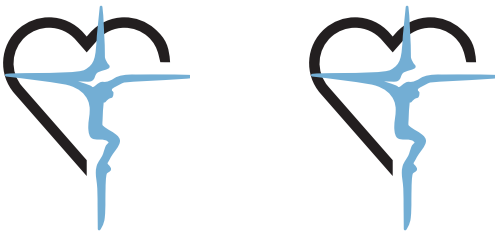
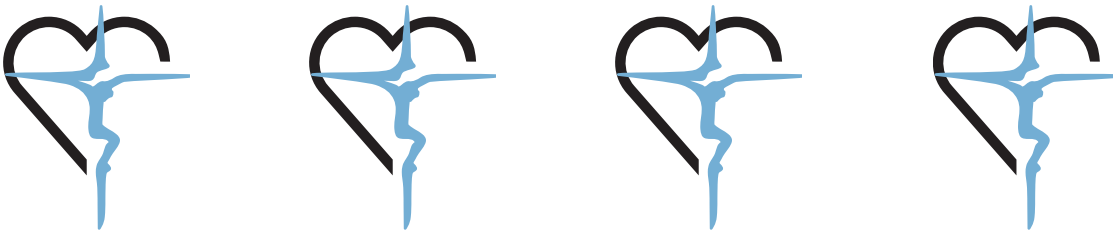


FALL 2022



LANSING CATHOLIC COUGARS





**NOURISHING THE HEART
OF LANSING CATHOLIC**

COR **FUND**

[cor: noun, Latin — the heart]

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

Learn more about the Cor Fund.
Visit www.lansingcatholic.org/COR for more details.





DOMINIC IOCCO
PRESIDENT

Welcome to the campus of Lansing Catholic!

After two years dominated by COVID, it's exciting to see a normal fall season, showcasing the incredible talent of our students. Thank you for coming out to support them!

The Lansing Catholic High School community forms students spiritually, intellectually, and socially into faithful disciples of Jesus Christ. We are blessed that this mission, focused on forming the whole person, has attracted an increasing number of families to our community this year.

We are so thankful to our parents, who have raised such incredible young men and women, and have entrusted us to partner with them in forming their son or daughter.

When I write these letters, I'm often reminded about how incredible this community truly is. We should all take time to be grateful for its constant presence and support. It's all too easy to spend our time focusing on the little annoyances of daily life. I often have to remind myself to step back and realize how truly blessed we are, this community is something special, and a blessing to all who are a part of it.

LCHS is made possible by the support of our donors and sponsors, several of whom you will find highlighted in these pages. I sincerely thank them for their generosity that makes everything we do possible. Please support these businesses and organizations as they support the Cougar Family.

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

Dominic Iocco

President



KEN HINTZE
ATHLETIC DIRECTOR

Welcome back Lansing Catholic Cougars!

There were many great memories in my first year as Athletic Director at LCHS; and it passed by in the blink of an eye. It feels like last week we were celebrating at Ford Field, and only yesterday that our 4x4 win brought us a 2nd state championship. With all of the incredible achievements of last year, I am motivated to maintain our winning traditions in the 2022-2023 school year!

Reflecting on my first year as Athletic Director, I am struck by impactful lessons. These notable takeaways were to embrace the journey, enjoy every step, and realize that time is short (especially 4 years of high school). We all know the desire to look forward to the destination, but I find we often forget to enjoy the process. My advice to our student athletes is to focus on this; enjoy the two-a-day practices, embrace team bonding, and cherish every day as they create memories. Soon, they will be. Push yourselves out of comfort zones and join a club, audition for a performance, or try out for a team you normally would not. Attend as many games you can, go to school dances, and try a mission trip (or two)!

Today, four years feels like a lifetime, but on graduation day, it seems like yesterday.

Let's have an incredible year; and, as always, GO COUGARS!!

Yours in Christ,

Ken Hintze

Athletic Director



FR. JOSEPH CAMPBELL
CHAPLAIN

I hope you all had a great summer! The few months of quiet went by all too fast. One of my first functions last year as a new chaplain was Mass with band camp in August and then a blessing for the football team for their camp as well. During the first week back at school, I've been hearing the marching band practicing once again—signs of a new sports season beginning once again. After such a successful year last year, I'm excited to see what our teams bring to the field this fall. It will be a great feeling to be on the sidelines once again cheering on the students as they strive for excellence in their athleticism. My prayers will be with all our athletes—for safety this season, good sportsmanship, and for the ability to witness well as representatives of LCHS. May this season be a time of growth in skill, discipline, and virtue for all of our LCHS athletes.

Go Cougars!

Fr. Joseph Campbell

Chaplain

SCHOOL PROFILE

2022-2023

MISSION STATEMENT

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

TYPE OF SCHOOL

Regional, comprehensive, co-educational Catholic high school

ACCREDITATION

Michigan Association of Non-Public Schools

ADMISSIONS

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

STUDENTS

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

SIZE

Students: 433
Student/Teacher Ratio: 14:1
Average Class Size: 17.3

FACULTY

President: 1
Dean of Spiritual Formation: 1
Dean of Intellectual Formation: 1
Dean of Social Formation: 1
Athletic Director: 1
Chaplain: 1
Religious Sisters: 3
Social Worker: 1
Academic Counselor: 1
Post-Secondary Advisor: 1
Certified Lay Teachers: 32 (65% with Master Degrees)

SCHOOL DAY

8:00am-3:10pm (Mon., Tue., Wed., Fri.)
9:00am-3:10pm (Thursday)

FAITH

- Every school day begins and ends with prayer
- All students attend Mass weekly with the opportunity to attend Mass daily
- The Sacrament of Reconciliation is offered twice a week
- Students attend Eucharistic Adoration each Friday
- All students attend a school sponsored retreat once per year
- Juniors and Seniors have the opportunity to 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 and Summer Break to the following locations: Montgomery, Alabama; Beattyville, Kentucky; Logan, West Virginia; Paradise, Michigan
- 30% of our student body participate in a Mission Trip each year
- Financial Assistance is available to ensure all students who wish to take part in a Mission Trip are able to participate

SERVICE

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

CLUBS & ACTIVITIES

Ambassadors	L2 (Love. Lead.)
Be Love Revolution	Mission Trips
Business Club	Music Ministry
Cougar Cage	National Honor Society
Cougar Support Tutors	Peer Assistance Leaders (PALs)
Craftsmanship Club	Prayer Partners
Discipleship Group	Quiz Bowl
Drama Club	Robotics
Good Works Crew	Sociedad Honoraria Hispanica
Guardians of the Altar	Stolen Club
International Travel	Student Athletic Trainers
Intramural Basketball	Student Leadership Team
Jazz Band	Students for Life

COUGAR ATHLETICS

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

Winter Sports: Ice Hockey, Boys Swimming & Diving, Competitive Cheer, Boys & Girls Basketball, Boys and Girls Bowling

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

GRADUATION REQUIREMENTS

Students must successfully complete the following 24 credits:

Theology.....	4.0 credits
English	4.0 credits
Mathematics	4.0 credits
Science	3.0 credits
Social Studies.....	3.0 credits
Fine Arts.....	1.0 credit
Physical Ed.....	0.5 credit
Health	0.5 credit
Rhetoric.....	0.5 credit
World Language.....	2.0 credits
Electives	1.5 credits

ACADEMIC HONORS

Honors for graduates are determined by the 7th semester cumulative Grade Point Average according to this scale:

Summa Cum Laude (3.91+)
Magna Cum Laude (3.75 to 3.9)
Cum Laude (3.5 to 3.74)

DUAL ENROLLMENT OFFERINGS

College-level dual enrollment courses vary based on offerings provided by Lansing Catholic university partners.

