

Lakeland Lady Lakers News

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Player Profile: Tanner Metcalf. Tanner returns for her senior campaign with many high expectations. As one of only 3 players to play in



every game last season, Tanner has the ability to score both from the perimeter and around the basket. She will be counted on to take on a bigger role this year both scoring and rebounding as she enters her 3rd season as a varsity contributor.

Fall Workouts: As Labor Day has now passed, we can begin full preparations for the upcoming season. The girls that are not currently participating in a fall sport will be in the gym 3 days a week until we begin in the weight room. We will begin in the weight room on Sept 18, and at that point we will be in the gym 2 days a week, the weight room 3 days a week and 2 mornings a week, we will be doing agility workouts to improve our team's quickness and overall athletic ability.

Helping the Community: One of the things I like most about this group of seniors is their concern for others and the community. This year all 5 seniors are currently enrolled in our senior projects class and are working on projects that will help the community as a whole. Beka and Tanner are working on a project to enhance the main intersection in town and make it more visually appealing. Karley's "Cluck Out Cancer" events are designed to raise money for cancer research. Taylor is planning a "Walk Away MS" event to raise

money for MS research and Montana is working with the Farm Project. If you would like to help any of the girls with their projects or like more information about any of them, we would be happy to get that to you.

NECC Golf Tournament: It is hard to believe the 1st fall sport of the season is wrapping up already, but that is the case. The girl's golf NECC tourney is this week and we want to wish Madison, Bailey, Sadie, and Kirsten good luck as they play this week at South Shore Golf Club in an effort to win the NECC Championship

Our other fall sports are all in the middle of their seasons with the soccer team currently sitting at 2-5 and the volleyball team has compiled a 2-12 mark. While the records may not yet indicate it, both teams are showing improvements over last season and the results in terms of the record will surely happen sooner rather than later.

3-3 Tourney: This fall the boys and girls programs will be hosting a 3-3 tourney on Saturday, October 7. It will be for students in grades 3rd and up, as well as a post high school division as well. If you or someone you know are interested in playing, please let me know and I will get you the information as soon as as possible.

Reunion Night: We are tentatively planning a Lady Laker Reunion night on Saturday, Nov 11 in which we will recognize members of the 2013, 2008, 2003, 1998, 1993, 1988, 1983, and 1978 teams. More info will be out shortly!