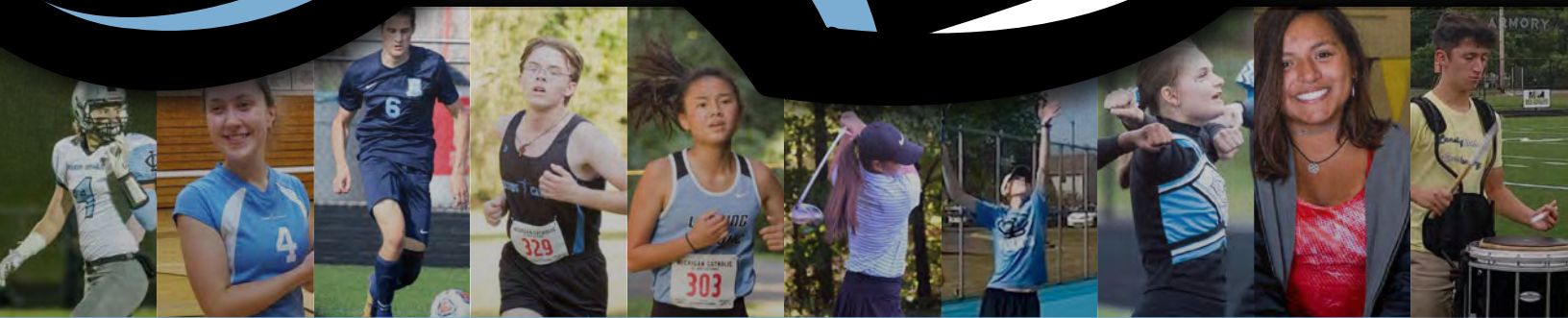


LANSING CATHOLIC COUGARS



FALL 2019





4 EVENTS...1 MISSION

TO BRING EXCELLENCE TO OUR STUDENTS THROUGH THE POWER OF COMMUNITY



14TH ANNUAL
**COUGARFEST
HOMECOMING**

SATURDAY
SEPTEMBER 21
8:30 -11 P.M.

Join us at our adult homecoming celebration for our alumni, parents and friends. Let's meet under the tent at the plaza inside Cougar Stadium for drinks, snacks, music and fun.



3RD ANNUAL
**CORKS +
CUISINE**

SATURDAY
JANUARY 25
7-11 P.M.

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



36TH ANNUAL
**FR. MAC
SCHOLARSHIP
DINNER**

MONDAY
MAY 4
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.



32ND ANNUAL
**COUGAR
CLASSIC
GOLF OUTING**

FRIDAY
JUNE 12
10 A.M.

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

PLEASE JOIN US AT OUR 2019-2020 ANNUAL SPECIAL EVENTS!

Visit www.lansingcatholic.org or contact Paula Wilcox at 517.267.2121
for more details and sponsorship opportunities.

Lansing Catholic High School | 501 Marshall St., Lansing, MI 48912



DOUG MOORE
PRINCIPAL

Welcome to the campus of Lansing Catholic! Each year we choose a spiritual theme as a focal point for our community. This year's theme comes from Romans 12:12 - "Be joyful in hope, patient in affliction, faithful in prayer." I invite you to embody these during today's contest and model for our students what is good, right, and true.

Joyful in hope - While we play to win we also play for a higher purpose. Our hope and our joy lasts longer if we keep things in proper perspective. The manner in which we gain victory is more important than the victory itself.

Patient in affliction - Nobody likes to lose but the way in which we lose demonstrates the heart of our character. Calls will not always go our way, athletes will make mistakes, and coaches aren't perfect either. Respect them anyway.

Faithful in prayer - Any success we have is never just from our own efforts. Encouragement from fans goes a long way in motivating athletes and supporting them long after today's contest is over. Leaning on God, win or lose, is what being a faithful disciple is all about.

Thank you for supporting our students, and, "GO COUGARS!"

God bless,

Doug Moore C80

Principal



BRIAN WOLCOTT
ATHLETIC DIRECTOR

Welcome to the 2019 fall season. I am delighted to be back, entering my fourth year as the Athletic Director. I continue to marvel at the great sense of love so many of you have for our school community.

I attended a recent diocesan staff conference entitled "Made for Happiness". The theme dealt with the things in our lives that lead to enduring happiness or joy. Although achievement (a focus for athletes) does bring us happiness, it doesn't last for a long time, yet when we contribute to a cause, a greater good, (think team) the effects are lasting. Our coaches, espouse the benefits of being part of a team and in particular, the necessity of everyone contributing, whether it be in practice or the game, for it is in contributing to something greater than oneself that enduring happiness is created. Rest assured that our Lansing Catholic teams will continue to compete for a greater purpose than wins, we will compete as a part of our mission to form faithful disciples of Jesus Christ.

As a school we have been tremendously blessed by our community's generosity. This fall, thanks to a donation, we have renovated our existing gymnasium, a new floor and bleachers have been installed and new scoreboards and wall padding are on their way. We will all benefit from these upgrades and we thank our benefactors for their tremendous gift.

Go Cougars!

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)

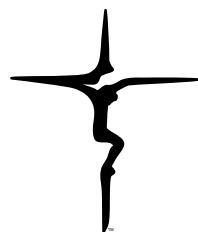
GRADUATION REQUIREMENTS

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: Trainer Hintze, Coach Ahern, Coach Baker, Mason Knippen, Bo Poljan, Vince Salquist, Charlie Nylander, Paul Gulock, Zach Gillespie, Coach White, Coach Doran, Coach Carrier
 Third Row: Coach Waite, Jake Maloney, Francis Mbonu, Brandon Hillman, Griffin Hotchkiss, Jonah Richards, Jackson Blair, Sam Edwards, Zack Stone
 Second Row: Bronson Abbott, Daniel Magaway, Nathan Wilcox, Todd Naylor, Michael Cherry, Nathan Biergans, Mason Abbott, Jack Chastain
 First Row: Victor Cimala, Mitchell Raphael, Alex Watters, Stewart Alvarado, Noah Knippen, Will Gruber, Aaron Williams

COACH ROSTER

- Jim Ahern Head Coach
- Jim Baker Assistant Coach
- Kelly Carrier Assistant Coach
- Mike Doran Assistant Coach
- Pat Barner Assistant Coach
- Hub Waite Assistant Coach
- Nic Baker Assistant Coach
- Justice Lewis Assistant Coach
- Andrew Robeson Assistant Coach
- Brandon White Assistant Coach

SCHEDULE

- 🚌 08/29/19 7:00 PM @ Waverly HS
- 🏠 09/06/19 7:00 PM vs West Catholic HS
- 🚌 09/13/19 7:00 PM @ Eaton Rapids HS
- 🏠 09/20/19 7:00 PM vs Ionia HS — Homecoming
- 🏠 09/27/19 7:00 PM vs Portland HS
- 🚌 10/04/19 7:00 PM @ Charlotte HS
- 🏠 10/11/19 7:00 PM vs Lansing Sexton HS
- 🏠 10/18/19 7:00 PM vs Fowlerville HS
- 🚌 10/25/19 7:00 PM @ 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 AT, ATC

HEAD ATHLETIC TRAINER AND ASSISTANT TO THE ATHLETIC DIRECTOR

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 Senior
- 2 Zach Gillespie QB/RB/DB Senior
- 3 Vince Salquist QB/WR/DB Senior
- 4 Sam Edwards TE/LB Senior
- 5 Alex Watters RB/DB Sophomore
- 7 Mitch Raphael RB/DB Senior
- 8 Nate Biergans RB/DB Senior
- 9 Jack Chastain RB/DB Junior
- 10 Jake Maloney WR/DB Junior
- 12 Nate Wilcox TE/DB Senior
- 14 Aaron Williams RB/DB Junior
- 21 Stewart Alvarado RB/DB Senior
- 23 Victor Cimala RB/DB Junior
- 31 Derui Dong L/L Senior
- 34 Will Gruber RB/LB Junior
- 35 Charlie Nylander RB/LB Senior
- 35 Noah Knippen LB Senior
- 50 Jackson Blair L/L Senior
- 51 Bronson Abbott L/L Junior
- 53 Brandon Hillman L/L Junior
- 54 Daniel Magaway L/LB Senior
- 57 Michael Cherry L/L Senior
- 61 Paul Gulock L/L Junior
- 63 Jonah Richards K/L/LB Sophomore
- 64 Mason Knippen L/L Sophomore
- 69 Bo Poljan L/L Sophomore
- 70 Francis Mbonu L/L Senior
- 75 Mason Abbott L/L Senior
- 76 Todd Naylor L/L Senior
- 82 Griffin Hotchkiss TE/DE Senior
- Josh Risner L/L Senior

FOOTBALL — VARSITY



JIM AHERN VARSITY HEAD COACH

Coach Ahern has been coaching high school football since 1967. This is his 12th 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 22 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 20 years of football at LCHS and is also the Girls Varsity Softball Coach. He has been married for 53 years to his wonderful wife, Marilyn.



PAT BARNER VARSITY & JV ASSISTANT COACH

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



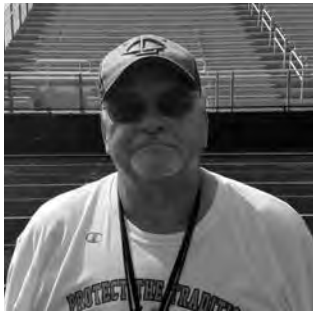
KELLY CARRIER VARSITY ASSISTANT COACH

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

FOOTBALL — VARSITY

MIKE DORAN VARSITY ASSISTANT COACH

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



JUSTICE LEWIS VARSITY ASSISTANT COACH

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



ANDREW ROBESON VARSITY ASSISTANT COACH

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



BRANDON WHITE VARSITY ASSISTANT COACH

Coach White is a graduate of Jackson Lumen Christi and currently attends Michigan State University. Coach White volunteers for the the Cougars to gain experience in the coaching ranks. He works with the defensive backs and is looking forward to a great season.



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 junior at Michigan State University.



