

# LANSING CATHOLIC COUGARS



FALL 2020



# 4 EVENTS...1 MISSION

TO BRING EXCELLENCE TO OUR STUDENTS  
THROUGH THE POWER OF COMMUNITY



## 01.30 4<sup>TH</sup> ANNUAL CORKS + CUISINE

**Saturday, January 30 | 7-11 P.M.**

Gather to savor delicious samplings of food and drink from area eateries while enjoying the great music and festivities. All proceeds to support future enhancements of the LCHS campus.



## 05.03 37<sup>TH</sup> ANNUAL FR. MAC SCHOLARSHIP DINNER

**Monday, May 3 | 6-9 P.M.**

A fine dining experience at the MSU Kellogg Center with an inspiring program, raising dollars to support our tuition assistance fund.



## 06.18 33<sup>RD</sup> ANNUAL COUGAR CLASSIC GOLF OUTING

**Friday, June 18 | 10 A.M.**

LCHS community members take over the links at Forest Akers Golf Course to support our students and teachers with dollars going toward our Annual Fund.



## 06.18 50 YEAR CELEBRATION OF LANSING CATHOLIC

**Friday, June 18 | 7-10 P.M.**

Join us as we celebrate 50 years of Lansing Catholic High School "Teaching A Way of Life." We invite alumni, parents, and friends to meet under the tent at LCHS for drinks, snacks, music, and fun.

**PLEASE JOIN US AT OUR 2020-2021 ANNUAL SPECIAL EVENTS!**

Visit [www.lansingcatholic.org](http://www.lansingcatholic.org) or contact Paula Wilcox at 517.267.2121  
for more details and sponsorship opportunities.



**KRYSTYN SCHMERBECK**  
PRINCIPAL

Welcome to Lansing Catholic High School! We are extremely grateful and fortunate to have a fall sports season amidst the uncertainty of these extraordinary times for our nation and our world.

In times like these, it helps to review the pillars of our community: excellence, service, faith and tradition. Athletics provides our students with the opportunity to live these pillars in a unique way.

Our student athletes pursue excellence in the classroom and on the field of sport, striving with whole hearts to reach the heights of personal achievement. Athletics builds on our culture of service through teamwork and also through the example of so many parents and grandparents who give generously to make our seasons so successful. Coaches, athletes and participants pray together as a sign of our shared faith.

As for tradition, I am thrilled to welcome you onto our campus where you can experience for yourself the ways in which the traditions of our athletics program have built up the Cougar Nation. Thank you for your support and enjoy tonight's competition.

St. John Paul the Great, pray for us!

Sincerely,

**Krystyn Schmerbeck**

*Principal*



**BRIAN WOLCOTT**  
ATHLETIC DIRECTOR

Welcome to the 2020 Fall sports season! I wasn't sure I would be able to write those words but am thankful that I can. This has proven to be an unprecedented year, with the shutdown last spring and the late start this year. I am reminded of a quote from our patron saint, JPll:

Sport trains the body and spirit for perseverance, effort, courage, balance, sacrifice, honesty, friendship and collaboration." "Give thanks to God for the gift of sport, in which the human person exercises his body, intellect and will, recognizing these abilities as so many gifts of his Creator."

I am certain you will join with me in giving thanks to God for the "gift of sport". I welcome you to hit the reset button as it pertains to sport, let us all keep it in proper perspective. Our athletes are thankful just for the opportunity to compete. May true sportsmanship guide our spectators, coaches and teams this year and the years to come.

Go Cougars!

**Brian P. Wolcott**

*Director of Athletics*

P.S. Please join me in welcoming Ken Hintze in his new role as Assistant Athletic Director. Many of you know Ken from his previous years as our Athletic Trainer and my assistant, now he is 'officially' an Assistant A.D. Our athletic program will benefit greatly from his addition to the staff.



**FR. PAUL ERICKSON**  
CHAPLAIN

Greetings and welcome to Lansing Catholic High School!

The rhythm of our athletic programs always seems to set the tone for school spirit and we are glad that competition can continue in a safe and responsible manner this year. With all of the uncertainty and challenge that this year brings, it is nice to have a familiar mainstay and some sense of normalcy.

At LCHS, we continue to challenge our student-athletes to live the life of Christ in everything they do and sports can serve a vital role in this formation. Participating in athletics can teach discipline, sacrifice, humility, teamwork, respect, integrity, and a host of others. These virtues and values are indispensable for the athletic arena, but also for the whole of life. All of us are called to reflect Christ to the world around us, and this should be evident both on and off the field. In this manner, we accomplish the work of evangelization as God calls and equips us for His purposes.

Thank you for your continued support of our athletic program, our students, our staff, and our school. Especially this year, may we encourage one another, build each other up, and exercise both patience and fortitude. Together, let us hold our entire community in prayer, that competitors both home and away would engage safely and respectfully with one another and that the hand of God would continue to guide and protect us all. And as always...GO COUGARS!

May the Lord bless and keep you.

**Fr. Paul Erickson**

*Chaplain*

## MISSION STATEMENT

The Lansing Catholic High School community forms students spiritually, intellectually, and socially into faithful disciples of Jesus Christ.

## TYPE OF SCHOOL

Regional, comprehensive, co-educational Catholic high school

## ACCREDITATION

Michigan Association of Non-Public Schools

## ADMISSIONS

Based on prior academic, behavior and attendance records; recommendations and admissions review of application

## STUDENTS

LCHS serves the varied educational needs of Catholic and non-Catholic youth in the greater Lansing area

## SIZE

Students: 440  
 Student/Teacher Ratio: 15:1  
 Average Class Size: 18

## FACULTY

President: 1  
 Principal: 1  
 Athletic Director: 1  
 Dean of Students: 1  
 Certified Lay Teachers: 33 (18 master's degrees, 1 doctorate degree)  
 Priest: 1  
 Religious Sisters: 2  
 High School Counselors: 2  
 Student Resource Staff: 1

## SCHOOL DAY

7:55 a.m. - 3:02 p.m.  
 8:23 a.m. - 3:02 p.m. (Thursdays only)

## GRADUATION REQUIREMENTS

Students must successfully complete the following 24 credits:

Theology	4.0 credits	Physical Education	0.5 credit
English	4.0 credits	Health	0.5 credit
Mathematics	4.0 credits	Speech	0.5 credit
Science	3.0 credits	World Languages	2.0 credits
Social Studies	3.0 credits	Electives	1.5 credits
Fine Arts	1.0 credit		

## CONTACT INFORMATION

Lansing Catholic High School  
 501 Marshall Street  
 Lansing, MI 48912  
 Main Office: 517-267-2100  
 Admissions Office: 517-267-2102  
[www.lansingcatholic.org](http://www.lansingcatholic.org)

## STANDARDIZED TEST SCORES

### ACT TEST DATA - Class of 2020

	<u>LCHS</u>	<u>National</u>
English	23.9	20.2
Math	23.4	20.6
Reading	24.4	21.3
Science	22.9	20.8
STEM	23.3	20.9
<b>Composite</b>	<b>23.8</b>	<b>20.9</b>

## ACADEMIC HONORS

Honors for graduates are determined by the 7th semester cumulative Grade Point Average (G.P.A.) according to this scale:  
 Summa Cum Laude (3.9 to 4.0)  
 Magna Cum Laude (3.75 to 3.89)  
 Cum Laude (3.5 to 3.74)

## ADVANCED PLACEMENT COURSE OFFERINGS

AP English	AP Art History
AP Spanish	AP Computer Science
AP Biology	AP Physics 1
AP Chemistry	AP Physics 2
AP US History	AP Statistics
AP Government	AP Macroeconomics
AP European History	AP Microeconomics
AP Calculus AB	AP World History

## WORLD LANGUAGES

Spanish, French, and Latin

## COUGAR ATHLETICS

**Fall Sports:** Football, Boys Tennis, Boys Soccer, Girls Volleyball, Boys & Girls Cross Country, Sideline Cheerleading, Girls Golf, Girls Swimming & Diving

**Winter Sports:** Hockey, Boys Swimming & Diving, Wrestling, Competitive Cheer, Boys & Girls Basketball

**Spring Sports:** Baseball, Softball, Boys & Girls Track and Field, Boys Golf, Girls Tennis, Girls Soccer, Boys & Girls Lacrosse

## CLASS OF 2020 RECOGNITION

99 percent of our 2020 graduates are continuing their studies. Our 2020 graduates were accepted at the following colleges and universities:

Albion College	Michigan State University
Alma College	Michigan Technological University
Alverno College	Northern Michigan University
Aquinas College	Olivet College
Arizona State University	Purdue University
Ave Maria University	Rutgers University-New Brunswick
Baldwin Wallace University	Saginaw Valley State University
Ball State University	Saint Mary's College
Bard College	Siena Heights University
Benedictine University	Spring Arbor University
Bowling Green State University	Syracuse University
Butler University	The Ohio State University
Central Michigan University	University of Arizona
College of Charleston	University of California-San Diego
The Citadel, The Military College of SC	University of Colorado-Boulder
Cleary University	University of Dayton
Colorado State University	University of Denver
Denison University	University of Hawaii-Manoa
Eastern Illinois University	University of Kentucky
Eastern Michigan University	University of Maine
Ferris State University	University of Massachusetts Boston
Franciscan University of Steubenville	University of Michigan-Ann Arbor
Grand Valley State University	University of Michigan-Dearborn
Hillsdale College	University of Minnesota-Twin Cities
Holy Cross College	University of Mississippi
Hope College	University of Rhode Island
Indiana University-Bloomington	University of St. Thomas
Iowa State University	University of Tampa
Kalamazoo College	University of Washington-Seattle
Kellogg Community College	University of Washington-Bothell
Lake Superior State University	Wayne State University
Lansing Community College	Western Kentucky University
Louisiana State University	Western Michigan University
Loyola University Chicago	Xavier University
Marquette University	

## COLLEGE SCHOLARSHIPS & CLASS GRADE POINT

Our 2020 graduates earned over \$5 million in college scholarships. The class grade point average earned by the Class of 2020 was a 3.4.



## CLUBS & ACTIVITIES

Ambassadors	National Honor Society
Art Club	Peer Assistance Leaders (PALs)
Be Love Revolution (Women's Group)	Prayer Partners
Drama/Musicals	Quiz Bowl
Eucharistic Ministers	Retreat Leaders
Evergreen Club	Robotics
Good Works Crew	Sociedad Honoraria Hispanica
Guardians of the Altar	Spiritual Theme Committee
International Travel	Strings
Intramural Basketball	Student Athletic Trainers
Jazz Band	Student Leadership Team
Lectors	Student Tutors
Mission Trips	Students for Life
Music Ministry	Tabletop Game Club

## FAITH

- Every school day begins and ends with prayer
- All students attend Mass weekly
- Daily Mass is offered
- Sacrament of Reconciliation is offered weekly
- Eucharistic Adoration is offered weekly
- All students attend a school sponsored retreat once per year
- Juniors and Seniors have the opportunity to be retreat leaders and attend our Kairos retreat
- Additional retreats, trips, and events are available for students to grow in their faith throughout the school year