MEMBER OF LANSING PROMISE SCHOLARSHIP PROGRAM

www.lansingpromise.org

COLLEGE SCHOLARSHIPS & CLASS GRADE POINT

The members of the Class of 2022 collectively were offered over \$5.1 million in college scholarships. The class GPA was 3.54. 100% of our 2022 graduates are continuing their studies at a college or university.

CONNECT WITH US
@LANSINGCATHOLIC



ADVANCED PLACEMENT® COURSE OFFERINGS

AP® English Literature	AP® Spanish	AP® Biology
AP® Chemistry	AP® US History	AP® Government
AP® European History	AP® Calculus AB	AP® Microeconomics
<i>Through Michican Virtual School</i>		
AP® Art History	AP® Calculus BC	AP® Computer Science
AP® Physics	AP® Statistics	AP® Macroeconomics
AP® World History		

WORLD LANGUAGES

Spanish, French, and Latin offered. Two years of the same language is required.

COLLEGE ACCEPTANCES FOR THE CLASS OF 2022

Albion College	Kalamazoo College	University of California-Berkeley
Alma College	Kettering University	University of Dayton
Aquinas College	Kuyper College	University of Detroit Mercy
Ave Maria University	Lansing Community College	University of Indianapolis
Ball State University	Lawrence Technological University	University of Iowa
Butler University	Lourdes University	University of Michigan-Ann Arbor
Calvin University	Loyola University Chicago	University of Michigan-Dearborn
Central Michigan University	Madonna University	University of Michigan-Flint
Colorado State University-Fort Collins	Marquette University	University of Minnesota
Concordia University-Ann Arbor	Miami University, Oxford	University of Montevallo
Denison University	Michigan State University	University of New Mexico
DePaul University	Michigan Technological University	University of North Dakota
DePauw University	Monmouth University	University of Notre Dame
Eastern Michigan University	Northern Michigan University	University of Pittsburgh
Elmhurst University	Northwestern University	University of St. Thomas (MN)
Embry-Riddle Aeronautical University	Oakland University	University of Toledo
Ferris State University	Ohio State University	University of Vermont
George Washington University	Olivet College	University of Virginia
Grace College and Theological Seminary	Purdue University	University of Wisconsin-Madison
Grand Valley State University	Saginaw Valley State University	Villanova University
Hope College	Saint Mary's College	Wake Forest University
Indiana State University	Savannah College of Art & Design	Wayne State University
Indiana Tech	Spring Arbor University	Western Michigan University
Indiana University-Bloomington	The College of Wooster	Xavier University
Indiana University-Purdue University-Indianapolis (IUPUI)	Thomas More University	
	United States Military Academy West Point	
	University of Arizona	

LANSING CATHOLIC HIGH SCHOOL
501 MARSHALL STREET, LANSING, MI 48912 | 517-267-2100
WWW.LANSINGCATHOLIC.ORG

LOOKING BACK 2021 FALL SPORTS WRAP UP

CROSS COUNTRY – BOYS

- 2nd in the CAAC White League
- Regional Champions
- Finished 3rd in the State
- Josh Otten finished 4th, All State
- David Pruder finished 25th, All State
- All State Academic 3.802 GPA: Stephen Fair, David Pruder, and Josh Otten
- CAAC ALL CONFERENCE: Stephen Fair, Josh Frary, Cam Haraburda, David Pruder
- CAAC HONORABLE MENTION: Elijah Nevins, Drew Tolfree
- LSJ DREAM TEAM: Josh Otten
- LSJ ALL-AREA DIVISION 3: David Pruder, Josh Frary, Cam Haraburda and Stephen Fair

CROSS COUNTRY – GIRLS

- CAAC White League Champions
- Regional Champions
- Finished 4th in the State
- Hannah Pricco finished 7th, All State
- Tessa Roe finished 17th, All State
- CC Jones finished 18th, All State
- All State Academic 3.952 GPA: Emmie West, Tessa Roe, Hannah Pricco, CC Jones, and Hailey Prokop
- CAAC ALL CONFERENCE: CC Jones, Hannah Pricco, Hailey Prokop, Tessa Roe, Zee Simpson, Emmie West
- CAAC HONORABLE MENTION: India Doerr, Isabel Doerr
- LSJ DREAM TEAM: CC Jones, Hannah Pricco, Coach Tim Simpson
- LSJ ALL-AREA DIVISION 3: Tessa Roe and Emmie West

TENNIS

- CAAC White League Co-Champions
- 2nd at Regionals
- 14th in the State
- Academic All State Team
- Four academic all state individuals - Alberto Naccarato, Drew Taylor, Adam Durr, Charlie Ramont
- CAAC ALL CONFERENCE: John Abood, Joseph Castle, Adam Durr, Max Elden, Will Gardner, Alberto Naccarato, Charlie Ramont, Aspen Robart, Drew Taylor
- HONORABLE MENTION: Sam Murphy, Garrett Riehl, Christian Rule

FOOTBALL

- State Champions
- CAAC White League Champions
- ALL STATE: Joey Baker, Mason Knippen, Alex Watters, Bo Poljan
- CAAC ALL CONFERENCE: Joey Baker, Owen Biergans, Wes Franco, Nic Gruber, Mason Knippen, Brandon Lewis, Bo Poljan, Daniel Shipman, Christian Tucker, Alex Watters
- CAAC HONORABLE MENTION: Matthew Gehle, Jonah Richards, Matt Watkins
- DIVISION 5-6 COACH OF THE YEAR: Jim Baker

GOLF

- CAAC White League Champions
- Regional Champions
- State Runner-Up
- Amanda Melling finished 3rd in the State, All State
- Sailor Somerville tied for 4th in the State, All State
- Maya Blonshine, All State HM
- CAAC ALL CONFERENCE: Brynn Anderson, Maya Blonshine, Sophie Hauser, Amanda Melling, Sailor Somerville
- CAAC HONORABLE MENTION: Julia Sambaer
- LSJ DREAM TEAM: Amanda Melling, Coach Johnson
- LSJ ALL-AREA DIVISION 3: Brynn Anderson, Maya Blonshine, Sophie Hauser, Julia Sambaer, Sailor Somerville

SOCCER

- Overall Record is 9-4-1
- League Record 4-1 (2nd)
- CAAC Bronze Cup Runner Up
- Finished the season at the District final vs Williamston
- Josh Otten - All-Region Team, All-State HM
- ALL-DISTRICT TEAM: Samuel Matias, Josh Otten, Graham Thiel
- CAAC ALL CONFERENCE: Samuel Contreras, Sam Matias, Eli McKellar, Josh Otten, Graham Thiel
- CAAC HONORABLE MENTION: Aidan Day, Wes Franco, Jesse O'Leary, John Raubinger

SWIMMING

- Finished 5th overall in CAAC Red League with a team score of 292
- CAAC ALL CONFERENCE: Sarah Corey in 200 and 500 freestyle
- HONORABLE MENTION: Sarah Corey, 200 IM relay, 200 freestyle relay
- Anna Jager, 200 IM and 100 breaststroke
- Janelle Ostrowski, 200 medley, 200 IM, 100 breaststroke, 200 freestyle relay
- Sophia Quintieri, 500 freestyle and the 200 IM relay
- Olivia Szarowicz in the 100 butterfly