FOOTBALL — VARSITY



JOSH KRAMER
LSJ DREAM TEAM 2018



MIKE MCKERR
LSJ DREAM TEAM 2018



KABBASH RICHARDS
LSJ DREAM TEAM 2018



SAM EDWARDS
LSJ ALL AREA 2018



COLIN DAY
LSJ ALL AREA 2018



COACH: JIM AHERN
LSJ ALL AREA 2018



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. | .689 151-219 | 2018 |

DEFENSIVE TEAM SEASON RECORDS

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

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GOOD LUCK COUGARS
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LANSING
GO COUGARS**

**GOOD LUCK
THIS SEASON**



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OFFENSIVE RECORDS 1970-2017

Career Rushing Yards Leaders

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

Game Rushing Yards Leaders

| | | | |
|-----------------|------|---|-------|
| Marty Castellon | 1989 | 5 | ER |
| Marty Castellon | 1989 | 3 | Mason |

Career Receiving Yards Leaders

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

Game Receiving Yards Leaders

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

Career Passing Yards Leaders

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

Game Passing Yards Leaders

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

Longest Run

| | | | |
|------------|------|-----------|--------|
| Jack Swain | 2010 | 99 yds ** | Albion |
|------------|------|-----------|--------|

Most Completions in a Row

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

Best Season Completion Average

| | | | |
|-------------|------|---------|-------|
| Josh Kramer | 2018 | 147-209 | 70.3% |
|-------------|------|---------|-------|

Career Most Field Goals (FG/Attempts)

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

Best Punter

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

Career Most Extra Points

| | | | |
|--------------|---------|---------|--|
| Rory Leisman | 2011-12 | 79 / 92 | |
| 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 Campion | 1973/74 | 65/3033 | 50.8 |

Longest Field Goal Leaders

| | | | |
|-----------------|------|----|---------|
| Dominic Magaldi | 1992 | 47 | Redford |
| Rob Campion | 1975 | 37 | |



DEFENSIVE RECORDS 1970-2017

Career Tackles Leaders

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

Game Tackles Leaders

| | | |
|---------------|------|----|
| Brian Boyer | 1994 | 28 |
| Jim Sinicropi | 1971 | 25 |

Career Tackles for a Loss

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

Game Tackles for a Loss

| | | |
|-----------|------|---|
| Bob Fata | 1985 | 6 |
| Andy Dion | 2001 | 6 |

Season Tackles for a Loss

| | | |
|----------------|------|----|
| Bob Fata | 1984 | 21 |
| Demond Winston | 1985 | 18 |

Career Interception Leaders

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

Game Interceptions

| | | |
|------------------|------|---------|
| Nine Players — 3 | | |
| Josh Kramer — 3 | 2017 | Everett |

Season Interceptions

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

Career Fumble Recoveries

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

Career Blocked Kicks

| | | |
|-------------|---------|---|
| Mike Repovz | 2006-08 | 3 |
| Tom Vogal | 2000 | 3 |

Career Quarterback Sacks

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

Game Quarterback Sacks

| | | |
|----------------|------|-----|
| Mike Watson | 2003 | 4.5 |
| Demond Winston | 1985 | 3.5 |

Season Quarterback Sacks

| | | |
|----------------|---------|----|
| Demond Winston | 1985 | 12 |
| Jim Sinicropi | 1970-71 | 10 |

Stats taken by Bill Richardson (williestat.com)

** State Record

COONUNGAR

prichard

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Delta Dental of Michigan proudly supports Lansing Catholic High School athletics.

FOOTBALL — JUNIOR VARSITY



Back Row: Coach Baker, Matthew Gehle, James Hendges, Matthew Watkins, Jordan Kohler, Dylan Farrar, Coach Baker
 Second Row: Henry Doerr, Sean Dua, Angelo Greenburg, Andrew Hart, Gavin LaViolette, Joey Baker, Brandon Lewis, Quinn Staten
 First Row: Nic Gruber, Matthew Peters, George Guzman, Michael LeTarte, Daniel Shipman, Nicky Lamacchia, MatthewDavid Bradbury

COACH ROSTER

- Jim Baker Head Coach
- Jim Ahern Assistant Coach
- Kelly Carrier Assistant Coach
- Mike Doran Assistant Coach
- Pat Barner Assistant Coach
- Hub Waite Assistant Coach
- Nic Baker Assistant Coach
- Justice Lewis Assistant Coach
- Andrew Robeson Assistant Coach
- Brandon White Assistant Coach

SCHEDULE

- 🏠 08/28/19 6:00 PM vs Waverly HS
 - 🚌 09/05/19 6:30 PM @ West Catholic HS
 - 🏠 09/12/19 6:30 PM vs Eaton Rapids HS
 - 🚌 09/19/19 6:30 PM @ Ionia HS
 - 🚌 09/26/19 6:30 PM @ Portland HS
 - 🏠 10/03/19 6:00 PM vs Charlotte HS
 - 🚌 10/10/19 6:30 PM @ Lansing Sexton HS
 - 🏠 10/24/19 6:00 PM vs Lansing Eastern HS
 - 🚌 10/17/19 6:30 PM @ Fowlerville HS
- 🏠 Home Game 🚌 Away Game
 Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

COUGAR *pride*

FOOTBALL — JUNIOR VARSITY

PLAYER ROSTER

- 11 Joey Baker
- 13 Dylan Farrar
- 15 Henry Doerr
- 16 Quinn Staten
- 20 Daniel Shipman
- 24 Brandon Lewis
- 25 Nic Gruber
- 27 Matthew Peters
- 44 Mike Letarte
- 52 Jordan Kohler
- 58 Angelo Greenberg
- 60 Gavin Laviolette
- 65 Matt Gehle
- 67 Sean Dua
- 72 Nicky Lamacchia
- 73 MatthewDavid Bradbury
- 74 James Hendges
- 77 Andrew Hart
- 79 George Guzman
- 81 Matthew Watkins



GO COUGARS!
from Jerry and Amy McKenna

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

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

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CLICK ON THE **YOUTH SPORTS TAB** TO LEARN MORE.





Back Row: Katie Kramer, Alavia Castle, Gabby Schultz, Melissa Beachnau, Nikki Hufnagel, Rachel Coach Wethy
 Front Row: Casey Flammini, Cady Kooney, Hailey Bres, Emily Poupard, Audrey Schultz, Ellie Kooney, Ava Farlin

DALE WETHY
 VARSITY HEAD COACH



Coach Wethy is in his third 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.

SCHEDULE

- 🚌 08/24/19 8:30 AM @ Schoolcraft College
- 🚌 08/29/19 5:00 PM @ Lumen Christi Quad Match
- 🚌 09/07/19 8:00 AM @ Corunna HS Invite
- 🏠 09/11/19 6:00 PM vs Portland HS
- 🚌 09/18/19 6:00 PM @ Lansing Sexton HS
- 🏠 09/23/19 6:00 PM vs Ionia HS
- 🚌 09/25/19 6:00 PM @ Eaton Rapids HS
- 🚌 09/28/19 8:30 AM @ Holt HS Invite
- 🚌 10/02/19 6:00 PM @ Charlotte HS
- 🚌 10/05/19 9:00 AM @ Haslett HS Invite
- 🚌 10/07/19 6:00 PM @ Portland HS
- 🏠 10/09/19 6:00 PM vs Lansing Sexton HS
- 🚌 10/12/19 8:00 AM @ St. Johns HS Invite
- 🚌 10/16/19 6:00 PM @ Ionia HS
- 🏠 10/23/19 6:00 PM vs Eaton Rapids HS
- 🚌 10/26/19 9:00 AM @ Williamston HS Invite
- 🏠 10/30/19 6:00 PM vs Charlotte HS
- 🚌 11/02/19 8:30 AM @ Mt. Morris HS Invite

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

PLAYER ROSTER

- 1 Hailey Bres..... S.....Sophomore
- 2 Emily Poupard..... DS.....Senior
- 3 Casey Flammini..... DS, OH.....Senior
- 4 Cady Kooney DS, OH..... Freshman
- 5 Katie Kramer DS, OH..... Senior
- 6 Ava Farlin..... DS.....Senior
- 7 Audrey Schultz..... S.....Senior
- 8 Ellie Kooney DS.....Junior
- 9 Gabby Schultz..... MH, OPP, OH.....Senior
- 10 Rachel Bres..... MH, OPP, OH.....Senior
- 11 Nikki Hufnagel..... MH, OPP, OH.....Junior
- 13 Alivia Castle..... OH, OPP, S.....Sophomore
- 14 Melissa Beachnau..... MH.....Junior



RACHEL BRES
 LSJ ALL AREA 2018



JORDAN PENCE
 LSJ ALL AREA 2018



ISABELLE POUPARD
 LSJ ALL AREA 2018



COACH: DALE WETHY
 LSJ ALL AREA 2018

COUGGAR pride

VOLLEYBALL — JUNIOR VARSITY



Back Row: Sydney Buda, Olivia Voss, Nina Hufnagel, Reese Corey, Ellie Robinson
 Front Row: Megan DeVarona, Aubrie Hicks, Miranda Kennedy, Alyjah Montemayor, Isabella Schultz, Hannah Hayes, Stella Palinski

PLAYER ROSTER

- 1 Stella Palinski
- 2 Hannah Hayes
- 3 Alyjah Montemayor
- 4 Aubrie Hicks
- 5 Olivia Voss
- 6 Nina Hufnagel
- 7 Isabella Schultz
- 9 Miranda Kennedy
- 10 Reese Corey
- 11 Megan DeVarona
- 12 Ellie Robinson
- 14 Sydney Buda

SCHEDULE

- 🚌 08/29/19 5:00 PM @ Quad Match
- 🚌 09/07/19 9:00 AM @ Lakewood HS Invite
- 🏠 09/11/19 5:00 PM vs Portland HS
- 🚌 09/14/19 9:00 AM @ Williamston HS Invite
- 🚌 09/18/19 5:00 PM @ Lansing Sexton HS
- 🏠 09/23/19 5:00 PM vs Ionia HS
- 🚌 09/25/19 5:00 PM @ Eaton Rapids HS
- 🚌 10/02/19 5:00 PM @ Charlotte HS
- 🚌 10/07/19 5:00 PM @ Portland HS
- 🏠 10/09/19 5:00 PM vs Lansing Sexton HS
- 🚌 10/16/19 5:00 PM @ Ionia HS
- 🚌 10/19/19 9:00 AM @ Perry HS Invite
- 🏠 10/23/19 5:00 PM vs Eaton Rapids HS
- 🏠 10/30/19 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 — JUNIOR VARSITY

ELIZABETH GOWELLE
 HEAD COACH

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



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VOLLEYBALL — FRESHMEN



Back row: Sara Duffiney, Sophia LaViolette, Clare Lavagnino, Emi Gulock, Lydia Papson, Nicole DeLuca, Coach Gulock
 Front row: Amy Magaway, Emalee Noonan, Nancy Barham, Annabel Ludwig, Alexandria Wooster, Elizabeth Hayes

PLAYER ROSTER

- 2 Nicole DeLuca
- 7 Emi Gulock
- 8 Lydia Papson
- 9 Emalee Noonan
- 10 Annabel Ludwig
- 12 Sophia LaViolette
- 14 Clare Lavagnino
- 17 Nancy Barham
- 19 Amy Magaway
- 20 Sara Duffiney
- 21 Elizabeth Hayes
- 30 Alexandria Wooster

SCHEDULE

- 🚌 08/24/19 9:00 AM @ Lakewood HS Invite
- 🚌 08/29/19 5:00 PM @ Lumen Christi Quad Match
- 🚌 09/07/19 9:00 AM @ Olivet HS Invite
- 🏠 09/11/19 5:00 PM vs Portland HS
- 🚌 09/18/19 5:00 PM @ Lansing Sexton H.S
- 🚌 09/21/19 9:00 AM @ Williamston HS Tournament
- 🏠 09/23/19 5:00 PM vs Ionia HS
- 🚌 09/25/19 5:00 PM @ Eaton Rapids HS
- 🚌 10/02/19 5:00 PM @ Charlotte HS
- 🚌 10/05/19 9:00 AM @ Holt HS Invite
- 🚌 10/07/19 5:00 PM @ Portland HS
- 🏠 10/09/19 5:00 PM vs Lansing Sexton HS
- 🚌 10/16/19 5:00 PM @ Ionia HS
- 🚌 10/19/19 9:00 AM @ Dansville HS Invite
- 🏠 10/23/19 5:00 PM vs Eaton Rapids HS
- 🏠 10/30/19 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 is starting her second year as coach at LCHS. She head coached CHAP junior high volleyball 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.



