle Corned Beef and Cabbage

Ingredients --
2 cups water
1/4 cup honey
2 tablespoons Dijon mustard -- divided
1 medium cabbage head -- cut into 8 wedges
3 tablespoons butter or margarine -- softened
1 1/2 teaspoons fresh dill -- chopped OR
1/2 teaspoon dried dill weed
2 1/2 pounds corned beef brisket

Place brisket and water in Dutch oven; cover tightly and cook 1 hour at 350 degrees (F). (It is very important to simmer the meat slowly because boiling will cause meat to become tough.) Turn brisket over and continue cooking, covered, 1 1/2 to 2 hours, or until meat is tender.

Remove brisket from cooking liquid and place, flat-side up, on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Combine honey with 1 tablespoon mustard;

brush half of mixture over top of brisket and broil 3 minutes. Brush with remaining mixture and continue broiling 2 minutes, or until brisket is glazed.

Meanwhile, steam cabbage 15 to 20 minutes, or until tender. Combine remaining mustard with butter and dill; spread over hot cabbage wedges. Carve brisket diagonally across the grain into thin slices and serve with cabbage.

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.