

The Sports Dominator

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

Coaches Profile Valerie Morales



The Athletic Department welcomes Valerie Morales to their staff. She is replacing Rachel Bruce who moved on to a teaching career.

Valerie Morales comes to Lake-Sumter from El Paso, Texas. This will be her first year as an Assistant Coach. She worked with not only the setters but the defensive players. Morales will assist with recruiting, statistical recording and updates for the team.

Prior to LSCC, Morales attended Jesus Chapel School from 2001-2005 in El Paso, TX where she was a three year varsity starter for volleyball and basketball. Her volleyball team went to the state playoffs three of the four years. She came to Lake-Sumter in 2007 to play volleyball. She received All-Conference Honorable Mention as a setter for Lake-Sumter and

graduated with her Associate of Arts in General Studies.

"I enjoyed coaching the girls this year and learned about all the behind the scenes that comes with coaching. It was a very rewarding year and I plan to use this information in the years to come."

Player Profile Alexis Culver



This month we are featuring one of our star volleyball players, Alexis Culver. Alexis is in her first season on the Laker squad. Culver was born and raised in Marathon, Florida and graduated from Marathon High School in 2008. As a freshman, Alexis was one of our six starting players, playing both outside hitter and defensive specialist. Alexis was honored with the responsibility as being co-captain of the team and plans to continue with that responsibility next year. Alexis is majoring in Sports Medicine

and is on track to complete her A.A next year.

Culver stated "Playing college ball this season was a great experience for me and I enjoyed it. We were an overall good team with an extreme amount of talent which led us to a great season. It was a great honor to be team co-captain this year and I hope to carry that on into next year's season."

VOLLEYBALL STATE TOURNAMENT RESULTS

10/30/08 vs. Miami Dade

Game 1 25-19

Game 2 27-25

Game 3 25-23

10/31/08 vs. Palm Beach

Game 1 25-21

Game 2 25-17

Game 3 23-25 Win

Game 4 22-25 Win

Game 5 15-10

FCCAA All-Tournament Team

Jordan Weber – Outside Hitter

1st Team Mid-Florida All-Conference

Jordan Weber – Outside Hitter
Holly Norman – Middle Blocker

2nd Team Mid-Florida All-Conference

Lauren Cline – Libero
Emily McCall - Setter

Recipe Coach Matulia's Super Nachos

Ingredients

1. ½ bag of Tostitos brand chips. Use the other bag for dipping
2. 1 can of Bush Chili
3. ½ pound of ground turkey or Beef
4. 1 cup chopped Vidalia onion
5. 2 cups of chopped tomatoes
6. ½ jar of Mt. Olive jalapenos
7. 2 cups of chopped lettuce
8. 1 cup of "light" sour cream
9. 1 cup of shredded Monterey jack cheese
10. 1 cup of shredded, sharp cheddar cheese

Directions

1. Heat the chili, until simmering
2. Brown the ground turkey or beef; drain any grease. Combine the chili and meat and cook on low for a few minutes.
3. Use a large plate or tray and spread the chips, evenly over the plate
4. Add the chili/meat mixture, spreading evenly over the chips
5. Spread the chopped onions, jalapeno's and 1 cup of chopped tomatoes over the chili/meat and chips
6. Spread the cheese over top of the mixture
7. Heat in microwave until cheese melts, evenly.
8. Add the remaining tomatoes, lettuce and spread the sour cream, evenly over the top.
9. You can use the remaining chips to dip or just eat right off the plate. You may want to have some extra small serving plates to serve your guests.

Now, you need a drink and a lot of friends – enjoy! (you may want pepto bismol on hand 2-3 hours after you eat).

Upcoming Events: Sports Leadership Program

Dennis Mitchell- December 16th
Lunch will be served at 11:30am
in the Magnolia Room on the
Leesburg campus.
Program begins at 12:00 noon

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

**Dennis Mitchell – Sports
Performance Training Specialist,
National Training Center**

- 3-time Olympian (1988, 1992, and 1996)
- He was a gold, silver, and bronze medalist
- World record holder on the 4X100 meter relay team
- 7-time World Championship team member
- 1992 Olympic Relay team captain
- 1994 Best male Track and Field athlete in the World by the IAAF
- 1994 ESPY Award Winner for Best Male Performance in Track and Field
- 1996 Olympic Track and Field Captain
- Conducts Collegiate and Professional Track and Field Training Programs
- Conducts High School Track and Field Training Programs
- Speed and Agility Training Specialist for all sports
- Conducts Individualized Training and Coaching Programs for all sports
- Conducts Camps and Clinics in Clermont, Florida

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.