## MISSION TRIPS

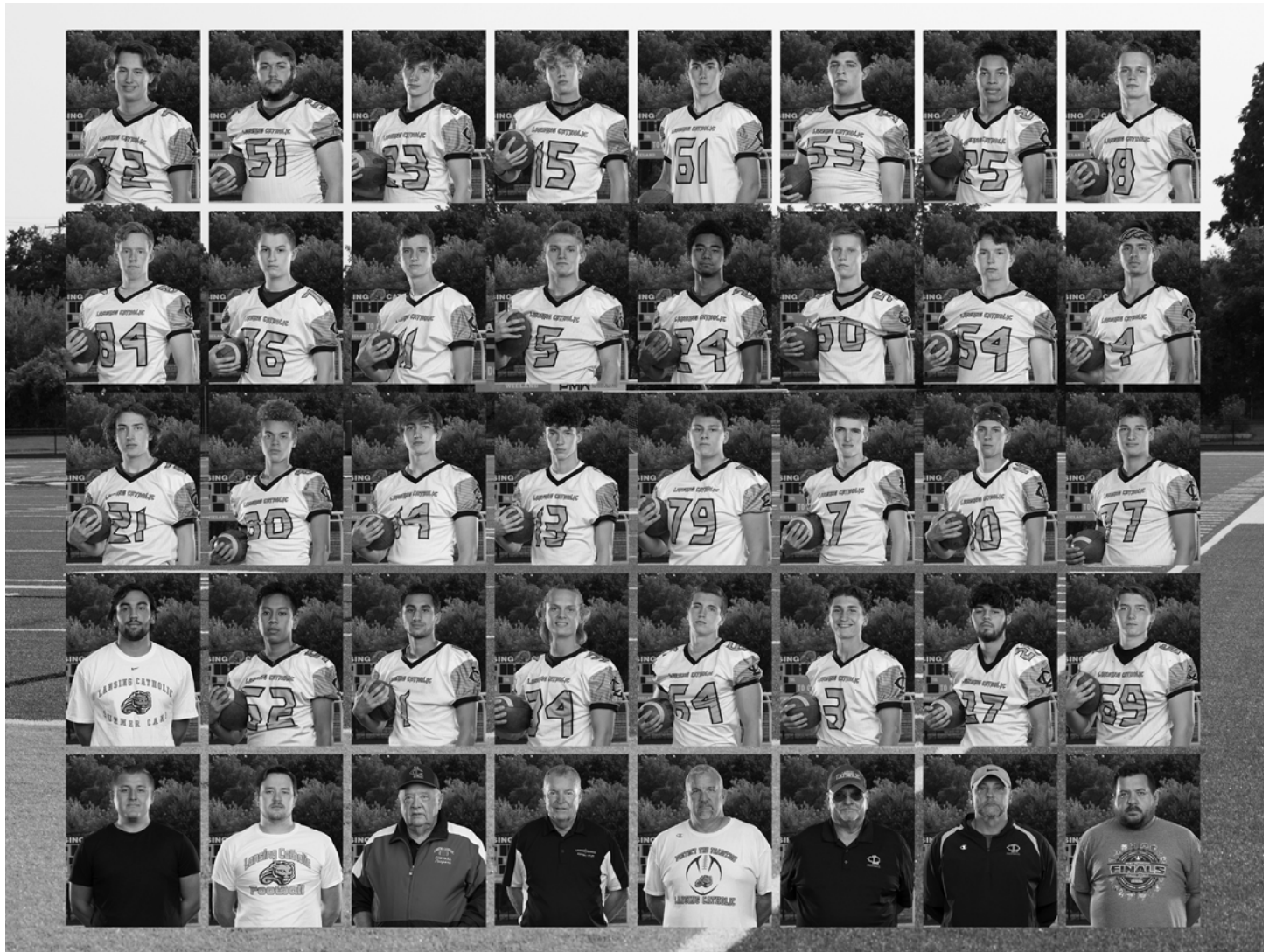
- Mission Trips are offered during Spring Break and Summer Break to the following locations: Montgomery, Alabama; Beattyville, Kentucky; Logan, West Virginia; Pine Ridge, South Dakota; and Memphis, Tennessee
- 30% of our student body participate in a Mission Trip each year
- Financial Assistance is available to ensure all students who wish to take part in a Mission Trip are able to participate

## SERVICE

- 80 hours of community service required for graduation
- Students also participate in numerous school wide service projects, including hosting a mobile food pantry, sponsoring families for Thanksgiving and Christmas, and various collections throughout the year for local charities
- Work-a-Thon is our annual day of service in which students, staff, and parents spend the morning volunteering in the greater Lansing area

For more information about Lansing Catholic High School, visit our website at [www.lansingcatholic.org](http://www.lansingcatholic.org).





## COACH ROSTER

Jim Ahern .....	Head Coach
Jim Baker .....	Asst. Coach
Nick Baker .....	Asst. Coach
Anthony Joseph .....	Asst. Coach
Hub Waite .....	Asst. Coach
Vance Kincaid .....	Asst. Coach
Justice Lewis .....	Asst. Coach
Kelly Carier .....	Asst. Coach
Mike Doran .....	Asst. Coach
Pat Barner .....	Asst. Coach
Andrew Robeson .....	Asst. Coach
Vince Villanova .....	Asst. Coach
Dave Hart .....	Asst. Coach

## SCHEDULE

- 🏠 09/18/20 7:00 PM vs Eaton Rapids Senior HS
- 🚌 09/25/20 7:00 PM @ Ionia HS
- 🚌 10/02/20 7:00 PM @ Portland HS
- 🏠 10/09/20 7:00 PM vs Charlotte Senior HS
- 🚌 10/16/20 7:00 PM @ Mason HS
- 🏠 10/23/20 7:00 PM vs Pewamo-Westphalia HS

🏠 Home Game 🚌 Away Game

Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



# FOOTBALL — VARSITY

## PLAYER ROSTER

1	Matt DeLuca.....	Senior
3	Kevin Biergans.....	Senior
4	Jake Maloney.....	Senior
5	Alex Watters.....	Junior
7	Andrew Hicks.....	Senior
8	Rory Durr.....	Junior
9	John Watters.....	Freshman
10	Stuart Hamilton.....	Senior
11	Joey Baker.....	Junior
13	Dylan Farrar.....	Junior
14	Owen Biergans.....	Junior
15	Henry Doerr.....	Junior
23	Victor Cimala.....	Senior
24	Brandon Lewis.....	Sophomore
25	Christian Tucker.....	Junior
33	Nic Gruber.....	Sophomore
34	Will Gruber.....	Senior
50	Matt Gehle.....	Junior
51	Bronson Abbott.....	Senior
52	Aaron Williams.....	Senior
53	Brandon Hillman.....	Senior
54	Sebastian Golzynski.....	Junior
61	Paul Gulock.....	Senior
64	Mason Knippen.....	Junior
70	Thomas Sambaer.....	Senior
69	Bo Poljan.....	Junior
72	Michael Letarte.....	Senior
76	Andrew Hart.....	Junior
77	Jackson Vukovic.....	Senior
79	Carson Schick.....	Senior
80	Brody Kirkpatrick.....	Junior
84	Jonah Richards.....	Junior



## FOOTBALL — VARSITY



### **JIM AHERN** VARSITY HEAD COACH

Coach Ahern has been coaching high school football since 1967. This is his 13th year at Lansing Catholic. He was the head coach at Ithaca High School for over thirty years and took thirteen teams to the playoffs. He has been selected as the Michigan High School Coach of the Year once and is enshrined in the Michigan High School Football Coaches Hall of Fame.



### **JIM BAKER** JV HEAD COACH & VARSITY ASSISTANT COACH

Coach Baker is a graduate of Grand Ledge High School and Western Michigan University. He has been coaching football at LCHS for over 23 years. He is married to Kathy and has four children, Zac, Nick, Tori and Joey.



### **HUB WAITE** VARSITY ASSISTANT COACH

Hub was a member of the Midland High School 1957 State Championship Football Team during his high school career. He has coached 21 years of football at LCHS. He has been married for 54 years to his wonderful wife, Marilyn.



### **PAT BARNER** VARSITY & JV ASSISTANT COACH

Coach Barner, a Lansing Catholic alum, is in his ninth year coaching with Lansing Catholic football program. He is looking forward to another great year!



### **KELLY CARRIER** VARSITY ASSISTANT COACH

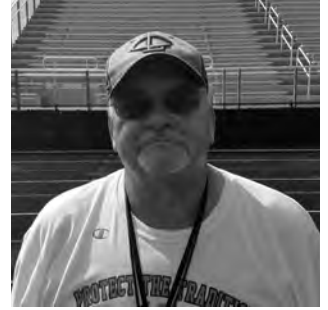
Coach Carrier is in his ninth year on the Cougar coaching staff. He works mainly with defensive backs.



## FOOTBALL — VARSITY

### **MIKE DORAN** VARSITY ASSISTANT COACH

Mike has been coaching football for over 30 years, most of them as an assistant to Jim Ahern at Ithaca High School. Mike will be coaching the offensive line again this year and is a part time math teacher at LCHS. He is also the assistant softball coach at Alma College. Mike lives in Ithaca and is married to Kathy.



### **JUSTICE LEWIS** VARSITY ASSISTANT COACH

Coach Lewis is an LCHS graduate (C17) and was a standout on the Cougar football team (C17). He is excited to return to the program to help his alma mater by working with the offensive line. Justice currently attends Michigan State University.



### **ANDREW ROBESON** VARSITY ASSISTANT COACH

This will be Coach Robeson's fourth year coaching at Lansing Catholic High School. He works mainly with defensive backs.



### **NICK BAKER** VARSITY & JV ASSISTANT COACH

Nick played four years of football at Lansing Catholic. He graduated from Lansing Catholic in 2017 and is currently a senior at Michigan State University.



### **ANTHONY JOSEPH** VARSITY ASSISTANT COACH

This will be Coach Joseph's first year coaching at Lansing Catholic High School.

### **VINCE VILLANOVA** VARSITY ASSISTANT COACH

This will be Coach Villanova's first year coaching at Lansing Catholic High School.

### **VANCE KINCAID** VARSITY ASSISTANT COACH

This will be Coach Kincaid's first year coaching at Lansing Catholic High School.

### **DAVE HART** VARSITY ASSISTANT COACH

This will be Coach Hart's first year coaching at Lansing Catholic High School.

 FOOTBALL — VARSITY



**COACH: JIM AHERN**  
LSJ DREAM TEAM 2019  
DETROIT LIONS/FARM BUREAU  
COACH OF THE YEAR



**ZACH GILLESPIE**  
LSJ OFFENSIVE PLAYER OF THE YEAR  
ALL STATE  
DIV 5/6 PLAYER OF THE YEAR



**SAM EDWARDS**  
LSJ DEFENSIVE PLAYER OF THE YEAR  
ALL STATE



**ALEX WATTERS**  
LSJ DREAM TEAM 2019  
ALL STATE

**CONGRATULATIONS**



 **FOOTBALL — VARSITY**

**OFFENSIVE TEAM SEASON RECORDS**


Most Wins	13	1985, 2011, 2014 and 2019
Most Wins In a Row	15	1985-86
Reg Season Win Streak	22	2009-12
League Titles Outright		1974,80,83,85,91,10,11,12,14
League Titles Shared		1982,84,86,87
Most Shutouts	8	1985
Most Points Scored	606 46.6 avg.	1985
Most Total Yards	6172 474.8 avg.	2011
Most Rushed Yards	2986 230 avg.	1985
Most Passed Yards	4035 310.4	2011
Least QB Sacks Allowed	1	1985
Most Pass Attempts	374	2011
Most Pass Completions	248	2011
Best Completion Avg.	.689 151-219	2018


**DEFENSIVE TEAM SEASON RECORDS**

Least Points Allowed	33 — 4.1 avg.	1970
Least Total Yds. Allowed	1305 — 163 avg. & 1319 — 101 avg.	1970 & 1985
Least Rush Yds. Allowed	884 — 101.5 avg. & 895 — 99.4 avg.	1973 & 1989
Most Interceptions	30	2014
Most Fumble Recoveries	19	1987
Most Blocked Kicks	5	1975, 85
Most Turnovers Caused	44 — 3.1 avg.	2014
Best Turnover Ratio	+37 3	2014


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# OFFENSIVE RECORDS 1970-2017

## Career Rushing Yards Leaders

Joe Joseph	1984-86	3172 yds	45
Tony Poljan	12-15	3107 yds	60
Luke Hollis	2000-02	2614 yds	21

## Game Rushing Yards Leaders

Marty Castellon	1989	5	ER
Marty Castellon	1989	3	Mason

## Career Receiving Yards Leaders

Matt Macksood	2010-11	16/2997	42
Frank Fata	2002-05	1331-1549	13

## Game Receiving Yards Leaders

Matt Macksood	2010	11/372 **	4 Ionia
Matt Macksood	2011	11/312	4 Dowagiac
Josh Kramer	2017	11/142	2 Olivet

## Career Passing Yards Leaders

Cooper Rush	2009-11	455-734	7254/80
Tony Poljan	2012-15	390-682	6179/59

## Game Passing Yards Leaders

Cooper Rush	2011	25-29	541/8 ** Dowagiac
Cooper Rush	2010	18-25	472/6 Ionia

## Longest Run

Jack Swain	2010	99 yds **	Albion
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## Most Completions in a Row

Cooper Rush	2011	20 **	Dowagiac
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## Best Season Completion Average

Josh Kramer	2018	147-209	70.3%
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## Career Most Field Goals (FG/Attempts)

Rob Campion	1973-75		8 / 14
Dominic Magaldi	2002-05		5 / 6

## Best Punter

Dominic Magaldi	1992	31/1123 yds	36.2 av
Rob Campion	1973-75	122/4341 yds	35.5 av

## Career Most Extra Points

Rory Leisman	2011-12	79 / 92	
Jonah Richards	2019-	72 / 75	

## Longest Kick Off Return Leaders

Dan Ghannon	1978	98 yds	
Matt Macksood	2010	90	Corunna

## Best Kick Off

Dominic Magaldi	1992	18/1017	56.5
Rob Campion	1973/74	65/3033	50.8

## Longest Field Goal Leaders

Dominic Magaldi	1992	47	Redford
Rob Campion	1975	37	



## DEFENSIVE RECORDS 1970-2017

### Career Tackles Leaders

Bob Fata	1983-85	365
Pat Gillespie	1985-87	286

### Game Tackles Leaders

Brian Boyer	1994	28
Jim Sinicropi	1971	25

### Career Tackles for a Loss

Demond Winston	1984-85	48
Bob Fata	1984-85	36

### Game Tackles for a Loss

Bob Fata	1985	6
Andy Dion	2001	6

### Season Tackles for a Loss

Bob Fata	1984	21
Demond Winston	1985	18

### Career Interception Leaders

Zac Baker	2013-14	16/122 yds
Jack Swain	2010-12	14/318 yds

### Game Interceptions

Nine Players — 3		
Josh Kramer — 3	2017	Everett

### Season Interceptions

Zac Baker	2014	13 (in 14 games)
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### Career Fumble Recoveries

