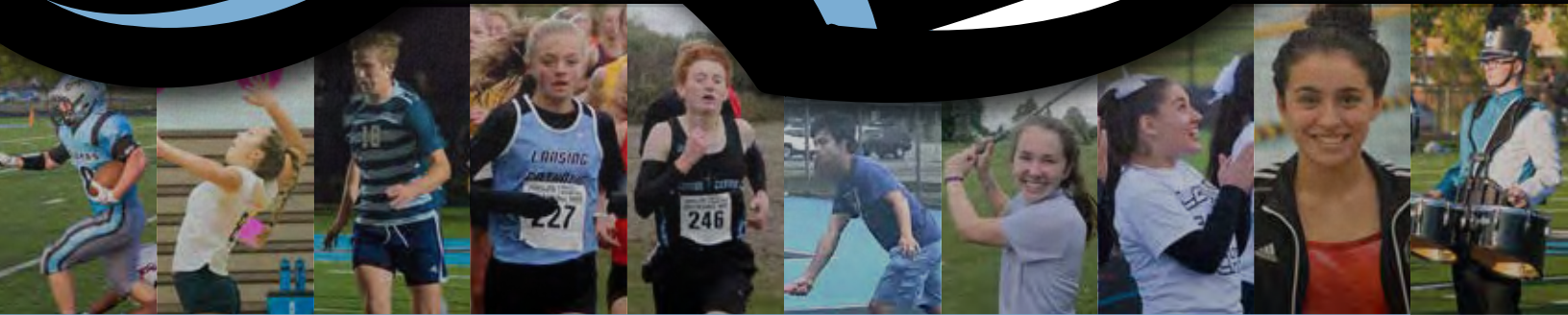


LANSING CATHOLIC COUGARS



FALL 2018





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DOUG MOORE
PRINCIPAL

"The success of a team, in fact, is the result of a multiplicity of human virtues: harmony, loyalty, the capacity for friendship and dialogue, solidarity; they are spiritual values, which become sports values. By exercising these moral qualities, you can highlight even more the true end of the world of sport, marked sometimes also by negative episodes.

Always exalt what is truly good and beautiful, through a pure witness of the values that should characterize genuine sport. And do not be afraid to make known to your admirers, with serenity and balance, the moral and religious principles on which you wish to base your life."

-- Pope Francis' address to Italian Soccer Players

Welcome to Lansing Catholic High School and another great year of Cougar athletics. The mission of our school is: "to form students spiritually, intellectually, and socially into faithful disciples of Jesus Christ" and sports can be a great help to that mission if we're intentional about it. Whether we're student-athletes, coaches, parents, or other spectators let us be generous losers or gracious winners as the circumstances dictate. In that way we demonstrate what is most important: who we are as persons. Cheer for our team, not against others. Be champions in sport, but, above all, be champions in life!

Thank you for supporting our students, and, "Go Cougars!"

God bless,

Doug Moore C80

Principal



BRIAN WOLCOTT
ATHLETIC DIRECTOR

Welcome to the 2018 fall sports season. Our school year has started, our first games, matches and meets have taken place and I can already tell that we are in for a banner year! There are many reasons to be excited for this new school year, chief among them -our outdoor facilities are finished, we have brought them home! Yes, we still have more work to do, some sprucing up, but a quick look around and most seasoned LCHS fans need to pinch themselves to actually believe what they are looking at. It is common for parents and alumni to stop me and say something like "I still can't believe it, this is amazing!" My response more often than not is to smile, agree with them and then add that it was the great work, sacrifice and generosity of so many families that made it a reality. It certainly is nice to have them complete as we start this year!

There is a distinct enthusiasm and a better "feel" in the hallways and at the sport venues. I believe our spiritual theme "Make us one, that the world may know your Love!" John 17:20-23 is a fitting theme for all of our athletic teams. In our coaches' meetings we have discussed three areas of focus: playing for a higher purpose, team chemistry (make us one), and attention to detail. We know that our teams are an extension of our mission to form disciples of Christ and we are committed to making this a priority on all of our teams. As I told our coaches, the purpose of athletics isn't winning (we play for a higher purpose), but it IS athletics, so the point is to compete to win! May God hold us in the palm of his hand this coming year as we strive to do his will.

In Christ,

Brian P. Wolcott

Director of Athletics/Dean of Students



FR. PAUL ERICKSON
CHAPLAIN

Greetings to the Lansing Catholic High School Community!

The rhythm of our athletic programs always seems to set the tone for school spirit and it is wonderful to see so many of our students compete in the athletic arena. 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, teamwork, respect, and integrity.

Sports can also teach us about humility. St. Paul reminds us, "Do nothing out of selfishness or vainglory, but in all humility regard others as more important than yourselves." (Phil. 2:3) The greatest teammate is always the humble teammate, willing to sacrifice personal glory for the sake of the team and the good of the game. Truly, the greatest victory was won in total humility, as Christ humbly accepted the wood of the Cross. All of us are so called to reflect Christ to the world in humility, on and off the field.

Thank you for your continued support of our athletic program, our students, our staff, and our school. Together, let us hold our entire community in prayer that they may compete safely and respectfully. 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

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

SIZE

Students: 520
Student/Teacher Ratio: 15:1
Average Class Size: 22

FACULTY

President: 1
Principal: 1
Dean of Students/Athletic Director: 1
Associate Dean of Students: 1
Certified Lay Teachers: 35 (18 master's degrees, 2 doctorate degrees)
Priest: 1
Religious Sisters: 2
High School Counselors: 2
Student Resource Staff: 2

SCHOOL DAY

8:00 a.m. - 3:00 p.m.
8:28 a.m. - 3:00 p.m. (Thursdays only)

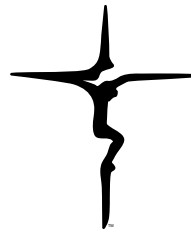
GRADUATION REQUIREMENTS

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



STANDARDIZED TEST SCORES

ACT TEST DATA - Class of 2018

	LCCHS	National
English	25.6	20.3
Math	24.8	20.7
Reading	25.6	21.4
Science	25.0	21.0
Composite	25.0	21.0

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, 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 2018 RECOGNITION

99 percent of our 2018 graduates are continuing their studies. Our 2018 graduates were accepted at the following colleges and universities:

Adrian College	Oakland University
Albion College	Ohio Northern University
Alma College	Olivet College
Aquinas College	Pennsylvania State University
Ave Maria University	Pratt Institute
Ball State University	Purdue University
Benedictine College	Rutgers University-New Brunswick
Butler University	Saint Mary's College
California State University-Bakersfield	Siena Heights University
Calvin College	Spring Arbor University
Central Michigan University	Stony Brook University
Charleston Southern University	Texas A&M University
Coastal Carolina University	Transylvania University
Colorado State University	The College of Wooster
Concordia University-Ann Arbor	The George Washington University
Cornell College	The University of Arizona
Davenport University	United States Air Force Academy
DePaul University	University of California-Irvine
Fairfield University	University of California-San Diego
Ferris State University	University of California-Santa Cruz
Finlandia University	University of Chicago
Franciscan University of Steubenville	University of Colorado-Boulder
Furman University	University of Dayton
Goshen College	University of Detroit Mercy
Grand Valley State University	University of Illinois-Chicago
Hillsdale College	University of Iowa
Hope College	University of Massachusetts-Amherst
Indiana Tech	University of Michigan-Ann Arbor
Indiana University-Bloomington	University of Minnesota-Twin Cities
Kalamazoo College	University of Notre Dame
Lake Superior State University	University of the Pacific
Lansing Community College	University of San Francisco
Lawrence Technological University	University of South Carolina-Aiken
Loyola University-Chicago	University of St. Thomas
Loyola University-Maryland	University of Washington
Marquette University	University of Waterloo
Miami University-Oxford	University of Wisconsin-Madison
Michigan State University	Virginia Military Institute
Michigan Technological University	Western Michigan University
Milwaukee School of Engineering	Woodland Community College
Missouri Univer. of Science & Tech	Xavier University
Northern Michigan University	
Northwood University	
Norwich University	

COLLEGE SCHOLARSHIPS EARNED

Our 2018 graduates earned over \$5.6 million in college scholarships

CLASS GRADE POINT AVERAGE

The class grade point average earned by the Class of 2018 was a 3.6.

CLUBS & ACTIVITIES

Ambassadors	National Honor Society
Art Club	Peer Assistance Leaders (PALs)
Campus Ministry Team	Poetry Club
Drama/Musicals	Prayer Partners
Eucharistic Ministers	Quiz Bowl
Evergreen Green Club	Retreat Leaders
French Club	Robotics
Golden Rule Club	Sisters (Women's Club)
Homeless Night	Spanish Club
International Travel	Sound & Lights
Intramural Basketball	Stratford Trip
Jazz Band	Student Athletic Trainers
Knitting Club	Student Fundraiser Committee
Latin Club	Student Senate
Lectors	Student Tutors
Lights & Sound Crew	Students for Life
Mission Trips	Tabletop Game Club
Mobile Food Pantry Committee	Warriors (Men's Club)
Music Ministry	Work-a-thon Committee

FAITH

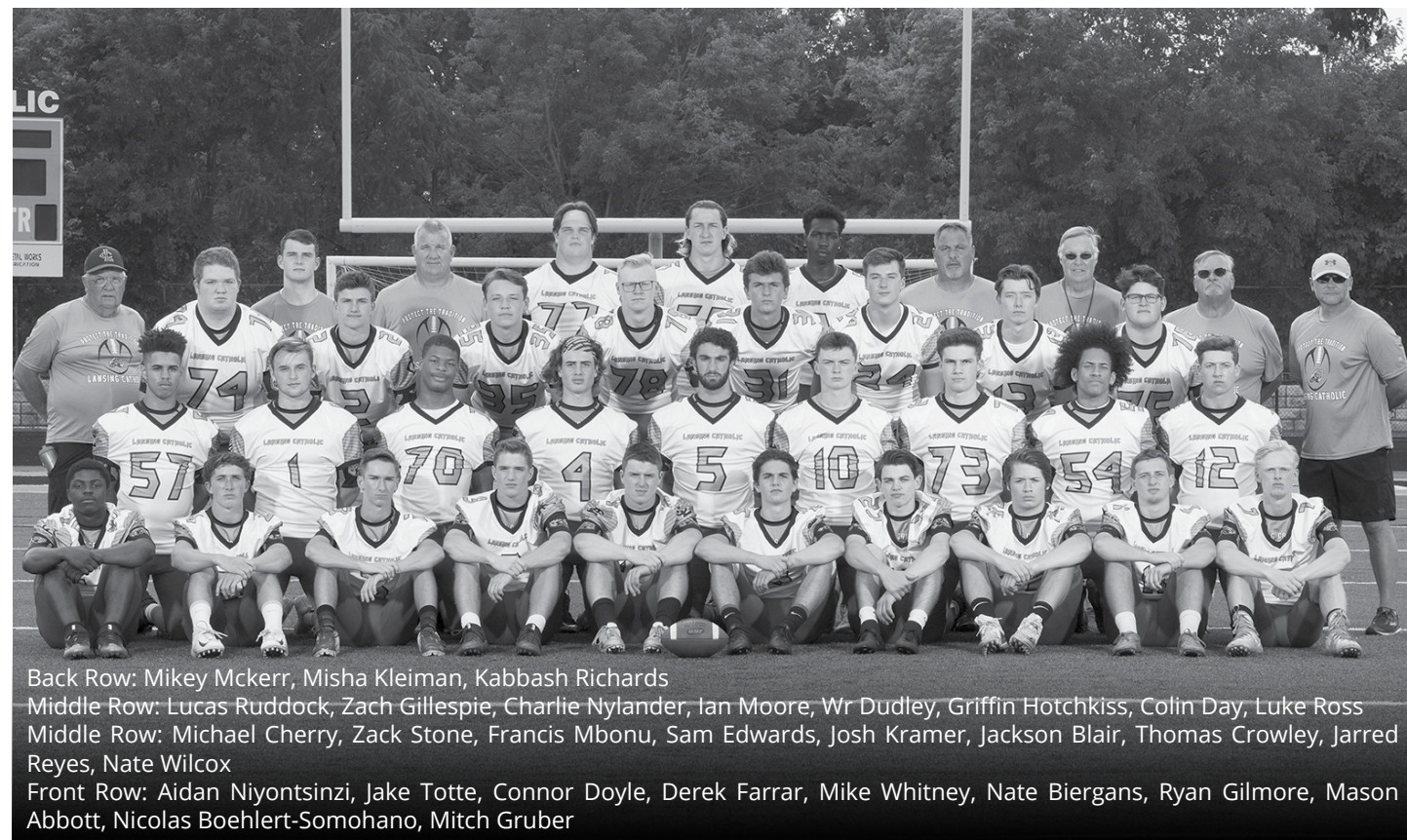
- Every school day begins and ends with prayer
- All students attend Mass weekly
- 10 All-School Masses are held each year
- Daily Mass is offered
- Sacrament of Reconciliation is offered weekly
- Eucharistic Adoration is offered weekly
- All students attend a school sponsored retreat once per year
- 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 make sure all students 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



Back Row: Mikey Mckerr, Misha Kleiman, Kabbash Richards
 Middle Row: Lucas Ruddock, Zach Gillespie, Charlie Nylander, Ian Moore, Wr Dudley, Griffin Hotchkiss, Colin Day, Luke Ross
 Middle Row: Michael Cherry, Zack Stone, Francis Mbonu, Sam Edwards, Josh Kramer, Jackson Blair, Thomas Crowley, Jarred Reyes, Nate Wilcox
 Front Row: Aidan Niyontsinzi, Jake Totte, Connor Doyle, Derek Farrar, Mike Whitney, Nate Biergans, Ryan Gilmore, Mason Abbott, Nicolas Boehlert-Somohano, Mitch Gruber

COACH ROSTER

- Jim Ahern Head Coach
- Jim Baker Assistant Coach
- Hub Waite Assistant Coach
- Pat Barner Assistant Coach
- Kelly Carrier Assistant Coach
- Mike Doran Assistant Coach
- Paul Palmer Assistant Coach
- Andrew Robeson Assistant Coach
- Trenton Robinson Assistant Coach
- Nic Baker Assistant Coach

SCHEDULE

- 🚌 08/16/18 vs Chelsea HS
- 🏠 08/24/18 7:00 PM vs Waverly Senior HS
- 🚌 08/30/18 7:00 PM vs Grand Rapids West Catholic
- 🏠 09/07/18 7:00 PM vs Eaton Rapids Senior
- 🚌 09/14/18 7:00 PM vs Ionia HS
- 🚌 09/21/18 7:00 PM vs Portland HS
- 🏠 09/28/18 7:00 PM vs Charlotte Senior HS
- 🚌 10/05/18 7:00 PM vs J.W. Sexton HS
- 🚌 10/12/18 7:00 PM vs Fowlerville HS
- 🏠 10/19/18 7:00 PM vs Lansing Eastern HS

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



KEN HINTZE ATHLETIC TRAINER

Ken Hintze is a graduate of Detroit Catholic Central HS and MSU holding a BS in Athletic Training. At MSU he worked with the Spartan football and wrestling teams as well as the East Lansing HS rowing teams. Ken knows that the high school setting is a great fit and his passion lies with helping students maintain their ability to play sports by reducing and preventing injuries. Ken's looking forward to a fun and healthy year and says he appreciates the warm welcome from the LCHS cougar family.