VOLLEYBALL

- Overall Record was 44-3-1
- CAAC White League Co-Champions
- Division 2 District Champions
- All State Academic Team
- ALL REGION: Hailey Bres, Alivia Castle, Cady Kooney, Ava Wilcox
- CAAC ALL CONFERENCE: Hailey Bres, Alivia Castle, Cady Kooney, Isabella Schultz, Ava Wilcox
- HONORABLE MENTION: Emi Gulock, Nina Hufnagel

THANK YOU TO ALL WHO SUPPORTED THE 2022 FOOTBALL TEAM



A SONFILIPPO WILCOX
 ADAM DIEHL
 ALBERT ADDIS
 AMY DUA
 ANDREA ADAMS
 ANDREA BRANOFF
 ANITA AND CHET MAGAWAY
 BENJAMIN N BARRON
 BRIAN MOLNAR
 BRIAN SHIPMAN
 BRIG SORBER
 CARLOS FERNANDEZ
 CATHERINE KERSCHEN
 CHARITY SULLIVAN
 CHARLENE AND NATHAN RABIDEAU
 CHARLES ABRAHAM
 CHRISTOPHER GULOCK
 COREY BERTRAND
 COURTNEY TILLET
 CYNTHIA MEJORADO
 DOMINIC IOCCO
 DOUG NYLANDER
 ELLEN DAUGHTERY DURR
 ERIC SCHNEIDER
 G CHRISTINE METTS
 GARY RAKAN
 GREG & CHRISSIE BROGAN
 GREG MILLER
 HERNAN ESPINOSA
 JACK AND NOELLA MALONEY
 JACKIE NAKFOOR
 JAMIE COLLINS
 JASON CHESNEY
 JAY NYLANDER
 JEANNE & DAN BEACHNAU
 JEFF CRIPPEN
 JENNIFER LEWIS
 JENNIFER ROWLEY
 JERE PALAZZOLO

JIM BAKER
 JOAQUIN RODRIGUEZ
 JOHN COTTER
 JOHN JUNGWIRTH
 JOHN PENCE
 JOSE FLORES
 JOSEPH DALESSANDRO
 JOSEPH S FITZGERALD
 JUSTIN RENIGER
 KAJ HANSEN
 KATHLEEN M FOSTER
 KEN MISHLER
 KIM VUKOVIC
 KIM WATTERS
 KIMBERLY K WATKINS
 KIRSTY STEVENS
 KIRSTY STEVENS
 KRISTIN HAMILTON
 KURT AND MARCI JACOBS
 KYUNGSOOK LEE
 LEO ARELLANO
 LINDA WOLCOTT
 LISA TAYLOR
 LIZ COOPER
 LYNDSAY COOK
 MARIA CARLIN
 MARK SHULICK
 MATTHEW BINKLEY
 MELISSA ALVARADO
 MELISSA SAMBAER
 MICHAEL D FOSTER
 MICHELLE GUSWILER
 MIKE BAKER
 NATHAN AND CHARLENE RABIDEAU
 NORMAN FARHAT
 NORMAN K VANALSTINE
 PAT GILLESPIE
 PHILLIP FATA
 RACHEL RABIDEAU LIPINSKI

RANDALL GROSS JR
 RASHONDA SCHILD
 REBECCA SELESKY
 RICHARD SCHNEIBLE
 RICK LASCH
 ROBERT MOONEY
 ROBERT RABIDEAU
 ROBERT RUSSELL
 ROBERTO GALLEGOS
 RYAN JANKOVIC
 SAM EYDE II
 SARAH BOLDMAN
 SCOTT BURNETT
 SCOTT DEVARONA
 SCOTT ELLIS
 SCOTT GILLESPIE
 SEAN GALLAGHER
 SEDRIC AUDAS
 SHELLI WILLIAMS HEAL
 SHERRI CAMPBELL
 SHERRY SBRACCIA
 STACEY HINTON
 STEPHAN W CURRIE
 STEPHANIE FATA
 STEVE FATA
 STEVE LAMACCHIA
 STEVEN IOCCO
 SUE LIEA
 THERESA GRUBER
 TIM MCGUIRE
 TIMOTHY PRICHARD
 TODD AND KARI EDWARDS
 TODD HARGROVE
 TOM BAKER
 VAL KORREY
 WESLEY REECE
 WILLIAM AND KIM HUFNAGEL



Jack Jacobs, Isaac Iocco, Ethan Vukovic, Matthew Watkins, Troy Chen, Xavier Luea, Alex Fernandez, Eddie Flores, Sean Durr, Andrew Hamilton, Makhi Dowsett, Drew Diehl, Brock Bigger, Brandon Lewis, Daniel Shipman, John Watters, Justin de Varona, Mathewdavid Bradbury, John Hinton, Nicky LaMacchia, Jake Alvarado, Braden Rabideau, Elijah Nevins, Nic Gruber

PLAYER ROSTER

2	Alex Fernandez	Sophomore
3	Jack Jacobs.....	Senior
4	Daniel Shipman	Senior
5	John Watters.....	Junior
6	Justin de Varona	Junior
8	Andrew Hamilton	Senior
9	Braden Rabideau.....	Sophomore
10	Sean Durr	Junior
11	Ty Rakan	Sophomore
12	Brock Bigger	Junior
13	Eddie Flores.....	Senior
15	John Hinton.....	Junior
23	Troy Chen.....	Sophomore
24	Brandon Lewis	Senior
25	Nic Gruber	Senior
34	Drew Diehl	Junior
37	Elijah Nevins	Junior
47	Chris Sims	Sophomore
48	Makhi Dowsett	Senior
50	Sean Dua	Senior
52	Nick Heal.....	Sophomore
56	Matthew Shulick	Sophomore
58	Isaac Iocco.....	Senior
60	Josh Pritzlaff.....	Sophomore
62	Matthew Watkins.....	Senior
65	Ethan Vukovic.....	Senior
67	Jake Alvardo	Junior
74	Nicky LaMacchia	Senior
75	Mathewdavid Bradbury	Senior
89	Xavier Luea.....	Junior

COACH ROSTER

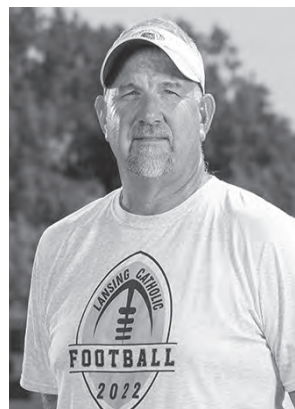
Jim Baker	Head Coach
Hub Waite.....	Asst. Coach
Nick Baker	Asst. Coach
Aaron Metz.....	Asst. Coach
Anthony Joseph	Asst. Coach
Vinny Villanova.....	Asst. Coach
Justice Lewis.....	Asst. Coach
Pat Barner	Asst. Coach
Michael Fata.....	Asst. Coach
Dave Sbraccia	Asst. Coach
David Hart.....	Asst. Coach
Jim Ahern	Asst. Coach
Kelly Carrier.....	Asst. Coach
Jack Schinderle	Asst. Coach

SCHEDULE

(H) 08/25/22 7:00 PM vs Waverly
(H) 09/01/22 7:00 PM vs Williamston HS
(H) 09/09/22 7:00 PM vs Charlotte HS
(A) 09/16/22 6:00 PM vs Lansing Sexton HS
(H) 09/23/22 7:00 PM vs Eaton Rapids HS
(A) 09/30/22 7:00 PM vs Ionia HS
(A) 10/07/22 7:00 PM vs Portland HS
(A) 10/14/22 7:00 PM vs Fowlerville HS
(H) 10/21/22 7:00 PM Senior Night vs Pewamo-Westphalia HS
10/28/22 MHSAA 1st Round of Playoffs

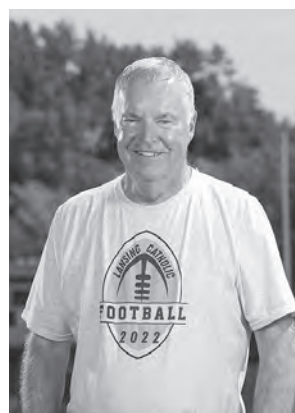
Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

FOOTBALL — VARSITY



JIM BAKER VARSITY HEAD COACH

Coach Baker is a graduate of Grand Ledge High School and Western Michigan University. He has been coaching football at LCHS for over 24 years. He is married to Kathy and has four children, Zac, Nick, Tori and Joey.