Michael K. Peters, DDS, MS, PC
 Orthodontics

Van-Anh Tran Peters, DDS, PC
 Family Dentistry

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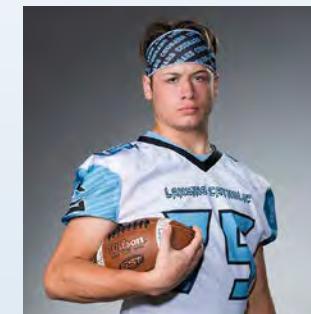
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FOOTBALL — BIOS



MASON ABBOTT

Mason has been playing football since he was in eighth grade and has been on varsity for two years. His biggest influence on him has been his dad who teaches him not to give up even when things get tough. His advice he gives to younger players is to never forget where they came from and to always remember to never give up. He is going to miss the time spent with his teammates and the time under the Friday night lights, but he definitely will not miss practice. He thanks his parents and siblings for encouraging him to work hard and watching him play. Mason wants to study theology and is discerning going to seminary.

STEWART ALVARADO



Stewart has played football since fourth grade and has played on varsity for one year. No one person can win a game by themselves, you have to count not only on yourself but also on your teammates, and this is a big reason why he loves this sport. He would like to thank his parents for their endless amount of support, and his coaches for not only teaching him about football but about life as well. One piece of advice he has for younger players is to enjoy playing football while you can, because it goes by in a flash. Stewart plans to study finance in college.

NATHAN BIERGANS



Nathan has been playing football for as long as he can remember. From kindergarten to senior year his love for the game has never changed. All in all Nathan loves football and loves his parents just as much. He appreciates all his family members who have braved the weather to watch him play. He would also like to give a special thanks to the coaches who gave that one scrawny kid a chance. Nathan is undecided on where he will attend college after high school.

JACKSON BLAIR



Jackson has been playing tackle football since the fourth grade. His biggest supporters have been his mom and dad who push him to be his best on and off the field. After high school, Jackson plans to attend college and earn a degree in entrepreneurship so that he can own his own company one day. His favorite quote is "If you think you can or you can't... you're probably right." Jackson would like to thank all of his coaches throughout the years for helping him improve his game and become a better young man.

PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

FOOTBALL — BIOS

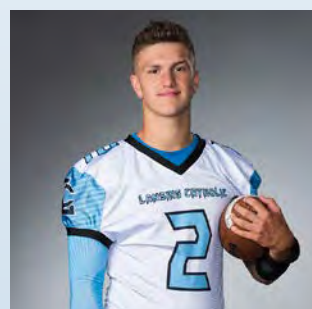
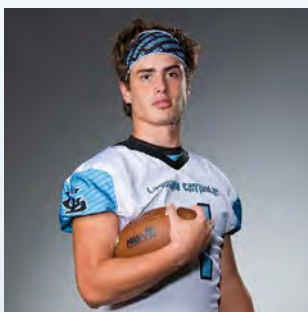


MICHAEL CHERRY

Michael has been playing football since the sixth grade and has played varsity for two years. His greatest memory during his time playing has been football camp at Fort Custer and he will miss his teammates greatly. His motivation to play comes from his biggest supporters, his dad and mom, who have attended every single game for the last seven years. He thanks his parents, grandparents, and teammates for supporting him during his entire football career. Michael plans to study civil engineering after high school.

SAM EDWARDS

Football has been a part of Sam's life since he was born. He has played the game since fourth grade and has seen the field on varsity since his sophomore year. His biggest influence when it comes to his passion for the sport stems from his dad, who has raised him around football, and taught him to be coachable and to be a student of the game. Sam would like to thank his number one fans (his family) for everything they do to allow him to pursue this passion: his mom and dad, his sister Ella and his three brothers Jack, Anthony and Michael. He'd like to thank his coaches for helping him day in and day out and all of his teammates, past and present, for creating such great memories on and off the field. His favorite memories from football include winning at West Catholic last year, going to Brody Hall for dinner the night before games and gaining wisdom from Coach Hub at practice. Sam is undecided on where he will attend college but plans to study economics and political science as well as continue his football career. He will greatly miss playing under the lights with the boys. Go Cougs!



ZACH GILLESPIE

Zach has been playing football since the fourth grade and has loved every minute of it. His favorite memory was catching the game winning pass from his cousin in the playoffs last year. What he will miss most is going to war on the field with his dawgs. He would like to thank his amazing coaches for all the things they have taught him the past four years, not just about football but about life, especially Coach Hub for all his great life lessons. He would also like to thank his parents, grandparents, brother, sister and cousins for all there amazing support throughout the years. And he guarantees his mom is crying right now!

GRIFFIN HOTCHKISS

Griffin has been playing football since the third grade. His favorite memory is catching a touchdown pass from Zach Gillespie with his knees freshman year. He would like to thank his teammates who have always pushed him to be his best, his family, all his coaches and his mom and dad who have supported him throughout his whole life. He will miss the Friday night lights!



NOAH KNIPPEN

Noah has been playing football since the fourth grade. He thanks his teammates and coaches for accepting him back to the team and for always having his back. He especially thanks his friends and family for supporting him at all my games, and especially Mr. Gruber for stopping him after church one night and helping him realize how much he missed the game. The best advice he could give to anyone playing football, from his experience, is that no matter how tough and hot the prides and conditioning are, it's all worth it on Friday night. You get to play under the lights and hopefully get a win for the Lansing Catholic community! Thank you Lansing Catholic family and GO COUGARS!

FOOTBALL — BIOS



DANIEL MAGAWAY

This is Daniel's second year playing football in high school, playing his freshman year and returning for his senior season. He's extremely grateful to be able to play football for one more season. The bonds that he has forged with his teammates and the fun experiences that they have had are irreplaceable. I'd like to thank my family for their support this season and over the four years of high school. They've helped him get where he is today. He also thanks his coaches for the incredible effort that they put into preparing team for each game. Daniel is undecided on a college, but plans to study biology or business.

FRANCIS MBONU

Francis's interest in football started back in elementary school. Every day during recess, he would join his friends to play for fun. Football was just one of his side activities until he began playing competitively his sophomore year. Through prides, camp, and practices, he's formed good friendships with both his fellow teammates and the coaches. At this stage in his life, he's proud to say that he's glad to have joined the best team in Lansing. His coaches, teammates, and his family are what got him here, and he thanks them for that.

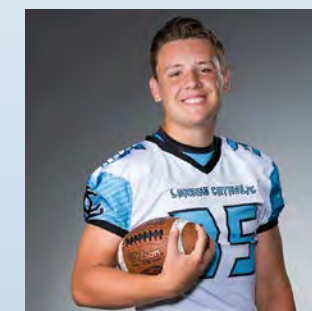


TODD NAYLOR II

This is Todd's first year playing football. His love for the sport comes from watching Michigan football with his dad. During his time playing football, Todd has developed a greater appreciation for those who play and teach the sport. Todd thanks his family for supporting him and coming to the games. After high school, Todd plans to pursue a career in real estate.

CHARLIE NYLANDER

Charlie has been playing football his entire life. He thanks his Mom and Dad, his coaches, trainers, and all the people who have always offered words of encouragement and advice. He also wants to thank his teammates for pushing him and supporting him everyday. One of his favorite memories is falling asleep at halftime during Coach Hub's pep talk against Pennfield during his freshman year. Charlie plans on playing college football, but is undecided where he wants to go..



MITCH RAPHAEL

Mitch has played football for about three months and has loved every second of it. He's amazed at how fast he fell back in love with the game in such a short amount of time. He thanks Sam Edwards for basically recruiting him to play and the coaching staff for just being good people and reminding me of youth football. Shout out to Coach Carrier for being a mentor and being there for me since day one, Coach Ahern for the constant dis on his game and Coach Hub for the laughs. With that, the best advice he got was from Coach Baker who says to never stay satisfied. Mitch plans to attend college to study psychology.

FOOTBALL — BIOS



VINCE SALQUIST

Vince has been playing football since elementary school. This is his third year at the varsity level, and his first as a Lansing Catholic Cougar after playing two years at Laingsburg. Vince's biggest influences in football have been his brothers. They have supported and pushed him to be the best player/teammate he can be. The best advice he has received, while learning a new position, is how to catch a football....thanks Coach Hub! Vince will miss the brotherhood and competition between his teammates. Vince plans to study business management/finance in college, but hasn't chosen a school at the present time. Go Cougars!!

ZACK STONE

Zack has been playing football since the third grade. His biggest influence on his game was his dad coaching him throughout elementary and middle school, teaching him to prepare for every game like it would be his last, and his mom for always being there to take care of him and keep his head up whenever he got hurt or had a rough game. His biggest piece of advice to younger players would be to play every single down of football like it is you're last, because high school football will be gone in a flash. His favorite part of playing football was just being around the guys, laughing and having fun together. Zack plans to attend either Michigan Tech University or Northwood University to pursue a degree in management information systems.



NATHAN WILCOX

Nathan began his tackle football career in eighth grade, expanding his love of sports. This is his second year on varsity. His biggest influences on the game have been his parents, Matt and Paula, who have stressed the importance of always giving one's best effort, staying positive and being a good teammate. Nathan is grateful for the support his family has shown and always being in the stands to cheer him on. Nathan would like to thank Coach Carrier for teaching him the importance of teamwork and humility. Post-victory bus rides, Brody Hall meals and the sprint to perform the LCHS fight song with the student section will be some of the many fun memories Nathan will miss with his teammates on and off the football field. Nathan plans to study sports management in college.



VOLLEYBALL — BIOS

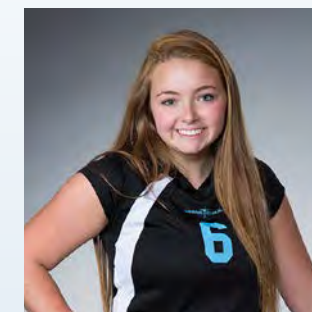


RACHEL BRES

This is Rachel's eighth year playing volleyball and her third year on varsity. She thanks her teammates for making this season so much fun and her parents for attending all of her games and tournaments. Most of all, she thanks her sister for always being her practice buddy. Her favorite quote comes from Coach Dale who encouraged the team to "just be better". Her favorite memory is going to Panera with the whole team and getting excited before games.

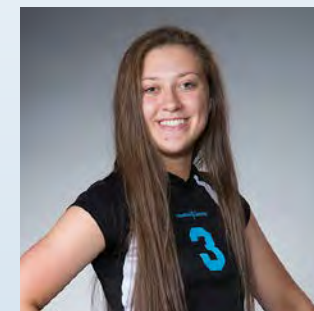
AVA FARLIN

Ava has been playing volleyball since the fifth grade. She thanks all of her volleyball coaches throughout the years for helping her become a better player. She especially would like to thank her parents for coming to every game and for their constant support. Advice she would give to younger players would be, if you really love something, stick with it! She plans on attending Michigan State University to study criminal justice.



