

# Westlake City Schools

## News Release

Sept. 3, 2009

\*\* PHOTO OPPORTUNITY: WHS will have a sendoff for Jack beginning at 1:30pm at Westlake High School. Jack will be escorted through the halls of the high school by our cheerleaders. His classmates will line the hallways to cheer him on to victory. \*\*

### FOR IMMEDIATE RELEASE

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### WESTLAKE JUNIOR EARNS SPOT ON NATIONAL TRIATHLON TEAM

Jack St. Marie, a Westlake High School junior, was named to the USA Triathlon Junior Elite World Championship Team. Jack will compete on Sept. 13 in Gold Coast, Australia.

Jack is a member of the WHS cross country, swim and track teams. He also is a member of SADD (Students Against Drunk Drivers), French Club and the Lakewood Recreation Swim Team.

The Australian triathlon consists of a 750-meter swim, 20k bike and 5k run. For this triathlon Jack was coached by former Avon Lake resident and Beijing Olympic Triathlon coach Andy Schmitz.

Jack's first triathlon was the Rock and Roll triathlon in 2000.

"I compete triathlon because I enjoy the balance of the three sports. Lots of people are great swimmers, cyclists or runners, but few can put all three together," Jack said. "I enjoy the healthy lifestyle, feeling fit when training for triathlon, and learning time management that helps me be a better student-athlete."

Jack competed in the 2008 World Championships triathlon, which left him with 8 stitches after gashing his foot. He said he feels a great responsibility wearing the red, white and blue.

"I want to do everything I possibly can to get ready for this race," Jack said. Making this team means a lot because I know there are lots of other great athletes who wanted my spot."

#### Westlake City Schools

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Elementary School**  
2300 Dover Center Road  
(440) 835-6322

**Hilliard  
Elementary School**  
24365 Hilliard Blvd.  
(440) 835-6343

**Holly Lane  
Elementary School**  
3057 Holly Lane  
(440) 835-6332

**Lee Burneson  
Middle School**  
2240 Dover Center Road  
(440) 835-6340

**Parkside  
Intermediate School**  
24525 Hilliard Blvd.  
(440) 835-6325

**Westlake  
High School**  
27830 Hilliard Blvd.  
(440) 835-6352

Jack leaves Labor Day, Sept. 7, for the competition.

Jack's long-term athletic goal is to become one of the best triathletes in the nation and put the United States back on the triathlon map.

“While making the 2016 or 2020 Olympics has always been a goal, I recognize that it would take a combination of hard work, timing and luck,” Jack said. “I’ll go to the Olympic Trials and, hopefully, I’ll have a good day when it counts.”

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