Joe Prichard	2010-11	8
John Back	1998-99	6

### Career Blocked Kicks

Mike Repovz	2006-08	3
Tom Vogal	2000	3

### Career Quarterback Sacks

Demond Winston	1984-85	17
Jim Sinicropi	1970-71	10

### Game Quarterback Sacks

Mike Watson	2003	4.5
Demond Winston	1985	3.5

### Season Quarterback Sacks

Demond Winston	1985	12
Jim Sinicropi	1970-71	10

Stats taken by Bill Richardson (williestat.com)

\*\* State Record

COUGAR  
prichard

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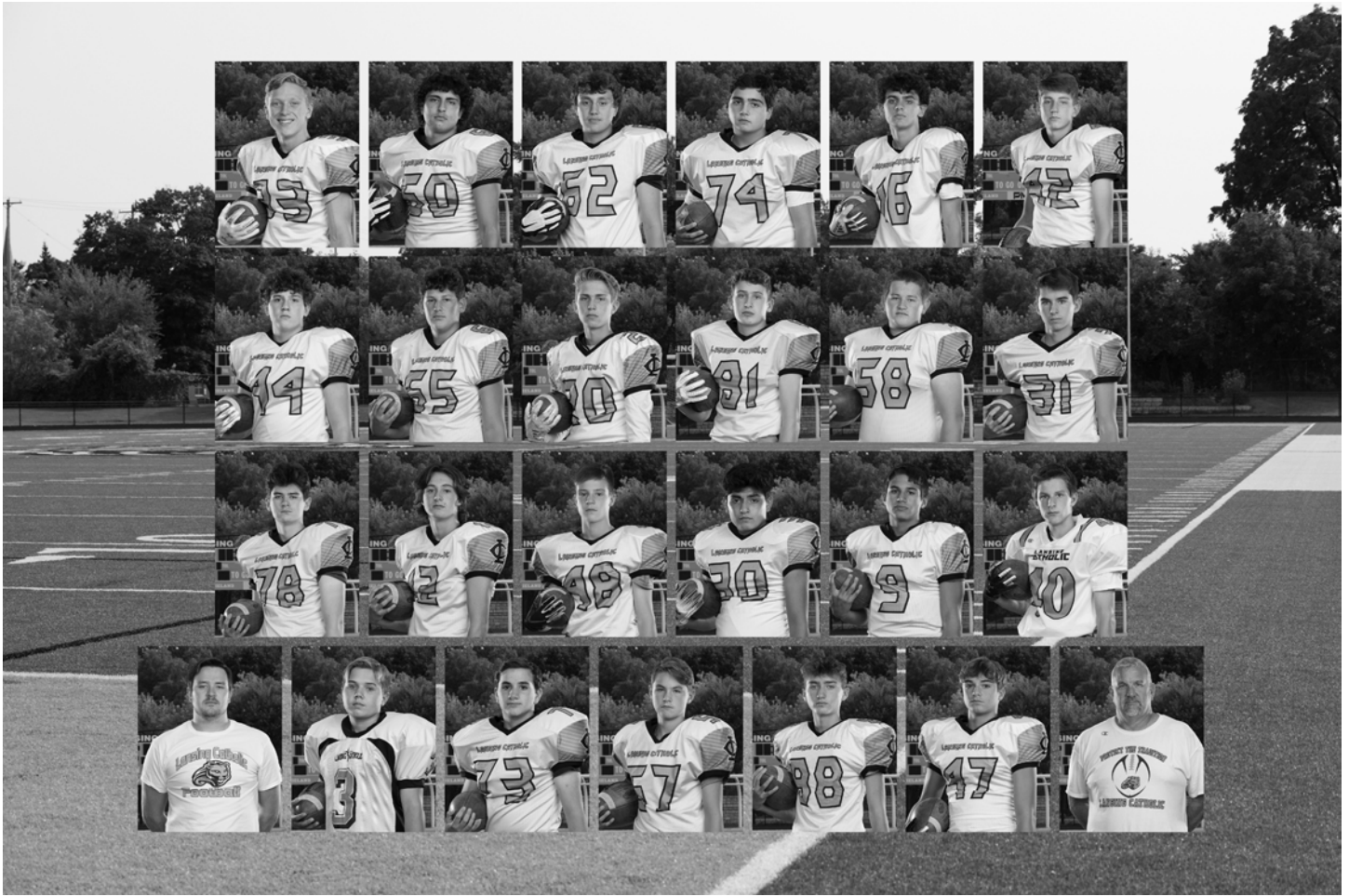


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Lansing Catholic High School athletics.*



## COACH ROSTER

Jim Baker ..... Head Coach  
 Pat Barner ..... Asst. Coach  
 Andrew Robeson ..... Asst. Coach

## SCHEDULE

-  09/17/20 6:00 PM @ Eaton Rapids Senior HS
-  09/24/20 6:00 PM vs Ionia HS
-  10/01/20 6:00 PM vs Portland HS
-  10/08/20 6:30 PM @ Charlotte Senior HS
-  10/15/20 6:00 PM vs Mason
-  10/22/20 6:30 PM @ Pewamo-Westphalia HS

 Home Game  Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

**COUGAR** *pride*



 **FOOTBALL — JUNIOR VARSITY**

**PLAYER ROSTER**

3	John Hinton .....	Freshman	48	Drew Diehl .....	Freshman
9	John Watters.....	Freshman	57	Jaden Hanson .....	Freshman
12	Justin de Varona.....	Freshman	58	Isaac Iocco .....	Sophomore
16	Jack Jacobs .....	Sophomore	60	Sean Dua.....	Sophomore
20	Dan Shipman .....	Sophomore	63	Matt Watkins .....	Sophomore
30	Jacob Alvarado .....	Freshman	65	Ethan Vukovic .....	Sophomore
31	Andrew Hamilton.....	Sophomore	73	MathewDavid Bradbury .....	Sophomore
33	Nic Gruber .....	Sophomore	74	Nicholas LaMacchia.....	Sophomore
40	Stephen Fair .....	Freshman	78	James Hendges.....	Sophomore
42	Padraic Cotter .....	Sophomore	81	Adam Sambaer.....	Sophomore
44	Colson Schick.....	Sophomore	88	Brock Bigger .....	Freshman
47	Patrick Doyle .....	Freshman			

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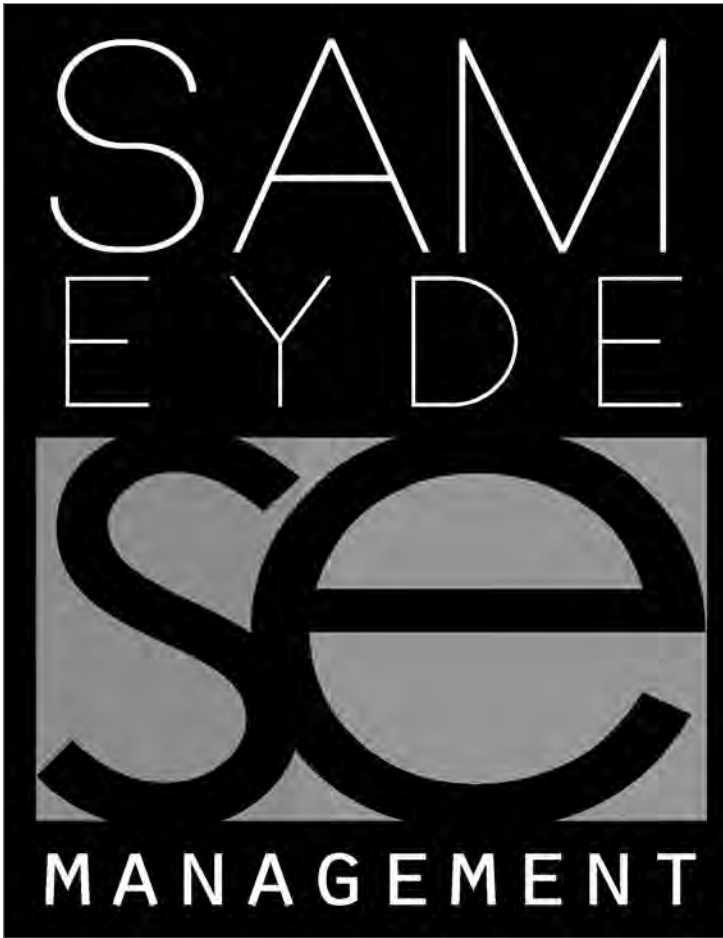
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**GO COUGARS!**

from Jerry and Amy McKenna



# FAITH FAMILY TRADITION

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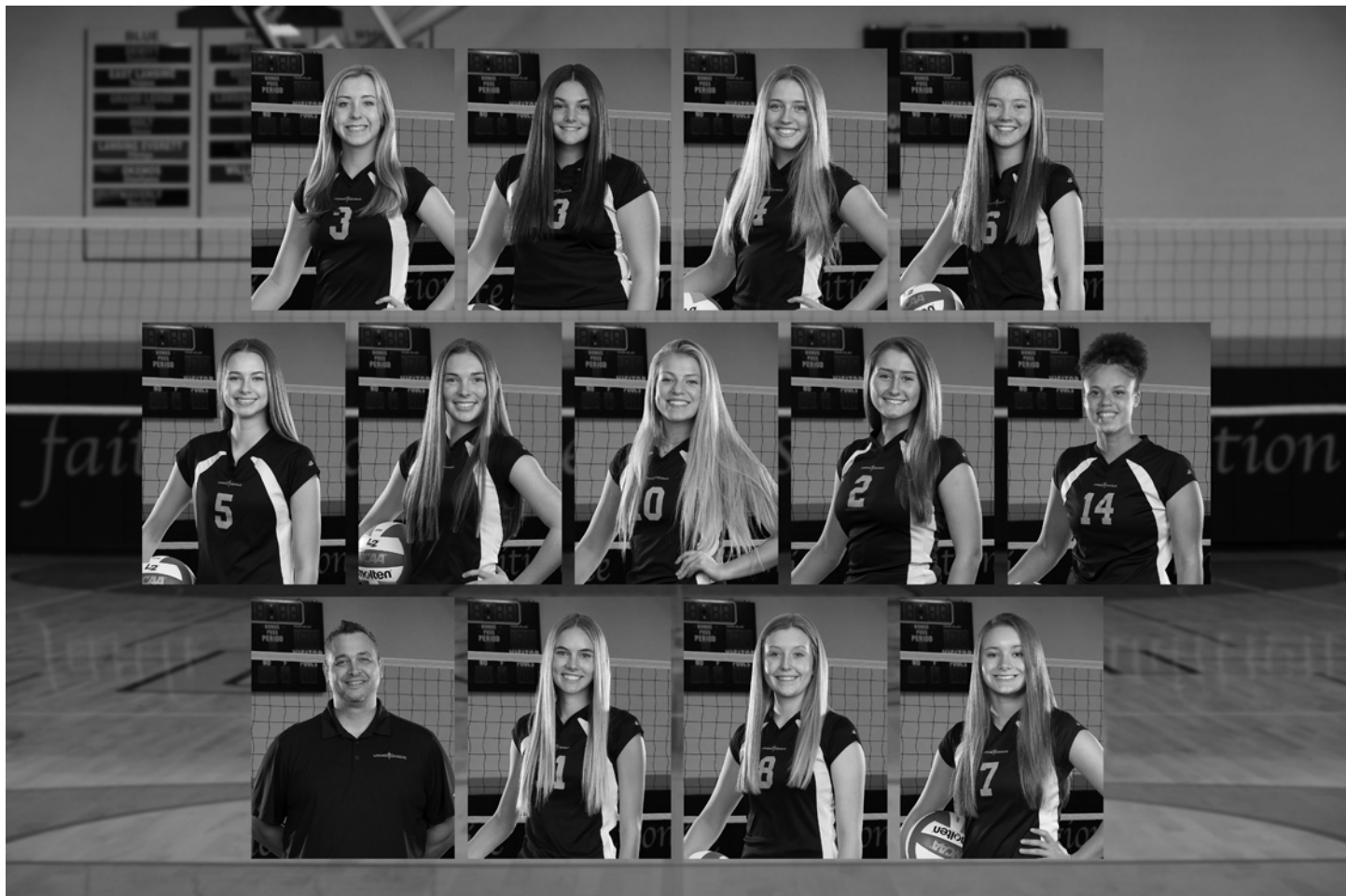
*Sam and Judy Eyde*

COUGAR *pride*



## **KEN HINTZE** ASSISTANT ATHLETIC DIRECTOR

Mr. Ken Hintze comes to us from Dearborn, Michigan. He attended Detroit Catholic Central High School and matriculated to Michigan State University where he earned a BS in Athletic Training from the College of Education. This is Ken's 5th year here at LCHS, but it's his 1st year as Assistant Athletic Director. During his time here, Ken has provided medical treatment for our student athletes and worked as the Assistant to the Athletic Director in the athletic office. He now will assume a full time role in the Athletic's department and will assist with medical treatment during school hours. We're excited to have Mr. Hintze on the LCHS team.