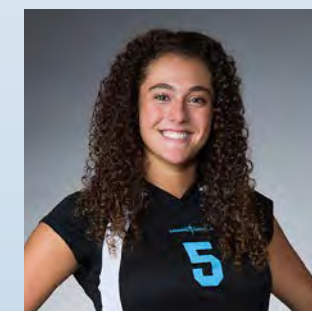
CASEY FLAMMINI

Casey has been playing volleyball since the fifth grade. After high school she wants to enjoy life as a regular college student and focus on her school work. Her favorite memory was winning tournaments and bonding with the team. The best advice she ever received was from her mom, "Don't let anyone else decide how you play or how you think, just don't hit your head." She wants to thank her mom for coming to every game and her sister for teaching her to get back up when she falls down.



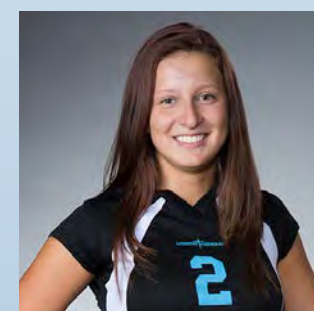
KATIE KRAMER

Katie has been playing volleyball since fifth grade and has been on varsity for two years. Katie would like to thank her high school coaches Nicole, Olivia, Mike, and especially Dale for pushing her and helping her grow as a player and person. She also thanks Mr. Krauss for the countless hours he put in with her and her teammates to help them get stronger and work as a team. Katie would like to acknowledge her teammates for pushing her to be the best possible leader she could be. Last, but not least, she would like to thank her family for always coming to her games and supporting her along the way. Katie will cherish the memories and relationships she has made with her teammates throughout her high school career. "Do Better!!!"



EMILY POUPARD

Emily has been playing volleyball since the fifth grade and has been on varsity for the past two years. Her biggest influence on the game has been her sisters, who always played with her in the yard and pushed her to be her best. Emily will miss getting hype in the locker room before every game and Lisa Bres' cooking on food Thursdays. She would like to thank her mom and dad for coming to every game. She would also like to thank Olivia, Isabelle, her grandparents, Aunt E and Uncle J, for their constant support. Emily plans to study nutrition in college, and hopes to become a dietitian.



VOLLEYBALL — BIOS



AUDREY SCHULTZ

Audrey has been playing volleyball since she was in the fourth grade and has been on the varsity team for the past three years. Her biggest supporters have been her parents, teammates, school and club coaches, who always push her to be her best. Her best advice came from Coach Dale Wethy, "Forget about that ball and move on to the next." Her best memories are getting ready for home games with her teammates in the locker room. Audrey would like to thank her parents and sister, Isabella, for traveling to all of her games. Audrey plans to play volleyball in college and study sports medicine.

GABRIELLE SCHULTZ

Gabby has been playing volleyball since the sixth grade and has been on varsity for two years. Gabby's best memories are the pregame traditions and the time spent with her team. She would like to thank her parents, brother, coaches, and teammates for their support and encouragement. Gabby is currently seeking an appointment to The United States Military Academy where she plans to study law.



SOCCER — BIOS

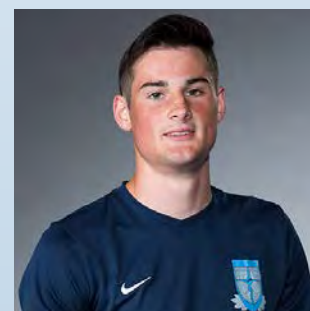


DYLAN DAY

Dylan started playing soccer his sophomore year. He thanks his family for their support, especially his mom for cheering loudly. Dylan plans to attend Michigan State University to study business.

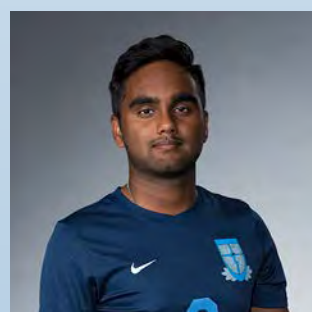
SAM GONZALEZ

Sam has been playing soccer for as long as he can remember, and this is his fourth season on the varsity team. His favorite memories include winning the regional finals as well as ending Williamston's season every year. He will dearly miss bonding with the team and hearing coach Gus yell "freeze" multiple times each practice. He is very thankful for everything his teammates and coaches have done for him on and off the field. He thanks his family for their love and support.



FRANK JONES

Frank has been playing soccer since kindergarten and all four years of high school. His biggest influence is his Dad who always made his opinions known on the game, for better or worse. He thanks Coaches Gus, Murphy, and Wheeler for supporting him and making him the best possible person on and off the field. Frank's favorite memories are bus rides home from away games with the team and summer team bonding. Frank plans to attend Michigan State University to study computer science.



SOCCER — BIOS



JEREMIAH KENNEY

Jeremiah has played soccer since he was four, was a two-time captain of the JV team and now enjoys playing varsity. He is incredibly grateful for all of the support and training from all of his coaches: Coach Gus, Coach Jill, Coach Oscar, Bobby and also Coach Murphy and Coach Nick. He is also immeasurably grateful to his Papa, who was one of my biggest supporters and also transported him anywhere he needed to be. He thanks his family for coming to every game they could and always being his biggest fans. The best advice he ever received came from Coach Jill who told the team that they should strive to "never stop improving". Jeremiah plans to study nursing at the University of Michigan.

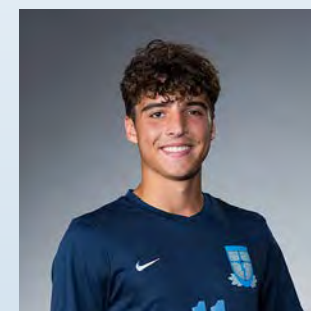
ETHAN LAPERRIERE

Ethan began playing at five years old. After playing his freshman year, he took two years to focus on hockey, and is happy to return to the game for his senior season. He thanks his parents for all of their time, dedication, sacrifice, and for never missing a game. They have been his biggest cheerleaders and have always supported him in every sport he has participated in. Ethan is co-enrolled at Wilson Talent Center in the Culinary and Hospitality Program. He plans to attend college to study business.



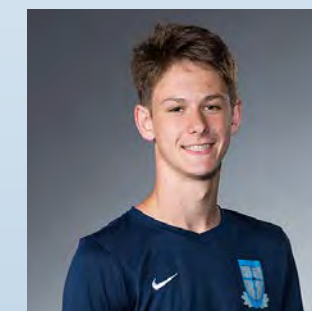
KION NOONAN

Kion has been playing soccer since middle school. He thanks his teammates, coaches and family for their love, encouragement and support.



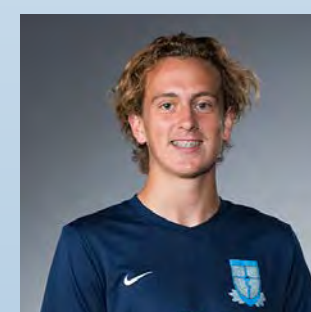
MAXWELL SANFORD

Max has been playing soccer for three years now. He would like to thank his soccer family for welcoming him in and teaching him about a sport he knew next to nothing about. Max will miss coach Gus stopping practice with his famous "freeze".



LUKE THIEL

Luke has been playing soccer ever since he could remember and it has been a big part of his life growing up. He thanks his family and coaches for always believing in him. His favorite quote is either "freeze" or "Mama Mia," spoken by the most famous Gus Flores. But his best advice came from Mr. Murphy who said, "You have to be big enough to accept responsibility for your mistakes." This wisdom is something I use on the soccer field, but most importantly, in life.



CROSS COUNTRY — BIOS



CHARLIE BARRONE

Charlie has been running cross country since middle school and has made many great friends along the way. Running with his brother Alec was special.

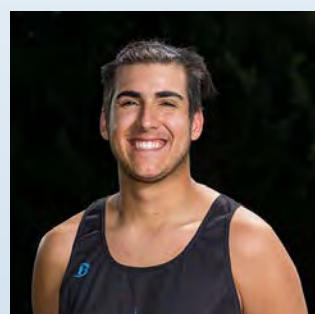
LUKE ELDEN

Luke first began running cross country back in sixth grade and has stuck with it ever since. While Luke enjoys running and being in shape, his favorite part about cross country is the team. Cross country has given him some amazing friendships and some even greater memories that will last his lifetime. If Luke could give you any advice, it would be that you should give running your all, but make as many memories as you can. Your time in high school really does fly by. Luke would like to thank all of his coaches throughout the years: Mr. Warriner, Coach Simpson, and many more, who helped push him throughout his workouts and races. He especially thanks his family for supporting him and cheering him on all the way through his journey.



JOSEPH GREENBURG

Joey has been a member of the LCHS cross country team for four years under Coach Simpson. Although he has a lot of wonderful memories, Joey's favorite memory is the water relay at camp this year and cheering for his teammates at the state championships. His advice for new runners is to push through— even though it is hard, the feeling you get when you accomplish your goals is worth all the hard work. He'd like to thank his parents for always cheering him on and encouraging him to set goals each season. After graduation Joey looks forward to running for pleasure on a college campus and majoring in music performance.



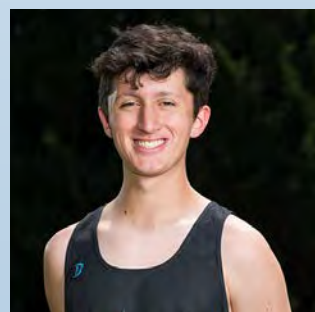
ELI MEDER

Eli has run cross country since the seventh grade. His favorite memories are trying to start a conversation with coach and touring the state capital building during team runs. Eli thanks all of his influences over the years: his loving family, coach's brutal workouts, and Bogg Master. He is extremely grateful for the familial bond and support of all of his fellow runners past and present. The advice Eli would give a runner would be to enjoy the process and eat skittles before every race. Eli's future plans include college, marathon running, and continuing his passion for horseback riding where he hopes to compete at nationals one day.



DAVID PEREZ

David has been running cross country since the fifth grade. He also runs track. His Junior Cougar coach Keith Warriner was the person that inspired him to pursue running throughout high school. David originally joined to support a friend that wanted to give running a try. He decided to stay because he enjoyed it. David thanks his parents for all of their support.



CROSS COUNTRY — BIOS

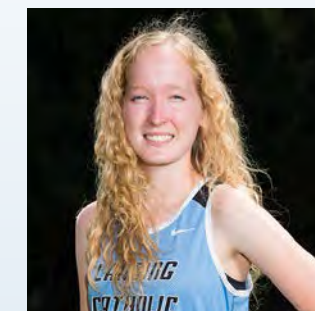


JACK RUSSELL

Jack has been running cross country since his freshman year. Jack's favorite memory is running through downtown Lansing and campus with the boys. The thing Jack loves most about cross country is breaking PRs and the all-around great group of guys. Jack would like to thank Coach Simpson, Andrew Middleton, and his parents and grandparents for always coming to races and cheering him on.

LAUREN BOWER

Lauren started running cross country her junior year. Her biggest influences have been Coach Simpson with his constant encouragement, and her teammates and family for their support. Her favorite memories include pasta parties and long runs with her teammates. Lauren plans to study environmental engineering in college.



