

For Immediate Release:

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Altamont, Illinois: As a community bank, Peoples Bank & Trust recognizes the value of volunteerism in our communities. To recognize, commend and promote the volunteerism, Peoples Bank & Trust has established a program to recognize outstanding community members for their volunteer efforts of improvement to our community.

Lance and Michelle Freezeland have been chosen as our current Volunteers of the Quarter for their dedication and work with the Altamont Youth Soccer Leagues.

Lance Freezeland has been the head coach of the Altamont Tribe U14 soccer team for the past eight years, from 2010 to present. He has been assisted in coaching the team by Steve Stice from 2010 to 2016 and by Christian Freezeland from 2012 to 2017. The Tribe is a co-ed program for boys and girls in the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades. It is designed to teach the fundamental skills of soccer, serving as a developmental program for the players to go on to play soccer in high school and college. Each fall, the Tribe plays against teams from all over East Central Illinois, and have had great success over the past 8 seasons: winning 60, losing 40 with 17 draws. Lance was honored as the East central Illinois Soccer Conference Coach of the Year in 2013 and 2014.

In addition to coaching the Tribe, Lance kept the statistics for the high school Altamont Indians soccer team from 2012 through 2016. He has served as emcee of Soccer Senior Night in 5 of the past 6 years. He has served as the public address announcer for the IHSA Class 1A Altamont Sectional in 2015 and the IHSA Class 1A Altamont Regional in 2017. Lance has been a constant promoter of soccer in the Altamont area. In 2017, Lance became a licensed USSF and IHSA soccer referee. For the past two years, Lance has served the ECISC as the schedule coordinator for the entire league.

Michelle Freezeland ran the Altamont High School Soccer Parents organization from 2013 through 2106 and still is involved with that organization. Michelle organized and ran the concession stand at each home game, planned Senior Night each year, organized and ordered the team t-shirts, and oversaw a team effort of producing the Indians Soccer Scrapbook each season. In addition to still being an advisor to that program, she has helped expand the concession operation to the Altamont Tribe home matches, and in 2017, she was involved as a game day assistant bench coach for the tribe. Additionally, Michelle has coordinated the Tribe's uniforms for six years, and for the past 3 years, she has overseen the sale of Indians and Tribe soccer apparel, making available for purchase customized t-shirts, pullovers, blanket and scarves.

Lance and Michelle have asked that their donation for being Volunteer of the Quarter go to the Altamont Lions Club. The Lions Club has been the sponsor of not only the youth soccer league for many years, but also the Altamont Tribe U14 team. Without the Lions Club, there would not be a soccer program in Altamont. Their name will also be placed on a plaque to be displayed at the bank.

Peoples Bank & Trust is an independent Community Bank with ten offices located in Pana, Taylorville, Altamont, Tower Hill, Charleston, Springfield, Morrisonville, Palmyra, Waverly and White Hall. Peoples is a full service bank offering outstanding customer service to consumers, small business, and farmers in Central Illinois. People First Bancshares, Inc., with corporate offices in Pana, Illinois, is the holding company for Peoples Bank & Trust.