**KEVIN MCMILLAN**  
 VARSITY HEAD COACH

Kevin McMillan has been involved in volleyball for the past 22 years, as a player, official, and coach. Coach McMillan started his playing career at University of Toledo, where he played club volleyball for the Rockets. In addition he has coached in Michigan since 1998, at the collegiate level (club), in high school, notably at Perry (85-45-6) and Lansing Christian 135-33-13 and three district titles. Kevin is currently the Recruiting Coordinator and National Team Coach for Attack Volleyball Club. His teams have been highly successful over the past several years, posting a program high 3rd place finish in the 17U Division at the 2017 USAV National Championships in Chicago, IL. Kevin has been married to his wife for 17 years, and has a 13 year old son named Joey, and 4 year old daughter, Kyler. Lansing Catholic is excited to welcome Kevin and his family to our LCHS family!



**SCHEDULE**

- 🏠 09/15/20 6:00 PM vs Ionia HS
- 🚌 09/24/20 6:00 PM @ Eaton Rapids Senior HS
- 🚌 09/26/20 9:00 AM @ Owosso HS Invite
- 🏠 09/29/20 6:00 PM vs Charlotte Senior HS
- 🏠 10/01/20 6:00 PM vs Dewitt HS
- 🚌 10/06/20 6:00 PM @ St. Johns HS
- 🏠 10/08/20 6:00 PM vs Portland HS
- 🚌 10/10/20 8:00 AM @ St Johns Invite
- 🚌 10/15/20 6:00 PM @ Grand Ledge HS
- 🏠 10/22/20 6:00 PM vs Fowlerville HS
- 🚌 10/24/20 9:00 AM @ Williamston Invite
- 🚌 10/27/20 6:00 PM @ Williamston HS
- 🏠 10/29/20 6:00 PM vs Waverly Senior HS
- 🚌 10/31/20 9:00 AM @ Huron HS Invite

🏠 Home Game 🚌 Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

 **VOLLEYBALL — VARSITY**

**PLAYER ROSTER**

- 1 Hailey Bres.....Junior
- 2 Ellie Kooney.....Senior
- 3 Aubrie Hicks.....Junior
- 4 Cady Kooney.....Junior
- 5 Reese Corey.....Junior
- 6 Ava Wilcox.....Freshman
- 7 Isabella Schultz.....Sophomore
- 8 Olivia Voss.....Junior
- 10 Sydney Buda.....Junior
- 11 Nikki Hufnagel.....Senior
- 13 Alivia Castle.....Junior
- 14 Melissa Beachnau.....Senior



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**AUDREY SCHULTZ**  
LSJ ALL AREA 2019

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# VOLLEYBALL — JUNIOR VARSITY



## PLAYER ROSTER

- 1 Stella Palinski..... Sophomore
- 2 Lydia Papson..... Sophomore
- 3 Hannah Hayes .....Junior
- 4 Amy Magaway ..... Sophomore
- 5 Nicole DeLuca..... Sophomore
- 6 Nina Hufnagel ..... Sophomore
- 7 Emi Gulock..... Sophomore
- 9 Makena Collins .....Freshman
- 10 Annabel Ludwig..... Sophomore
- 11 Clare Lavagnino..... Sophomore
- 12 Nancy Bareham..... Sophomore
- 14 Elizabeth Hayes ..... Sophomore

## SCHEDULE

-  09/15/20 5:00 PM vs Ionia HS
-  09/24/20 5:00 PM @ Eaton Rapids Senior HS
-  09/29/20 5:00 PM vs Charlotte Senior HS
-  10/01/20 5:00 PM vs Dewitt HS
-  10/06/20 5:00 PM @ St. Johns HS
-  10/08/20 5:00 PM vs Portland HS
-  10/10/20 9:00 AM @ Owosso Invite
-  10/15/20 5:00 PM @ Grand Ledge HS
-  10/22/20 5:00 PM vs Fowlerville HS
-  10/27/20 5:00 PM @ Williamston HS
-  10/29/20 5:00 PM vs Waverly Senior HS
-  10/31/20 9:00 AM @ CAAC Volleyball Tournament

 Home Game  Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

# VOLLEYBALL — JUNIOR VARSITY

## HEIDI BUMPUS

HEAD COACH

This is Heidi's first year coaching the Junior Varsity Volleyball team at Lansing Catholic High School. Heidi has been involved in volleyball for over 20 years as camp director, tournament director, regional rep and coach. From 1995-2016 she coached at Dansville schools 7th-varsity. During that time she also began the youth program which is still ongoing. Heidi lives in Dansville with her husband Steve and has two adult children, Travis and Dakota (Kota).



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# VOLLEYBALL — FRESHMEN



## PLAYER ROSTER

- 2 Makayla Paul
- 3 Flynn Mansfield
- 8 Marina Taylor
- 9 Maria Guzman-Hernandez
- 10 Addison Charette
- 12 Nasadia Rodriguez
- 14 Eleni Lahanas
- 15 Madeline Peters
- 18 Maddy Murphy
- 19 Gabriella Torgeson
- 23 Krystyn Hoff
- 25 Makena Snitgen
- 30 Mary Poljan

## SCHEDULE

-  09/14/20 5:00 PM @ Williamston HS Quad
-  09/15/20 4:00 PM vs Ionia HS
-  09/24/20 5:00 PM @ Eaton Rapids Senior HS
-  09/29/20 4:00 PM vs Charlotte Senior HS
-  10/01/20 4:00 PM vs Dewitt HS
-  10/06/20 5:00 PM @ St. Johns HS
-  10/08/20 4:00 PM vs Portland HS
-  10/15/20 5:00 PM @ Grand Ledge HS
-  10/17/20 9:00 AM @ Dansville Invite
-  10/22/20 4:00 PM vs Fowlerville HS
-  10/24/20 9:00 AM @ Ionia invite
-  10/27/20 5:00 PM @ Williamston HS
-  10/29/20 4:00 PM vs Waverly Senior HS
-  10/31/20 9:00 AM @ CAAC Volleyball Tournament

 Home Game  Away Game

Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



## VOLLEYBALL — FRESHMEN

### **EMILY HALL** HEAD COACH

Emily Hall is currently a teacher at St. Thomas Aquinas parish grade school, she has coached at Capitol club and Far Out club in Grand Rapids. Emily played at Nouvel Catholic Central High school and was the captain her senior season. We are excited to welcome Emily!



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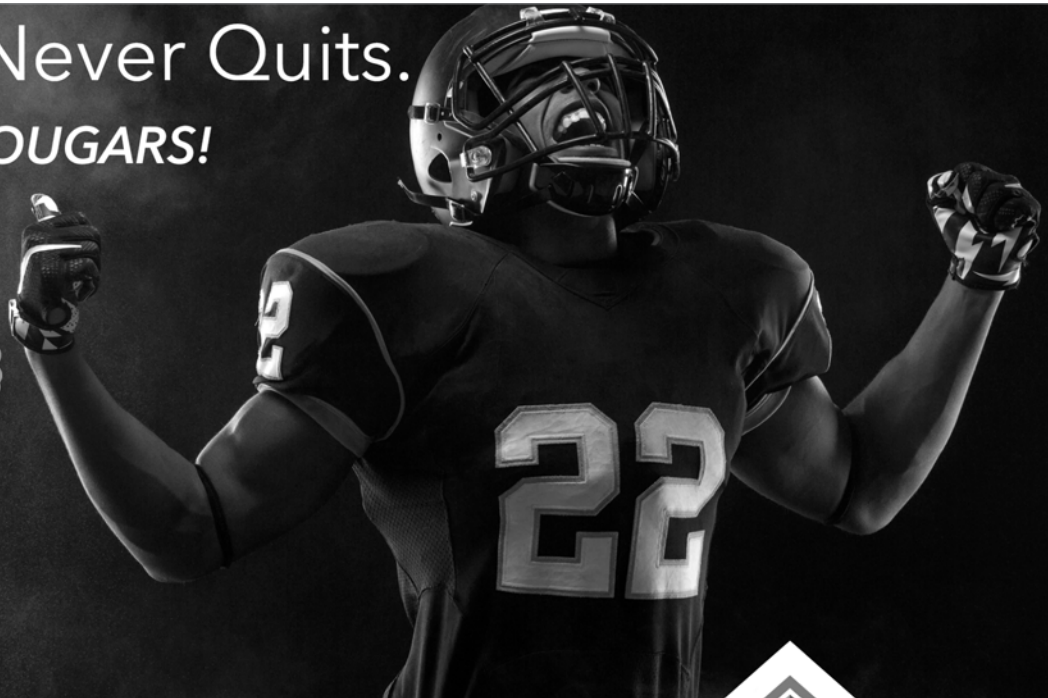
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## FOOTBALL — BIOS



### BRONSON ABBOTT

Bronson has been playing football since elementary school and has played on varsity for two years. His biggest influence on his game has been coach Jim Ahern who has encouraged him to never give up no matter what happens. His best advice comes from Coach Ahern when he says, "Don't be satisfied with being mediocre." Winning a state championship for Ahern has been his best memory at Lansing Catholic and he will miss the 2019 and 2020 LCHS football teams. Bronson is thankful for his parents, his Aunt and Uncle, his coaches, Mr and Mrs LeTarte, and Mr Krauss. Bronson has plans to study Aviation in college and become a United States Marshal.

### KEVIN BIERGANS

Kevin has played football for four years, but this is his first year playing high school football. Kevin's biggest influence has been his two brothers who also play, and push him to be better. His best advice came from his former coach, Mr. Blake who said, "If you look good, you'll play good". Kevin's best football memories come from the locker room talks before and after all the practices. He thanks all of his grandparents, aunts, uncles, and cousins for coming to ALL of his sporting events throughout his high school career. Kevin is undecided about where he wants to attend college, but plans on studying business.



### VICTOR CIMALA

Victor Cimala has been playing football since the 4th grade and has been on varsity for two years. The biggest influence on the way he plays and his motivation has been his dad who has taught him to be competitive to the end of each whistle. His dad played football in high school and was a coach through all his pee wee playing days. The best advice Victor ever got was from his mom, she told him to suck it up after getting a little injury in a 6th grade football game, from then on, Victor learned to fight through the little pains and to play hard. He will miss celebrating on the way home singing along with his teammates. Victor for now plans to study Marine biology in college and move to Florida in the upcoming years.

### MATTHEW DELUCA

This is Matthew's first year playing football. He wants to thank all of his friend's and family's support and encouragement. Matthew is thankful for all of his coaches as they pushed him to be the best player he can be. After high school, Matthew plans to study business or sports management in college.





## FOOTBALL — BIOS



### WILLIAM GRUBER

Will has been playing football since pre-school flag football here at Lansing Catholic and has been on varsity for two years. He would like to thank his parents for always pushing him to be the best athlete he could be and being there for him at his games. He would also like to thank his coaching staff for teaching him all he knows about the sport and for Coach Baker yelling at him when he missed a block. Will's favorite memories in the program consist of Thursday post-practice meals at Brody Hall, having fun with his teammates during practice, and winning a state championship at Ford Field his junior year. Will plans on studying business in college and is undecided on where he wants to attend.

Paul has been playing football since his sophomore year of high school. He'd like to thank his coaches and teammates for helping him grow into the person he is today. He will greatly miss his teammates and will hold on to all the memories. Paul plans to achieve his bachelor's degree in finance or accounting, and then a Masters in Business Administration.

### PAUL GULOCK



### STUART HAMILTON

This is Stuart's first year playing high school football for Lansing Catholic, and he could not be more thrilled to be part of the team. His biggest influence in his life is his dad, who continuously pushes him to succeed in academics, athletics, and in life. He will forever be grateful for the life lessons he learned in his one-year football career, and will never forget his "stellar" play at quarterback over the summer. Stuart thanks his family, friends, coaches, and teammates for the endless support and learning moments. Stuart plans on studying International Relations in college, along with joining an Air Force ROTC program.

### ANDREW HICKS

Andrew is playing his first year of football. He is very excited to be a part of the team. Andrew wishes to thank his mom and dad for all of their support and encouragement. After high school, Andrew plans to attend college and hopefully study accounting or business.



### BRANDON HILLMAN

Brandon is the son of Roger and Kristen Hillman. Brandon has been playing football since first grade and is a 2nd year varsity football player. He would like to thank his family for always supporting him and attending his games. Brandon would like to thank all of his coaches past and current for their hard work and his teammates for always pushing to be better both on and off the field. After graduation Brandon plans to attend college but is undecided as to which college.