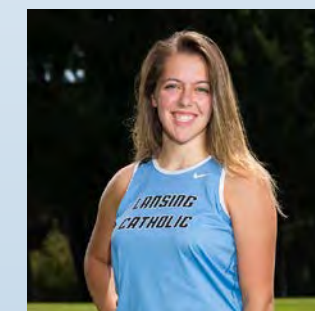
GRACE GRIFFIN

This is Grace's seventh year running cross country. Her favorite memory is all the pasta parties. What she loves most about cross country is her team. Grace thanks her family for their love and support and Coach for always pushing her to do her best. Grace plans to study nursing in college.



MARISA HARABURDA

Marissa has run cross country since the eighth grade and has earned her varsity letter every year of her high school career. She thanks her parents for always pushing her on and off the course to work hard in everything she does. Cross country has taught her how to become a stronger person and how to cross any boundaries that she may face. After graduation, Marisa plans to join the military and study aerospace engineering.



ADELINE HAUCK

Adeline has run cross country for all four years of high school. Cross country has blessed her with best friends, hard work, and a band of cheering supporters. She could never wish for a better, more fulfilling high school sport. In fact, she plans to continue running in college with a running club. Looking back, she is so grateful for everything that cross country has taught her about herself and about being part of a team. She's especially grateful for her mom for coming to all of her meets no matter how long or how late they go, and for my coach for pushing me to do my absolute best and cheering me on through every race. To all the young runners out there, Adeline's advice is to have fun and to remember that "you got this!" Adeline plans to study engineering (the specific area of engineering is undecided) at a college in the midwest, but not somewhere that's colder!



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

CROSS COUNTRY — BIOS

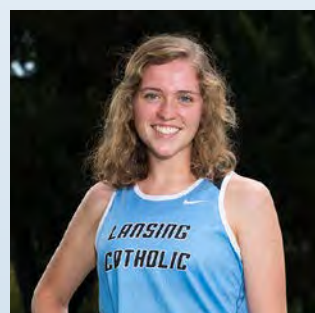


MARY CATE HEBERLEIN

This is Mary Cate's fourth year running cross country. Her favorite memory is running with the whole team to do pre-race, goals, and carpooling to pasta parties and football games together every Friday. What she loves most about cross country is how close the girls get and the bonds they form from being miserable together during workouts. Mary Cate thanks her mom and dad for their love and support and Coach for always pushing her. Mary Cate plans to study criminal justice in college.

LILLI LACROSS

Lilli has been running cross country since middle school. She thanks her coach, teammates and family for their support and encouragement. Lilli plans to attend college out of state.



CHRISTINE MADIGAN

This is Christine's first year running cross country. Her favorite part about being on the team has been getting to know new people and seeing the progress that she has made in her running. One piece of advice she would give to a first year runner is to practice consistently and always run your best. Christine will miss the hilarious mid-practice conversations with her teammates and, if she could change anything, she would have joined the team before her senior year. Christine would like to thank her parents for their support throughout the entirety of the season and Coach Simpson for always encouraging her to perform to the best of her ability.

RACHEL REID

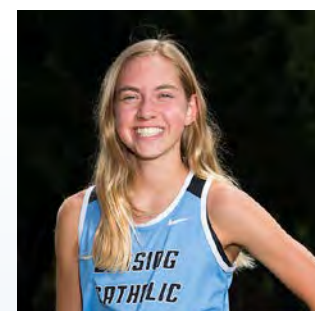
Rachel has been running cross country for seven years. Her favorite memory is when the girls team won states her sophomore year. She thanks her teammates for making the sport bearable, and her family for always supporting her. After graduation Rachel plans to attend college somewhere that has warm weather.



ELLIE RENTZ

Ellie has been running cross country for three and a half years. Her favorite memories are pre-race activities. What she loves most about cross country is all of the amazing people she has met. She thanks her mom, dad and siblings for their love and support and for always coming to cheer her on, and Coach for always making us run faster.

CROSS COUNTRY — BIOS



JADEN THEIS

This is Jaden's eighth year running cross country. Her favorite memories are winning states as a team in 2017 and going to Foot Locker Nationals in 2018. What she loves most about cross country is the competitiveness and the running community. Jaden would like to thank her family, teammates, and cousin Justin for the endless love and support throughout her running journey and Coach Simpson for helping her reach her goals, even in the off-season. She plans to continue her running career in college.



TENNIS — BIOS



ETHAN BASSILA

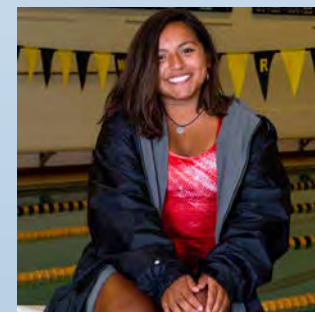
Ethan began playing tennis his freshman year, and has been on varsity for two years. He would like to thank his coaches, teammates, and especially his parents. His favorite memory while on the tennis team was winning a regional championship his junior year. Ethan plans on attending Michigan State University next fall.

JACK HADLEY

This is Jack's fourth year playing tennis and his third year on varsity. He would like to thank all of his coaches and teammates over these past four years. He would also like to thank all of his family for the constant support throughout the years. Jack is undecided on where he wants to attend college.



SWIMMING — BIOS

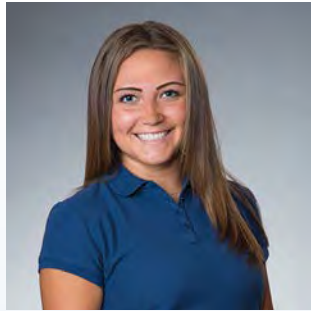


CLAIRE SUDOL

Claire has been swimming since elementary school and has been on varsity for four years. Her biggest influence is her sister, Natalia, who always pushed her to be better and work harder. She would like to thank her family and friends for coming to her meets, and her coach and teammates for always being there for her. Claire hopes to study environmental science or orthodontics in college before joining the peace corps. She also plans to own a petting zoo.

PHOTO CREDIT: TCP-PHOTOGRAPHY.COM | CLAIRE SUDOL PHOTO CREDIT: HOFFMAN TPICTURELADY.COM

GOLF — BIOS



BROOKE REGAN

Brooke has been playing golf competitively for several years. She thanks her teammates, coaches and family for their love, support and encouragement.

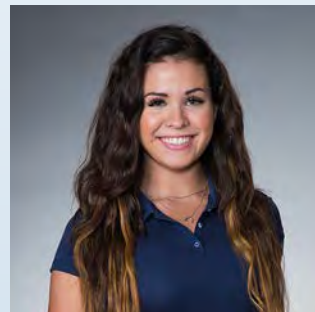
HANNAH HAUSER

Hannah has played golf since she was young and competitively on varsity for four years. Her favorite memory is competing at the State tournament her Junior year. She thanks her friends and family for their support and encouragement. Hannah would also like to thank Coach Kim and Coach Mary for everything they do for the team. Hannah plans to pursue a career in dentistry.



NOELLE LAPORTE

Noelle has been playing golf for four years. She gives a heartfelt thanks to her family, friends, and coaches for the support they have given her throughout her years as an athlete. Her best advice came from Coach Mary, "Play like a champion today" because it taught her to give my best effort for everything she does every day. Noelle plans to attend Michigan State University next fall.



CALLAHAN MORLEY

Callie has played on the golf team for two years. The main reason she decided to join the team her junior year was because her older sister played throughout her high school career and she only ever heard good, fun things about the team and coaches. The best advice she's received is from Coach Kim when he says that as long as you do better on one thing today, then it's a good day. She will miss this team when she graduates and all the fun times that she's had with them. Thank you to Coach Kim and Coach Mary for the endless support and to my teammates for making practices so much fun. Callie plans to attend college and continue golfing recreationally and improving her game.



GOLF — BIOS



MARIA STUART

After playing for recreation, Maria decided to join the golf team to play competitively and it has been a great experience. She thanks her family, friends, teammates and Coaches Kim and Mary for their love, support and encouragement.

RACHEL THOMAS WALTER

Rachel has played golf competitively for many years. She thanks her coaches, teammates and family for their love, support and encouragement.



CHEER — BIOS



NAHEED DURANDISSE

Naheed has been cheering competitively for several years. She thanks her teammates, coaches and family for their love, support and encouragement.

HANNAH SLAWSON

Hannah has been cheering competitively for several years. She thanks her teammates, coaches and family for their love, support and encouragement.



 **BAND — BIOS**



LAUREN BOWER

Lauren has played the saxophone for seven years. Her other activities include running cross country and playing soccer. Lauren plans to study engineering in college. She would like to thank her parents for their support in all that she does, and her friends for making band so much fun.

BRANDON J. AMBURN

Brandon Amburn has been playing in the band since middle school. He thanks his family, fellow band members and Mrs. T for their love, support and encouragement.

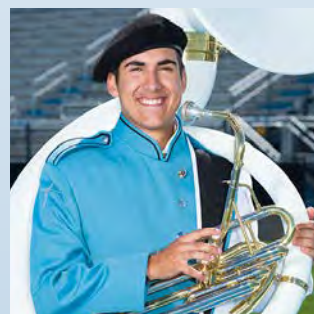


GRACE GRIFFIN

Grace has been marching since her freshman year. She is very happy her parents made her join freshman year because it has given her some of her very best friends. She would like to thank her parents for their constant support and encouragement. Grace plans to study nursing next fall.

JOEY GREENBURG

Joey Greenburg has been a member of the LCHS Marching band for four years as a euphonium player, and as leader of the low brass section for the last three years. He thanks his family for paying attention to all the half-time shows and for believing in him. His advice for new marching band members is to rest up for camp and have fun! When he is not on the LCHS field, you can find him playing in the MSU Youth Symphony, running cross country or playing lacrosse. Joey is interested in pursuing music performance at a college yet to be determined.



NICHOLAS A. HARDIE

Nic has played in the marching band all for years and plays the saxophone. He thanks his family, fellow band members and Mrs. T for their love, support and encouragement.

 **BAND — BIOS**



JEREMIAH KENNEY

Jeremiah has been in marching band for 4 years, he is a PAL, a knitting fanatic and plays varsity soccer. Band has been one of Jeremiah's greatest formative experiences of high school and it has given him some of his favorite memories and best friends. Thank you to everyone involved! Let's Go Cougs!

DAVID PEREZ

David has been drumming since the 5th grade. He has played in both concert and marching band. He has received multiple blue level medals in State Solo & Ensemble. He has been a member of the Michigan State Spartan Youth Wind Symphony for 3 years. His junior high band teacher Carolyn Sherril was the person that inspired him to pursue music. David always had a passion for percussion. He plans to play the snare drum at the college level. David thank his parents for all of their support.



STEVEN A. ROMANKEWIZ

Steven has played in the marching band all for years and plays the saxophone. He thanks his family, fellow band members and Mrs. T for their love, support and encouragement.

LOGAN TIETSORT

Logan has played the oboe since the fifth grade, added marching percussion in ninth grade, and it has been a blast ever since. Not only is performing at each of the home games fun, but marching band has provided him with even more fun in the time he spends with his fellow band mates. The drum line also does performances outside of its regular duties, such as playing a feature at various events, which is another reason why I love marching band. One thing that he's learned is that it is worth the back pain and hard work to make a great half time show. Logan thanks his parents and siblings for supporting him.