JIM AHERN

Coach Ahern has been coaching high school football since 1967. This is his 14th year at Lansing Catholic. He was the head coach at Ithaca High School for over thirty years. Coach Ahern spent 13 years here at LCHS as head coach. 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.



NICK BAKER
ASSISTANT COACH

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



PAT BARNER
ASSISTANT COACH

Coach Barner is a graduate of LCHS where he played 4 years of Football, Basketball and Baseball. He then graduated from Olivet College where he also played football. Patrick has been a part of the coaching staff since 2014, and enjoys spending time with his daughter, Ryleigh.



MIKE TERANOVA
ASSISTANT COACH



VINCE VILLARRILLI
ASSISTANT COACH

KELLY CARRIER
ASSISTANT COACH

Coach Carrier is a graduate of Michigan State University and teaches science at Okemos High School. He has coached for over 20yrs for both Okemos and Lansing Catholic. He is married to Mary and has three children, Sebastian, Sam and Maddie.

FOOTBALL — VARSITY



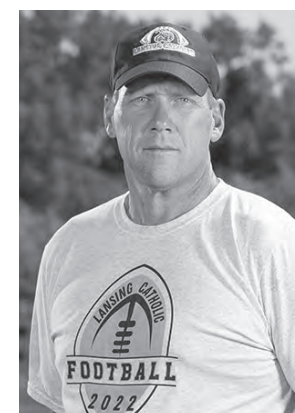
ANTHONY JOSEPH
ASSISTANT COACH

Anthony played four years at DeWitt High School. He graduated from DeWitt in 2018. Anthony is now a senior at Michigan State studying Construction Management. He will be working with the Quarterbacks and wide receivers this fall.



JUSTICE LEWIS
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.



AARON METZ
ASSISTANT COACH

Coach Metz is a graduate of Brother Rice High School and Saint Joseph's College. He has been coaching football for 20+ years, with 12 years serving as the Head Coach at Howell High School. He is married to Ashley and has five children, Zach, Brady, Sophia, Eloise, and Andrew.



ANDREW ROBESON
ASSISTANT COACH

Coach Robeson played 4 years of football at Lansing Catholic and graduated in 2011 and went on to play football at Saginaw Valley State University. This is Coach Robeson's first year as the Head JV coach and will continue coaching the secondary on varsity.



DAVE SBRACCIA
ASSISTANT COACH

Coach Sbraccia is a graduate of Ferndale High School and Michigan State University. He has been married to Sherry for 20 years and has two children Anthony and Sophia. He is the Uncle of Nathan Biergens (C20), Kevin Biergens (C21) and Owen Biergens (C22).



JACK SCHINDERLE
ASSISTANT COACH

Coach Schinderle graduated from Grand Ledge and Purdue University. This is his first season with the Cougars, He previously coached at Grand Ledge. He has three children with his wife of 34 years, Barb.

MICHAEL FATA
ASSISTANT COACH

Coach Fata is a graduate of Lansing Catholic C08 with letters in football and hockey. He is also a graduate of Central Michigan University (2013) and resides in Grand Ledge with his wife Madeline.



HUB WAITE
ASSISTANT COACH

Hub was a member of the Midland High School 1957 State Championship Football Team during his high school career. He has coached 22 years of football at LCHS. He has been married for 54 years to his wonderful wife, Marilyn.

FOOTBALL — VARSITY



MASON KNIPPEN
LSJ DEFENSIVE PLAYER OF THE YEAR FINALIST 2021



ALEX WATTERS
OFFENSIVE FOOTBALL PLAYER OF YEAR FINALIST 2021



JOEY BAKER
LSJ DREAM TEAM 2021



BO POLJAN
LSJ DREAM TEAM 2021



BRANDON LEWIS
LSJ ALL AREA 2021



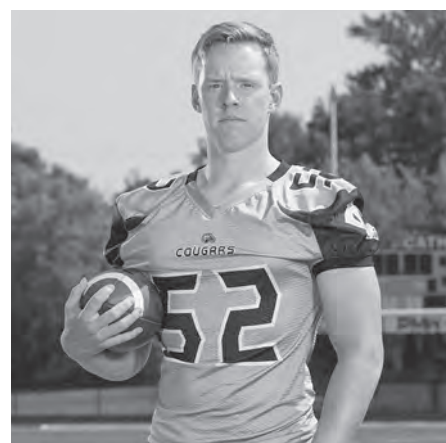
OWEN BIERGANS
LSJ ALL AREA 2021



NICK GRUBER
LSJ ALL AREA 2021



CHRISTIAN TUCKER
LSJ ALL AREA 2021



JONAH RICHARDS
LSJ ALL AREA 2021

FOOTBALL — VARSITY

OFFENSIVE TEAM SEASON RECORDS

Most Wins	13	1985, 2011, 2014, 2019, 2021
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, 2021
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



COACH: JIM BAKER
LSJ ALL AREA 2021



WES FRANCO
LSJ ALL AREA 2021



DANIEL SHIPMAN
LSJ ALL AREA 2021



OFFENSIVE RECORDS 1970-2019

Career Rushing Yards Leaders

Joe Joseph	1984-86	3172 yds	45
Tony Poljan	2012-15	3107 yds	60
Luke Hollis	2000-02	2614 yds	21

Game Rushing Yards Leaders

Marty Castellon	1989	5	ER
Marty Castellon	1989	3	Mason

Career Receiving Yards Leaders

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

Game Receiving Yards Leaders

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

Career Passing Yards Leaders

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

Game Passing Yards Leaders

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

Longest Run

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

Cooper Rush	2011	20 **	Dowagiac
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Best Season Completion Average

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

Jonah Richards	2019-2021		11 / 15
Rob Champion	1973-75		8 / 14
Dominic Magaldi	2002-05		5 / 6

Best Punter

Wes Franco	2021	21/798 yds	38.0 av
Dominic Magaldi	1992	31/1123 yds	36.2 av
Rob Champion	1973-75	122/4341 yds	35.5 av

Career Most Extra Points

Jonah Richards	2019-21	156 / 167	
Rory Leisman	2011-12	79 / 92	

Longest Kick Off Return Leaders

Dan Ghannon	1978	98 yds	
Matt Macksood	2010	90	Corunna
Alex Watters	2021	82	

Best Kick Off

Wes Franco	2021	52/3039	58.4
Dominic Magaldi	1992	18/1017	56.5
Rob Champion	1973/74	65/3033	50.8

Most Kick Offs Into Endzone

Wes Franco	2020-21	37	
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Longest Field Goal Leaders

