



**ETHAN LUCAS,
RIDGEDALE HIGH SCHOOL
APRIL, 2010
MALE ATHLETE OF THE MONTH**

In April, Ethan was undefeated in the disc. Ethan's throws included 153', 154', 157', 158', 159', 164', and was part of the winning team at the Elgin Relays with a total of 303'. Ethan won the disc in his home invitational and was a close second in voting for top field performer. Ethan also placed first in the shot in all but one event when he threw 46'9.75". Ethan has also used his athletic ability to score points for the rockets in the 300 hurdles, 1600, as well as the 400 and 900 relay teams. Ethan has shown great leadership by instructing his peers and junior high athletes at the disc and shot pits, using his knowledge and skills to give advice to future Rocket throwers.

Honorable mentions: Felix Elswick of Elgin, Evan Rimoldi of Marion Catholic, Corey Kubbs of Pleasant, Jason Jerew of Harding, Quinn Levering of River Valley