MICHAEL QUINTIERI

Michael plays the trumpet and has been in band since fifth grade. He is the captain of the Quizbowl team, and in his spare time he likes to relax with a book. Michael's favorite band memories are Silver Bells and Nerf Gun fights at camp. He plans to study Physics at Michigan State University.

PHOTO CREDIT: TCP-PHOTOGRAPHY.COM



PROSPECTIVE FAMILY NIGHT

WEDNESDAY, OCTOBER 16, 2019, 6:30-8:30PM
AND
WEDNESDAY, FEBRUARY 5, 2020, 6:30-8:30PM

Prospective Family Nights are open to families with children of any age to learn more about what LCHS has to offer. Parents and students are welcome. Please note there is a set schedule for these nights. Families will first be taken on a school tour led by a LCHS student, then attend breakout sessions (on curriculum, tuition, college planning, and extracurricular and athletic activities), and the evening will conclude with a question and answer session with students and staff. Registration is not required for this event, but is appreciated. Please contact LCHS's admissions office at 517-267-2102, admissions@lansingcatholic.org or use their website to register for this event.

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or 800-678-9593

SOCCER — VARSITY



Back Row: Donovan Papson, Luke Thiel, Max Sanford, Sam Gonzalez, Kion Noonan, Robert Kowatch, John Raubinger
 Second Row: Josh Otten, Max Hyman, James Scrimger, Brandon Beard, Wes Franco, Dylan Day
 First Row: Jeremiah Kenney, Frank Jones, Brady DeSmyter, Ethan LaPerriere, Sam Matias

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 tenth 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

- 🏠 08/22/19 5:30 PM vs Grand Ledge HS
- 🏠 08/26/19 5:30 PM vs St. Johns HS
- 🚌 08/28/19 5:30 PM @ Lansing Eastern HS
- 🚌 09/03/19 5:30 PM @ Haslett HS
- 🚌 09/05/19 5:30 PM @ Lansing Sexton HS
- 🏠 09/07/19 12:30 PM vs Holt HS
- 🏠 09/10/19 5:30 PM vs Ionia HS
- 🚌 09/14/19 12:30 PM @ Lansing Everett HS
- 🚌 09/17/19 5:30 PM @ Eaton Rapids HS
- 🚌 09/19/19 5:30 PM @ Charlotte HS
- 🏠 09/24/19 5:30 PM vs Portland HS — Senior Night
- 🏠 09/26/19 TBA CAAC Cup, H/A TBD, Rd 1
- 🏠 09/28/19 TBA St. Andrews Trip, Varsity Only
- 🏠 10/01/19 TBA CAAC Cup, H/A TBD, Rd 2
- 🏠 10/03/19 TBA CAAC Cup, H/A TBD, Rd 3
- 🏠 10/09/19 TBA 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

- 4 Sam Matias Freshman
- 5 James Scrimger Junior
- 6 Sam Gonzalez Senior
- 8 Frank Jones Senior
- 10 Jeremiah Kenney Senior
- 11 Kion Noonan Senior
- 12 Dylan Day Senior
- 14 Brady DeSmyter Junior
- 16 Ethan LaPerriere Senior
- 21 Luke Thiel Senior
- 23 Wes Franco Sophomore
- 24 Brandon Beard Junior
- 28 Josh Otten Sophomore
- 32 Donovan Papson Junior
- 33 Max Sanford Senior
- 34 Max Hyman Junior
- 37 John Raubinger Sophomore
- 44 Robert Kowatch Junior

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.



ROB HILLMAN
 VARSITY ASST. COACH

Rob Hillman is a graduate of Lansing Catholic High School and played collegiate soccer at Oakland University. After his soccer career was over, he attended medical school at Michigan State University and currently practices Internal Medicine as a Hospitalist at Sparrow Hospital. This is Coach Hillman's first year working with our varsity boys soccer team.

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.





MATTHEW PLAHN
LSJ DREAM TEAM 2018



JACK GONZALEZ
LSJ DREAM TEAM 2018



MATTHEW BENIVEGNA
LSJ ALL AREA 2018



KION NOONAN
LSJ ALL AREA 2018



LUKE THIEL
LSJ ALL AREA 2018



SAM GONZALEZ
LSJ ALL AREA 2018



MITCHELL RAPHAEL
LSJ ALL AREA 2018

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

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



SOCCER — JUNIOR VARSITY



Back Row: Coach Kochanek, Andrew Phelps, Padraic Cotter, Sebastian Golzynski, Coach Casteneda
 Middle Row: Ethan Badger, Victor Pecina, Levan Svarc, Jack Goebel, Aidan Day, Graham Thiel
 Front Row: Adley Durandise, Nate DAllesandro, Charlie Gates, Jacob Bertand, Jesse O'Leary

COACH ROSTER

Oscar Casteneda Head Coach

SCHEDULE

- 🏠 08/22/19 4:00 PM vs Grand Ledge HS
- 🏠 08/26/19 4:00 PM vs St. Johns HS
- 🚌 08/28/19 4:00 PM @ Lansing Eastern HS
- 🚌 09/03/19 4:00 PM @ Haslett HS
- 🚌 09/05/19 4:00 PM @ Lansing Sexton HS
- 🏠 09/07/19 11:00 AM vs Holt HS
- 🏠 09/10/19 4:00 PM vs Ionia HS
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- 🏠 09/24/19 4:00 PM vs Portland HS
- 🏠 09/26/19 TBA CAAC Cup, H/A TBD, Rd 1
- 🏠 10/01/19 TBA CAAC Cup, H/A TBD, Rd 2
- 🏠 10/03/19 TBA CAAC Cup, H/A TBD, Rd 3

🏠 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


- 2 Padraic Cotter..... FR
- 3 Charlie Gates FR
- 17 Sebastian GolzynskiSO
- 19 Jacob Bertand..... FR
- 20 Graham Thiel FR
- 25 Adley Durandise.....SO
- 27 Levan Svarc FR
- 30 Aidan Day.....SO
- 35 Jesse O'Leary.....SO
- 36 Andrew PhelpsSO
- 38 Ethan Badger FR
- 40 Jack Goebel..... FR
- 41 Nate DAllesandro FR
- 43 Victor Pecina FR

OSCAR CASTENEDA
 VARSITY ASST. COACH

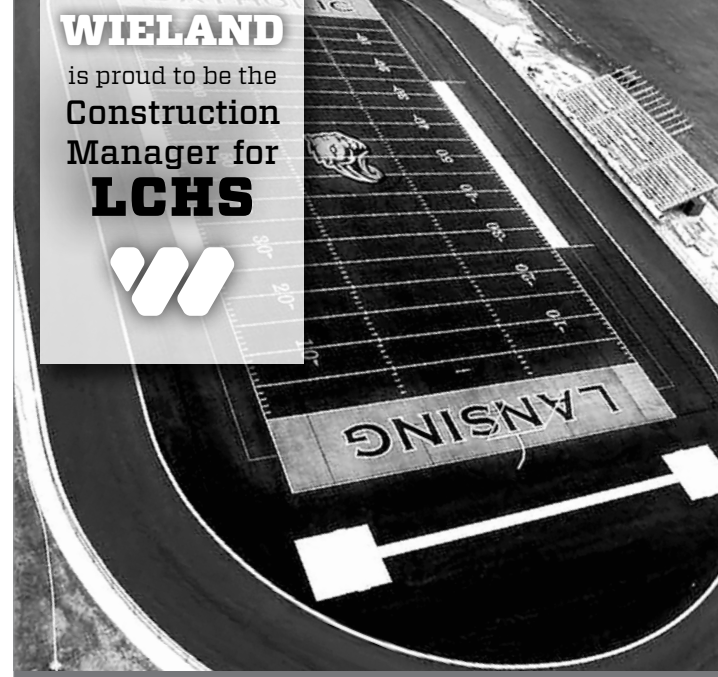
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 **CROSS COUNTRY — BOYS**



Back Row: Coach Simpson, Eli Meder, Thomas Gianiodis, Jack Saxton, Jack Russell, Mike Madigan, Coach Silenieks
 Second Row: Cameron Haraburda, Josh Frary, Owen Spence, Matthew Jenness, Andrew Frary, Joe Greenburg
 First Row: Makhi Dowsett, Luke Elden, David Pruder, Peter Dudley, Charlie Barrone, David Perez, Tomas Rampe

PLAYER ROSTER

- | | |
|-------------------|--------------|
| Charlie Barrone | Eli Meder |
| Makhi Dowsett | David Perez |
| Peter Dudley | David Pruder |
| Luke Elden | Tomas Rampe |
| Andrew Frary | Jack Russell |
| Josh Frary | Jack Saxton |
| Thomas Gianodis | Owen Spence |
| Joseph Greenburg | |
| Cameron Haraburda | |
| Matthew Jenness | |
| Michael Madigan | |

COACH ROSTER

- Tim Simpson Head Coach
 Coach Yuris Assistant Coach

SCHEDULE

-  08/20/19 4:30 PM LCHS 2 Mile @ Grand Woods Park
-  08/24/19 9:00 AM LCHS: Catholic Invite St. Francis Retreat Center
-  09/13/19 1:00 PM @ MSU Spartan Invite
-  09/17/19 5:00 PM CAAC White #1 Grand Woods Park
-  09/28/19 9:00 AM Shepherd Invite @ Dewitt HS
-  10/01/19 5:00 PM CAAC # 2 @ Ionia (change)
-  10/10/19 4:30 PM @ East Lansing HS Invite (JV ONLY)
-  10/12/19 9:00 AM Greater Lansing Invite @ Grand Ledge HS
-  10/17/19 5:00 PM CAAC # 3 @ ER
-  10/22/19 4:30 PM @ Waverly HS Invite (JV ONLY)
-  10/26/19 TBA MHSAA Regionals
-  11/02/19 TBA MHSAA 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 24th year with the cross country program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last couple of years.

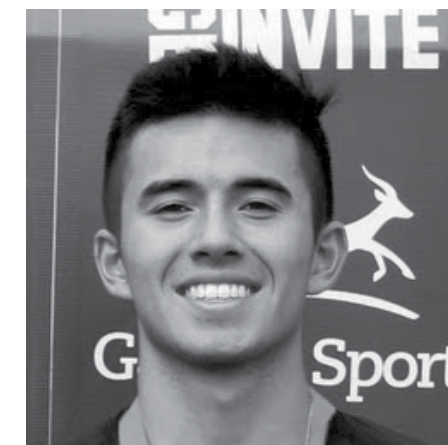


JURIS SILENIEKS ASSISTANT COACH

Coach Silenieks graduated from Syracuse in 2016 with a degree in exercise science. He was a runner on the 2015 NCAA Cross Country National Championship team. Coach recently spent two and a half years as the distance coach at Robert Morris University. He continues to train for and run marathons across the country. He is looking forward to a great cross country season at LCHS.