Dominic Magaldi	1992	47	Redford
Rob Champion	1975	37	
Jonah Richards	2021	36	Portland



DEFENSIVE RECORDS 1970-2019

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

Bo Poljan	2018-2021	52
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

Mason Knippen	2021	24
Bob Fata	1984	21
Demond Winston	1985	18

Career Interception Leaders

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

Game Interceptions

Nine Players — 3		
Josh Kramer — 3	2017	Everett

Season Interceptions

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

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

Career Blocked Kicks

Mike Repovz	2006-08	3
Tom Vogal	2000	3

Career Quarterback Sacks

Mason Knippen	2019-21	19
Demond Winston	1984-85	17
Jim Sinicropi	1970-71	10

Game Quarterback Sacks

Mike Watson	2003	4.5
Mason Knippen	2021	4
Demond Winston	1985	3.5

Season Quarterback Sacks

Demond Winston	1985	12
Mason Knippen	2021	10
Jim Sinicropi	1970-71	10

Stats taken by Bill Richardson (williestat.com)

** State Record

COUGGAR
pride



Jeremy Lowe, Zach Farhat, DJ Rowley, Navier Tanner-Fleming, Joe Gulock, Joshua Pritzlaff, Adam Molnar, Will Nakfoor, Aaron Mora, Maylay Othow, Jack Grill, Chris Sims, Nick Heal, Ben Selesky, Anthony Edwards, David Magaway, Michael Kerschen, Gary Tackett, Jayce Campbell, Noah Jungwirth, Drew Davidson, Joe Magaswaran, Leland Venalstine, Sedric Audis, Teddy Nylander, Joaquin Rodriue

COACH ROSTER

Andrew RobesonHead Coach

ANDREW ROBESON

Coach Robeson played 4 years of football at Lansing Catholic and graduated in 2011 and went on to play football at Saginaw Valley State University. This is Coach Robeson's second year as the Head JV Coach and will continue coaching the secondary on varsity.

SCHEDULE

- (A) 08/24/22 6:00 PM vs Waverly HS
- (A) 08/31/22 6:30 PM vs Williamston
- (A) 09/08/22 6:30 PM vs Charlotte HS
- (H) 09/15/22 6:00 PM vs Lansing Sexton HS
- (A) 09/22/22 6:30 PM vs Eaton Rapids HS
- (H) 09/29/22 6:00 PM vs Ionia HS
- (H) 10/06/22 6:00 PM vs Portland HS
- (H) 10/13/22 6:00 PM vs Fowlerville HS
- (A) 10/20/22 6:30 PM vs Pewamo-Westphalia HS

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

COUGAR *pride*

PLAYER ROSTER

- | | |
|--|-------------------------------------|
| 16 Lucas Payne Sophomore | 52 Nick Heal Sophomore |
| 17 Braydon Smith Sophomore | 54 Drew Davidson Freshman |
| 20 Aaron Mora Sophomore | 55 Jayce Campbell Freshman |
| 21 Ben Selesky Sophomore | 56 Matt Shulick Sophomore |
| 22 Jack Grill Sophomore | 60 Joshua Pritzlaff Sophomore |
| 27 Joe Magaswaran Freshman | 61 Joe Gulock Freshman |
| 28 Michael Kerschen Freshman | 64 Will Nakfoor Sophomore |
| 32 Leland Vanalstine Freshman | 68 Zach Farhat Sophomore |
| 33 Gary Tackett Freshman | 70 DJ Rowley Sophomore |
| 35 Teddy Nylander Freshman | 76 David Magaway Sophomore |
| 36 Adam Molnar Freshman | 78 Anthony Edwards Sophomore |
| 38 Joaquin Rodriue Freshman | 80 Sedric Audis Freshman |
| 42 Noah Jungwirth Freshman | 83 Jeromy Lowe Sophomore |
| 45 Navier Tanner-Fleming Sophomore | 84 Isaac Knippen Freshman |
| 47 Chris Sims Sophomore | 85 Jerome Cooper Sophomore |
| 49 Jefferson Espinosa Freshman | 88 Maylay Othow Sophomore |



KNIGHTS OF COLUMBUS®

The Michigan Knights of Columbus are proud supporters of Catholic education across Michigan and here in Lansing.

Lansing Catholic High School is an outstanding example of the importance of faith-based education for our youth and our faith.

Sponsored by the Michigan State Council and the 19 Knights of Columbus Councils in the greater Lansing area.

For more information regarding the Knights of Columbus, contact us at StateOffice@mikofc.org.



Makena Snitgen, Eleni Lahanas, Ava Wilcox, Nina Hufnagel, Emi Gulock, Bella Lewis
Isabella Schultz, Cady Kooney, Nicole DeLuca, Makayla Paul, Krystyn Hoff, Adela Escojido

KEVIN MCMILLAN
VARSITY HEAD COACH

Kevin McMillan has been involved in volleyball for the past 23 years, as a player, official, and coach. Coach McMillan started his playing career at University of Toledo, where he played club volleyball for the Rockets. In addition he has coached in Michigan since 1998, at the collegiate level (club), in high school, notably at Perry (85-45-6) and Lansing Christian 135-33-13 and three district titles. Kevin is currently the Recruiting Coordinator and National Team Coach for Attack Volleyball Club. His teams have been highly successful over the past several years, posting a program high 3rd place finish in the 17U Division at the 2017 USAV National Championships in Chicago, IL. Kevin has been married to his wife for 18 years, and has a 14 year old son named Joey, and 5 year old daughter, Kyler. Lansing Catholic is excited to welcome Kevin and his family to our LCHS family!



SCHEDULE

- (A) 08/27/22 8:00 AM Reid City Tournament
- (A) 08/30/22 6:30 PM vs Eaton Rapids HS
- (A) 09/06/22 6:30 PM vs Charlotte HS
- (A) 09/13/22 6:30 PM vs Portland HS
- (A) 09/17/22 9:00 AM vs Milan HS
- (H) 09/20/22 6:30 PM vs Lansing Sexton H.S.
- (A) 09/27/22 6:30 PM vs Ionia HS
- (A) 10/01/22 8:30 AM Mt. Pleasant- Oiler Invite
- (H) 10/04/22 6:30 PM vs Eaton Rapids HS
- (A) 10/08/22 8:00 AM vs St. Johns HS
- (H) 10/11/22 6:30 PM vs Charlotte HS
- (H) 10/18/22 6:30 PM vs Portland HS **Dig It In PINK!**
- (A) 10/20/22 5:00 PM vs West Catholic HS
- (A) 10/22/22 9:00 AM Williamston Tournament
- (A) 10/25/22 6:30 PM vs Lansing Sexton HS
- (H) 10/27/22 6:30 PM **Senior Night** vs Ionia HS
- (A) 10/29/22 8:30 AM vs Mt. Morris HS

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

PLAYER ROSTER

- 2 Adela Escojido..... Junior
- 3 Bella Lewis Sophomore
- 4 Cady Kooney Senior
- 5 Makena Snitgen..... Junior
- 6 Ava Wilcox..... Junior
- 7 Isabella Schultz..... Senior
- 8 Eleni Lahanas..... Junior
- 9 Emi Gulock..... Senior
- 10 Nina Hufnagel Senior
- 11 Nicole DeLuca..... Senior
- 12 Makayla Paul Junior
- 13 Team Mgr. Krystyn Hoff..... Junior



