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Ross alumna to be inducted into Cleveland State Athletic Hall of Fame

News-Messenger reports

Fremont Ross alumna Amy Ritzman will be among the inductees into the Cleveland State University Athletics Hall of Fame.

Ritzman, now Laughlin, competed in cross country and track for the Vikings. She was her team's top finisher in each of the 26 races she ran. She helped the Vikings to a North Star Conference crown in 1991, and a third-place finish in the Mid-Continent Conference in 1992. She is the only runner at Cleveland State to be named cross country athlete of the year for four years, and was named Mid-Continent Conference runner of the year in 1994.

She also served as an assistant coach for the Vikings in 1995 and was head coach in 1996.

Ritzman was elected to the Fremont Ross Hall of Fame in 2000. In her high school career, she earned 10 letters -- four in track and three each in basketball and cross country. While at Ross, she was the first Little Giant girl to qualify for the state cross country meet, and was the Buckeye Conference champion as a sophomore.

Additionally, she set the girls 3,200 meter record mark and won a league long jump crown. She started for three years for the basketball team as well.

The induction ceremonies will begin at 2:30 p.m. with a pre-induction social. The induction ceremony will be at 3 p.m. There will be a reception at 4 p.m., and inductees will be recognized at halftime of the Vikings game against the University of Illinois-Chicago.

Brian Lamers, a 1996 graduate, and Heidi Marshall, a 1994 graduate, are the other inductees into the hall. Lamers distinguished himself as a conference swimming champion, and Marshall lettered in basketball and softball.