### MICHAEL LETARTE

Michael started playing High School football his sophomore year. He would like to thank his parents and other close family for supporting and encouraging him. His favorite part of playing football is winning games with his closest friends. His advice to younger players is to always listen to your coaches, and always cherish the nights under the lights. Michael plans to study biology/physiology in college.

### JACOB MALONEY

Jake Maloney started his football career with flag football 9 years ago through the Junior Cougar program, and has played every year since. His biggest influence to the game is his dad, he never let him settle and taught him how he needs "to do the little things right in order to do something big." His favorite memories include the state championship game and his bus rides home from away games. He would like to give a special thanks to his mom for being his number 1 fan and always being very audible from the bleachers whether he liked it or not. He plans to study engineering or exercise health science as he continues his football career in college.



### THOMAS SAMBAER

Thomas started playing football as a senior. His biggest influence on his game is his grandpa who loves football and encouraged him to learn the game and enjoy competition with his friends and the great coaches at Lansing Catholic. Although he started playing in his final year, he is excited to experience the tradition of Friday Night Lights. "It is better late than never"! He wants to thank his family for their support. Thomas plans to study engineering or business in college.

### CARSON SCHICK

Carson came back to football, his passion, after a hiatus since elementary school while he was focusing on lacrosse, his other favorite sport. He just joined football this year after wanting to play all of high school. He was heavily influenced by Coach Roushar a former neighbor and football coach who left MSU for the New Orleans Saints. He is an avid MSU sports fan and watches them every week. The opportunity to come back to his true athletic passion of football will be one of the highlights of his senior year. Carson plans to study business at Michigan State University.



## FOOTBALL — BIOS



### JACKSON VUKOVIC

Jackson has always loved playing sports and found it was even more fun in high school at Lansing Catholic. He started playing football his senior year and has really enjoyed it. Jackson's advice: When you start something, you have to finish it.

### AARON WILLIAMS

Aaron has been playing football since he joined Junior Cougars when he was in the 4th grade. He has played all throughout his high school career. He has learned to always work hard, give it his all and to do his best whether it is at a game or at a practice. His best advice came last year during the playoffs when his coaches kept saying "Don't give up, keep pushing, we are almost to our goal!" Aaron's advice to younger players is to work your hardest, be determined and focus on the little things. After that you will start to see the results you wished for. Aaron would like to thank all of the coaches he has had throughout the years for their dedication, time and commitment. He also wishes to thank his family for being his number one fans! His plan after high school is to attend Michigan State University.



## VOLLEYBALL — BIOS



### MELISSA BEACHNAU

Melissa has been playing volleyball since 5th grade. She would like to thank everyone on her team, her family, and her coaches for their support and for pushing her to always do her best. Some advice Melissa would like to share to underclassmen would be, "to enjoy every moment you have and to make the best of the season while you can." Melissa hopes on continuing her volleyball career throughout college as well as studying something in the field of criminology.

### NICKI HUFNAGEL

Nicki has been playing volleyball since 5th grade. She would like to thank her family, friends, coaches, and teammates for all of their continuous support. Her favorite memories have been dancing and singing with the team and going out to eat together. She is grateful for all of the friends she has made playing volleyball over the years and for all of the hilarious moments that brought. Some advice she has to younger players is to "always be confident and believe in yourself". After high school Nicki plans to go to college and study medicine.



### ELLIE KOONEY

Ellie has been playing volleyball ever since fifth grade, all thanks to the encouragement from her family and coaches. She thanks her mom and dad for pushing her to continue giving this sport 110% all of the time, along with her sister who pushes Ellie on and off the court. Some of the best advice she has received was from her dad, who told her to never be afraid to try new things or to be challenged. Her best volleyball memories consist of pre-game food runs and weekend tournaments early in the season. Advice she'd give to younger players is to have patience and enjoy the game for what it is. Ellie plans to go to college to major in chemistry or human sciences and minor in arts and humanities.



### **BRANDON BEARD**

Brandon has been playing soccer since he was in second grade. He has been on varsity for four years. He would like to thank his family, friends, coaches and teammates for pushing him to do his best on the field. One advice that he would like to give to younger players is don't give up on soccer even though you get hurt, keep showing up to practice and do whatever you need to do to get yourself back on the field as soon as possible. He wants to go into graphic design and or game design after high school.

### **LUCAS BOEHLERT-SOMOHANO**

Lucas has played soccer for the last 4 years. Lucas loves playing Lansing Catholic soccer, and he will miss being on the team and being with his friends.



### **BRADY DESMYTER**

Brady has been playing soccer for as long as he can remember. His favorite memory is beating DeWitt 4-2 in the Gold Cup his junior year. Brady's favorite quote is "Your effort will always set you apart from others". He wants to thank his parents for always taking him to practices and games and funding his soccer related activities. He also wants to thank his brothers, Brandon and Cole. Brandon for constantly pushing him to play better and train harder, and Cole for getting him in to hit the weights and have some fun. Brady is unsure of his plans after high school but is working hard everyday to figure it out because his parents keep asking.

### **MAX HYMAN**

Max has been playing soccer all his life. He has played with several teams, and has enjoyed his time on all of them. Max would like to thank all his coaches for making him the soccer player he is today. Advice to younger players: don't take it too seriously, it's just high school soccer.



### **ROBERT KOWATCH**

Robert has played Soccer since he was in the third grade. He has grown to love the sport of soccer. He would like to thank everyone who has helped him throughout his years playing the sport. I will always remember the words of Gus saying "Drive, Drive, Drive" everyday at practice. He plans to study sports management in college at a school he can call home just like Lansing Catholic was for these four short years.



## SOCCER — BIOS



### FABRICE NKURUNZIZA

Fabrice has been playing for two years now. He wants to thank Coach Gus for having faith in him and telling him to keep practicing and keep his hard work ethic going. Fabrice wants to thank Jill also for helping him with foot work and fundamentals for soccer. He would also like to thank John for being a good motivator. Fabrice thanks his mom and dad for taking him to practice for sending him to an amazing school. Last but definitely not least, Fabrice has so much respect for Oscar and thanks him for always helping and telling him that he saw improvement along the way. Fabrice also feels that Oscar definitely deserves the “best coach” award. Best advice Fabrice received is that “hard work beats talent”. Fabrice would like to thank all his teammates for having his back and teaching him that “we accepted each other and that were all a family”.

### DONOVAN PAPSON

Donovan started playing soccer his freshman year, and earned Varsity honors for four years. His favorite memories playing soccer were winning the District finals and the CAAC cup of his junior year. He will miss being around his coaches and teammates and he will miss the environment that Lansing Catholic Soccer provided. His biggest supporters were his coaches, teammates, and family and his best advice was, from Coach Gus Flores, “Do the work for the guy next to you, do the work for the Family!” Donovan plans to study business at Michigan State.



### JAMES SCRIMGER

James has been playing soccer since elementary school. He has been on varsity for four years. He is very thankful to his parents for supporting him and coming to his games through all these years. He is also very thankful for the support from all his friends. Advice he would give the younger people is have fun while it lasts because it goes away in a blink of an eye.





## CROSS COUNTRY — BIOS

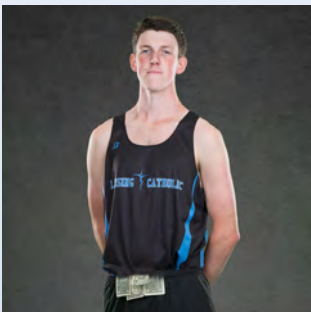
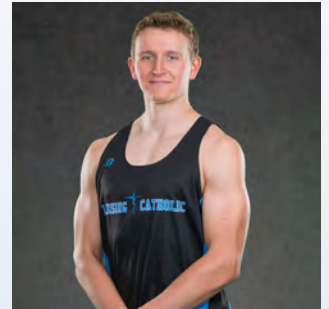


### THOMAS GIANIODIS

Thomas has been running since 8th grade. He would like to thank his parents and coach Simpson, as well as the numerous assistant coaches he has had. The best advice he has ever received is to "Be quiet and get that money son!" His advice to younger runners is to start committing and working hard as soon as possible. Thomas plans to attend Michigan State University next year.

### JORDAN KOHLER

Jordan has enjoyed running cross country this year for Lansing Catholic High School.

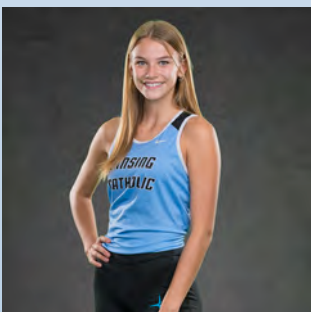
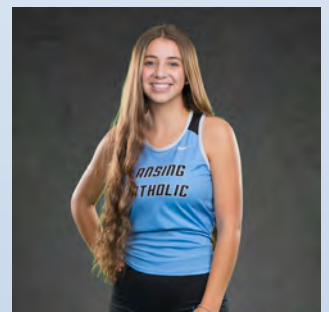


### JACK SAXTON

Jack has been running cross country since his 8th grade year of middle school. He has run at least one varsity time every year of his high school career. He would like to thank his mom and dad for supporting him and cheering him on at meets. He would also like to thank Coach Simpson for developing him as a runner. Jack is thankful to the sport for helping him grow more mentally tough, and helping form some of his closest friendships. His favorite memories come from exploring different places with his teammates on pre-races, and hanging out with teammates after meets. Jack plans to go to college, and study engineering.

### MIA BROWN

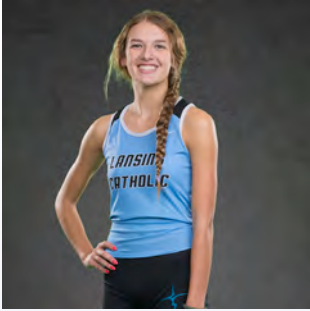
Mia has been running cross country since the 5th grade and has ran on varsity for all 4 years in high school. She is very thankful for such a supportive team and will miss the tight bond that they all have together the most. Her favorite memories all include the jokes and laughs the team shared and the joy-filled bus rides to and from meets. She would like to thank Coach Simpson for always pushing her to do her best, Coach Molly for being so motivating and optimistic through this past season, and her family for supporting her the whole way through. Mia plans to pursue a degree in labor and delivery nursing.



### ISABEL MIGAN

Isabel has been running Cross Country for two years now and has learned to love the sport. She took up running after realizing that she felt a certain pull to run. Running has been the most challenging thing Isabel has done in a long time, but the most rewarding. Isabel loves her teammates and coach and it will be extremely hard for her to leave them. The environment has been so positive and uplifting for her as she joined later in her high school career. Cross Country has been the most rewarding and fulfilling things Isabel has done because she is able to push herself in ways she never thought she could. She has learned that it is not always about the PR or finishing first in the race, but for having fun and realizing how beautiful the sport truly is.

## CROSS COUNTRY — BIOS



### **ADDISON PUCK**

Addison has been running since fifth grade and has been on varsity for all four years of high school. She is grateful for her supportive teammates and all the memories they share. Addison will miss pre-race runs and competing with her team the most. She will also miss Coach Simpson's extra loud words of encouragement from the sidelines. Her favorite memory is winning states freshman year. She would like to thank Coach Simpson, Coach Molly, and her parents for always pushing her to do her best. Addison plans to pursue a degree in the field of psychology.

### **SHANNON STEVENS**

Shannon has been running cross country since seventh grade. She wants to thank Coach Warriner, Coach English, and especially Coach Simpson for coaching her throughout the years. As well as the parents, both her own and of her teammates, that have helped over the years. One of her favorite quotes from Coach Simpson is, "I just breathe easier when I see Shannon at a meet". Some of her favorite memories are: witnessing her team winning states during her freshman year, long runs with the girls, and the many laughs had with the whole team. After high school, Shannon hopes to study health science. She will miss her whole team, but she will especially miss the seniors whom she has ran with since the beginning. Lastly, to her younger teammates Shannon says, "Don't waste whatever time you have left on this team. You don't know what you have until it's gone, and the Lansing Catholic Cross Country team is a family that will stay in my heart forever! Run hard and go Cougs!".



### **ANNIE DUDLEY**

Annie has enjoyed running cross country for Lansing Catholic.

## SWIMMING — BIOS

### **ELEANOR WASHBURN**

Eleanor has been swimming since she could walk, and has spent the last 4 years on the varsity swim team. Eleanor has had many people influence her throughout her swimming career, but would like to thank her parents and brother most. She would not be here without their support. Eleanor appreciates the lessons of discipline and self motivation she's learned throughout her time in the water. Eleanor hopes her teammates will continue to put in 100% everyday and give it all they've got, since you never know when it could be your last day in the pool. Eleanor's favorite swim memory was winning leagues her freshman year, and all the side conversations during practice that keep her going. She's going to miss the 4 am practice wake up calls before school most, as crazy as it may seem. She is thankful to have gotten a second chance at a senior year and is looking forward for what's to come in the remainder of the school year. Eleanor plans to study Sports Management and Spanish at an undecided university, but hopefully a warm one. The number one take away Eleanor has learned from this year is to never take anything for granted, and do everything with full enthusiasm and effort.