PLAYER ROSTER

- 1 Zack Stone QB/DB Junior
- 2 Zach Gillespie RB/QB/DB Junior
- 3 Connor Doyle R/DB Senior
- 4 Sam Edwards RB/LB Junior
- 5 Josh Kramer QB/DB Senior
- 7 Mitch Gruber RB/DB Senior
- 8 Nate Biergans RB/DB Junior
- 9 Derek Farrar R/DB Senior
- 10 Jackson Blair R/LB Junior
- 11 Nicolas Boehlert-Somohano RB/DB Senior
- 12 Nate Wilcox R/DB Junior
- 13 Colin Day R/DB Senior
- 18 Mike Whitney RB/LB Senior
- 67 Aidan Niyontsinzi L/LB Senior
- 21 Jake Totte R/DB Junior
- 24 Griffin Hotchkiss R/LB Junior
- 27 Ryan Gilmore K Senior
- 31 WR Dudley R/DB Senior
- 35 Charlie Nylander RB/LB Junior
- 51 Michael Cherry L/L Junior
- 66 Misha Kleiman L/L Senior
- 70 Francis Mbonu L/L Junior
- 73 Thomas Crowley L/L Senior
- 74 Lucas Ruddock L/L Senior
- 75 Mason Abbott L/L Junior
- 76 Luke Ross L/L Senior
- 77 Mikey Mckerr L/L Senior
- 78 Ian Moore L/LB Senior
- 81 Kabbash Richards R/L Senior

FOOTBALL — VARSITY



JIM AHERN VARSITY HEAD COACH

Coach Ahern has been coaching high school football since 1967. This is his 11th 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 21 years and also runs the Junior Cougar Football Program. 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 19 years of football at LCHS and is also the Girls Varsity Softball Coach. He has been married for 52 years to his wonderful wife, Marilyn.



PAT BARNER VARSITY & JV ASSISTANT COACH

Coach Barner, a Lansing Catholic alum, is in his seventh 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 seventh 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.



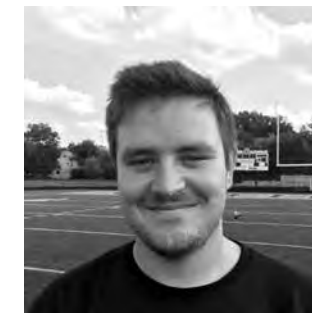
PAUL PALMER VARSITY ASSISTANT COACH

Paul Palmer is a graduate of Okemos High School and Western Michigan University. He played football at both institutions and has coached at the high school and collegiate level for over 20 years. Paul will be working with the receivers again this year.



ANDREW ROBESON VARSITY ASSISTANT COACH

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



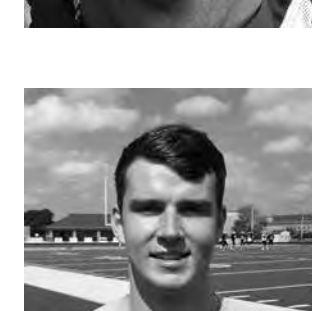
TRENTON ROBINSON VARSITY ASSISTANT COACH

Coach Robinson is entering his third year of coaching and his first year at Lansing Catholic. He spent two years coaching at Warren Central High School in Indianapolis, IN and is now back at Michigan State University completing his Bachelor's Degree in Sociology. Coach Robinson attended Michigan State University from 2008-2011, where he was a starting Free Safety and team captain. He is part of the 2011 MSU Football Class that went 4-0 against Michigan. He was then drafted to the San Francisco 49ers in the 2012 NFL Draft, where he played one year. He then went on to play and start for the Washington Redskins for three years, finishing his career with the Carolina Panthers, where he played for one year. His family includes his wife, Jessica, and their dog, Millie.



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 sophomore at Michigan State University.



FOOTBALL — VARSITY



JOSH KRAMER
LSJ DREAM TEAM 2017



MICHAEL LYNN III
LSJ ALL AREA 2017



MICHAEL WHITNEY
LSJ ALL AREA 2017



JACOB FISCHETTE
LSJ ALL AREA 2017



MCKYLE STANFIELD
LSJ ALL AREA 2017



KABBASH RICHARDS
LSJ ALL AREA 2017



GABE LENNEMAN
LSJ ALL AREA 2017

FOOTBALL — VARSITY

OFFENSIVE TEAM SEASON RECORDS

Most Wins	13	1985, 2011
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.	.666 — 248-374	2011

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	1984-85	3172 yds	45
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

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
------------	------	-----------	--------

Most Completions in a Row

Cooper Rush	2011	20 **	Dowagiac
-------------	------	-------	----------

Career Most Field Goals (FG/Attempts)

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

Best Punter

Riley Creamer	2014	22/815	37.0
Jack Swain	2012	28/1020	36.4

Career Most Extra Points

Rory Leisman	2011-12	79 / 92	
John Foy	2013-14	63 / 70	

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 Champion	1973/74	65/3033	50.8

Longest Field Goal Leaders

Dominic Magaldi	1992	47	Redford
Rob Champion	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

Seven Players — 3		
Zac Baker — 3	2014	ER & Williamston

Season Interceptions

Zac Baker	2014	13 (in 14 games)
-----------	------	------------------

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. ** State Record

COON GARR

Prichard



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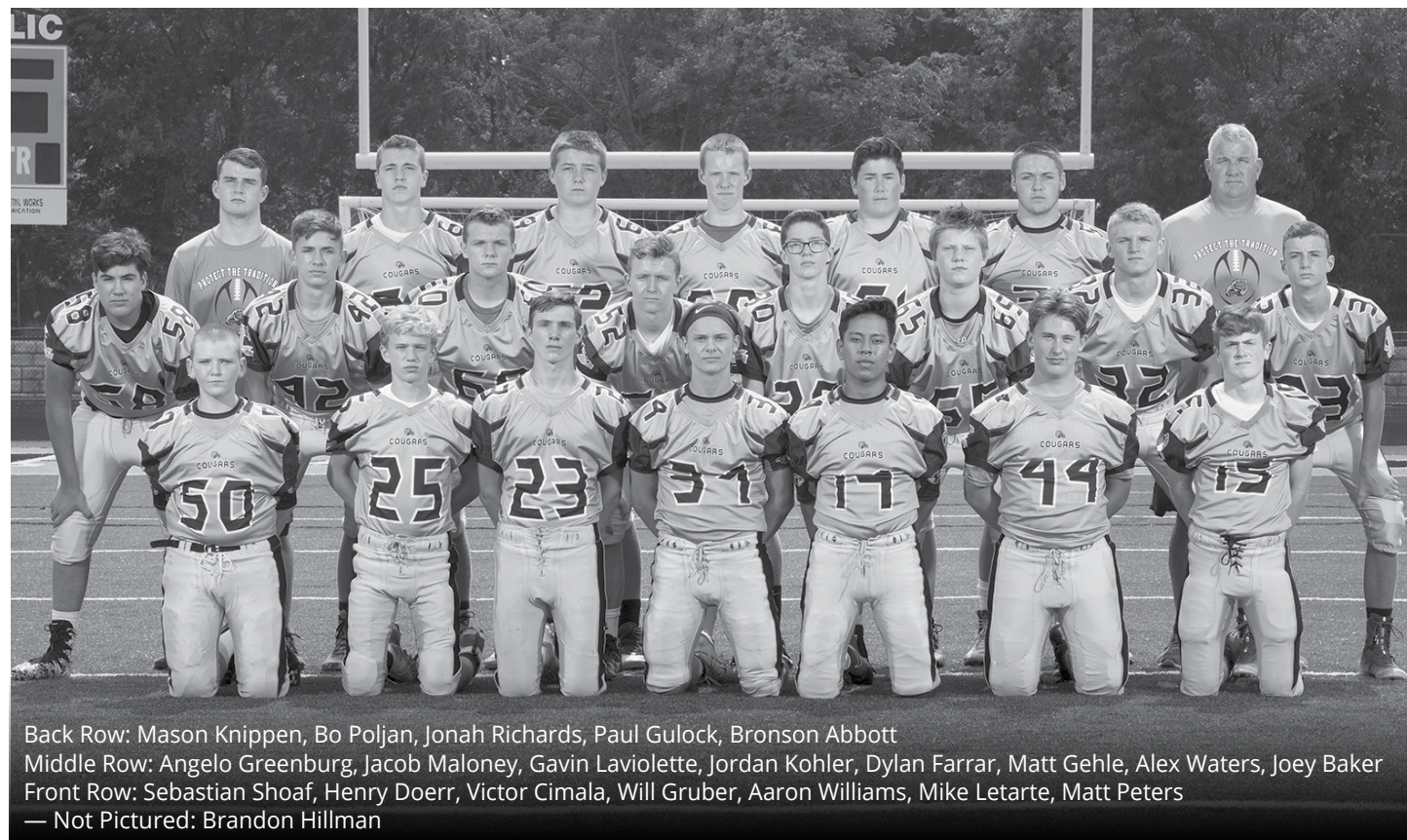
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Delta Dental proudly supports Michigan communities and Lansing Catholic High School athletics.

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Back Row: Mason Knippen, Bo Poljan, Jonah Richards, Paul Gulock, Bronson Abbott
 Middle Row: Angelo Greenburg, Jacob Maloney, Gavin Laviolette, Jordan Kohler, Dylan Farrar, Matt Gehle, Alex Waters, Joey Baker
 Front Row: Sebastian Shoaf, Henry Doerr, Victor Cimala, Will Gruber, Aaron Williams, Mike Letarte, Matt Peters
 — Not Pictured: Brandon Hillman

COACH ROSTER

Jim Baker..... Head Coach
 Pat Barner Assistant Coach
 Nick Baker..... Assistant Coach

SCHEDULE

- 🚌 08/16/18 4:00 PM vs Chelsea HS
- 🚌 08/23/18 6:30 PM vs Waverly Senior HS
- 🏠 08/29/18 6:30 PM vs Grand Rapids West Catholic
- 🚌 09/06/18 6:00 PM vs Eaton Rapids Senior ...
- 🏠 09/13/18 6:30 PM vs Ionia HS
- 🏠 09/20/18 6:30 PM vs Portland HS
- 🚌 09/27/18 6:00 PM vs Charlotte Senior HS
- 🏠 10/04/18 6:30 PM vs J.W. Sexton HS
- 🏠 10/11/18 6:30 PM vs Fowlerville HS
- 🏠 10/18/18 6:30 PM vs Lansing Eastern HS

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

PLAYER ROSTER

14	Aaron Williams.....	RB/DB.....	Sophomore
15	Matt Peters.....	RB/DB.....	Freshmen
23	Victor Cimala.....	RB/DB.....	Sophomore
25	Henry Doerr.....	R/DB.....	Freshmen
30	Dylan Farrar.....	R/DB.....	Freshmen
32	Alex Waters.....	QB/DB.....	Freshmen
33	Joey Baker.....	R/QB/DB.....	Freshmen
34	Will Gruber.....	RB/LB.....	Sophomore
42	Jacob Maloney.....	R/DB.....	Sophomore
44	Mike LeTarte.....	RB/LB.....	Sophomore
50	Sebastian Shoaf.....	L/L.....	Freshmen
51	Bronson Abbott.....	L/L.....	Sophomore
52	Jordan Kohler.....	L/L.....	Sophomore
53	Brandon Hillman.....	L/L.....	Sophomore
58	Angelo Greenburg.....	L/L.....	Sophomore
60	Gavin Laviolette.....	L/L.....	Freshmen
61	Paul Gulock.....	L/L.....	Sophomore
64	Mason Knippen.....	L/LB.....	Freshmen
65	Matt Gehle.....	L/L.....	Freshmen
69	Bo Poljan.....	L/LB.....	Freshmen
88	Jonah Richards.....	R/LB.....	Freshmen

COUGAR *pride*



GO COUGARS!
from Jerry and Amy McKenna

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Sam and Judy Eyde

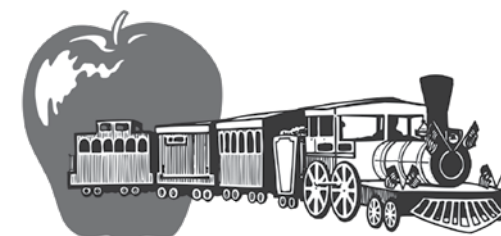


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"By their fruits you will know them." Matthew 7:20

VOLLEYBALL — VARSITY



Back Row: Rachel Bres, Camille Coenen, Natalie Hufnagel, Olivia Murphy, Gabby Schultz, Isabelle Brogan
 Front Row: Emily Poupard, Isabelle Poupard, Katie Kramer, Jolie Hillyer, Jordan Pence, Audrey Schultz

PLAYER ROSTER

- 1 Jolie Hillyer
- 2 Isabelle Poupard
- 3 Jordan Pence
- 4 Emily Poupard
- 5 Katie Kramer
- 7 Audrey Schultz
- 8 Camille Coenen
- 9 Gabby Schultz
- 10 Rachel Bres
- 11 Isabelle Brogan
- 12 Natalie Hufnagel
- 16 Olivia Murphy

SCHEDULE

- 🚌 08/17/18 8:00 AM vs Grand Rapids Catholic Central
- 🚌 08/20/18 5:00 PM vs Williamston HS Quad
- 🚌 08/25/18 9:00 AM vs Grand Ledge HS Invite
- 🚌 08/28/18 5:00 PM vs Eaton Rapids Senior Quad
- 🚌 09/05/18 6:00 PM vs Portland HS
- 🏠 09/12/18 6:00 PM vs J.W. Sexton HS
- 🚌 09/15/18 8:30 AM vs TBA Rochester Hills
- 🚌 09/17/18 6:00 PM vs Ionia HS
- 🏠 09/19/18 6:00 PM vs Eaton Rapids Senior
- 🏠 09/26/18 6:00 PM vs Charlotte Senior HS
- 🏠 10/03/18 6:00 PM vs Portland HS
- 🚌 10/06/18 8:00 PM vs St Johns HS Invite
- 🚌 10/08/18 6:00 PM vs J.W. Sexton HS
- 🏠 10/10/18 6:00 PM vs Ionia HS
- 🚌 10/13/18 9:00 AM vs Laingsburg HS Invite
- 🚌 10/17/18 6:00 PM vs Eaton Rapids Senior
- 🚌 10/20/18 9:00 AM vs Williamston HS Invite
- 🚌 10/24/18 6:00 PM vs Charlotte HS
- 🚌 10/29/18 5:00 PM vs MHSAA Districts Lakewood HS
- 🚌 10/31/18 5:00 PM vs MHSAA Districts Lakewood HS
- 🚌 11/01/18 6:00 PM vs MHSAA Finals Lakewood HS

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

VOLLEYBALL — VARSITY

DALE WETHY VARSITY HEAD COACH

Coach Wethy is in his second season as the varsity volleyball coach. Prior to coming to Lansing Catholic, Coach Wethy was the Lansing Christian varsity volleyball coach for three seasons leading them to three consecutive district championships and two regional final matches. Coach Wethy has coached at the national level for the last four seasons with Attack club volleyball based out of the Lansing area. Coach Wethy is really looking forward to the challenge of helping maintain the recent success the volleyball team has had.