ALIVIA CASTLE
LSJ DREAM TEAM 2021



HAILEY BRES
LSJ ALL AREA, MIVCA HONOR-
ABLE MENTION ALL-STATE 2021

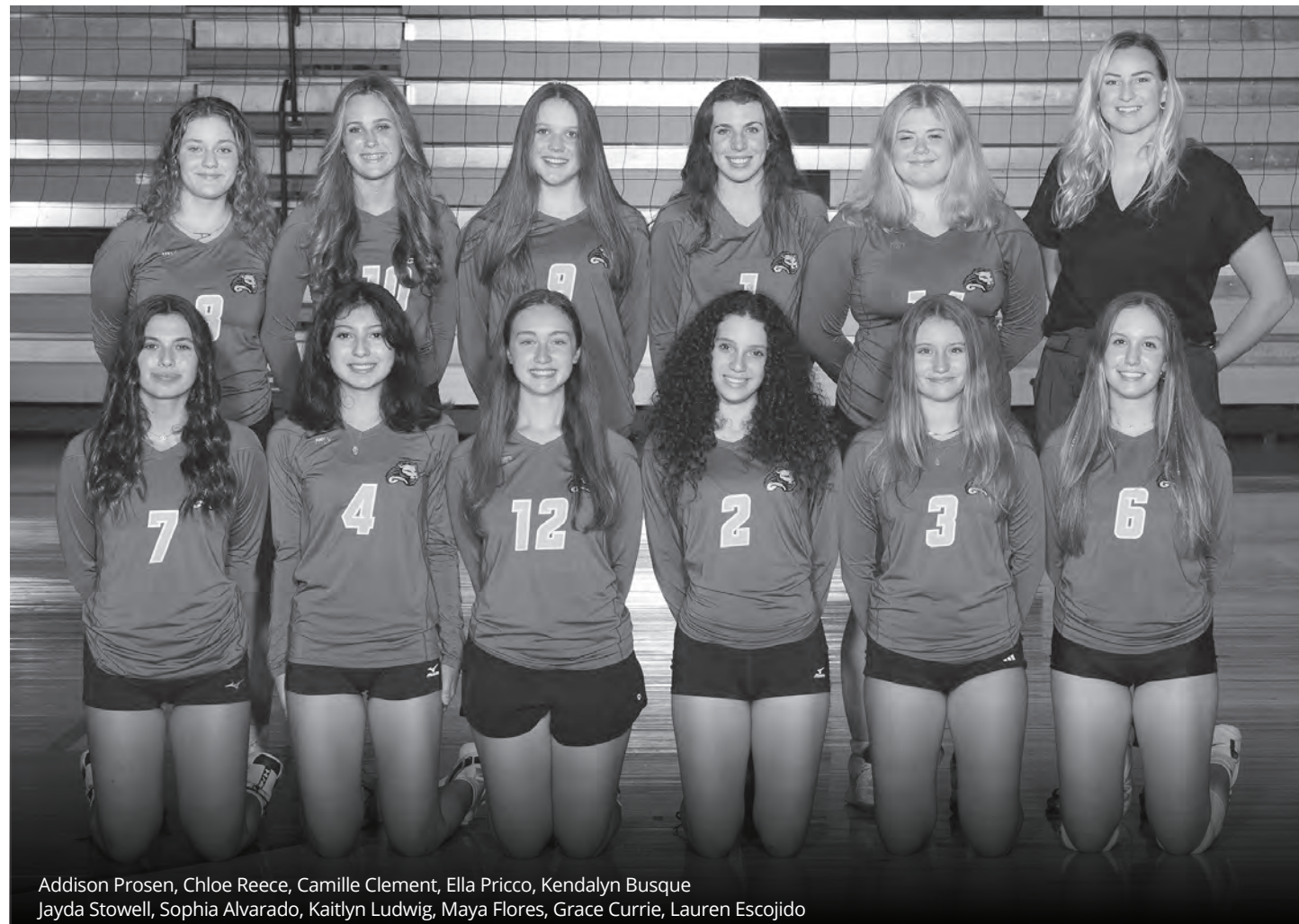


CADY KOONEY
LSJ ALL AREA, MIVCA
ALL-REGION 2021



AVA WILCOX
LSJ ALL AREA, MIVCA
ALL-REGION 2021

COUGAR pride



Addison Prosen, Chloe Reece, Camille Clement, Ella Pricco, Kendalyn Busque
Jayda Stowell, Sophia Alvarado, Kaitlyn Ludwig, Maya Flores, Grace Currie, Lauren Escojido