**KATHRYN BARTOLD**

Katie played her first game of golf as a freshman and loved the sport (and team) so much she decided to play until senior year. She decided to play golf because of her dad and throughout the season he has supported Katie and helped her improve. He has always offered to take her to the range and give her advice about her game. Some advice Katie wants to give younger players is to have fun, some of the best games and scores you will have are from the games you relax and enjoy. Coach Mary would always tell the team to “hit one shot at a time,” in Katie’s experience, focusing too much on a previous shot will never benefit you, focus on the future. The best part about playing golf was not the game itself the people Katie met along the way, some of her best memories are with her teammates. Katie hopes to study the sciences, specifically chemistry and biology, in the future.

**CLARE CLEMENT**

Clare has been playing golf since freshman year of high school and has been on the Lansing Catholic Golf Team for four years. Her biggest influence on her game has been her mother who always tells her not to stress and just have fun. The best advice she has received came from her coaches Kim and Mary who always told her to focus on one shot at a time. Her favorite memory from the last four years has been playing golf with her friends and creating new friendships with other girls on the team. Clare thanks her parents, siblings, friends and coaches for all their dedication and support. Clare plans to study political science, and is undecided where she will attend in the fall.



**NIKAYLA EBERBACH**

Nikayla has enjoyed playing golf at Lansing Catholic High School.

**MARY LONG**

Mary has been playing golf on the Lansing Catholic golf team since sophomore year. She has only been playing golf for the last three years but would like to thank her two coach’s, Coach Kim and Coach Mary, her family, and her friends for their constant encouragement to improve everyday. After playing golf for the last three years, Mary has learned important skills that she will be able to use for the rest of her life. Her favorite memory over the last three years has been being able to meet new people and creating stronger bonds with her classmates. After high school, Mary plans to study business but is undecided on where she will attend.



**SOPHIA ST. MARIE**

Sophia has played golf for most of her life but didn’t join the team until her junior year. As soon as she attended her first practice with the team, Coach Kim, and Coach Mary she instantly knew that this team was the right thing for her. The passion for helping each player succeed is extremely evident through each and every word, action and lesson that the coaches provide to the team. If Sophia were to take away one major lesson from her two years on the golf team it would be that you should aim to get better every day. She has learned that each time she steps foot onto a golf course, or even anywhere in life, it is a new opportunity to improve on her game and herself. Thank you Coach Kim and Coach Mary for these past two years; Sophia will never forget them!



## CHEER — BIOS



### SOPHIA MATIAS

Sophia has participated in varsity sideline cheer all four years of high school. Her favorite cheer experience was being able to cheer on the sidelines of the 2019 State Championship game, and she will miss being able to stunt with her friends. Sophia thanks her parents and coaches for supporting her, and her friends, who she wouldn't have met without cheer. Her plans after high school are to study commercial music/music business.

### MADISON KEPROS

Madison has done sideline and competitive cheerleading every season since her freshman year. Her favorite thing about cheer are all the friends she has made through the sport, especially those who share her passion for cheer. She would like to thank her parents and her coaches for their support and encouragement throughout high school.



### MIRANDA LINDBERG

Miranda has been involved in cheerleading ever since she was little. She has done both sideline and competitive cheerleading since freshman year, one thing she remembers most is "Perfect practice makes perfect." Her coach helped her understand quality over quantity which not only made her a better cheerleader, but a better person. Miranda's number one support system is her mom, after going through multiple coaches throughout high school, her mom decided to be the coach to stay. She will miss getting ready for games, bus rides and carpooling, and all the strong bonds she has made with her cheer friends. Miranda relies on her friends and family for everything she does, she wants to study either Forensic Science or go into Nursing in the future.

### CARMEN WENZEL

Carmen started cheer last year and has fallen in love with the sport. She loves the feeling of family that her teammates and coaches bring. Her favorite memories include all four seniors getting their back walkovers together and getting ready together before games and competitions. Carmen will miss stunting with her friends. She plans to study in the medical field after highschool. Carmen would like to thank her parents for supporting her throughout the seasons and her coaches for always making her feel like family.



## TENNIS — BIOS



### ANGELO GREENBURG

Angelo has played tennis for his Senior and Freshman year. He enjoyed the teams energy and how fun the sport was. He would like to thank Mr. G for welcoming him back this year and he looks forward to finishing out the season well.

### JANEK LEVANDOWSKI

Janek has been playing for 11 years, and 6 of them have been spent trying to further his skills. In the future, he hopes to join the club team or the official team for LCC. Janek would like to thank Coach G for helping improve his mental game. He has learned so much on discipline, perseverance, and hard work. He would also like to thank his parents who were always very supportive. For all the tables and snacks at the games, for the encouragement from the grass, and most importantly, for being there always - thank you both so much!



### WILL CASTLE

Will has played tennis for 3 years. His biggest influence is his friend and teammate Nicky who convinced him to return to the game after leaving after freshman year. His advice to younger players is to practice as much as they can. He is going to miss the long summer practices and car rides to away matches. Will plans to study computer science in college.

### EVAN FOSTER

Evan has enjoyed playing tennis for Lansing Catholic High School.



### QUINN KUHNERT

Quinn has been playing tennis since the start of high school, ever since he has fallen in love with the sport. He was influenced by the Andarys who all played during their high school career. His favorite memory of tennis is hanging out with his teammates in between matches. He plans to study business in college and is thankful for everyone who supported him during his matches.

## TENNIS — BIOS



### **NICK JURKOVIC**

Nick has played tennis since middle school and has played high school varsity tennis for two years. His biggest supporters are his parents and coaches, who are constantly providing for him and teaching him how to be a better tennis player, and person overall.

### **NICHOLAS MIGALDI**

Nicholas has been playing Tennis for 4 years. His biggest influence has always been his family and teammates, who helped him to be the best he can be. When ever he got down on himself Coach Golzynski told him “remember it’s only one point, so focus on the next”. His favorites memories are the moments with his teammates on and of the court and the funny memories he makes with his double partner, Adam Durr. Nicholas thanks his parents, close family and his coaches for supporting his tennis adventure. He plans to study science in college.





**MICHELANGELO MUMBY**

Michelangelo plays the oboe in concert band, but for marching band he needed to choose another instrument. He played the clarinet his freshman year and was thrilled to join the drum line for his sophomore, junior and senior years. While his band friends are amazing, he wants to thank Mrs. T for making band challenging and fun at the same time and his family for fostering his love of music and giving him a voice deeper than his brother's. Mickey plans to earn a doctorate in theoretical nuclear physics at Michigan State University and work at the FRIB while doing voice over work for movie trailers. Okay. Maybe not voice over work.

**CHRISTINA GUTIERREZ**

Christina has enjoyed being in the marching band at Lansing Catholic High School.



**OLIVIA BRODIN**

Olivia has been playing the flute since 7th grade, and has been marching since freshman year, she is now drum major of the Marching Cougars. She would like her mom for the support throughout the years, and listening to her practice before she knew how to play her instrument. Olivia hopes to continue playing her flute in the future to continue her love of music.

**WILL CASTLE**

Will has been playing the drums since the 5th grade and he is now the section leader of the drumline. He would like to thank his former section leaders David and Pat for inspiring his love of the artform and teaching him by their dedication. The advice he would like to give to younger players is to not give up on playing even if it seems hard. After high school, Will plans to study computer science in college and still play the drums as a hobby.



**TYLER MILLER**

This is Tyler's fourth year in Marching Band. His biggest influence is for sure the band teacher, Mrs. Tietsort. She has helped him so much, by going through music and helping me learn to march. Favorite memories are with friends. Some of his best friends are in marching band. He is so thankful that he has gotten to spend these last four years with them. He thanks his family and Mrs. T for always pushing him to he best and for supporting him no matter what. Tyler plans on studying nursing in college.

## BAND — BIOS



### **EMMA MCCLOREY**

Emma has been in band since the 6th grade. She joined marching band her freshman year and has loved it ever since. Her freshman year the best advice she got was from an upperclassman who said “fake it until you make it”. He meant stop worrying about what other people are doing and just focus on yourself to make it seem like you know what you’re doing. Emma wants to thank Mrs. T for encouraging her to stick with band and try new things. Coming into band freshman year Emma just played the clarinet but thanks to Mrs. T she learned how to play the bassoon and became associate drum major her junior year and drum major her senior year. Emma is going to miss band camp the most because it was an amazing time to bond as a band and really get to see what band is all about. After graduating, Emma plans to work as a firefighter while going to school to enter the world of public service.

### **ELLINGTON WALTERS III**

Ellington has been in marching band since freshman year of high school. It’s been an interesting experience for him and his favorite part about it is interacting with the other kids in the band.







**NOURISHING THE HEART  
OF LANSING CATHOLIC**

# **COR** **FUND**

[cor: noun, Latin — the heart ]

**AN INVESTMENT IN THE LIVES AND FUTURES OF OUR CATHOLIC COMMUNITY**

Learn more about the COR FUND.  
Visit [www.lansingcatholic.org/COR](http://www.lansingcatholic.org/COR) for more details.



LANSING CATHOLIC  
HIGH SCHOOL

## CHAMPIONS IN AND OUT OF THE CLASSROOM

# PROSPECTIVE FAMILY NIGHTS

Wednesday, October 14, 2020 | Wednesday, February 3, 2021 | 6:30-8:30 p.m.


Discover what Lansing Catholic has to offer by enjoying a tour with a student ambassador of our campus. Students and parents will have the opportunity to ask questions and meet with faculty and administration.

Please contact our admissions office at 517-267-2102, [admissions@lansingcatholic.org](mailto:admissions@lansingcatholic.org), or through our website to register. Registration is not required, but is appreciated. Private family tours and student shadow days are also available by contacting our admissions office.


AVERAGE  
CLASS  
SIZE

  
**22**

 **5+** MILLION IN COLLEGE SCHOLARSHIPS  
AWARDED TO OUR CLASS OF 2020

 **1:1**  
CHROMEBOOKS  
FOR STUDENTS

 **25** HONORS &  
AP CLASSES OFFERED

**98**   
PERCENT OF  
GRADUATES  
ATTEND THE  
COLLEGE OF  
THEIR CHOICE

### LANSING CATHOLIC HIGH SCHOOL MISSION STATEMENT

The Lansing Catholic High School community forms students spiritually, intellectually, and socially into faithful disciples of Jesus Christ.

[www.lansingcatholic.org](http://www.lansingcatholic.org)   

# CYAC | CYL



The Catholic Youth League exists to assist in the wholesome growth of the child through physical fitness, development of Christian attitudes of sportsmanship and fair play and to teach children to work towards a common goal through teamwork. Over 665 kids participated in the Catholic Youth League this year!

## LANSING CATHOLIC YOUTH ACTIVITIES CONFERENCE LANSING CATHOLIC YOUTH LEAGUE

CONTACT YOUR ATHLETIC DIRECTOR FOR MORE DETAILS

VISIT [LANSINGCYAC.ORG](http://LANSINGCYAC.ORG) FOR MORE INFORMATION

BASKETBALL



VOLLEYBALL



## CHARACTER. COMMITMENT. CATHOLIC.

LANSING CATHOLIC JR. COUGARS LEARN MORE THAN JUST THE GAME



The Lansing Catholic Junior Cougars program offers a variety of sport opportunities for elementary and middle school students.

VISIT [LANSING-CATHOLIC.BIGTEAMS.COM](http://LANSING-CATHOLIC.BIGTEAMS.COM) AND  
CLICK ON THE **YOUTH SPORTS TAB** TO LEARN MORE.

TRACK AND FIELD



CROSS COUNTRY



FOOTBALL



SOCCER



BASEBALL



SWIM  
(CO-OP WITH WAVERLY)



LACROSSE  
(CO-OP WITH WAVERLY)



# SOCCER — VARSITY



## COACH ROSTER

Gus Flores..... Head Coach  
 Oscar Casteneda ..... Assistant Coach  
 Jillian Kochanek ..... Assistant Coach  
 John Zimmer ..... Assistant Coach

### GUS FLORES VARSITY HEAD COACH

Coach Flores is in his 11th season as the boys soccer coach at Lansing Catholic. In his first season the team won the league title, the district title, the regional title and lost in the State Championship game 1-0. An outstanding teacher of the game, Coach is looking forward to a terrific season. He lives in Lansing with his wife and two beautiful daughters.



