

The Sports Dominator

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

Coaches Profile Cathy Benedict



A Native of Richmond, British Columbia, Canada, Cathy begins her second season as the pitching coach for the Lakers. Cathy came to Florida her freshman year to Indian River Community College, continued to Lake City Community College and finished her softball career at Thomas University in southern Georgia.

During her Community College years, Cathy received 1st—Team All-Conference. While at Thomas University, she won the National Championship in 2004 and placed 3rd in 2005. Both years she received 1st-Team NAIA All-American and 1st-Team NFCA All-American. In 2004, she was awarded the National Championship Most Valuable Player (MVP). Cathy has also been honored to play for Canada during the First World University Games.

Cathy is married to Jonathan Benedict and resides in Winter Garden, FL.

Baseball Honors:

Mid-Florida Conference 2nd Team:

Lee Hall
Bryan Hill
Chase Okey
Chandler Jagodzinski

Softball Honors:

Mid-Florida Conference Honorable Mention:

Caitlin Bloom
Brazia Keys
Kristin Gaul
Megan Holm
Erin DiRobbio
Lauren Harvey
Dominique Smith
Brittany DiRobbio

Baseball Camp

Session 1: June 8-12
Session 2: June 29 – July 3
9:00 -12:00pm each day;
Monday - Friday
Ages 8-12
Cost: \$75.00

For more information please contact the athletic office **352-323-3645**

Softball Camp

Session 1: June 8-11
1:00- 4:00pm each day;
Ages: 8–12
Cost: \$75.00

Session 2: June 22- 25
1:00-4:00pm each day;
Ages: 15-18
Cost: \$75.00

For more information please contact Kelly Golden **352-323-3655**

Volleyball Camp

June 8 - 11th

Session 1: 6th – 8th Grade
9:00am-12:00pm each day;

Session 2: 9th – 12th Grade
1:00pm-5:00pm each day;

For more information please contact Lisa Huntley **352-323-3620**



Recruiting Central

Baseball Signees

Ryan Slyke–Lake Weir HS
 David Thomas–Flanagan HS
 Ryan Smith–Flanagan HS
 Travis Tyson–Baker County HS
 Ethan Bader–Ed White HS
 Cody Mombourquette–Ontario,
 CA

Softball Signees

Alexi Hodson–Fort White HS
 Brittany Wagner–Forest HS
 Katie Cannaday–Lake Howell HS



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

Recipe

Barbecued Pork Ribs

From FamilyFun Magazine

Last year's grand prize ribbon for the New Jersey State Barbecue Championship was presented to a four-year-old best known for his gifts as meat turner and hot pad wearer. Gracious in victory, Ricky W. beamed, fidgeted and finally handed the ribbon over to a crew member standing at his side--his Dad, Richard.

RECIPE INGREDIENTS:

■ BARBECUED PORK RIBS

- 2 slabs pork spareribs (or roughly 1 1/2 lbs. per diner)
- 4 tbsp. Westhavers' Barbecue Spice (below)
- 2 cups Westhavers' Barbecue Sauce (below)
- Charcoal
- Wood chips (optional)

■ WESTHAVERS' BARBECUE SPICE

- 6 tbsp. kosher salt
- 6 tbsp. light brown sugar
- 4 tbsp. paprika
- 3 tbsp. chili powder
- 2 tbsp. ground black pepper
- 1 1/2 tbsp. garlic powder
- 1 tbsp. lemon pepper
- 1 tbsp. powdered thyme
- 1 tbsp. tarragon
- 1 tsp. onion powder
- 1 tsp. cumin

■ WESTHAVERS' BARBECUE SAUCE

- 4 tbsp. butter
- 1 medium onion, finely chopped
- 2 tbsp. minced fresh garlic
- 1/2 red bell pepper, diced
- 3 cups ketchup
- 1/2 cup brown sugar

1. Prepare the Westhavers' Barbecue Spice. Combine the ingredients in a medium-sized bowl. Store in a sealable container. Makes 2 cups. (Tip: For an extra-fine rub, push the ingredients through a standard mesh sieve with the back of a spoon.)

2. Next prepare the Westhavers' Barbecue Sauce. Melt the butter in a

saucepan and add the onion, garlic and red pepper. Saute until the onions are soft. Add the remaining ingredients and simmer on low heat, uncovered, 1 to 2 hours. Store in the refrigerator in a sealable glass container. Makes 5 cups.

3. When you buy the ribs, ask your butcher to remove the thin membrane on the bone side. The night before cooking, rub each side of the ribs with 1 tablespoon Westhavers' Barbecue Spice. Cover and refrigerate overnight.

4. Establish a charcoal fire on one side of the kettle, preferably using a chimney-style starter or other nonchemical method. For a smokier taste, throw on two handfuls of soaked wood chips. Place a pan of water next to the coals, position the cooking rack over the fire, and put the ribs on the rack over the water--not the coals. Close the lid, opening the top and bottom vents about two thirds of the way. (Tip: Place a candy thermometer in the top vent and adjust the vents to maintain the ideal rib cooking temperature of 350 degrees.)

5. After an hour, fully open all the vents and turn the ribs. After 2 hours, check the ribs. They should be flexible, and the end of the bone should be exposed 1/2 inch or so. Remove the ribs from the grill and coat both sides with 1/2 cup Westhavers' Barbecue Sauce. Wrap them in aluminum foil and place in a draft-free spot, such as the oven, ideally for 1 1/2 hours. Unwrap and add additional sauce before serving, if desired.

Gas grill variation: Lay the ribs on a sheet of aluminum foil and coat with Italian salad dressing such as Wishbone, then with 1 tablespoon Westhavers' Barbecue Spice, and wrap. Grill on medium heat for 20 minutes per side, remove, and let rest, wrapped, for 30 minutes. Then unwrap and return to the grill for 40 minutes, turning and basting with sauce at 10-minute intervals until done.