CAROLINE NURENBERG
JV HEAD COACH

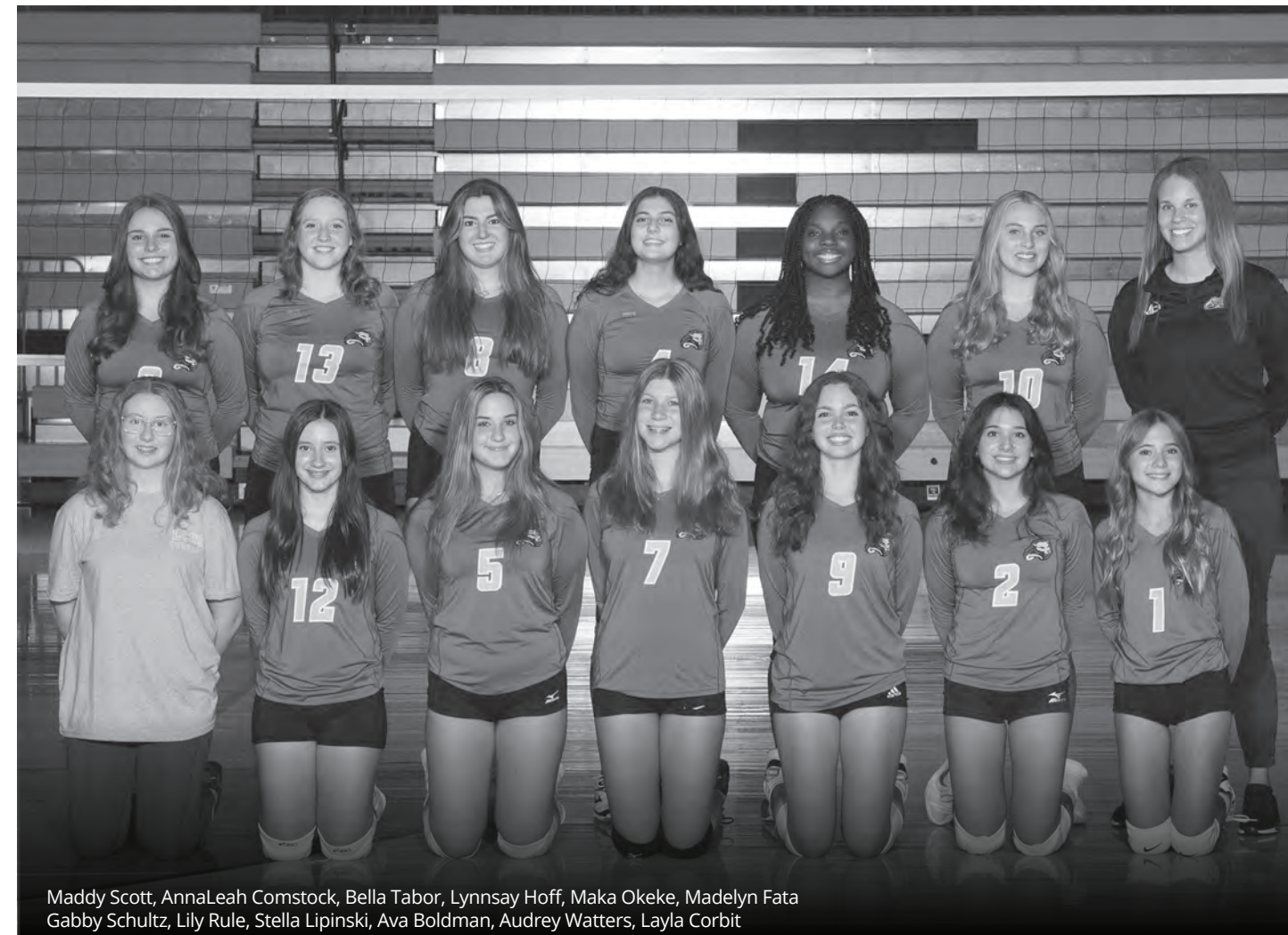
SCHEDULE

- (A) 08/30/22 5:30 PM vs Eaton Rapids HS
- (A) 09/06/22 5:30 PM vs Charlotte HS
- (A) 09/13/22 5:30 PM vs Portland HS
- (H) 09/20/22 5:30 PM vs Lansing Sexton HS
- (A) 09/27/22 5:30 PM vs Ionia HS
- (A) 10/01/22 9:00 AM vs Goodrich HS
- (H) 10/04/22 5:30 PM vs Eaton Rapids HS
- (H) 10/11/22 5:30 PM vs Charlotte HS
- (H) 10/18/22 5:30 PM vs Portland HS
- (A) 10/20/22 5:00 PM vs Ashley Community Schools
- (A) 10/25/22 5:30 PM vs Lansing Sexton HS
- (H) 10/27/22 5:30 PM vs Ionia HS

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

PLAYER ROSTER

- 1 Ella Pricco..... Sophomore
- 2 Maya Flores Freshman
- 3 Grace Currie..... Sophomore
- 4 Sophia Alvarado Sophomore
- 6 Lauren Escojido..... Sophomore
- 7 Jayda Stowell Freshman
- 8 Addison Prosen..... Freshman
- 9 Camille Clement Sophomore
- 10 Chloe Reece Freshman
- 12 Kaitlyn Ludwig..... Sophomore
- 14 Kendalyn Busque..... Sophomore



Maddy Scott, AnnaLeah Comstock, Bella Tabor, Lynnsay Hoff, Maka Okeke, Madelyn Fata
Gabby Schultz, Lily Rule, Stella Lipinski, Ava Boldman, Audrey Watters, Layla Corbit

KASI KIRKPATRICK
FRESHMAN HEAD COACH

SCHEDULE

- (A) 08/30/22 5:30 PM vs Eaton Rapids HS
- (A) 08/31/22 5:30 PM vs Laingsburg HS
- (A) 09/06/22 5:30 PM vs Charlotte HS
- (A) 09/13/22 5:30 PM vs Portland HS
- (H) 09/20/22 5:30 PM vs Lansing Sexton HS
- (A) 09/27/22 5:30 PM vs Ionia HS
- (H) 10/04/22 5:30 PM vs Eaton Rapids HS
- (H) 10/11/22 5:30 PM vs Charlotte HS
- (H) 10/18/22 5:30 PM vs Portland HS
- (A) 10/22/22 9:00 AM Owosso Invite
- (A) 10/25/22 5:30 PM vs Lansing Sexton HS
- (H) 10/27/22 5:30 PM vs Ionia HS

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

PLAYER ROSTER

- 1 Layla Corbit
- 2 Audrey Watters
- 4 Lynnsay Hoff
- 5 Lily Rule
- 6 Maddy Scott
- 7 Stella Lipinski
- 8 Bella Tabor
- 9 Ava Boldman
- 10 Madelyn Fata
- 12 Gabby Schultz
- 13 AnnaLeah Comstock
- 14 Maka Okeke

2022-2023 COUGAR SPONSORSHIP PROGRAM

CHAMPION SPONSOR \$10,000

- Company Name/ Logo in 3 venue locations of your choosing: Cougar Stadium, Gymnasium, Baseball Stadium, Softball Field, Soccer Field, Tennis Courts.
- Premium advertisement for three (3) seasons in the Athletic Programs, Athletic website, all team rosters, gym digital video board, and Jr. Cougar Newsletter.
- PA sponsor recognition at all home games with a 10 second live commercial to be read before the game, at half-time and at post game.
- Social media recognition 1 per month on our LCHS Athletics FB and Twitter channels.
- All year Family Sports Pass.
- Free Parking Pass for home football games.

PREMIUM SPONSOR \$2,500

- Company Name/ Logo signage in 2 venue locations of your choosing from Gymnasium, Baseball Stadium, Softball Field, Soccer Field, Tennis Courts only.
- Or 1 sign in Cougar Stadium only.
- Half-page advertisement in three (3) seasons of the Athletic Programs.
- All year Family Sports Pass.

ELITE SPONSOR \$5,000

- Company Name/ Logo in 3 venue locations of your choosing: Cougar Stadium, Gymnasium, Baseball Stadium, Softball Field, Soccer Field, Tennis Courts.
- Premium advertisement for three (3) seasons in the Athletic Programs, Athletic website, all team rosters, and gym digital video board.
- PA sponsor recognition at all home games with a 10 second live commercial to be read before the game, at half-time and at post game.
- All year Family Sports Pass.

VARSITY SPONSOR \$1,500

- Company Name/ Logo signage in 1 venue location of your choosing from Gymnasium, Baseball Stadium, Softball Field, Soccer Field, Tennis Courts only.
- All year Family Sports Pass.

COUGAR VISION WEBCAST

Football Webcast — \$5,000

A unique Cougar Athletic experience providing exclusive game coverage and an immersive fan experience through our live webcast production of each Cougar Football game, home and away*, for the 2022 season.

<https://lansingcatholic.org/livestream> - Scan QR Code

- Live reads.
- Two (2) 30 second digital advertisements played as provided by your organization.
- Full-page advertisement in all three (3) seasons of our athletic program.
- Emcee announcement at home games.
- Logo on Lansing Catholic Athletics page.
- Club 360 Membership.

*If permitted



COUGAR ATHLETIC PROGRAM

Program Advertisements Only

Support our Cougars with an advertisement in all three seasons of our Cougar's Sports Program. The programs feature our athletic team photos, senior athlete photos and bios, sports records and more. It is a letter-sized, custom program printed for fall, winter and spring athletic seasons.

1/4 page — \$275, 1/2 page — \$350, Full page — \$650, & More!

VISIT [LANSINGCATHOLIC.ORG/SPONSORSHIPS](https://lansingcatholic.org/sponsorships) TO GET STARTED

501 MARSHALL STREET, LANSING, MI 48912 | 517-267-2100
WWW.LANSINGCATHOLIC.ORG



2022-2023 COUGAR SPONSORSHIP PROGRAM



MAIL IN FORM

- Champion Sponsor
- Elite Sponsor
- Premium Sponsor
- Varsity Sponsor
- Cougar Vision Webcast Package
- Sports Program Ads Only

Total Enclosed \$

Name _____

Business Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Check (made payable to Lansing Catholic HS)

EFT (attach voided check)

Credit Card (Visa, MC or Discover)

Name on Card _____

Credit Card # _____

Exp. Date _____ Security Code _____

Signature _____

1. Select the size of advertisement:

- Full Page 7.5" x 10" \$650
- Half page 7.5" x 4.875" \$350
- Quarter Page 3.685" x 5" \$275
- Outside Back Cover 7.5" x 10" (if available) \$1200
- Inside front/Inside back 7.5" x 10" (if available) \$900

2. Provide artwork to communications@lansingcatholic.org and ken.hintze@lansingcatholic.org

- Artwork for printed signs and advertisements should be supplied as an .eps, .ai vector or PDF file. Other formats should be saved at a resolution of 300ppi or higher.
 - Quarter page ad size is 3 5/8" x 4 7/8"
 - Half page ad size is 7 3/4" x 4 3/4"
 - Full page ad size is 7 3/4" x 10 1/4"
- If you need an ad created please provide a description of what you would like included, along with a company logo.