## SCHEDULE

- 🚌 09/03/20 7:00 PM @ Mason HS
- 🏠 09/10/20 6:00 PM vs Ionia HS
- 🚌 09/15/20 7:00 PM @ Eaton Rapids Senior HS
- 🏠 09/17/20 6:00 PM vs DeWitt HS
- 🚌 09/22/20 5:30 PM @ St. Johns HS
- 🏠 09/24/20 6:00 PM vs Portland HS
- 🏠 09/26/20 11:00 AM vs Charlotte Senior HS
- 🚌 09/29/20 6:00 PM @ Grand Ledge HS
- 🏠 10/01/20 6:00 PM vs Fowlerville HS
- 🚌 10/03/20 11:00 AM @ Holt Senior HS
- 🏠 10/06/20 TBA vs OPEN CAAC Cup TBD
- 🚌 10/06/20 6:00 PM @ Williamston HS
- 🏠 10/08/20 TBA vs OPEN CAAC Cup TBD
- 🏠 10/08/20 6:30 PM vs Waverly Senior HS

🏠 Home Game 🚌 Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

## SOCCER — VARSITY

### PLAYER ROSTER

- 1 Fabrice Nkurunziza
- 3 Samuel Contreras
- 4 Samuel Matias
- 5 Jacob Bertrand
- 6 James Scrimger
- 7 Lincoln Svarc
- 8 Jesse O'Leary
- 11 Levan Svarc
- 14 Brady DeSmyter
- 16 Nate Dalessandro
- 18 Isac Medina-Pilar
- 21 Graham Thiel
- 22 Lucas Boehlert
- 24 Brandon Beard
- 25 Andrew Phelps
- 26 Daniel McGaughey
- 27 Aidan Day
- 28 Josh Otten
- 32 Donovan Papson
- 37 John Raubinger
- 43 Victor Pecina
- 44 Robert Kowatch
- 45 Oscar Medina-Pilar

### OSCAR CASTENEDA

VARSITY ASST. COACH

Coach Castenada is a long time soccer official and soccer coach. He is an integral part of CASL Youth Soccer in the Lansing Area. He is a wonderful ass't coach in the Cougar program as he knows how to reach different kids with his knowledge of soccer and life.



### JILLIAN KOCHANEK

VARSITY ASST. COACH

Jill is a PhD student in sport psychology at Michigan State University, where she studies effective coaching for youth development. She played soccer at the high school and college varsity levels. As a student-athlete at Amherst College, she was four-year varsity starter, two-time captain, and D-III All American (in 2011). After Amherst, she went on to teach psychology and coach soccer at an all-girls' high school in the Baltimore area for several years. Her early experiences as a student-athlete and educator inspired her to go to graduate school to more systematically study coaching and do community-based work with athletes and coaches to support their own growth and development. She comes to MSU from the University of Minnesota, where she earned her master's degree. Her soccer coaching experience includes working with athletes ages 7 to 21 years at the club, high school, and college levels.



## INTEGRATIVE PHYSICAL THERAPY

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 **SOCCER — VARSITY**



||| **SAM GONZALEZ**  
LSJ DREAM TEAM 2019



||| **BRADY DESMYTER**  
LSJ ALL AREA 2019



||| **WES FRANCO**  
LSJ ALL AREA 2019



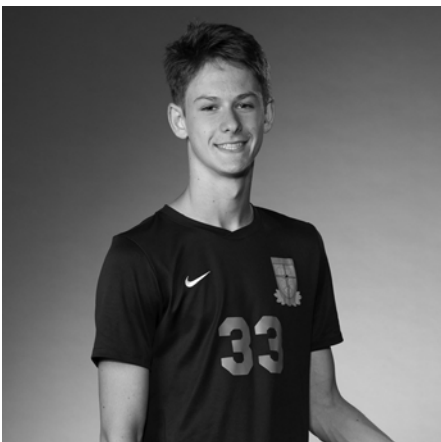
||| **KION NOONAN**  
LSJ ALL AREA 2019



||| **DYLAN DAY**  
LSJ ALL AREA 2019



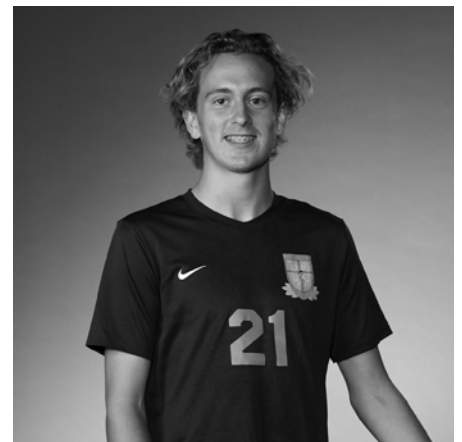
||| **DONOVAN PAPSON**  
LSJ ALL AREA 2019



||| **MAX SANFORD**  
LSJ ALL AREA 2019



||| **JAMES SCRIMGER**  
LSJ ALL AREA 2019



||| **LUKE THIEL**  
LSJ ALL AREA 2019  
MHSSCA HONORABLE  
MENTION ALL-STATE

# GO COUGARS!

## Educational Outfitters

**EMBROIDERY, SPIRIT WEAR, HATS,  
TEAM UNIFORMS, VARSITY COATS**

## ST. JOHN PAUL THE GREAT LEGACY SOCIETY

The St. John Paul the Great Legacy Society was formed to recognize those alumni and friends who have shown generosity and foresight by making planned or deferred gifts to Lansing Catholic High School. Members of the Lansing Catholic High School Legacy Society have made outright bequests in their wills, or have made other planned gifts such as life insurance, real estate, or retirement assets. Consider "adopting" Lansing Catholic High School as one of your children in your estate plan.

**Please contact Jean Morgan at 517-267-2114 or [jean.morgan@lansingcatholic.org](mailto:jean.morgan@lansingcatholic.org).**



**LANSING CATHOLIC**  
HIGH SCHOOL

 **CROSS COUNTRY — BOYS**






**PLAYER ROSTER**

- |                  |               |
|------------------|---------------|
| Peter Dudley     | Elijah Nevins |
| Andrew Frary     | David Pruder  |
| Josh Frary       | Tomas Rampe   |
| Thomas Gianiodis | Jack Saxton   |
| Sam Guyer        |               |
| Cam Haraburda    |               |
| Matt Jenness     |               |
| Jordan Kohler    |               |
| Josh Lothamer    |               |
| Eli McKellar     |               |
| Silas McKellar   |               |

**COACH ROSTER**

- Tim Simpson ..... Head Coach  
 Molly MacDonald ..... Assistant Coach

**SCHEDULE**

-  08/25/20 4:00 PM Cougar Two Mile @ St. Francis
-  08/29/20 8:30 AM Michigan Catholic XC Invite
-  09/09/20 5:00 PM vs Multiple Opponents  
Tri meet at St. Francis: Parchment and Fowlerville
-  09/15/20 4:00 PM @ Eaton Rapids Class Invite
-  09/18/20 5:00 PM vs Multiple Opponents  
Tri meet: Shepard and Ionia
-  09/22/20 5:00 PM @ St. Francis
-  10/06/20 5:00 PM CAAC # 2 @ Ionia
-  10/08/20 3:30 PM @ East Lansing HS
-  10/10/20 9:00 AM Greater Lansing Invite  
@ Ledge Meadows
-  10/17/20 9:30 AM @ Dewitt Invite
-  10/17/20 10:00 AM Greater Lansing Invite  
@ Ledge Meadows
-  10/22/20 5:00 PM CAAC Jamboree @ Charlotte
-  10/30/20 3:00 PM MHSAA Regional @ Uncle John's
-  11/03/20 4:00 PM @ East Lansing JV Invite

 Home Game  Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



 **CROSS COUNTRY — BOYS**

**TIM SIMPSON** HEAD COACH

Coach Simpson enters his 25th year with the cross country program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last couple of years.



||| **ELI MEDER**  
||| LSJ ALL AREA 2019



||| **JOSH FRARY**  
||| LSJ ALL AREA 2019

**LET'S GO COUGARS!**



**INNQVARE**

**INSPIRED INTERIORS**

JIM BAKER, OWNER

 **CROSS COUNTRY — GIRLS**

















**PLAYER ROSTER**

- |                 |                   |
|-----------------|-------------------|
| Mia Brown       | Addison Puck      |
| Nora Coffey     | Tessa Roe         |
| India Doerr     | Zee Simpson       |
| Annie Dudley    | Shannon Stevens   |
| Ella Dunsford   | Bri Tennes        |
| Gabby Halliwill | Mary Tennes       |
| Elaine Kutas    | Amalia Villarreal |
| Adela Migan     | Emmie West        |
| Isabel Migan    | Cece Jones        |
| Hannah Pricco   |                   |
| Hailey Prokop   |                   |

**COACH ROSTER**

- Tim Simpson ..... Head Coach  
 Molly MacDonald ..... Assistant Coach

**SCHEDULE**

-  08/25/20 4:00 PM Cougar Two Mile @ St. Francis
-  08/29/20 8:30 AM Michigan Catholic XC Invite
-  09/09/20 5:00 PM vs Multiple Opponents  
Tri meet at St. Francis: Parchment and Fowlerville
-  09/15/20 4:00 PM @ Eaton Rapids Class Invite
-  09/18/20 5:00 PM vs Multiple Opponents  
Tri meet: Shepard and Ionia
-  09/22/20 5:00 PM @ St. Francis
-  10/06/20 5:00 PM CAAC # 2 @ Ionia
-  10/08/20 3:30 PM @ East Lansing HS
-  10/10/20 9:00 AM Greater Lansing Invite  
@ Ledge Meadows
-  10/17/20 9:30 AM @ Dewitt Invite
-  10/17/20 10:00 AM Greater Lansing Invite  
@ Ledge Meadows
-  10/22/20 5:00 PM CAAC Jamboree @ Charlotte
-  10/30/20 3:00 PM MHSAA Regional @ Uncle John's
-  11/03/20 4:00 PM @ East Lansing JV Invite

 Home Game  Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

## CROSS COUNTRY — GIRLS

### **TIM SIMPSON** HEAD COACH

Coach Simpson enters his 25th year with the cross country program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last couple of years.



**JADEN THEIS**  
LSJ RUNNER OF THE YEAR  
FINALISTS



**HANNAH PRICCO**  
LSJ DREAM TEAM 2019

**COUGAR** *pride*

**GOLF — GIRLS**



**COACH ROSTER**

Kim Johnson ..... Head Coach  
 Mary Fineis ..... Assistant Coach

**SCHEDULE**

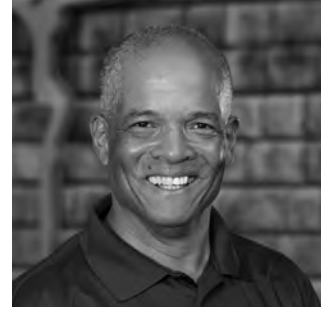
- 🚌 09/02/20 3:00 PM CAAC Jamboree @ Portland Country Club
- 🚌 09/09/20 12:00 PM CAAC Jamboree @ Charlotte Maple Brook
- 🚌 09/10/20 9:30 AM St Johns Varsity invite
- 🚌 09/14/20 1:00 PM CAAC Jamboree @ Bonnie View
- 🏠 09/16/20 3:00 PM CAAC Jamboree @ Groesbeck
- 🚌 09/22/20 3:30 PM CAAC @ Ionia
- 🚌 09/24/20 9:00 AM vs Byron Area HS
- 🚌 09/28/20 10:00 AM vs East Lansing HS @ Forest Akers Golf Course
- 🚌 09/30/20 9:00 AM CAAC League Meet @ Willow wood
- 🚌 10/05/20 8:00 PM MHSAA Regional 5-10th
- 🏠 10/16/20 9:00 AM MHSAA State Finals

🏠 Home Game 🚌 Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.

# GOLF — GIRLS

## **KIM JOHNSON** VARSITY HEAD COACH

Coach Johnson is entering his ninth year of coaching the girls team, with the first four years as an Assistant. He was an integral part of the coaching staff during their three consecutive State Championship titles between 2010-2012. During Coach Johnson’s head coaching tenure, Lansing Catholic has reached the State Championship Finals weekend, either with individual golfers or the entire team, every year since 2015. In 2018, the team finished in 11th Place in the D-4 State Finals. Coach Johnson has also been the head coach for the boys varsity golf team since 2015. Coach Johnson is a retired Police Captain from the East Lansing Police Department. His daughter Mackenzie is a 2011 graduate of Lansing Catholic and played five years for the Michigan State University women’s golf team.



## **MARY FINEIS** VARSITY ASSISTANT COACH

Coach Fineis is in her fifth year of coaching with the girls’ team. She provides sports performance coaching for both the girls and boys golf programs. She is a certified Life and Sports Performance Coach and enjoys working with individuals and teams to help them reach goals and be their best as an athlete and person. Coach Fineis is the founder and president of Game Changer Coaching, LLC. She recently was a contributing author to the international best selling book, The One Thing Every Mom Needs to Know. Coach Fineis, along with her husband Jeff and children Michael and Janie are all graduates of Lansing Catholic. Coach Fineis is a recipient of the Triple A+ Award and played four years of varsity softball at Michigan State.