ELI MEDER
 ||| LSJ ALL AREA 2018



WILL PETERS
 ||| LSJ ALL AREA 2018



ERIC WARRINER
 ||| LSJ ALL AREA 2018



CROSS COUNTRY — GIRLS



Back Row: Coach Simpson, Marisa Haraburda, Ellie Rentz, Mary Cate Heberlein, Ella Dunsford, Annie Dudley, Lilli Lacross, Hannah Pricco, Coach Silenieks
 Second Row: Emmie West, Nora Coffey, Mia Brown, Hailey Prokop, Christine Madigan, Grace Griffin, Addison Puck, India Doerr
 First Row: Rachel Reid, Zee Simpson, Elaine Kutas, Lauren Bower, Adeline Hauck, Leah Reid, Jaden Theis
 Not pictured: Adela Migan, Isabel Migan, Shannon Stevens, Sydney Stevens, Brianna Tennes

PLAYER ROSTER

- | | |
|---------------------|-----------------|
| Lauren Bower | Isabelle Migan |
| Mia Brown | Adela Migan |
| Nora Coffey | Hannah Pricco |
| India Doerr | Hailey Prokop |
| Annie Dudley | Addison Puck |
| Ella Dunsford | Leah Reid |
| Bri English | Rachel Reid |
| Grace Griffin | Ellie Rentz |
| Marisa Haraburda | Zee Simpson |
| Adeline Hauck | Shannon Stevens |
| Mary Cate Heberlein | Sydney Stevens |
| Elaine Kutas | Bri Tennes |
| Lilli Lacross | Jaden Theis |
| Christine Madigan | Emmie West |

COACH ROSTER

- Tim Simpson Head Coach
 Coach Yuris Assistant Coach

SCHEDULE

- 🏠 08/20/19 4:30 PM LCHS 2 Mile @ Grand Woods Park
- 🏠 08/24/19 9:00 AM LCHS: Catholic Invite @ St. Francis Retreat Center
- 🚌 09/13/19 1:00 PM @ MSU Spartan Invite
- 🏠 09/17/19 5:00 PM CAAC White #1 Grand Woods Park
- 🚌 09/28/19 9:00 AM Shepherd Invite @ Dewitt HS
- 🚌 10/01/19 5:00 PM CAAC # 2 @ Ionia (change)
- 🚌 10/10/19 4:30 PM @ East Lansing HS Invite (JV ONLY)
- 🚌 10/12/19 9:00 AM Greater Lansing Invite @ Grand Ledge HS
- 🚌 10/17/19 5:00 PM CAAC # 3 @ ER
- 🚌 10/22/19 4:30 PM @ Waverly HS Invite (JV ONLY)
- 🏠 10/26/19 TBA MHSAA Regionals
- 🏠 11/02/19 TBA MHSAA 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 24th year with the cross country program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last couple of years.



JURIS SILENIEKS ASSISTANT COACH

Coach Silenieks graduated from Syracuse in 2016 with a degree in exercise science. He was a runner on the 2015 NCAA Cross Country National Championship team. Coach recently spent two and a half years as the distance coach at Robert Morris University. He continues to train for and run marathons across the country. He is looking forward to a great cross country season at LCHS.



JADEN THEIS
 LSJ RUNNER OF THE YEAR
 FINALISTS



LAUREN CLEARY
 LSJ RUNNER OF THE YEAR
 FINALISTS



RACHEL REID
 LSJ ALL AREA 2018

COUGAR *pride*

GOLF — GIRLS



Back Row: Coach Fineis, Noelle LaPorte, Hannah Hauser, Callahan Morley, Sophia St. Marie, Elliana Oswald, Delaney Simon, Sailor Sommerville
 Second Row: Gonzalez, Morley, Stuart, Regan, bartold, Clement, Melling, Long
 First Row: Cielia Feher, Eberbach, Blonshine, Wichtoski, Victoria Blonde, Averie Russell, Rachel Thomas Walter

PLAYER ROSTER

| | |
|---------------------------|-----------|
| Hannah Hauser..... | Senior |
| Noelle LaPorte..... | Senior |
| Callahan Morley..... | Senior |
| Brooke Regan..... | Senior |
| Maria Stuart..... | Senior |
| Rachel Thomas-Walter..... | Senior |
| Katie Bartold..... | Junior |
| Clare Clement..... | Junior |
| Nikayla Eberbach..... | Junior |
| Mary Elizabeth Long..... | Junior |
| Sophia St. Marie..... | Junior |
| Audrey Wichtoski..... | Junior |
| Victoria Blonde..... | Sophomore |
| Maya Blonshine..... | Sophomore |
| Elizabeth Cairns..... | Sophomore |
| Amanda Melling..... | Sophomore |
| Delaney Simon..... | Sophomore |
| Sailor Somerville..... | Sophomore |
| Cielia Feher..... | Freshman |
| Lily Gonzalez..... | Freshman |
| Maegan Morley..... | Freshman |
| Elliana Oswald..... | Freshman |
| Averie Russell..... | Freshman |

SCHEDULE

- 🚌 08/16/19 9:00 AM @ Portland HS Scramble
- 🚌 08/26/19 9:00 AM @ Powers Catholic HS Invite
- 🚌 09/04/19 3:30 PM CAAC Jamboree @ Portland
- 🚌 09/09/19 3:30 PM CAAC Jamboree @ Ionia
- 🚌 09/11/19 3:00 PM CAAC Jamboree @ Sexton
- 🚌 09/12/19 9:30 AM @ St. Johns HS Varsity Invite
- 🏠 09/18/19 3:30 PM CAAC Jamboree at Groesbeck
- 🚌 09/23/19 3:00 PM CAAC Jamboree @ Charlotte
- 🏠 09/25/19 9:00 AM CAAC White League Tourney
- 🚌 09/30/19 9:00 AM @ Byron Area Schools Shootout
- 🏠 10/02/19 10:00 AM CAAC League Meet

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

GOLF — GIRLS

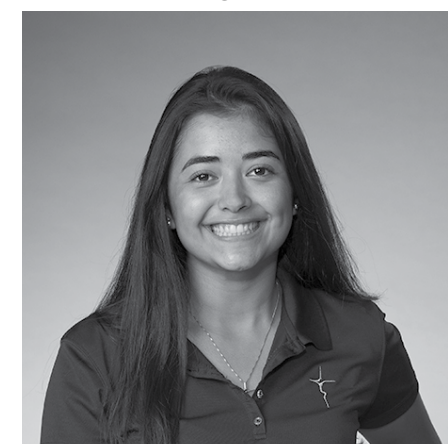
KIM JOHNSON VARSITY HEAD COACH

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



MARY FINEIS VARSITY ASSISTANT COACH

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



MAYA BLONSHINE
 ||| LSJ ALL AREA 2018



MALLORY MEATON
 ||| LSJ ALL AREA 2018



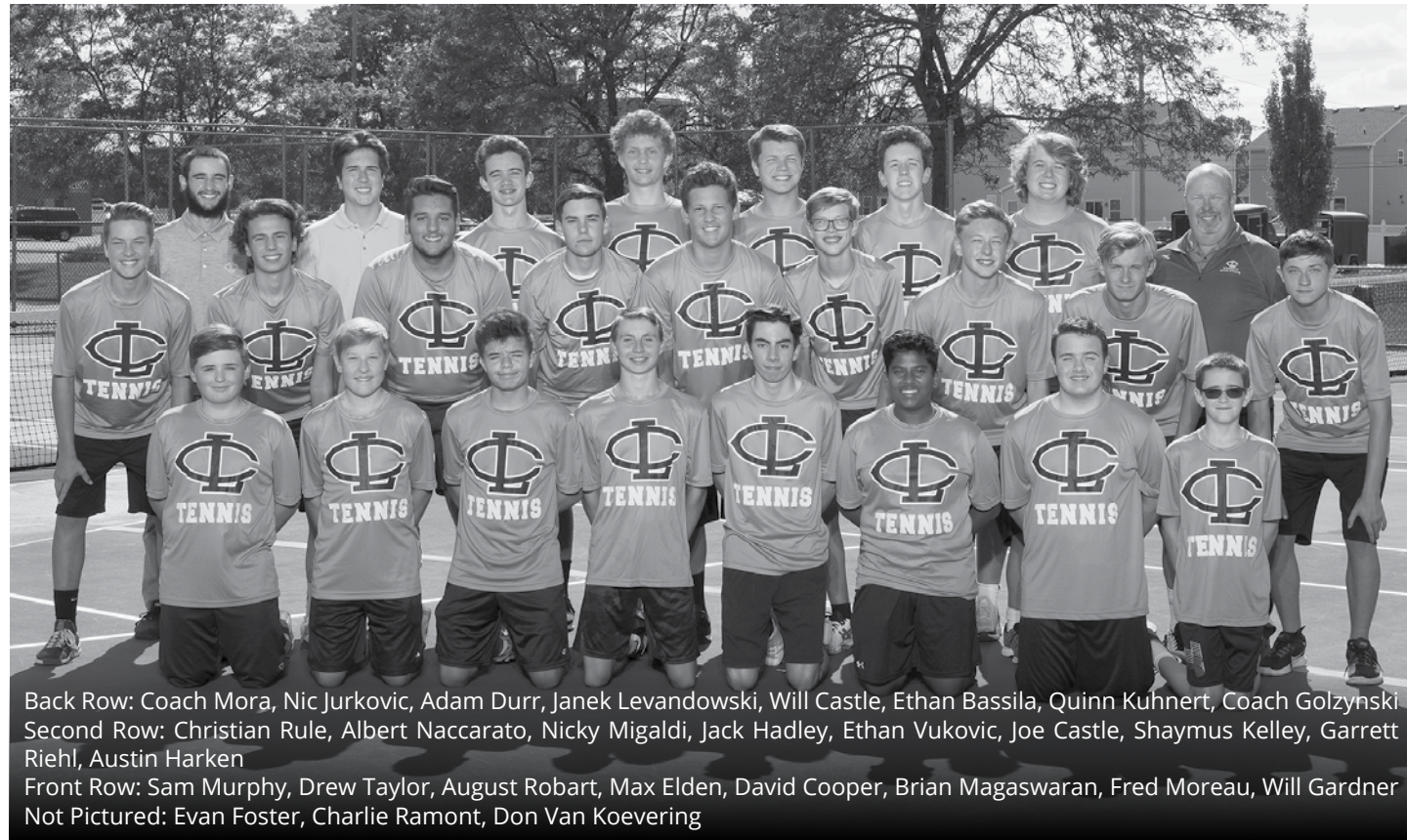
HANNAH HAUSER
 ||| LSJ ALL AREA 2018



SAILOR SOMERVILLE
 ||| LSJ ALL AREA 2018

COUGGAR
pride

TENNIS — BOYS



Back Row: Coach Mora, Nic Jurkovic, Adam Durr, Janek Levandowski, Will Castle, Ethan Bassila, Quinn Kuhnert, Coach Golzynski
 Second Row: Christian Rule, Albert Naccarato, Nicky Migaldi, Jack Hadley, Ethan Vukovic, Joe Castle, Shaymus Kelley, Garrett Riehl, Austin Harken
 Front Row: Sam Murphy, Drew Taylor, August Robart, Max Elden, David Cooper, Brian Magaswaran, Fred Moreau, Will Gardner
 Not Pictured: Evan Foster, Charlie Ramont, Don Van Koevering