BECCA POLJAN
 LSJ DREAM TEAM



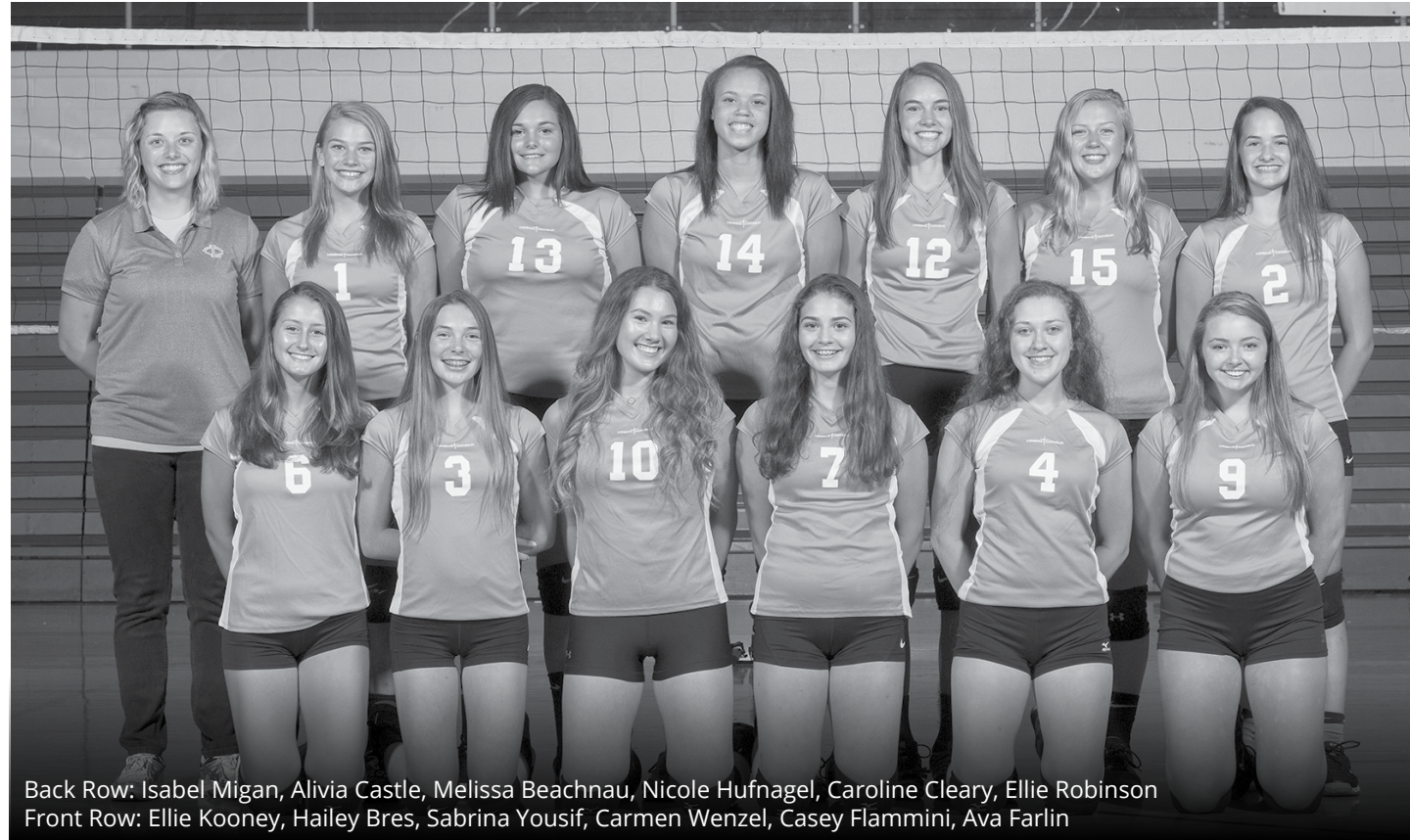
ISABELLE BROGAN
 LSJ ALL AREA 2017



ISABELLE POUPARD
 LSJ ALL AREA 2017



VOLLEYBALL — JUNIOR VARSITY



Back Row: Isabel Migan, Alivia Castle, Melissa Beachnau, Nicole Hufnagel, Caroline Cleary, Ellie Robinson
 Front Row: Ellie Kooney, Hailey Bres, Sabrina Yousif, Carmen Wenzel, Casey Flammini, Ava Farlin

PLAYER ROSTER

- 1 Isabel Migan
- 2 Ellie Robinson
- 3 Hailey Bres
- 4 Casey Flammini
- 6 Ellie Kooney
- 7 Carmen Wenzel
- 9 Ava Farlin
- 10 Sabrina Yousif
- 12 Nicole Hufnagel
- 13 Alivia Castle
- 14 Melissa Beachnau
- 15 Caroline Cleary

SCHEDULE

- 🚌 08/18/18 8:30 AM vs Marshall HS Marshall invite
- 🚌 08/20/18 5:30 PM vs Bath HS Bath Quad
- 🚌 08/29/18 5:00 PM vs Grand Ledge HS GL Quad
- 🚌 09/05/18 5:00 PM vs Portland HS
- 🚌 09/08/18 9:00 AM vs Williamston HS Invite
- 🏠 09/12/18 5:00 PM vs J.W. Sexton HS
- 🚌 09/15/18 8:00 AM vs Perry HS Invite
- 🚌 09/17/18 5:00 PM vs Ionia HS
- 🏠 09/19/18 5:00 PM vs Eaton Rapids Senior
- 🏠 09/26/18 5:00 PM vs Charlotte Senior HS
- 🏠 10/03/18 5:00 PM vs Portland HS
- 🚌 10/06/18 8:00 AM vs Perry HS Perry Invite
- 🚌 10/08/18 5:00 PM vs J.W. Sexton HS
- 🏠 10/10/18 5:00 PM vs Ionia HS
- 🚌 10/13/18 8:30 AM vs Holt HS Invite
- 🚌 10/17/18 5:00 PM vs Eaton Rapids Senior
- 🚌 10/24/18 5:00 PM vs Charlotte HS
- 🚌 10/27/18 8:00 AM vs JV Meet

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

VOLLEYBALL — JUNIOR VARSITY

ELIZABETH GOWELLE HEAD COACH

This is Elizabeth's first year coaching the Junior Varsity Volleyball team at Lansing Catholic High School.



Gabriels supports the
 Lansing Catholic Cougars.

New members welcome.

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VOLLEYBALL — FRESHMEN



Back Row: Honorine Akono, Aubrie Hicks, Miranda Kennedy, Olivia Voss, Reese Corey
 Front Row: Judie Olivar, Adela Migan, Andelycia Bevier, Sydney Buda, Megan De Varona, Hannah Hayes

PLAYER ROSTER

- 1 Miranda Kennedy
- 2 Andelycia Bevier
- 3 Hannah Hayes
- 8 Judie Olivar
- 10 Reese Corey
- 14 Honorine Akono
- 15 Aubrie Hicks
- 22 Olivia Voss
- 24 Sydney Buda
- 28 Adela Migan
- 16 Megan DeVarona

SCHEDULE

- 🏠 08/20/18 5:00 PM Cougar Quad
- 🚌 08/25/18 8:30 AM vs TBA Holt Invite
- 🚌 08/29/18 5:00 PM vs TBA Quad at DeWitt
- 🚌 09/05/18 5:00 PM vs Portland HS
- 🚌 09/08/18 8:00 AM vs TBA Olivet Invite
- 🏠 09/12/18 5:00 PM vs J.W. Sexton HS
- 🚌 09/15/18 9:00 AM vs Williamston HS Invite
- 🚌 09/17/18 5:00 PM vs Ionia HS
- 🏠 09/19/18 5:00 PM vs Eaton Rapids Senior
- 🏠 09/26/18 5:00 PM vs Charlotte HS
- 🏠 10/03/18 5:00 PM vs Portland HS
- 🚌 10/08/18 5:00 PM vs J.W. Sexton HS
- 🏠 10/10/18 5:00 PM vs Ionia HS
- 🚌 10/13/18 9:00 AM vs TBA Dansville Invite
- 🚌 10/17/18 5:00 PM vs Eaton Rapids Senior
- 🚌 10/20/18 8:00 AM vs Bath HS Invite
- 🚌 10/24/18 5:00 PM vs Charlotte HS

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

VOLLEYBALL — FRESHMEN

BRIDGET GULOCK HEAD COACH

Bridget head coached CHAP junior high volleyball last year and assistant coached CHAP Varsity. She also assistant coached for Attack Volleyball Club's 16U National team this past season.

Bridget has played volleyball since 6th grade, and has a huge love for the sport.



COUGAR *pride*



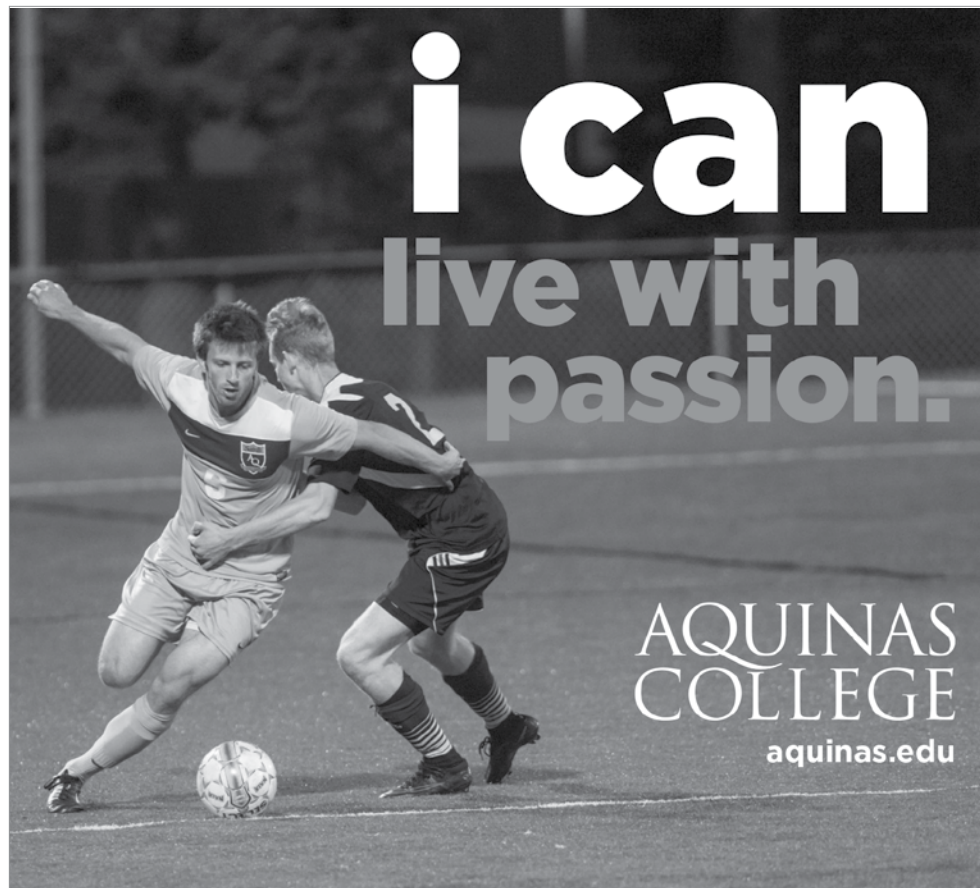
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COUGAR SENIORS 2019



FOOTBALL — BIOS



NICOLAS BOEHLERT SOMOHANO

I have been playing football since freshman year, so this is my 4th year of playing football. The best advice that I constantly get from my coaches is to keep my head up. I would like to thank my parents for allowing me and giving me the opportunity to play football. After high school I plan to attend a college and major in mechanical engineering.

THOMAS CROWLEY

I have played football all 4 years and it's been awesome. My favorite part about playing football is the team and being with the guys, even through the long, tough practices. I'd like to thank my parents for supporting me and to my coaches for pushing me and giving their time to help us all become better players and people. The past few years playing football have been a blast and I know the lessons I've learned through it all will help me for years to come.



COLIN DAY

Colin has been playing football since kindergarten. His favorite memory is connecting on a touchdown pass from Josh Kramer while playing on Central Michigan's field in 6th grade. He would like to thank his teammates who have been at his side all these years, his family, all his coaches and the parents who have supported him. He will miss the Friday nights.

CONNOR DOYLE

Connor started his tackle football career in 4th grade as a Jr. Cougar. This is his second year on varsity. A shoulder injury kept him on the sidelines for his junior season. He is excited to return for his senior season to help this very talented team achieve its potential. Advice to remember is that a team's chemistry and effort are extremely important to its success. He would like to thank his family for always supporting him and his coaches for teaching him what he knows. Connor is the son of Michael and Kristin Doyle.



FOOTBALL — BIOS



W.R. DUDLEY

W.R. has been playing Football since sophomore year. Football taught W.R. how to work hard and the value of working together. The best advice he has received is using soft hands to catch to ball. He would like to thank his family, especially his mom for volunteering and making the best cookies for the team. His plans after high school include going to college to study meteorology.

DEREK FARRAR

Derek has been playing football since the 4th grade and has played varsity for two years. His best role model is his dad who has been his biggest fan since he started playing sports. His best advice is from Coach Carrier, "Don't be afraid to make mistakes." His favorite memory is Brody Thursdays and he will miss the bus rides home with his teammates. Derek thanks his parents and siblings for always getting him to practices and games on time and supporting him through his football career. Derek plans to study engineering in college and is thankful for everything football has taught him.



RYAN GILMORE

Ryan started playing football last year. He wants to thank everyone on the team and the coaches for helping invite him to the team and making it fun. Ryan plans to study finances in college and to continue to play hockey there too.



MITCHELL GRUBER

This has been my fourth year playing football. My teammates and coaches have had a great influence on me as an athlete. They showed me how to be a good teammate and what it takes to work hard. I want to thank my family for supporting me all four years. I want to especially want to thank my parents for pushing me to be my best even when it was tough. My favorite football memory is the last game of my JV year when we went undefeated. I am looking forward to this season with the boys.



JOSHUA KRAMER

Josh has been playing football since kindergarten, and 2 years on the Varsity team. He wants to thank his family for pushing him to do his best, especially his dad for coaching him throughout all of Jr. Cougars. He also wants to thank his teammates for making it so much fun. He wants to thank Coach Abdullah for teaching him what it is like to work hard. And, of course, he wants to thank Coach Hubb for his support and making even the weirdest plays and ideas make sense. One of his favorite memories is when the JV team got moved up his sophomore year for the playoffs and he got to play against West Catholic! Getting to play with his brother's grade for one game was a dream come true. He also led the team in tackles that day.