## **PLAYER ROSTER**

Kathryn Bartold (Katie) .....	Senior
Clare Clement .....	Senior
Nikayla Eberbach .....	Senior
Mary Long.....	Senior
Sophia St. Marie .....	Senior
Victoria Blonde (Tori) .....	Junior
Maya Blonshine .....	Junior
Elizabeth Cairns .....	Junior
Amanda Melling .....	Junior
Delaney Simon .....	Junior
Sailor Somerville .....	Junior
Lilly Gonzalez .....	Sophomore
Annabella Hagen.....	Sophomore
Maegan Morley (Maggie).....	Sophomore
Leah Reid .....	Sophomore
Sydney Stevens .....	Sophomore
Sophie Hauser .....	Freshman
Elianne Nishimwe .....	Freshman
Piper Somerville .....	Freshman

 **GOLF — GIRLS**



||| **HANNAH HAUSER**  
LSJ DREAM TEAM 2019



||| **SAILOR SOMERVILLE**  
LSJ ALL AREA 2019



||| **AUDREY WICHTOSKI**  
LSJ ALL AREA 2019



||| **NOELLE LAPORTE**  
LSJ ALL AREA 2019



||| **AMANDA MELLING**  
LSJ ALL AREA 2019





COUGAR *pride*

# TENNIS — BOYS



## PLAYER ROSTER

John Abood	Nicky Migaldi
Joey Castle	Fred Moreau
Will Castle	Sam Murphy
David Cooper	Albert Nacarrato
Adam Durr	Charlie Ramont
Max Elden	Garrett Reihl
Evan Foster	Aspen Robart
Will Gardner	Christian Rule
Nick Jurkovic	Michael Sambaer
Quinn Kuhnert	Drew Taylor
Janek Levandowski	Don VanKoevering
Michael Madigan	AngeloGreenburg
Brian Magswaran	

## SCHEDULE

🏠 08/19/20 10:00 AM vs Haslett HS  
 Tri Match with TC St. Francis and Haslett  
 🏠 08/22/20 9:00 AM vs Multiple Opponents  
 Cougar Quad  
 🏠 08/29/20 9:00 AM vs Multiple Opponents  
 JP II Quad: Powers, Lumen  
 🚌 08/31/20 4:30 PM @ Parma Western HS  
 🚌 09/02/20 4:30 PM @ Holt Senior HS  
 🚌 09/03/20 4:00 PM Big Rapids Quad @ Ferris  
 🚌 09/12/20 9:00 AM @ Paw Paw Invite  
 🚌 09/17/20 4:00 PM @ Battle Creek Invite  
 🚌 09/21/20 4:00 PM @ Ionia HS  
 🏠 09/23/20 4:00 PM vs Eaton Rapids Senior HS  
 🏠 09/26/20 9:00 AM vs Multiple Opponents  
 Catholic/Christain Quad  
 🚌 09/29/20 4:00 PM @ Portland HS  
 🚌 10/01/20 9:00 AM CAAC League Meet @ Portland  
 🚌 10/05/20 4:30 PM @ East Lansing HS  
 🏠 10/06/20 4:30 PM vs Father Gabriel Richard HS  
 🚌 10/08/20 8:00 PM MHSAA Regional Tourname  
 @ Hope College

🏠 Home Game 🚌 Away Game

Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



## TENNIS — BOYS

### MATT GOLZYNSKI VARSITY HEAD COACH

Matt is beginning his 7th year of teaching social studies courses at LCHS and is also the department chair, the NHS Advisor, and the boys JV golf coach. After a successful high school tennis career, Matt turned his passion to golf, but returned to the game just recently. He is looking forward to coaching tennis for the first time, acknowledging, "God has a plan for all of us and we are called to do things that we never expect that we will be doing and I truly believe that coaching tennis this year is just that, a calling."

Matt's goal as a coach is to help the young men on his team to become better tennis players, but more importantly better young men, and, as a team, grow together in the way that God has intended for them.



# COUGAR *pride*



ETHAN BASILLA  
CHARLIE RAMONT  
LSJ ALL AREA 2019

## Joseph Dunn Insurance Agency



# GO COUGARS!



# SIDELINE CHEER



## PLAYER ROSTER

- Madison Kepros ..... Senior
- Miranda Lindberg ..... Senior
- Sophia Matias ..... Senior
- Carmen Wenzel ..... Senior
- Carly Flammini ..... Junior
- Reese Robinson ..... Junior
- Ava Hudson ..... Freshman
- Katelyn Molnar ..... Freshman

## COACH ROSTER

- Kim Lindberg ..... Head Coach
- Olivia St. Germain ..... Assistant Coach

## SCHEDULE

- 🏠 09/18/20 7:00 PM vs Eaton Rapids Senior HS
- 🚌 09/25/20 7:00 PM @ Ionia HS
- 🚌 10/02/20 7:00 PM @ Portland HS
- 🏠 10/09/20 7:00 PM vs Charlotte Senior HS
- 🚌 10/16/20 7:00 PM @ Mason HS
- 🏠 10/23/20 7:00 PM vs Pewamo-Westphalia HS

🏠 Home Game 🚌 Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



## SIDELINE CHEER

**KIM LINDBERG**  
VARSITY HEAD COACH



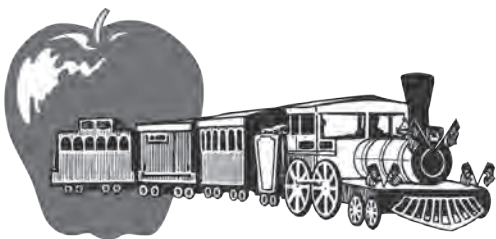
**OLIVIA ST. GERMAIN**  
ASSISTANT COACH



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**PLAYER ROSTER**

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- Bailey DeSantis
- Eleanor Washburn LCHS
- Anabella Panetta
- Lilah Kohrman
- Marieke Anderson
- Olivia Szarowicz LCHS
- Aurora Kenyon LCHS
- Janelle Ostrowski LCHS
- Sarah Corey LCHS
- Anna Jager LCHS
- Sophia Quintieri LCHS
- Emerson Williams

**COACH ROSTER**

Kathrine Kelley.....Head Coach

**SCHEDULE**

- 🚌 9/17/2020 6:00 PM @Williamston High School
- 🏠 9/24/2020 6:00 PM To Be Determined
- 🚌 9/29/2020 6:00 PM @ DeWitt
- 🏠 10/1/2020 6:00 PM To Be Determined
- 🏠 10/6/2020 6:00 PM East Lansing
- 🚌 10/8/2020 6:00 PM @ Grand Ledge
- 🏠 10/13/2020 6:00 PM To Be Determined
- 🚌 10/15/2020 6:00 PM @ Mason
- 🚌 10/20/2020 6:00 PM @ Holt
- 🏠 11/6/2020 2:00 PM To Be Determined
- 🏠 11/6/2020 4:00 PM To Be Determined
- 🏠 11/7/2020 2:00 PM To Be Determined

🏠 Home Game (Waverly High School, 160 Snow Rd, Lansing MI 48917) 🚌 Away Game  
**Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.**

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Olivia Brodin\*

Alex Campbell

Joseph Castle

William Castle

Addison Charette

Jack Corona

Makhi Dowsett

Pete Dudley

Sara Duffiney

D.J. Farmer

Charlie Gates

Isabella Griffin

Christina Gutierrez

Elizabeth Hayes

Marie Hayward

Savannah Hayward

Therese Hourani

Aurora Kenyon

Peter Krause

Brian Magaswaran

Emma McClorey\*

Tyler Miller

Talena Monasmith

Abigail Morris

Byiringiro Mutabazi

Elijah Nevins

Justin Nguyen

Elianne Nishimwe

Emalee Noonan

Jillian Nowlan

Emily Putman

John Raubinger

Reese Robinson

Isiah Thompson

Annie Tietsort D

onald Van Koevering

Ellington Walters

Calvin Wasilevich

# MARCHING BAND



Katrina Wrzesinski

Alexandra S. Balasa

Sophia Elliot

Isabel Lara

Miliana Lara

Michelangelo Mumby

Juan Pecina

Sophia R. Quintieri

\* Drum Major

## **JAN TIETSORT** DIRECTOR

Jan Tietsort has taught in the Catholic school system for over 25 years. Currently she teaches band and choir at Lansing Catholic High School as well as beginning band and middle school band at IHM and Resurrection schools. She holds a Bachelor of Music from Western Michigan University and a Master's of Music in Conducting from the American Band College at Southern Oregon University. She is a member of Water Wonderland Chorus of Sweet Adelines and Sings Tenor in the Fleetwood Four Quartet. She is also a member of the Lansing/East Lansing Alumni Chapter of Sigma Alpha Iota hold the office of President.



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**Information about how to get started with enrollment, admissions events, and tuition can be found on our website [www.lansingcatholic.org](http://www.lansingcatholic.org). If you have any questions about the admissions process, or would like to schedule a tour or have information sent to you, please contact LCHS Admissions Coordinator Karen Gavin at: [karen.gavin@lansingcatholic.org](mailto:karen.gavin@lansingcatholic.org) or 517-267-2102.**



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GOOD LUCK  
THIS SEASON



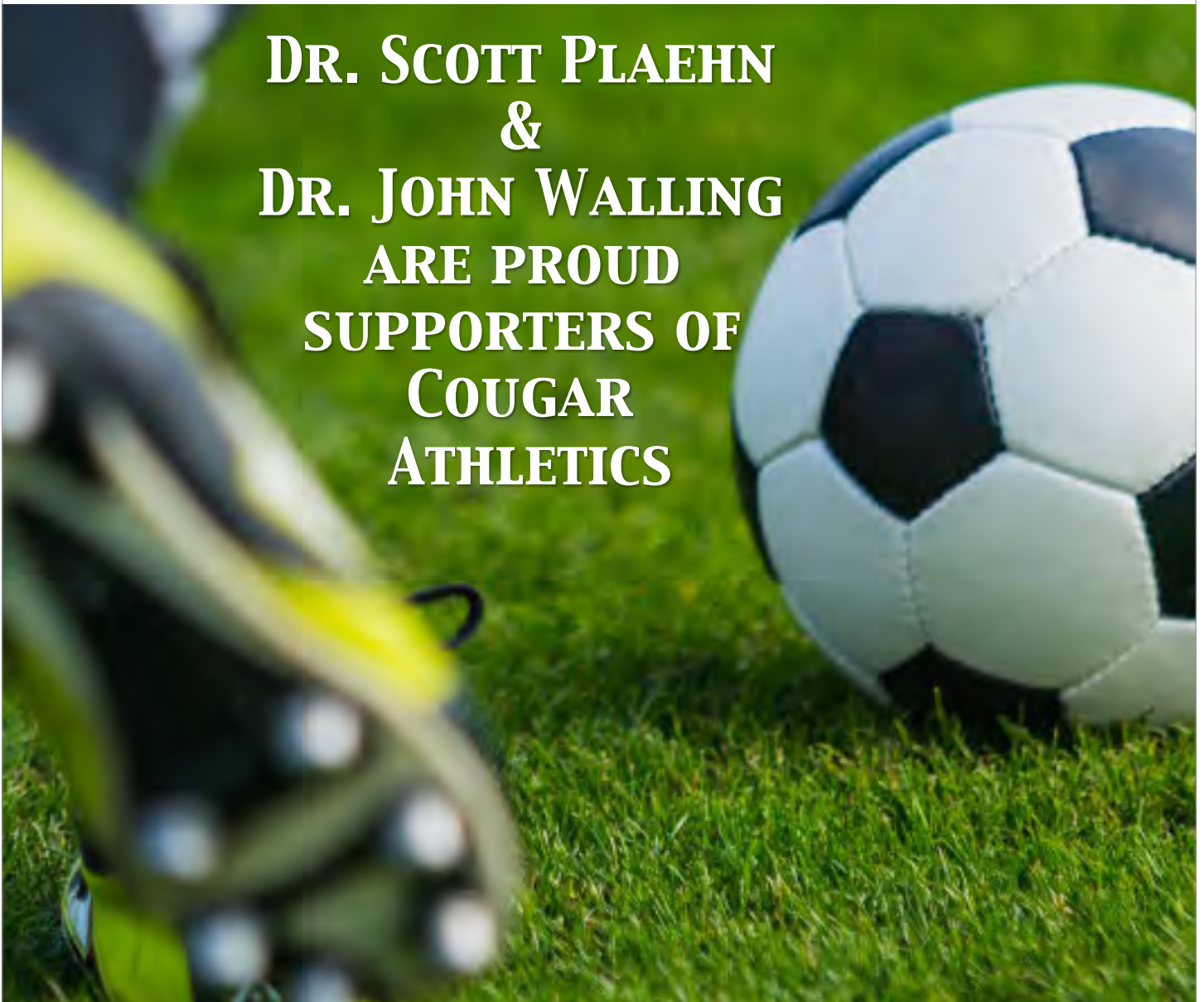
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