PLAYER ROSTER

| | |
|-------------------|-------------------|
| Jack Hadley | Alberto Naccarato |
| Ethan Bassila | Will Castle |
| Aspen Robart | Fred Moreau |
| Joey Castle | Shaymus Kelley |
| Janek Levandowski | Garrett Riehl |
| Charlie Ramont | Brian Magaswaran |
| Quinn Kuhnert | Austin Harkin |
| Adam Durr | David Cooper |
| Nicky Migaldi | Drew Taylor |
| Evan Foster | Will Gardner |
| Nick Jurkovic | Ethan Vukovic |
| Christian Rule | Sam Murphy |
| Max Elden | Don Van Koevering |

SCHEDULE

- 🏠 08/16/19 11:00 AM vs Tri Meet
- 🏠 08/17/19 9:00 AM vs Catholic/Christian Quad
- 🏠 08/22/19 4:00 PM vs East Lansing HS
- 🏠 08/26/19 4:00 PM vs Lansing Eastern HS
- 🚗 08/29/19 8:30 AM Big Rapids Quad @ FSU
- 🚗 09/03/19 4:00 PM @ Haslett HS
- 🏠 09/07/19 9:00 AM vs JP II Quad
- 🏠 09/11/19 4:00 PM vs Portland HS
- 🚗 09/14/19 9:00 AM @ Northpointe Christian Invite
- 🏠 09/18/19 4:00 PM vs Ionia HS
- 🏠 09/21/19 9:00 AM vs Multiple Opponents
- 🚗 09/23/19 4:00 PM @ Eaton Rapids HS
- 🏠 09/25/19 4:00 PM vs Charlotte HS
- 🚗 09/26/19 4:00 PM @ Williamston HS
- 🚗 09/28/19 9:00 AM @ Kalamazoo Christian HS
- 🚗 10/03/19 9:00 AM CAAC League Meet @
- 🚗 10/10/19 9:00 AM MHSAA Regionals @ Portland
- 🚗 10/18/19 9:00 AM MHSAA State Finals @ Hope College

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

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



COACH ROSTER

Matt Golzynski Head Coach



PARRISH ROBERT
JACK WOLFE
 LSJ DREAM TEAM 2018



JULIAN LANUM
 LSJ ALL AREA 2018

COUGGAR pride

**Joseph Dunn
 Insurance Agency**



**GO
 COUGARS!**

 **SIDELINE CHEER**



Back Row: Naheed Durandisse, Cora Haddad, Reese Robinson, Lilly Ramereiz Coach Alex Provost
 Second Row: Naidalyn Roznowski, Sophia Matias, Katie Kempel, Carley Flammini, Emma Stewart, Billie de Davis
 First Row: Hannah Slawson, Madison Kepros, Miranda Lindberg










PLAYER ROSTER

- Hannah SlawsonSenior
- Naheed DurandisseSenior
- Madison KeprosJunior
- Miranda LindbergJunior
- Emma StewartJunior
- Billie De DavisJunior
- Sophia MatiasJunior
- Cora HaddadJunior
- Carly FlamminiSophomore
- Reese RobinsonSophomore
- Lilly RamereizSophomore
- Katie KempelSophomore
- Naida RoznowskiSophomore

COACH ROSTER

- Alex DrouillardHead Coach
- Alex ProvostHead Coach

SCHEDULE

-  08/29/19 7:00 PM @ Waverly HS
-  09/06/19 7:00 PM vs West Catholic HS
-  09/13/19 7:00 PM @ Eaton Rapids HS
-  09/20/19 7:00 PM vs Ionia HS — Homecoming
-  09/27/19 7:00 PM vs Portland HS
-  10/04/19 7:00 PM @ Charlotte HS
-  10/11/19 7:00 PM vs Lansing Sexton HS
-  10/18/19 7:00 PM vs Fowlerville HS
-  10/25/19 7:00 PM @ 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**

ALEX PROVOST
 VARSITY HEAD 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. Alex is currently working at a daycare and going to school to become a daycare owner in the future!



ALEX DROUILLARD
 VARSITY HEAD COACH

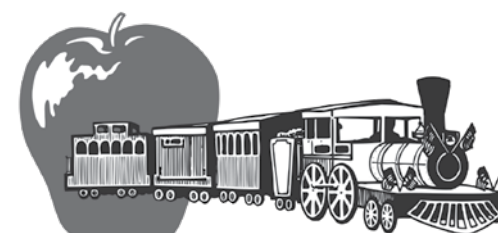
Alex Drouillard is a Lansing Catholic High School Alumni, Class of 2008. She is a middle school teacher at St. Joseph Catholic School in Howell, where she is in her seventh year of teaching. Most recently, she was the head cheer coach for Fowlerville High School from 2013-2017.



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!
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PLAYER ROSTER

Claire Sudol
 Eleanor Washburn
 Ava Foster
 Anna Jager
 Sarah Corey
 Olivia Szarowicz
 Sarah Quintieri

COACH ROSTER

Kathrine Kelley..... Head Coach

SCHEDULE

- 🏠 09/12/19 6:00 PM vs Williamston HS
- 🏠 09/19/19 6:00 PM vs Charlotte HS
- 🚌 09/26/19 6:00 PM @ Eaton Rapids HS
- 🏠 10/03/19 6:00 PM vs Ionia HS
- 🏠 10/10/19 6:00 PM vs Mason HS

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



COUGAR *pride*

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 **MARCHING BAND**



Adon S. Aibout
 Brandon J. Amburn
 Drum Major
 Veronica T. Amburn
 Alexandra S. Balasa
 Lauren D. Bower
 Mathew David A. Bradbury
 Olivia I. Brodin
 Associate Drum Major
 Alexander R. Campbell
 Joseph M. Castle
 William D. Castle
 Jackson T. Corona
 Isabella M. Dionise

Makhi D. Dowsett
 Peter C. Dudley
 Sara E. Duffiney
 Sophia K. Elliot
 Charles D. Gates
 Joseph D. Greenburg
 Grace K. Griffin
 Isabella M. Griffin
 Christina A. Gutierrez
 Cora M. Haddad
 Nicholas A. Hardie
 Elizabeth E. Hayes
 Marie G. Hayward

Michael H. Judge
 Jeremiah J. Kenney
 Isabel J. Lara
 Michael J. Madigan
 Carter W. Mattoon
 Emma C. McClorey
 Associate Drum Major
 Tyler J. Miller
 Talena L. Monasmith
 Abigail J. Morris
 Michelangelo Mumby
 Emalee R. Noonan
 Jillian J. Nowlan
 Juan J. Pecina

 **MARCHING BAND**



David Perez
 Michael R. Quintieri
 Sophia R. Quintieri
 John T. Raubinger
 Reese A. Robinson
 Steven A. Romankewiz
 Indalecia C. Romero
 Isiah Thompson
 Logan A. Tietsort
 Donald P. Van Koevinger
 Conner B. Van Nocker
 Ellington A. Walters III
 Katrina M. Wrzesinski

JAN TIETSORT DIRECTOR

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



COUGAR *pride*

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— Fr. Mac

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Lansing Catholic High School is part of a tradition of over 100 years of Catholic high school education in Lansing, Michigan. As a student at LCHS, you are part of something bigger, not just a number or another face in the crowd. You are part of a community of people who care about you as an individual and who strive to help you grow intellectually, spiritually, and socially. Prospective families are invited to join us at our events and for a tour to see how we truly live out our mission.

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



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THIS SEASON



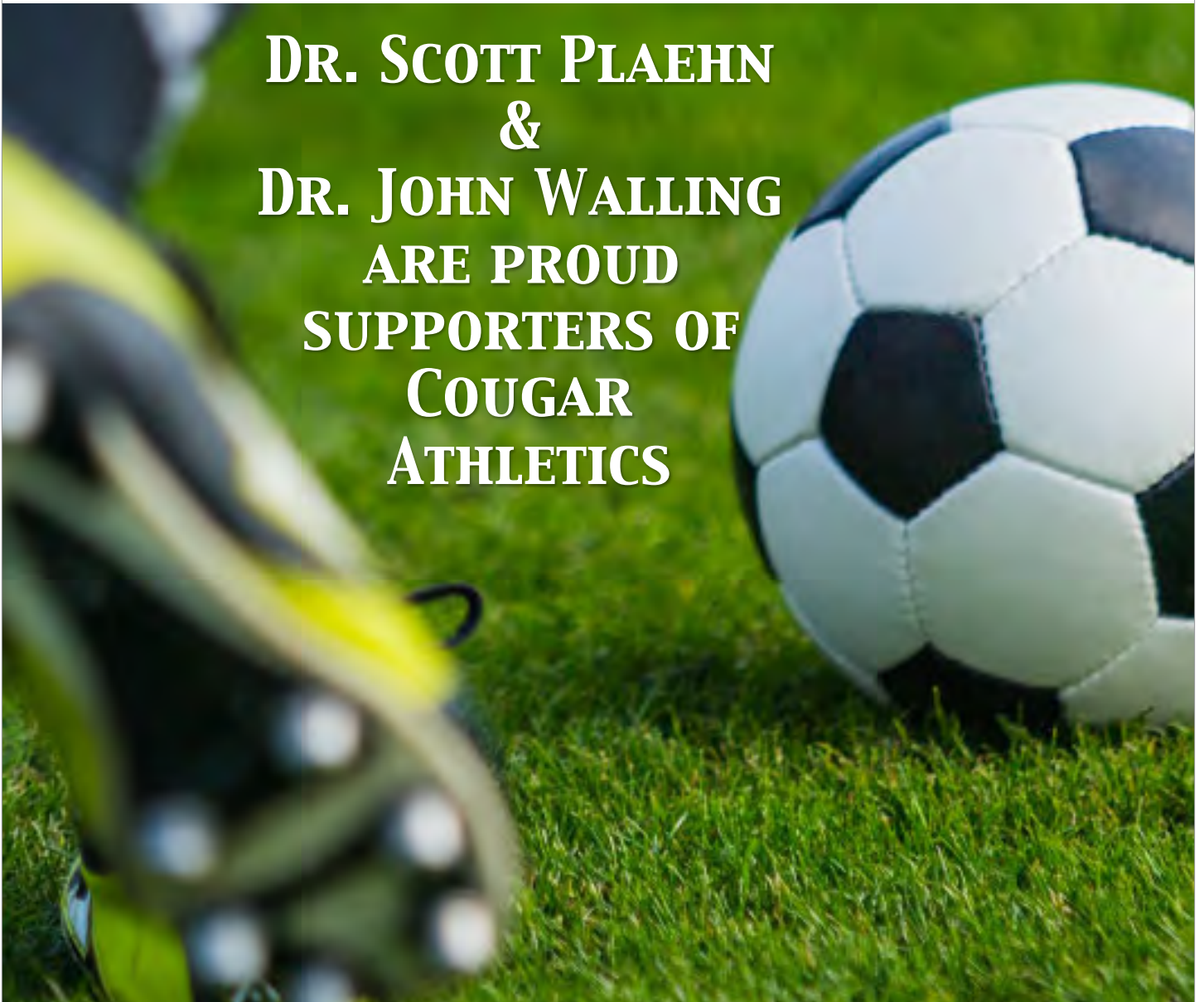
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