FOOTBALL — BIOS



MISHA KLEIMAN

I did not start playing football until just a few years ago. I was always a hockey guy but enjoyed football right away. I appreciate my teammates, especially my linemates, and coaches who have helped me learn the game. Football has taught me lessons for life, especially how to ignore distractions and work hard. My favorite memories are the times that I have seen my dad, sisters and brother in the stands and heard my Mom yelling my name from somewhere. This year, my senior year, I am looking forward to a great season.

MICHAEL MCKERR

Mike has been playing tackle football since 3rd grade and this is his second year on varsity. His two biggest influences on his game are his dad, Dan who taught him to do things the right way and always give his all, and his brother Patrick who taught him you have to look good to play good. His favorite memory is playing his first varsity game and he will miss playing with his best friends every Friday night. Mike wants to thank all of his family who has supported him through his football journey, his coaches who have given their time to help him get better, and his teammates for always pushing him to get better.



IAN MOORE

Ian has been playing football since he was in kindergarten and has played Varsity for two years now. His biggest influence is his Uncle Bill who always talks to him about his game and how to be better, and gets him ready for his games. His best advice came from coach Hub asking, "Where is the game?" and he said "It is in your heart". Great times with his teammates on the field in the locker room and in school is something he will miss very much. Ian thanks his parents, siblings, grandparents, aunt and uncle, cousins, and coaches for everything they have done to make him who he is today. Ian plans to study sales and marketing at Michigan State University.



AIDAN NIYONTSINZI

This is my second year of playing football, I guess I'm alright at it! I want to say thank you to all my friends for pushing me into playing the sport, my family for allowing me to come to this school and play, and the team. I will never forget Thursdays and practice. Can't wait to win States this year.



KABBASH RICHARDS

This is my 3rd and final year playing varsity football. This would never be possible if it wasn't for my mom and coaches who pushed me to strive for more than what was around me. No matter what challenges I faced during any season, I always had fun, whether it was at the games interacting with the crowd, or at practice running down and backs. All my hardwork will pay off, making my senior season one for the books. Then, after an eventful year, I will go on to pursue my dream on the next level.



FOOTBALL — BIOS



LUKE ROSS

I have been playing football for six years. I would like to thank my coaches for pushing me to be my best at every practice and my parents for always being there to support me. My advice to younger players is t not worry about winning and to always go your hardest 24/7. After graduation I plan to study accounting here in Michigan.

LUCAS RUDDOCK

I have been a part of the Lansing Catholic football team for four years. I joined the football team my freshmen year and I am very glad that I decided to do so. I have been on the varsity football team for two years now. The best advice I have ever received comes from Coach Hub Waite my freshmen year. He would always remind us to “Just truck it” and I think this stuck with me because it always reminded me to go out there and yes, follow my rules or assignments, but just make a play and put a hit on somebody. My best memories of high school football include the many nights spent at football camp, the pregame meals at Brody Hall, and the bus rides home after a great win. Something I will definitely miss is the feeling of being under Friday Night Lights with your brothers on the field. If I had any advice to lower classmen on how to become a great football player it would be that you need to take full advantage of the offseason to train, and you need to remain mentally tough in every situation whether it be practice time, conditioning or even in the middle of a game. I would like to thank my teammates for always pushing me to become a better player at every aspect of my game, I would like to thank my parents for the endless rides to and from football practice, and I would especially like to thank my coaches for the endless hours invested into making our team and program successful. After my senior year at Lansing Catholic I plan to attend Lansing Community College, receiving my associates degree in the applied sciences, then transferring to MSU to pursue my career as a Anesthetist.



MICHAEL WHITNEY



Michael Whitney has been playing football for the Lansing Catholic High School Cougar program starting in 6th grade with the Junior Cougars. He is the last of 4 brothers who have enjoyed the experiences and friendships that participating in LCHS athletics has made possible. He would like to thank his parents, Mike and Jennifer, his coaches and the LCHS community of parents and players who have been so supportive of his football experience at LCHS. He would also like to thank Abdullah Muhammad for the encouragement and training necessary to follow his dreams. His advice to young players is always give 100% in games and in practice, because you can only play the game for short time and it goes by very fast. His favorite memory is being able to start on the kick

off team with his older brother Eli’s team, after being pulled up his freshman year during playoffs. The best advice that he ever received was, “To make the best of the time you have left with this wonderful game, because no one gets to play it for life.” After high school, Michael plans to extend his football experience while attending college.

VOLLEYBALL — BIOS



ISABELLE BROGAN

Isabelle has been playing volleyball since 6th grade and has played on varsity for three years. Isabelle thanks her parents for attending every game and always supporting her and teaching her to be a positive and enthusiastic player. She thanks her grandparents and family for attending games. She also thanks her amazing coaches, especially Dale Wethy, for providing two of the best seasons for her and being an outstanding motivator and friend. Her most cherished memories of the season are locker room pre-games and connecting with her amazing friends who she gets the privilege to call teammates.

CAMILLE COENEN

Camille has been playing volleyball for eight years. She never would have started playing if it were not for her sister, Mia (C14), who was her coach for three years and practiced endless hours with Camille over the years. The greatest advice she received was from Coach Dale, “Each day play like your position is in danger.” This motivated Camille to work harder each and every day on the court. Her favorite memories include beating Williamston in five sets and the team singing on bus rides, at tournaments, and before games. Camille would like to thank her parents for supporting her and attending each game and tournament; her sister, Mia; Coach Dale and the rest of the volleyball coaches at Lansing Catholic; and lastly, her team for building her up and always being there for her. Camille plans to study economics at St. Mary’s College and be part of ROTC at the University of Notre Dame.



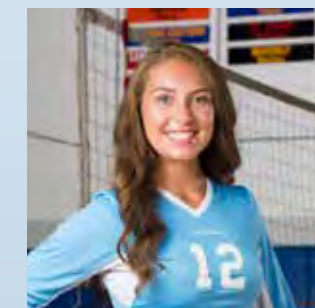
JOLIE HILLYER



Jolie has been playing volleyball since elementary school and has also played throughout her high school career. If it wasn’t for her supportive teammates and coaches she says she wouldn’t be the player she is today. Most importantly she would like to thank her family for coming to each and every game and always motivating her to be the best player she can be. Helping her to keep a positive mind set and helping her achieve her goals. A few years ago a coach told her that “attitude is a little thing that makes a big difference”. She really took that to heart and made it a part of who she was as a player. Jolie is undecided for college and for her field of study.

NATALIE HUFNAGEL

Natalie has been playing volleyball since 5th grade and has been on varsity for two years. She also plays tennis, is an ambassador and a member of National Honors Society. Her biggest influences are her parents who always told her to never give up, and her younger sisters who push her to do her best. Her favorite memories are from the excitement of winning games and spending time singing and dancing to music with her teammates. In college she plans to study accounting and business.



OLIVIA MURPHY



Olivia has been playing volleyball since 4th grade and hasn’t put a ball down since! This will be her second season on the varsity team. The best piece of advice she received was from a club coach after a rough practice, “You will fail a million times before you succeed” -Kevin McMillan. This helped her to up her level of play and to also grow as an athlete, as well as an individual. After high school Olivia will be following in her grandfather Jim Herbert’s footsteps and be the first of his grandchildren studying at the “Herbert College of Agriculture” at the University of Tennessee as well as studying Pre-Law.

VOLLEYBALL — BIOS



JORDAN PENCE

Jordan has been playing volleyball since 5th grade. This is her second year on varsity. She would like to thank her parents for always supporting her throughout all her years in volleyball and in all her endeavors. She would also like to thank her coaches especially her high school coaches, Nicole Venable and Dale Wethy for pushing her to be her best. She will miss her teammates and all the laughs they have shared. Jordan plans to study marketing and fashion merchandising in college.

ISABELLE POUPARD

Isabelle has been playing volleyball since she was in fifth grade and this is her third year on varsity. She is a member of NHS, is an ambassador, and also plays soccer. She would like to thank Coach Dale Wethy for pushing her to be the best possible leader and player that she could be. Isabelle would like to acknowledge her teammates for giving her a memorable senior season. She would also like to thank her grandparents, Aunt Erika and Uncle Jeff for supporting her. Most of all, Isabelle would like to give a big thanks to her family: Jay, Kim, Emily and Olivia, her number one supporters. She is very grateful to have played two years on varsity with each of her sisters. Her favorite memories are the pre-game locker room traditions and singing and dancing obnoxiously with her teammates. Isabelle plans to study psychology and be a part of the ROTC program in college.



SOCCER — BIOS



MATTHEW BENIVEGNA

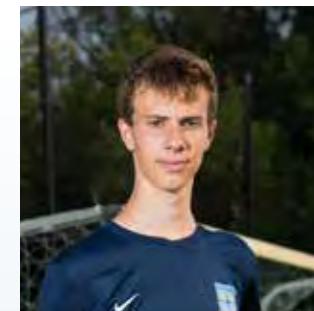
Benivegna is a four year varsity goal keeper who has played soccer since kindergarten. He got his start playing for the Jr. Cougars team, coached by Mrs. Plaehn. Since then he has also played for Michigan Rush. Matthew's favorite soccer memory was defeating Williamston in a PK shootout to win districts in 2016. He would like to thank his parents, brother, grandpa, and coaching staff for encouraging him throughout his high school career. He would especially like to thank Coach Jake for strengthening him both physically and mentally through his military workouts. Finally, Matthew plans to attend Harvard University and hopes to find a cure for cancer.

MATTHEW BURNS

Matthew has been playing soccer since he was 4 years old. Both his parents and both his sisters have been incredible supporters in all his time playing soccer, and his mom loves to tell him to run fast and kick hard before every game. One of his favorite soccer memories is going to the state semifinals against Flint Powers. Some of the best advice he ever received came from Coach Murphy, who consoled him and encouraged him after a tough loss. He wants to thank all the coaches, fans, and family who invested their time into his future. Matthew plans to study engineering or math in college.



SOCCER — BIOS

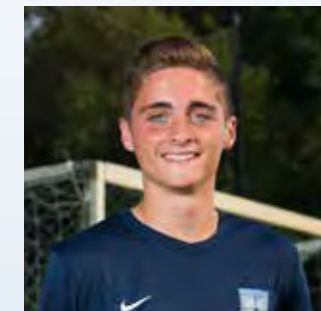


TRISTAN COLLARD

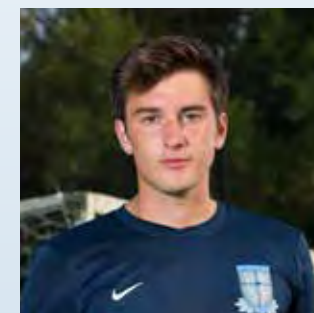
I have played soccer for as long as I can remember. Although it didn't always come naturally, I always liked the logistics and different aspects of the game. As I've grown up I have learned to appreciate it even more as I not only play it, I watch (vive le France). I would like to thank my mom for pushing me to be my best and keep on working to get better. I would like to thank dad for teaching me that there is only one sport that real men play. Finally I want to thank Gus and all the coaches for helping me grow, learn how to work hard, and become a better player. I specifically want to thank Mrs. Plaehn, the best coach that ever was.

JACKSON FEDEWA

I have been playing soccer since early in my childhood and I am now starting on the varsity team. My greatest strength is my speed. Playing with Lansing Catholic and under Coach Gus has been an amazing experience. The main focus of the team is to do all we do as a family, our togetherness is what wins us games. This can translate into any sport. As I'm sure we have all heard, there is no "I" in team. I would love to continue my soccer career at a small college where I would study business.



JACK GONZALEZ



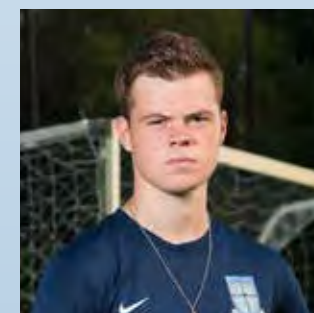
This will be my fourth year playing soccer for Lansing Catholic. Over the last three years, my favorite memory on the soccer team was winning regional finals sophomore year. I want to thank my parents driving me around to every soccer event, and I want to thank my coaches for supporting me throughout my time here. I am excited to see what the team and I can accomplish during my final year.

ANDREW HUGHES

Andrew has been playing soccer for three years now and this is his first year on varsity. His biggest influence has been his family and friends telling him to just have fun and you will play your best. One of his best advice came from his mom and dad saying "to just do what you know best and the rest will happen on its own." One of his best memories is the fun times with friends after games or practices, along with the fun bus rides. One thing he won't miss but will remember is the early summer conditioning, with Mr. Murphy's flashlight and Coach Jake's long hard drills that never seemed to have an end. Andrew would like to thank his parents, friends, and coaches for all the countless memories and all the good times he had. Andrew plans to study business in college, and hopes to move somewhere, where the weather is warm all year.



CONOR KEENAN



Conor has been playing soccer, among other sports, ever since he started playing. He enjoys the sport for many reasons, mostly due to the fact that many aspects of the sport are things that he enjoys. Conor plans to study physics or chemistry in college, and will continue playing soccer with his friends because of the love he has for it.



CONNOR KLUEMPER

Connor has been playing soccer since he was 4. He has played soccer all four years at Lansing Catholic and has had such an amazing time. The coaches and the teammates are really just a second family. Connor's favorite memory in LCHS soccer is hoisting up the district trophy after a long and close game against Willy at home. One thing that he will always remember is all the variations of Kluemper he has been called. Kluempert...Kluempfur...Kluempierre and the list goes on. He is going to miss the bus rides home after a big win, the 6am conditionings, the countless times a day where he heard "FREEZE" and most of all, this close family that this special sport has given him

CAMERON MALONEY

Cameron has enjoyed playing soccer since elementary school and has played at the varsity level for two years. His biggest influences have been his coaches and teammates who push him to do his best. The best advice he received about sports was from his parents who always told him to work hard, do your best, but most importantly - have fun. His favorite memory of his soccer career was beating Williamston at Williamston in overtime for the district title. Cameron wants to thank his parents, teammates, and coaches for making him a better person and player.



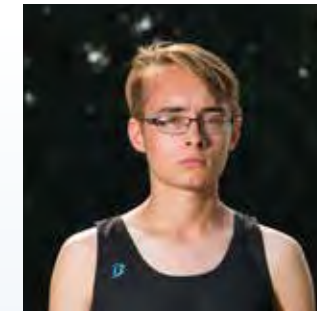
MATTHEW PLAETH



Matthew has been playing soccer since first grade and has been on varsity for 3 years. He wants to thank his first coach, his mom, for starting him off on the right foot. Matthew's favorite memory is winning the regional championship with his older brother Chuck. He will miss the district and regional bus rides as well as his teammates the most. He has had great memories with his fellow seniors and wishes them the best in their coming futures. Matthew wants to thank his parents, siblings, and grandparents for always coming to his games and supporting him. He also wants to thank his coaches, Coach Gus, Coach Jake, Coach Oscar, and Coach Murphy for always helping him on his soccer skills and how to become a better man. Matthew plans to study medicine and hopes to continue his baseball career in college.

ALFARO RAPHAEL

I've played soccer all four years of high school and I've learned a lot from my teammates, who I consider my brothers, and my coaches. I'd like to thank my mother with blessing me with the opportunity to play soccer and thank her for supporting me at my games whether it was being there or not. I'd also like to thank my coaches. Gus, for helping me excel as a player, reaching my top potential; Jill, for showing me the true meaning of leadership and keeping a positive mindset; John, for helping me to take everything a step at a time, it's more quality than quantity and to keep a smile on my face; Murphy, for not only making a better player, but also a better man in life; Jake, for pushing me to my limits and helping me overcome them; Lastly, Nick for helping me get better in the off-season, developing new skills that would help in the fall. I can't wait to see what my last year brings because I'll be giving my best for not only myself, but my brothers and coaches out there on the field. Next year I plan to attend CMU to study forensics and pursue my dreams in the criminal justice field.



ALEXANDER BARRONE

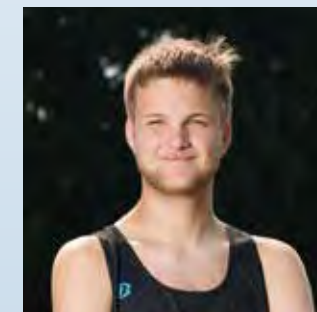
Alec has been running cross country since 6th grade, and will hopefully be able to receive a varsity letter by the end of this season. His biggest inspiration to do better is his dad, who is constantly lifting him up with advice and tips for Alec. He would also like to thank Coach Simpson, Coach Warriner, and Coach P for pushing him to do better over many years, and attributes his growth over the years directly to them. He would also like to thank the absolutely amazing and wonderful team who's been so friendly and welcoming and loving to him and his brother, which truly means a lot to him because he feels like everyone on the whole team is family. Finally, he would like to thank his parents and brother and extended family for driving him around everywhere and getting up early many a weekend morning, especially his grandma. He will miss the camaraderie with his teammates and the many a pre-race run. He truly believes that all of these years were an extremely positive experience for him, shaping his life for the better, and wonders where he would be without cross country. (Actually, he'd rather not think about it.) His favorite memory is probably the day he felt absolutely on top of the world after taking one for the entire team and running 10 hills so the whole team wouldn't have to do an extra 800, and everyone cheering him on. Alec would love to do something creative with his life, as he thinks God has given him a great creative mind, but he doesn't really know exactly how to apply that efficiently, so he'll just tell people he wants to study seismology or something out east in the Rocky Mountain area.

COLIN COOPER

Colin has been running cross country since middle school. He was part of the varsity team his junior year. The best advice he received was from Coach Simpson: "Win every day." He would like to thank his parents, coach, teammates, and everyone else who has helped him to do his best. Colin plans on studying computer science at MSU.



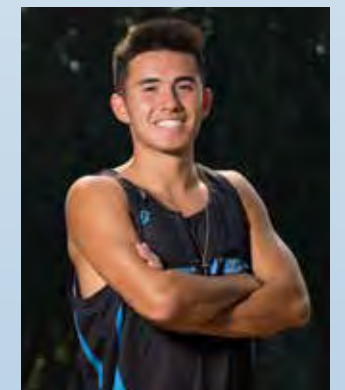
CAMERON NAKFOOR



I've ran Cross Country for 5 years. My biggest inspirations are my parents who have supported me through out my career. I'd like to thank my friends, family, and coaches for getting me where I am today and never giving up on me.

WILLIAM PETERS

Will Peters has been running Cross Country for 6 years. The most resonating advice he has received was from Coach Simpson, "People like hot sauce not because of the taste necessarily, but because of the weird pain that comes with it. Running is like hot sauce--you got to learn to enjoy the pain and it will make you fall in love with the sport." He would like to thank his coach and his family for supporting him, and all of his teammates, past and present, for pushing him to be better and creating lifelong friendships. Having a knack for other sports, he always dreamed of taking up football considering he could throw one over a half mile in distance. He will miss the long runs with his teammates and the infinite memories that happened at practice and meets. Will plans to study engineering in college once he graduates this spring.



CROSS COUNTRY — BIOS



ERIC WARRINER

Eric has been running cross country since 4th grade. His dad, who was the middle school coach, forced him to run with the team when he was younger. However, Eric eventually started to like XC and made it his main sport in high school. He has been running on varsity for all four years of high school and was a member of the 2015 state championship team. His favorite memories include pasta parties and having fun with the team. Eric plans to study physical therapy and is considering continuing his running career in college. Eric wants to thank his parents, especially his dad, for training him in the summer. He also wants to thank his siblings, his friends, his teammates, Coach Simpson, and Coach Piecuch for supporting him throughout high school.

SOPHIA BALDINO

This is my fourth year running cross country. I love all my teammates and they really push me to be the best I can be. I want to thank all of my family for supporting me in everything I do. Next year I will miss doing pre-races with my team and sharing our goals the day before a race. I am so thankful for all the oppurtnies I have been given in sports and in the classroom. I am excited to end my last year here at Lansing Catholic with such amazing teammates!



LAUREN CLEARY

I've been running cross country for 7 years now. The best advice I have ever received was from Mary Fineis who pushed me to go confidently towards my dreams and to not lose sight of them. I would like to thank my family and friends for supporting me on this crazy ride that is cross country. I will miss going on runs after school with my teammates and the pasta parties before weekend meets. I'm not sure where I am attending college yet but I plan on running cross country and track and studying in the Health Sciences field.

ANNA DEHNKE

Anna has been running cross country for four years. She was inspired to run by her brother, who had run for all four years as well, and by the incredible team, that kept her going to every practice and meet. The traditions and memories from cross country will stay with her forever as some of the best times of her life, despite the grueling task of having to run. Anna plans to study Geology in college and pursue it in the near future.



CARA HEBERLEIN

I have been running cross country since middle school and I have run each year of high school. The best advice I've ever received was given to me by Coach Simpson as he always tells us that as long as we are pushing ourselves to do our best, that is all that matters. I will especially miss the team that quickly formed into a family at the beginning of my freshman year at LCHS and all of the laughs we have shared with each other and with Coach Simpson. I want to thank my parents for pushing me to do cross country throughout high school because it is where I have met many of my friends. I would also like to thank Coach Simpson for his continued dedication and patience throughout the years, despite my lack of motivation most days. I plan on studying dietetics/sports nutrition in college.

CROSS COUNTRY — BIOS

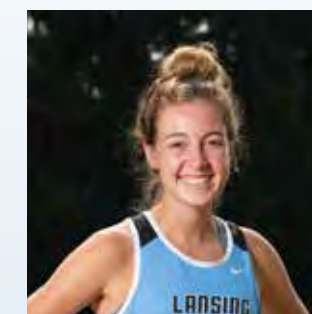


ABIGAIL KAZMIERSKI

Abigail has been running cross country for four years. Her best advice came from her dad, "If you tell yourself you can do it, you will be able to do it." Her favorite memories are the ones made with her teammates at pasta parties and team runs. Abigail would like to thank her mom and dad for their endless support, her brothers for always being encouraging, and her coach for pushing her to be her best everyday. Next year, Abigail plans to study brain and behavioral science with a minor in criminology.

CLAUDIA SPENCE

Claudia has been on the cross country team for 2 years. Her biggest influence has been her parents who have always supported her at every race. Her best advice came from Coach Simpson, "WIN EVERY DAY" . Pasta parties and supporting her team at the state meet are her best memories. She would like to thank her family, team, and especially her coach for always believing in her. Claudia plans to study kinesiology in college.



SOPHIA WEITZEL

Sophia is in her fifth year of cross country. Over the years, she has found that cross country is truly a team sport with the aspect of individuality. She will greatly miss the exhilarating triumph of a PR and attending the equally exhilarating pasta parties. She would like to thank her teammates, coaches, and mom for all of their support over the years. They have helped her become the best runner she can be. Sophia will continue to live out Coach Simpson's motto "Win Every Day." She plans to study engineering and continue running in some capacity.

TENNIS — BIOS



JULIAN LANUM

Julian has played tennis at LCHS since he was a freshman. He has enjoyed every moment of the sport and the competitiveness that goes along with it. He has made many new friends during his involvement with tennis. This has broadened his social sphere to include other friends from his classes, those he grew up with, and those from other activities such as his church youth groups. The sport has been instrumental in helping him grow as a person. Not only has it helped teach Julian the health benefits of physical activity, but developing mental discipline, perseverance, sportsmanship, and the camaraderie of being a part of a close team. Julian has improved his tennis skills immensely since he's been involved with tennis, which has also helped build his mental confidence a great deal.

JOHN MARRAH

This is my third year playing tennis. I love the game for its physical and mental challenges. It has allowed me to become a better player. I am thankful for my teammates, school and parents for supporting me.



ALEC RESPECKI

Alec began playing tennis his freshman year of high school and has played on varsity for two years now. The best advice he received was from his parents, which was to just try your best, and don't worry about the score. His favorite memory was of going to the state tennis finals his junior year and spending time with his teammates after the day's matches were over. He would like to thank his coaches and teammates for helping him improve as a tennis player and his parents for supporting him at his matches. Alec plans to go into engineering at Michigan State University and receive a degree in packaging.

PARRISH ROBERT

Parrish has been playing tennis since he was the age of seven and has played on the Lansing Catholic varsity tennis team for four years. His biggest influence comes from Mike Fessel, a tennis coach at the Michigan Athletic Club who always tells him that it's not about how much you win, it's about how hard you work. Hanging out with his teammates before and after practice is his best memory over the years. He'll miss those friendships and the competition after he graduates. He thanks his family, his friends and teammates, his coaching staff, and most importantly God for all the opportunities he has encountered. Parrish plans to study International Business or Supply Chain management in college.



DREW SHIPMAN

I am playing tennis for the second year. My biggest influence has been my teammates for pushing me to do my best and improve my game. My favorite tennis memory is winning my first match on varsity. I am very thankful for my team and coach for teaching me how to play after having no experience at all. I am excited to see what this year brings.

TENNIS — BIOS



JUSTIN STANLEY

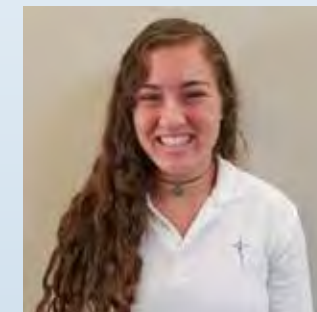
This is my fourth year on the team and each year has been fantastic! Each year I get to meet new people, strengthen my bonds with my teammates I already know and we all get to do some pretty awesome stuff together like go to States. I'd like to say thank you to my dad for getting me to love the sport and I'd like to thank all my past and present teammates for playing along side me and making me love the sport more and more each day.

JACK WOLFE

This is my fourth year playing tennis. My biggest influence on my game has been my past and present teammates. I want to thank my family for supporting me throughout these four years and this long process. My favorite tennis memory is eating blazing wings with the team at states last year. I am thankful for this opportunity to play one last year of tennis and I am excited to see what this year brings. Next year I will be attending the university of my choice.



CHEER — BIOS



AUDREY MORRIS

Audrey began doing cheer as a freshman and has been on the varsity sideline team each of her four years of high school. Cheer has taught her many things about both herself and life. Audrey credits cheer with helping her learn to always keep a smile on her face and the importance of being able to rely on the people she surrounds herself with. She would like to thank her parents and siblings for being at every game, rain, snow, sleet, or shine. She would like to thank her coach for her dedication and belief in their team. Lastly, she would like to thank her teammates for being more than just friends, but truly an extended, never-broken-no-matter-where-life-takes-us family. Audrey plans to study nursing in college.

SAVANNAH OBERT-PFEIFFER

This is my first year on the cheer team and so far I have loved every second of it. Since freshman year I have been interested in cheering. I decided it would be now or never, and joined my senior year. The team is like a family, the love and support is my favorite part. I would love to thank everyone on the team for helping me out and making me feel welcomed right away. I am hoping to go to Michigan Tech to study freshwater sciences or architecture.



GOLF — BIOS



DEVAN BUDA

This is my second year playing golf. I decided to play again because of my previous teammates. I want to thank my parents for being my biggest supporters. My favorite golf memory is winning leagues last year.

MICHELLE HANIS

This has been my first year on the golf team. I joined because I thought it would be fun to have a new team experience and I'm glad that I did it. I love the team and it has been a great first and last season.



MALLORY MEATON

Mallory has been playing golf at LCHS for the past two years and has been on varsity both years. Coach Kim and Coach Mary have inspired me to play to the best of my abilities. My favorite memory is winning leagues last season.



SHANNON SAMPSON

This is my first year golfing. I heard it had great team chemistry and the coaches were really fun. I went out of my comfort zone and signed up over the summer. I've had a great time with everyone and want to thank Coach Kim and Coach Mary for being very welcoming and helpful.



SWIMMING — BIOS



FREDERICKA LAURICH

Ricka has been competitively swimming since she was a 8 years old. Although taking her junior year off, she decided to come back because of how much she missed her friends. She loves to swim with WLC because every year she gets to meet new people from different schools and gets to have a good time in and out of the pool with her teammates. She thanks her family for always supporting her in everything she does. Ricka appreciates all the coaches for helping her along the way to become the best she can be. Her favorite memories are when she and the team get to eat and socialize after the swim meets. Ricka plans to study nursing in college.

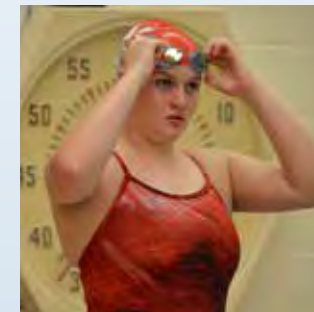
LANEY NESTOR

This is my fourth year swimming on the WLC Varsity Swim Team. It has been a great experience and I have enjoyed getting to know so many new people. I want to thank my teammates for their support and especially my parents who have continuously encouraged me to be my best. I have so many great memories from my time on the team that there are too many to count! I look forward to having more great times with my teammates this year and can't wait to see what the season brings. Next year I plan to continue my studies at Loyola in Chicago.



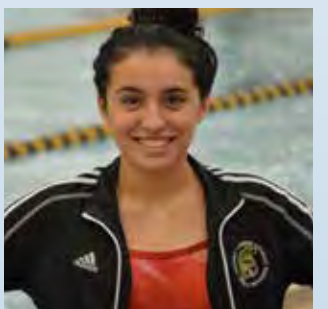
MARY SANDERS

I have been swimming competitively since I was five years old. My biggest support comes from my mom and dad who always cheer me on, even when they can't make it to my meets. They always encourage me to do my best and they never ask for anything more. The best advice I've ever received came from one of my coaches, Dave Hill, "You gotta want it and you've gotta want it bad." Some of my favorite memories are bus rides and winning CAACs. I plan to study anthropology in college and I'm so thankful for all the things I've learned from swimming.



NATALIA SUDOL

Natalia is in her fourth year on the swim team and has been swimming for eleven years total. It has been a great experience in meeting new people and making new friends. I want to thank all of my coaches and teammates for making this sport so enjoyable and amazing. I am exited for this last year of swim and what it may bring for my teammates and myself.



 **BAND — BIOS**



ALYSSA CAMPBELL

Alyssa has been in band since fifth grade and has been in marching band for four years. She has been playing flute for seven years and her senior year she became a drum major. Some of her best memories come from band camp and playing in the stands during football games. She wishes to thank her middle school band director Mrs. Sherrill, high school band director Mrs. Tietsort, her friends, and her parents for their continued encouragement and support throughout the years on her journey as a musician. She also wishes to thank Natalie Endres for being the best co- drum major there ever was. Alyssa hopes to continue both marching and concert band in college and plans to study biology and animal science somewhere close to home.

NATALIE ENDRES

This my fourth year playing the flute in marching band. I started playing in fifth grade at St. Gerard. This year I am the drum major and I plan to use the leadership skills I've gained in the future.

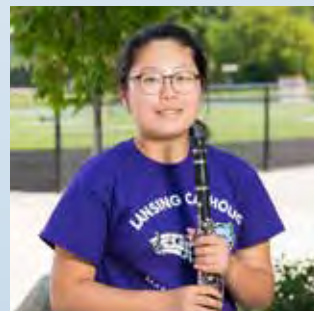


KATE GAJDA

This is my fourth year in marching band playing flute. I also play oboe in concert band, which I've been doing since the fifth grade. I'm sad to leave band, but I'm excited for what comes next.

HANNA KIM

Hanna has been playing clarinet and cello since she was young and has played clarinet in band for three years. She loves marching band wholeheartedly. She will miss marching and she will miss band camps. Hanna thanks everyone who encouraged her to join band again, especially her family. She hopes all the seniors in band a good luck and a special thanks. She wishes to play clarinet in her college, studying forensic science. The best advice she's ever received: "Fake it til you make it" -Remy Mumby



PATRICK LONG

This is my fourth year in marching band. I want to thank everyone who has marched with me these past four years, especially the drumline. I would not be the person I am today without them.

 **BAND — BIOS**



JOHN MARRAH

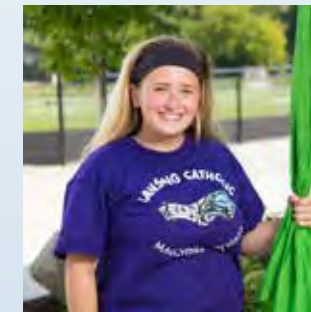
Band is a major part of my life. I love marching. I love the music. The leadership skills I have learned will assist me in my future endeavors. I am thankful for the band, Mrs. T, and my parents for supporting me. I have thoroughly enjoyed playing trumpet all four years of my high school career.

TRACE MERRILL

Ever since I was little, I have always had a passion for music and the arts. I have been performing since I was around 5 years old, and I plan to do it for the foreseeable future. My biggest influence has been the great soundtracks of movies that always struck a chord with me. It is too difficult to chose a single piece of advice that has had the most affect on me, as playing an instrument such as the French Horn is a constant learning experience. For all of the younger players in the band or those thinking of joining: Band is tough, but it is also the greatest privilege I have had in all of my time at Lansing Catholic, keep on doing it and you will not regret it. Band is my family and I will always appreciate the chance to be part of something so great, and with so many amazing people.



EMMA MURPHY



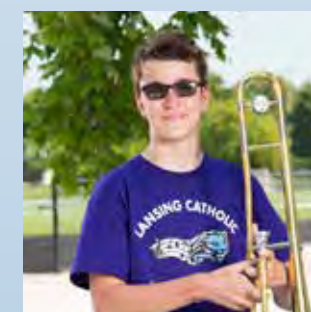
Emma has been in the marching band for 2 years as a colorguard. Her biggest influence is her parents because they push her to do her very best in everything she does. She wants to thank Mrs. Tietsort for pushing her to join the marching band because she has made so many good friends that have made it an even better experience. She is so thankful for all the memories that she has made. Emma is interested in attending Olivet College for a major in music and hopes to play softball there as well.

JIMMY RAUBINGER

This is my fourth year doing marching band. I'd like to thank the current and previous leadership of the marching band for instructing and inspiring me for the last four years.



KYLE TIETSORT




I have been in marching band since my freshman year. I want to thank my mom because without her I would never have come to love band as much as I do now. I also want to thank everyone in the band, they have all made band so much fun it has become like a second family to me and could not imagine it without them. My best memories are probably at band camp, not marching in brutal heat, but just getting to hang out with everyone a few weeks before school started. I will be focusing on art and animation in college.

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2018-2019 UPCOMING SPECIAL EVENTS



COUGARFEST

SATURDAY, SEPTEMBER 29 • 8-11 P.M.

Our adult homecoming celebration for our alumni, parents and community members. Come in, grab a stool and join us at Lansing Brewing Company as the good times "roar". GO COUGARS!



CORKS + CUISINE

SATURDAY, JANUARY 26 • 7-11 P.M.

Let's gather to savor delicious samplings of food and drink from area eateries while enjoying the fun activities, great music and live auction all in support of LCHS. Join us at Impression 5 for a relaxed, casual evening for our Catholic community to connect and socialize, but most importantly to have fun!



35TH ANNUAL FR. MAC SCHOLARSHIP DINNER

MONDAY, MAY 6 • 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. Purchase tickets, be an event sponsor or participate on the planning committee!



31ST ANNUAL COUGAR CLASSIC GOLF OUTING

FRIDAY, JUNE 14 • 10 A.M.
LCHS community members take over the links at Timber Ridge Golf Club to support our students and teachers with dollars going toward our Annual Fund. Join us on the course, be an event sponsor or assist the planning committee!

Visit www.lansingcatholic.org/ways-to-give/special-events for more information.

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⚽ SOCCER — VARSITY



Back Row: Connor Kluemper, Matthew Plaehn, Tristan Collard
 Middle Row: Luke Thiel, Sam Gonzalez, Andrew Hughes, Jack Gonzalez, Cameron Maloney, Kion Noonan
 First Row: Conor Keenan, Mitchell Raphael, Alfaro Raphael, Matthew Benivegna, Matthew Burns, Dylan Day, Jackson Fedewa

COACH ROSTER

Gus Flores..... Head Coach
 Oscar Casteneda Assistant Coach
 Jillian Kochanek Assistant Coach
 John Slawson..... Assistant Coach
 Jake Walsh Assistant Coach

GUS FLORES VARSITY HEAD COACH

Coach Flores is in his ninth 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

- 🏠 08/11/18 9:00 AM Diocesan Scrimmage
- 🚌 08/15/18 2:00 PM vs Detroit Country Day HS
- 🚌 08/18/18 11:00 AM vs East Lansing Invite
- 🚌 08/25/18 12:30 PM vs Holt HS
- 🚌 08/28/18 5:30 PM vs St Johns HS
- 🏠 08/30/18 5:30 PM vs Lansing Eastern HS
- 🏠 09/06/18 5:30 PM vs Haslett HS
- 🏠 09/08/18 11:30 AM vs TBA St. Andrews
- 🏠 09/13/18 5:30 PM vs J.W. Sexton HS
- 🚌 09/15/18 11:30 AM vs Grand Ledge HS
- 🚌 09/18/18 5:30 PM vs Ionia HS
- 🏠 09/20/18 5:30 PM vs Eaton Rapids Senior
- 🏠 09/25/18 5:30 PM vs Charlotte Senior HS
- 🚌 09/27/18 5:30 PM vs Portland HS
- 🏠 09/29/18 11:30 AM vs Everett HS
- 🏠 10/02/18 5:30 PM vs TBA CAAC Cup
- 🏠 10/04/18 5:30 PM vs TBA CAAC Cup
- 🏠 10/08/18 5:30 PM vs TBA CAAC Cup
- 🏠 10/15/18 5:00 PM MHSAA Districts

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

⚽ SOCCER — VARSITY

PLAYER ROSTER

- 0 Jack Gonzalez SR
- 1 Matthew Benivegna..... SR
- 2 Tristan Collard SR
- 3 Connor Kluemper SR
- 4 Alfaro Raphael SR
- 6 Sam GonzalezJR
- 9 Mitchell Raphael.....JR
- 11 Kion NoonanJR
- 12 Dylan DayJR
- 14 Brady DeSmyterSO
- 16 Matthew Burns SR
- 18 Matthew Plaehn SR
- 19 Jack Fedewa SR
- 20 Cameron Maloney SR
- 21 Luke Thiel.....JR
- 23 Andrew Hughes..... SR
- 26 Conor Keenan..... SR

OSCAR CASTENEDA VARSITY ASST. COACH

Coach Casteneda 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.



JAKE WALSH VARSITY ASST. COACH

Coach Walsh is from Grand Ledge and a graduate of Northwood University with a degree in Advertising/Marketing Management and a minor in Economics. Jake was a goal keeper all four years at Northwood where he led his team to the 16th round in the NCAA tournament his senior year. He is looking forward to coaching the boys and having a very successful season!



JOHN SLAWSON VARSITY ASST. COACH

John is a Graduate of Marquette University with B.A and an MBA from Loyola University Quinlan School of business. John played 4 years for Marquette University. John has coached for more than 25 years in Wisconsin and Illinois. John is married with three children and resides in Okemos.



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.



SOCCER — VARSITY



MATTHEW PLAERN
LSJ DREAM TEAM



GUS FLORES
LSJ DREAM TEAM COACH



MATTHEW BENIVEGNA
LSJ ALL AREA 2017



JACK GONZALEZ
LSJ ALL AREA 2017



JACK SCRIMGER
LSJ ALL AREA 2017

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Please contact Jean Morgan at 517-267-2114 or jean.morgan@lansingcatholic.org.



**LANSING CATHOLIC
HIGH SCHOOL**

SOCCER — JUNIOR VARSITY



Back Row: Robert Kowatch, Brandon Beard, Max Sanford, Jackson Vukovich, John Raubinger, James Scrimger
 Middle Row: Sam Subrizi, John Robinson, Frank Jones, Max Hyman, Josh Otten, Sebastian Golzynski, Jeremiah Kenney
 First Row: Jesse O'Leary, Aidan Day, Brady DeSmyter, Andrew Phelps, Donovan Papson, Lucas Boehlert Somohano, Eli McKellar, Adley Durandisse — Not Pictured: Hassan Al Kasti

COACH ROSTER

Nick Wheeler..... Head Coach

SCHEDULE

- 🏠 08/11/18 9:00 AM 4 Way Diocesan
- 🚌 08/25/18 11:00 AM vs Holt HS
- 🚌 08/28/18 4:00 PM vs St Johns HS
- 🏠 08/30/18 4:00 PM vs Lansing Eastern HS
- 🏠 09/06/18 4:00 PM vs Haslett HS
- 🚌 09/08/18 10:00 AM vs Grand Ledge HS
- 🏠 09/08/18 10:00 AM vs TBA St. Andrews
- 🏠 09/13/18 4:00 PM vs J.W. Sexton HS
- 🚌 09/18/18 4:00 PM vs Ionia HS
- 🏠 09/20/18 4:00 PM vs Eaton Rapids Senior ...
- 🏠 09/25/18 4:00 PM vs Charlotte Senior HS
- 🚌 09/27/18 4:00 PM vs Portland HS
- 🏠 09/29/18 10:00 AM vs Everett HS
- 🏠 10/02/18 4:00 PM vs TBA CAAC Cup
- 🏠 10/04/18 4:00 PM vs TBA CAAC Cup
- 🏠 10/08/18 4:00 PM vs TBA CAAC Cup

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

SOCCER — JUNIOR VARSITY

PLAYER ROSTER

- 5 James ScrimgerSO
- 7 Sam SubriziSO
- 8 Frank Jones.....JR
- 10 Jeremiah Kenney.....JR
- 13 John RobinsonJR
- 15 Eli McKellar FR
- 17 Sebastian Golzynski FR
- 22 Lucas Boehlert Somohano.....SO
- 24 Brandon Beard.....SO
- 28 Josh Otten..... FR
- 29 Adley Durandisse..... FR
- 30 Aidan Day..... FR
- 31 Jackson VukovicSO
- 32 Donovan PapsonSO
- 33 Max Sanford.....JR
- 34 Max HymanSO
- 35 Jesse O'Leary..... FR
- 36 Andrew Phelps FR
- 39 Hassan Al Kasti..... FR
- 42 John Raubinger..... FR
- 44 Robert Kowatch.....SO



NICK WHEELER JV HEAD COACH

This is Nick's first year coaching the Junior Varsity Soccer team at Lansing Catholic High School.



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CROSS COUNTRY — BOYS



Back Row: Eli Meder, Jack Saxton, Noel Spence, Jack Russell, Owen Spence, Thomas Gianodis
 Middle Row: Joey Greenburg, Cameron Nakfoor, Andrew Frary, Matt Jenness, Will Peters, Eric Warriner
 First Row: Luke Elden, Colin Cooper, Alec Barrone, Charlie Barrone, Cameron Haraburda, David Perez, Gabe Starr
 — Not Pictured: Josh Frary, David Ismael, David Pruder

PLAYER ROSTER

- | | |
|-------------------|-----------------|
| Alec Barrone | Eli Meder |
| Charlie Barrone | Cameron Nakfoor |
| Colin Cooper | David Perez |
| Luke Elden | Will Peters |
| Andrew Frary | David Pruder |
| Josh Frary | Jack Russell |
| Thomas Gianiodis | Jack Saxton |
| Joey Greenburg | Noel Spence |
| Cameron Haraburda | Owen Spence |
| David Isamel | Gabe Starr |
| Matthew Jenness | Eric Warriner |

COACH ROSTER

Tim Simpson Head Coach

SCHEDULE

- 🏠 08/21/18 4:30 PM Cougar Two Mile
- 🏠 08/25/18 9:00 AM Michigan Catholic XC Invite
- 🚗 09/05/18 5:00 PM vs Ovid-Elsie HS Marauder
- 🏠 09/11/18 5:00 PM vs Eaton Rapids Senior HS
Eaton Rapids invite Grand Woods Park
- 🚗 09/14/18 1:00 PM vs TBA/MSU Spartan Invite
- 🚗 09/18/18 5:00 PM vs Ionia HS
CAAC White Jamboree #1
- 🚗 09/29/18 9:00 AM vs Dewitt HS Dewitt Invite
- 🚗 10/02/18 5:00 PM vs Charlotte Senior HS
CAAC White Jamboree #2
- 🚗 10/06/18 9:00 AM vs Portage Central HS
Portage Invite
- 🚗 10/11/18 4:00 PM vs East Lansing HS
E.L. Freshman/JV
- 🚗 10/13/18 9:00 AM vs TBA Greater Lansing Invite
- 🚗 10/18/18 5:00 PM vs J.W. Sexton HS
CAAC League Meet
- 🚗 10/26/18 4:00 PM vs TBA MHSAA Regionals
- 🚗 10/31/18 4:00 PM vs Stockbridge Invite
- 🚗 11/03/18 10:00 AM vs TBA MHSAA State Finals

🏠 Home Game 🚗 Away Game
 Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

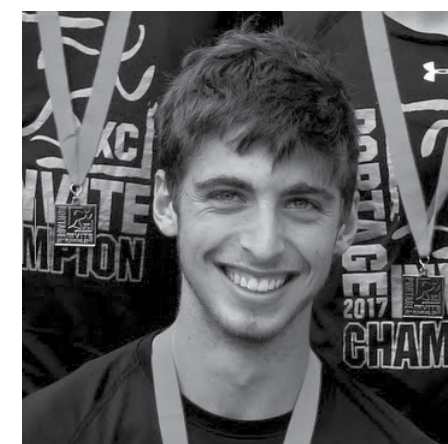
CROSS COUNTRY — BOYS

TIM SIMPSON HEAD COACH

Coach Simpson enters his 23rd 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 year.



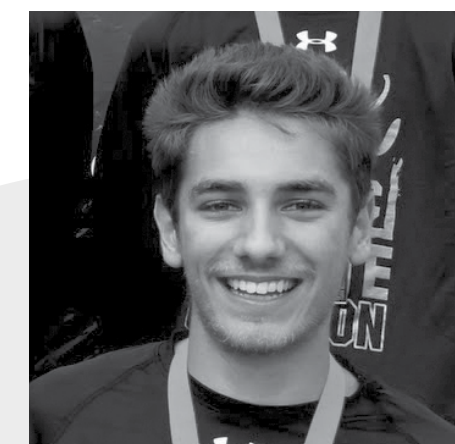
COUGAR *pride*



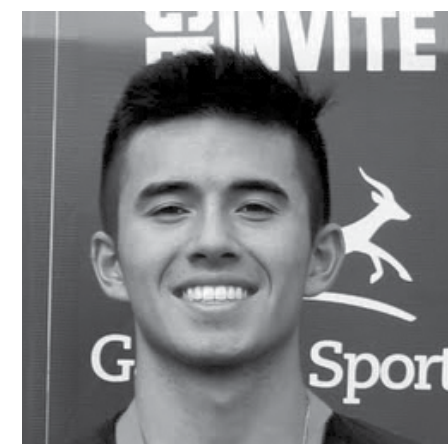
JAMES FEDEWA
 LSJ ALL AREA 2017



ELI MEDER
 LSJ ALL AREA 2017



SAMMY MIGALDI
 LSJ ALL AREA 2017



WILL PETERS
 LSJ ALL AREA 2017



RYAN SCHROEDER
 LSJ ALL AREA 2017



ERIC WARRINER
 LSJ ALL AREA 2017

 **CROSS COUNTRY — GIRLS**



Back Row: Marissa Haraburda, Ellie Rentz, Abigail Kazmierski, Mary Cate Heberlein, Tori Rüter, Annie Dudley, Claudia Spence
 Middle Row: Cara Heberlein, Sophia Baldino, Anna Dehnke, Sophie Weitzel, Grace Griffin, Mia Brown, Lauren Cleary
 Front Row: Jaden Theis, Rachel Reid, Nora Coffey, Lauren Bower, Hailey Prokop, Addison Puck, Adeline Hauck, Caidence McDonald — Not Pictured: Shannon Stevens, Annie Heeder
















PLAYER ROSTER

- | | |
|------------------|--------------------|
| Sophie Baldino | Annie Heeder |
| Lauren Bower | Abigail Kazmierski |
| Mia Brown | Lilli LaCross |
| Dana Caslavka | Caidence McDonald |
| Lauren Cleary | Hailey Prokop |
| Nora Coffey | Addison Puck |
| Anna Dehnke | Rachel Reid |
| Annie Dudley | Ellie Rentz |
| Grace Griffin | Tori Rüter |
| Marisa Haraburda | Claudia Spence |
| Adeline Hauck | Shannon Stevens |
| Cara Heberlein | Jaden Theis |
| Mary Heberlein | Sophie Weitzel |

COACH ROSTER

Tim Simpson Head Coach

SCHEDULE

-  08/21/18 4:30 PM Cougar Two Mile
-  08/25/18 9:00 AM Michigan Catholic XC Invite
-  09/05/18 5:00 PM vs Ovid-Elsie HS Marauder
-  09/11/18 5:00 PM vs Eaton Rapids Senior HS
Eaton Rapids invite Grand Woods Park
-  09/14/18 1:00 PM vs TBA/MSU Spartan Invite
-  09/18/18 5:00 PM vs Ionia HS
CAAC White Jamboree #1
-  09/29/18 9:00 AM vs Dewitt HS Dewitt Invite
-  10/02/18 5:00 PM vs Charlotte Senior HS
CAAC White Jamboree #2
-  10/06/18 9:00 AM vs Portage Central HS
Portage Invite
-  10/11/18 4:00 PM vs East Lansing HS
E.L. Freshman/JV
-  10/13/18 9:00 AM vs TBA Greater Lansing Invite
-  10/18/18 5:00 PM vs J.W. Sexton HS
CAAC League Meet
-  10/26/18 4:00 PM vs TBA MHSAA Regionals
-  10/31/18 4:00 PM vs Stockbridge Invite
-  11/03/18 10:00 AM vs TBA MHSAA State Finals

 Home Game  Away Game
 Visit 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 23rd 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 year.



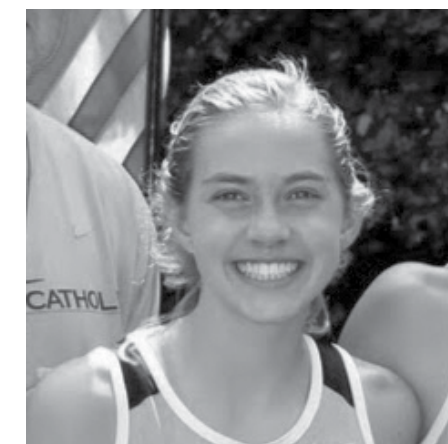
COUGAR *pride*



OLIVIA THEIS
 LSJ RUNNER OF THE YEAR FINALISTS, MS. CROSS COUNTRY STATE OF MICHIGAN, ATHLETE OF THE YEAR (NHSCA), STATE RECORD HOLDER, GATORADE PLAYER OF THE YEAR



LAUREN CLEARY
 LSJ RUNNER OF THE YEAR FINALISTS



JADEN THEIS
 LSJ DREAM TEAM



GRACE FROST
 LSJ ALL AREA 2017

GOLF — GIRLS



Back Row: Audrey Wichtoski, Hannah Hauser, Callaghan Morley, Michelle Hanis, Brooke Regan, Delaney Simon
 Middle Row: Maya Blonshine, Nikayla Eberbach, Mary Elizabeth Long, Amanda Melling, Elizabeth Cairns, Rachel Thomas-Walter
 Front Row: Katie Bartold, Clare Clement, Sailor Somerville, Noelle LaPorte, Mallory Meaton, Devan Buda, Shannon Sampson,

PLAYER ROSTER

Katie Bartold	Mallory Meaton
Maya Blonshine	Amanda Melling
Devan Buda	Callie Morley
Elizabeth Cairns	Brooke Reagan
Clare Clement	Shannon Sampson
Nikayla Eberbach	Delaney Simon
Michelle Hanis	Sailor Somerville
Hannah Hauser	Rachel Thomas Walter
Noelle Laporte	Audrey Wichtoski
Mary Eliza. Long	

COACH ROSTER

Kim Johnson	Varsity Head Coach
Mary Fineis	Varsity Assistant Coach

SCHEDULE

- 🚗 08/15/18 8:30 PM vs Perry HS Judson Scramble
- 🚗 08/16/18 9:00 AM vs Portland HS Portland Invite
- 🚗 08/24/18 9:00 AM vs Mason HS Mason Invite
- 🚗 08/27/18 10:30 AM vs Powers Catholic HS
- 🚗 09/06/18 3:30 PM vs Portland HS CAAC White #1
- 🚗 09/06/18 4:00 PM vs Holt HS Holt JV Invite
- 🏠 09/11/18 3:00 PM vs CAAC LCHS JV invite
- 🚗 09/12/18 3:30 PM vs Ionia HS CAAC jamboree
- 🚗 09/13/18 9:00 AM vs St. Johns HS
- 🚗 09/17/18 12:00 PM vs J.W. Sexton HS CAAC Jamboree
- 🏠 09/19/18 3:00 PM vs CAAC Jamboree
- 🚗 09/21/18 9:30 AM vs Lumen Christi Catholic HS
- 🚗 09/24/18 9:00 AM vs Alma HS Alma Invite
- 🚗 09/27/18 3:00 PM vs Charlotte Senior HS CAAC
- 🚗 10/01/18 10:00 AM vs East Lansing HS Invite
- 🚗 10/04/18 9:00 AM vs CAAC CAAC League Meet site
- 🚗 10/11/18 8:00 PM vs East Jackson HS
- MHSAA Regionals Calderone Golf Course
- 🚗 10/19/18 9:00 AM vs TBA MHSAA State Finals Grand Valley State University

🏠 Home Game 🚗 Away Game
 Visit 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 in his eighth year coaching the girls team and was an integral part in their three consecutive State Championships. He also has coached the boys varsity golf team for two years. Coach Johnson is retired from the Lansing Police Department. His daughter McKenzie is a 2011 graduate of Lansing Catholic and played for Michigan State Golf Team. Kim and his wife Maryann make their home in East Lansing.



MARY FINEIS VARSITY ASSISTANT COACH

Coach Fineis is in her third year helping coach the girls team. In the past she has provided 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 their best. 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.




GRACE CASTLE
 LSJ ALL AREA 2017




HANNAH HAUSER
 LSJ ALL AREA 2017

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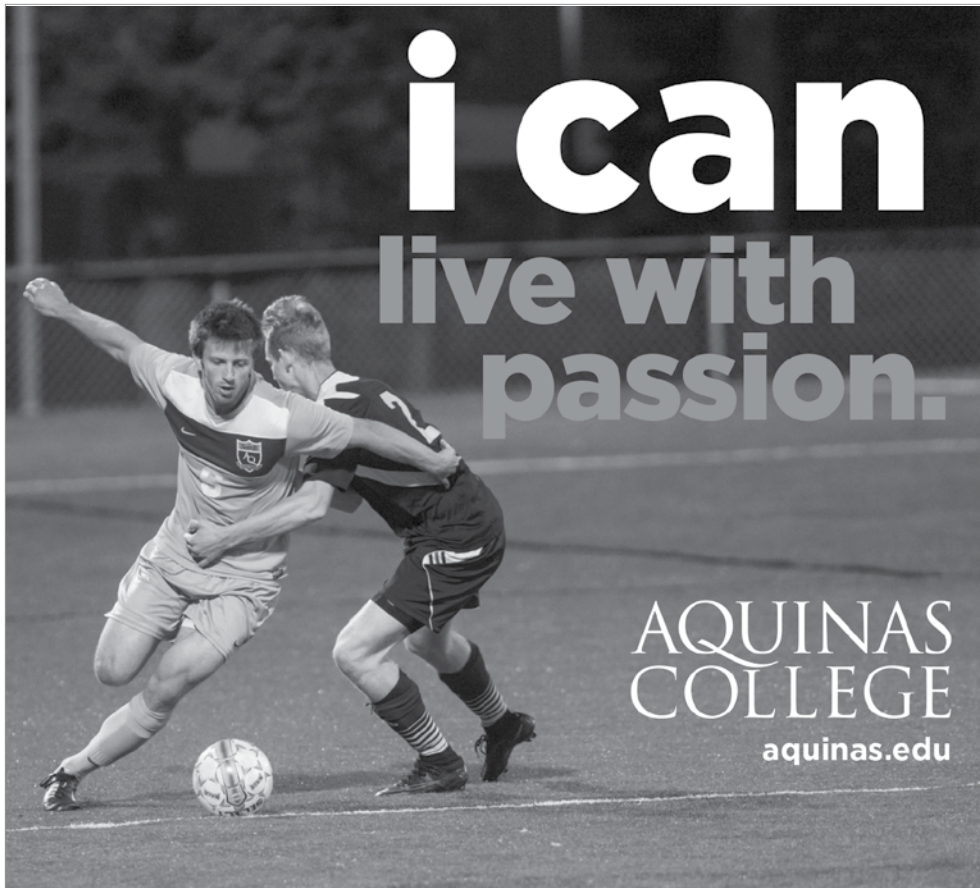


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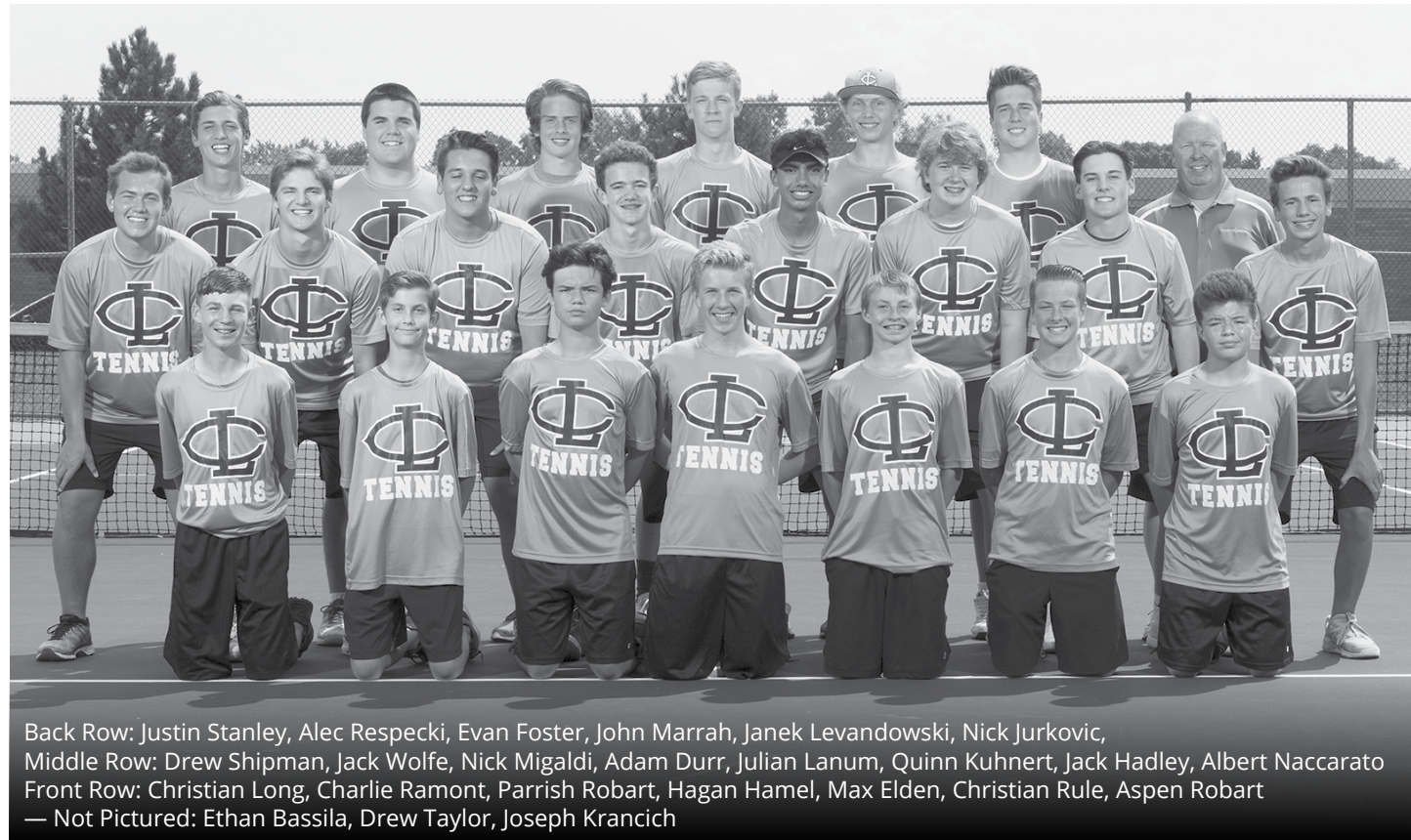
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Contact us:
Jack Blair
jblair@cpaymichigan.com



TENNIS — BOYS



Back Row: Justin Stanley, Alec Respecki, Evan Foster, John Marrah, Janek Levandowski, Nick Jurkovic,
 Middle Row: Drew Shipman, Jack Wolfe, Nick Migaldi, Adam Durr, Julian Lanum, Quinn Kuhnert, Jack Hadley, Albert Naccarato
 Front Row: Christian Long, Charlie Ramont, Parrish Robart, Hagan Hamel, Max Elden, Christian Rule, Aspen Robart
 — Not Pictured: Ethan Bassila, Drew Taylor, Joseph Krancich

PLAYER ROSTER

Adam Durr.....	Varsity
Janek Levandowski.....	Varsity
Alec Respecki.....	Varsity
Drew Shipman.....	Varsity
John Marrah.....	Varsity
Jack Hadley.....	Varsity
Parrish Robart.....	Varsity
Jack Wolfe.....	Varsity
Charlie Ramont.....	Varsity
Aspen Robart.....	Varsity
Justin Stanley.....	Varsity
Julian Lanum.....	Varsity
Ethan Bassila.....	Varsity/JV
Nick Jurkovic.....	Varsity/JV
Nick Migaldi.....	Varsity/JV
Evan Foster.....	Varsity/JV
Quinn Kuhnert.....	Varsity/JV
Christian Rule.....	JV
Christian Long.....	JV
Max Elden.....	JV
Hagan Hamel.....	JV
Alberto Naccarato.....	JV
Joseph Krancich.....	JV

COACH ROSTER

Matt Golzynski..... Head Coach

SCHEDULE

- 🏠 08/18/18 8:30 AM Cougar Quad
- 🚗 08/23/18 4:00 PM vs East Lansing HS
- 🏠 08/24/18 4:00 PM vs Mason HS
- 🏠 08/28/18 4:00 PM vs Lansing Eastern HS
- 🏠 09/05/18 3:30 PM vs Lansing Christian School
- 🏠 09/08/18 8:00 AM JP II Quad: Powers, FGR, Lumen
- 🏠 09/12/18 4:00 PM vs Haslett HS
- 🚗 09/13/18 4:00 PM vs Portland HS
- 🚗 09/15/18 8:00 AM vs Northpointe Christian School
- 🏠 09/17/18 4:30 PM vs DeWitt HS
- 🚗 09/20/18 4:30 PM vs Ionia HS
- 🏠 09/25/18 4:00 PM vs Eaton Rapids Senior
- 🏠 09/27/18 4:00 PM vs Charlotte HS
- 🚗 10/04/18 8:00 AM vs TBA CAAC White Division
- 🚗 10/11/18 7:30 AM vs TBA MHSAA Regionals
- 🚗 10/19/18 8:00 AM vs TBA MHSAA State Finals

🏠 Home Game 🚗 Away Game
 Visit 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 6th 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.



CHARLIE MORA
 LSJ ALL AREA 2017



CHARLIE DELUCA
PARRISH ROBERT
 LSJ ALL AREA 2017

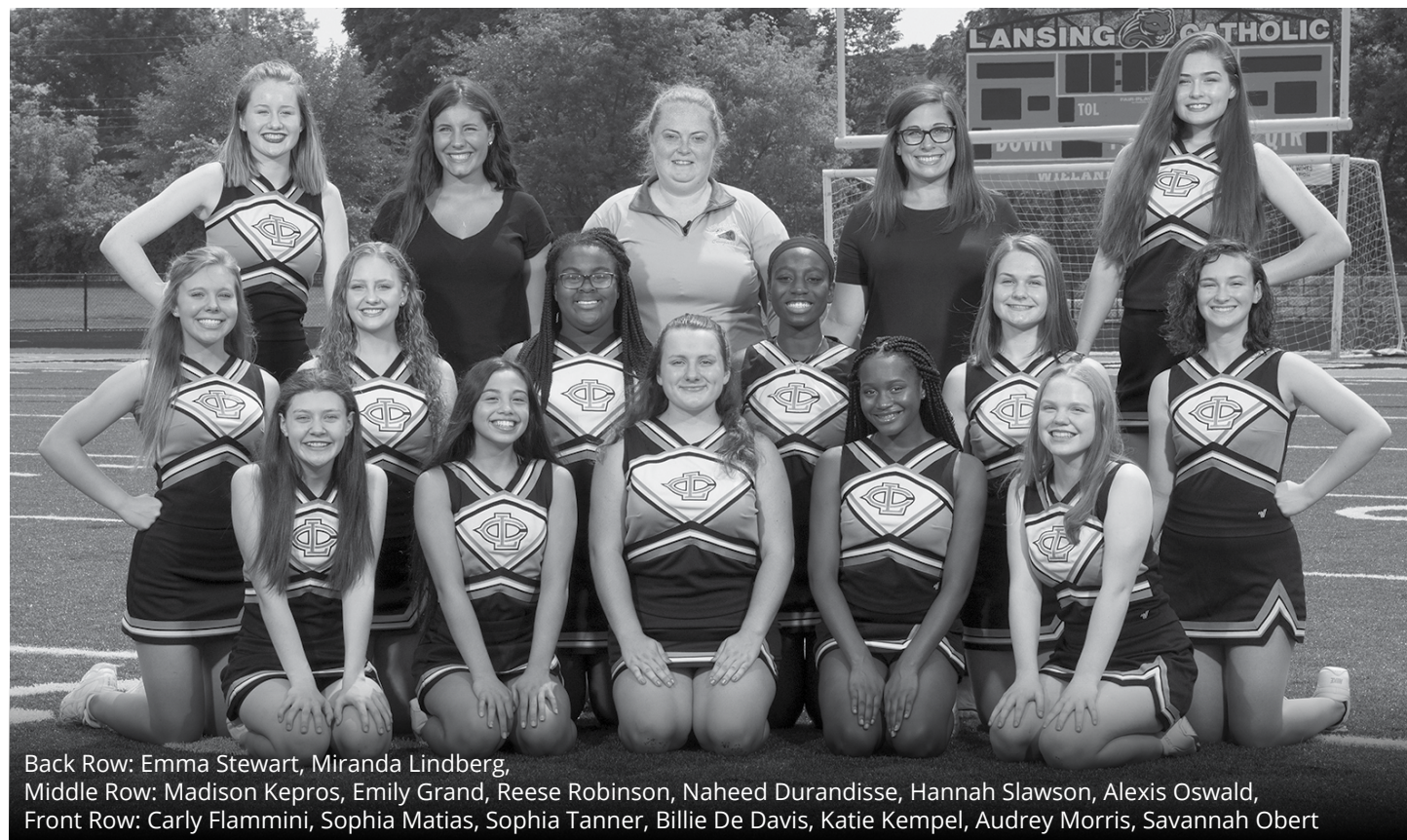
COUGAR pride

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**GO
 COUGARS!**

SIDELINE CHEER



Back Row: Emma Stewart, Miranda Lindberg,
Middle Row: Madison Kepros, Emily Grand, Reese Robinson, Naheed Durandisse, Hannah Slawson, Alexis Oswald,
Front Row: Carly Flammini, Sophia Matias, Sophia Tanner, Billie De Davis, Katie Kempel, Audrey Morris, Savannah Obert

PLAYER ROSTER

- Billie De DavisSophomore
- Naheed DurandisseJunior
- Carly Flammini Freshmen
- Emily Grand.....Sophomore
- Katie Kempel..... Freshmen
- Madison Kepros.....Sophomore
- Miranda Lindberg.....Sophomore
- Sophia MatiasSophomore
- Audrey Morris.....Senior
- Savannah Obert.....Senior
- Alexis Oswald.....Sophomore
- Reese Robinson Freshmen
- Hannah SlawsonJunior
- Emma StewartSophomore
- Sophia Tanner Freshmen

COACH ROSTER

- Tracie Hovarter, Head Coach Head Coach
- Alex Drouillard..... Assistant Coach
- Alex Provost Assistant Coach

SCHEDULE

- 🚌 08/16/18 vs Chelsea HS
- 🏠 08/24/18 7:00 PM vs Waverly Senior HS
- 🚌 08/30/18 7:00 PM vs Grand Rapids West Catholic
- 🏠 09/07/18 7:00 PM vs Eaton Rapids Senior
- 🚌 09/14/18 7:00 PM vs Ionia HS
- 🚌 09/21/18 7:00 PM vs Portland HS
- 🏠 09/28/18 7:00 PM vs Charlotte Senior HS
- 🚌 10/05/18 7:00 PM vs J.W. Sexton HS
- 🚌 10/12/18 7:00 PM vs Fowlerville HS
- 🏠 10/19/18 7:00 PM vs Lansing Eastern HS

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

SIDELINE CHEER

TRACIE HOVARTER VARSITY HEAD COACH

This will be Coach Hovarter’s second year coaching at LCHS, entering her 20th year of coaching Sideline Cheer and Competitive Cheer. Coach Hovarter holds three state championship titles and four state runner up titles for Competitive Cheer and was awarded CCCAM District Coach of the Year in 2010. Coach Hovarter is also a registered MHSAA official in the sport of Competitive Cheer, officiating at the local, district, regional and state levels for the past nine years. Off the sideline/mats, Coach Hovarter works as a Workflow and Process Improvement Analyst in the healthcare field with a degree in Forensic Psychology, and lives with husband Jeff and her two high school students, Tristen and Kaydence, in Hartland. Coach Hovarter enjoys coaching at LCHS because the individual families that make up this school and cheer family are some of the warmest around, and the kids work so hard on and off the field.



ALEX PROVOST VARSITY ASSISTANT COACH

Alex has been cheering since 2nd grade. She is a graduate of Fowlerville High School and coached Fowlerville HS Varsity and JV cheer teams for a year and the youth programs for a few years prior to joining us at LCHS for the 2018 season. Alex is currently working at a daycare and going to school to become a daycare owner in the future!



ALEX DROUILLARD VARSITY ASSISTANT COACH

Alex Drouillard is a Lansing Catholic High School Alumni, Class of 2008. She is a middle school teacher at St. Joseph Catholic School in Howell, where she is in her sixth year of teaching. Most recently, she was the head cheer coach for Fowlerville High School from 2013-2017.



COUGAR FIGHT SONG

ROAR ON YOU MIGHTY COUGARS
ALL HAIL THE SILVER AND BLUE
STAND UP AND GIVE A CHEER - RAH RAH!
SEND HIGH YOUR SPIRITS, TOO!
GROWL ON YOU MIGHTY COUGARS
BRING THUNDER TO THE SKY!
AND RAISE ON HIGH YOUR VICTORY
TO CATHOLIC CENTRAL HIGH!
C-C-COU, G-GARS
COUGARS ARE THE BEST!



Back Row: Claire Sudol, Eleanor Washburn, [Waverly], [Waverly]
 Middle Row: [Waverly], Olivia Szarowicz, Anna Kate Jager, Ellen Jacobs,
 Front Row: Mary Sanders, Natalia Sudol, Ricka Laurich, [Waverly], [Waverly], [Waverly]
 — Not Pictured: Laney Nestor, Ava Foster, Liz Hamel

PLAYER ROSTER

- Ellen Jacobs (S) Freshman
- Natalia Sudol (S) Senior
- Claire Sudol (S) Junior
- Laney Nestor (S) Senior
- Mary Sanders (S) Senior
- Ava Foster (D) Freshman
- Anna Kate Jager (S) Freshman
- Ricka Laurich (S) Senior
- Olivia Szarowicz (S) Freshman
- Liz Hamel (D) Sophomore
- Eleanor Washburn (S) Sophomore

Not pictured from Waverly HS:
 Marieke Anderson, Itzel Arias, Molly Chorpenning,
 Joy El Jbeily, Lilah Kohrman, Katey Stine,
 Ashley Thompson, Jasmine Wehner

(D) - Diving (S) - Swimming

COACH ROSTER

Kathrine Kelley..... Head Coach

SCHEDULE

- 🏠 8/22/18 4:00 pm vs. St. Johns High School
- 🏠 8/22/18 5:00 pm vs. Haslett High School
- 🏠 8/22/18 6:00 pm vs. Chelsea High School
- 🏠 8/22/18 6:30 pm vs. Williamston High School
- 🚌 8/25/18 10:00 am vs. Holt Swim Invite
- 🚌 9/8/18 9:00 am vs. Dewitt High School
- 🚌 9/11/18 6:00 pm vs. Holt
- 🏠 9/13/18 6:00 pm vs. Williamston High School
- 🚌 9/20/18 6:00 pm vs. Charlotte HS
- 🏠 9/27/18 6:00 pm vs. Eaton Rapids High School
- 🚌 10/4/18 6:00 pm vs. Ionia High School
- 🏠 10/11/18 6:00 pm vs. Mason High School
- 🚌 10/18/19 6:00 pm vs. TBD (@ Lansing Legacy)

🏠 Home Game (Waverly High School, 160 Snow Rd, Lansing MI 48917) 🚌 Away Game
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MARCHING BAND



FLUTE

- Adon Aibout
- Olivia Brodin
- Kate Gajda
- Christina Gutierrez
- Isabel Lara
- Reese Robinson
- Sarah Schmitz
- Alyssa Campbell
Drum Major
- Natalie Endres
Drum Major

CLARINET

- Lucas Faes
- Hanna Kim
- Emma McClorey
- Abby Morris
- Jimmy Raubinger

SAXOPHONE

- Lauren Bower
- Andrea Endres
- Grace Griffin
- Marie Hayward

TENOR SAX

- Nic Hardie

BASS CLARINET

- Andy Romankewiz

BARITONE SAX

- Ellington Walters

FRENCH HORN

- Trace Merrill
- Claire Hardie

TRUMPET

- Andrew Hart
- Michael Judge
- Jeremiah Kenney
- John Marrah
- Michael Quintieri
- Indy Romero
- Isiah Thompson

TROMBONE

- John Raubinger
- Kyle Tietsort

MARCHING BAND

JAN TIETSORT DIRECTOR

Jan Tietsort has taught in the Catholic school system for 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 has recently become a member of the Sweet Adelines, and sings with the Water Wonderland Chorus, and is a V.P. of Sigma Alpha Iota International Music Fraternity.



BARITONE

- Tyler Miller

TUBA

- Joey Greenburg

COLOR GUARD

- Emma Murphy
- Kristi Rathbun
- Olivia Voss

DRUM LINE

SNARE

- Angelo Greenburg
- David Perez

QUADS

- Patrick Long
- Logan Tietsort

BASS

- Brandon Amburn
Associate Drum Major
- Will Castle
- Juan Pecina
- Cymbals
- Mickey Mumby



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