3. Please make checks payable to and mail to:

Lansing Catholic High School, Attention: Athletic Department



JOIN US AT ONE OF OUR OPEN HOUSE

PROSPECTIVE FAMILY NIGHTS

OCTOBER 12, 2022 | DECEMBER 14, 2022 | JANUARY 18, 2023

6:30-8:00 P.M.

Discover what Lansing Catholic High School has to offer by enjoying a tour with a student ambassador of our campus any time from 6:30 pm to 8:00 pm at this open house event. Students and parents will have the opportunity to ask questions and meet with our faculty and administration. Learn more about curriculum, tuition, and extracurricular and athletic activities. Prospective families with children of all ages are invited to learn more about what LCHS has to offer at this event.

Please contact our admissions office at 517-267-2158 or admissions@lansingcatholic.org to register. Registration is not required, but is appreciated.

Private family tours are also available by contacting our admissions office.



www.lansingcatholic.org/admissions



www.dowdingindustries.com

517.663.5455

503 Marilin Ave. Eaton Rapids, MI 48827

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LET'S GO COUGARS!

ST. JOHN PAUL THE GREAT
LEGACY SOCIETY



There is no better way to continue your family's heritage than to include a gift in your will or establish a planned gift. Including Lansing Catholic in your will or estate plan is a beautiful and deeply meaningful way to leave your mark on the Catholic school you hold dear. The lasting gift of a Catholic education is transformative.

We are prepared to assist you and your advisors with more information that would help you in making your estate plans and including a legacy gift to support Lansing Catholic.

Learn more about legacy giving at Lansing Catholic. Visit www.lansingcatholic.org/legacy, call 517-267-2121 or email give@lansingcatholic.org for more details.



2022-2023 COUGAR VISION WEBCAST

SPONSORSHIP PROGRAM

FOOTBALL WEBCAST – \$5,000

A unique Cougar Athletic experience providing exclusive game coverage and an immersive fan experience through our live webcast production of each Cougar Football game, home and away*, for the 2022 season. *If permitted

<https://lansingcatholic.org/livestream> - Scan QR Code

- Live reads.
- Two (2) 30 second digital advertisements played as provided by your organization.
- Full-page advertisement in all three (3) seasons of our athletic program.
- Emcee announcement at home games.
- Logo on Lansing Catholic Athletics page.
- Club 360 Membership.



BLUEFRAME
TECHNOLOGY

Blueframe is an industry leader in digital streaming providing a professional viewership experience from any laptop, tablet, smart phone, or smart TV.

In the 2021 Season, there was over 1000 unique loads (views) and over 830 hours of video playback from 7 broadcasts.

VOICE OF THE COUGARS

Jake Riepma brings a wealth of broadcast experience to the booth in calling the play-by-play for Lansing Catholic Football. Riepma is a multimedia sports broadcaster based in Detroit. In addition to calling Cougar football, Riepma is a sports talk host on 97.1 The Ticket WXYT and a college basketball play-by-play announcer on ESPN+.

Riepma earned his BBA from Northwood University where he played football and earned a Master's in Broadcast Journalism from Northwestern University.



[VISIT LANSINGCATHOLIC.ORG/SPONSORSHIPS TO GET STARTED](https://lansingcatholic.org/sponsorships)

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WWW.LANSINGCATHOLIC.ORG



COUGAR SENIORS 2023



FOOTBALL – BIOS



MATHEWDAVID BRADBURY

Mathewdavid has been playing football since freshman year it's been the best four years of his life as he has gotten close to the group of guys on the team. He wants to thank his parents and coaches for pushing him so hard especially Coach Baker for being his biggest influence by instilling that drive in him and pushing the team as hard as he does. One thing he always took away from that pushing is that winning is a decision you either win or you quit and chose to fail. His greatest memory was storming the field after beating Portland his junior year. After high school Mathewdavid will be heading down to Navy boot camp in where he hope to qualify for seal training and one day join the ranks of the United States Navy Seals.

MAKHI DOWSETT

Makhi has been playing football for two years and credits it to adding a lot of discipline to his life along with lots of mental toughness. It's shown him he can do things he if he really set his mind to it. The best part about it is the brotherhood and memories that will last a life time.



SEAN DUA

Sean has been playing football since 4th grade and has played on the offensive and defensive line for all of high school. He would like to thank his mom and dad for always supporting him on and off the field. The best advice he's ever received was from his Dad, "If you're going to do something, do it to the best of your ability." His best memory is riding home on the bus with his friends after a big team win on the road. Sean has not decided what he want to major in, but wants to stay in Michigan for college.

EDDIE FLORES

Eddie has been playing football since he was little and has been on varsity for three year and loves every minute of it. Eddie wants to give a big thank you to his mom, dad and brother for never missing a game. Eddie plans to go to trade school to do certified welder and hope to move to Texas to go to school. One of eddies favorite quote is your younger self had a dream don't let that little guy down and prove everyone wrong.



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

FOOTBALL — BIOS



NIC GRUBER

Nic has been playing football as long as he could remember. He's made so many memories with this group of seniors starting with flag football. He remembers the cold Saturday mornings getting ready for that Jr Cougars game. Nic has been playing on varsity since freshman year playoffs and getting that first State Championship ring, then doing it again two years later. He will never forget playing along side of his friends that encourage him to get better. He wants to thank his dad for coaching him throughout grade school and making him the best he can be. He also wants to thank the rest of his family, his coaches, and all of his teammates. He plans on attending college next fall.

ANDREW HAMILTON

Andrew began playing football for the Cougars his Sophomore year and has loved every moment of it. He also enjoys basketball, golf, and fishing. His favorite moments with his team have been summer 7 on 7s and Thursday practices before games. He wants to thank his coaches and his parents for pushing him to be his best, and also his brother for always being a great role model. Andrew plans to study engineering in college.



ISAAC IOCCO

Isaac began his football career playing in California Pop Warner. He returned to the field his sophomore year at LCHS. His best memory is winning the 2021 State Championship on Ford Field. After high school Isaac plans on attending college and is still deciding on what field of study to pursue.

JACK JACOBS

Jack has loved the game of football since he could walk. He's been playing with this group of seniors since the Jr. Cougars flag football league in kindergarten. The memories made over all the years, with these guys, is what stands out the most when thinking about football. He will never forget that feeling of winning the state championship at Ford Field. His best advice to all future Cougars is to enjoy every minute, be ready to go no matter what spot you hold on the team, and prepare for every opponent. He is so grateful for all the support from his parents, sisters, grandparents, extended family members, teammates, and coaches. Jack plans to attend college but is undecided as of where.



NICKY LAMACCHIA

Nicky has played football since elementary school with the Jr. Cougar program. His Dad, Steve, introduced him to the sport early on and it has been his favorite since. Although he played other sports, football is his passion. Nicky would like to thank his Dad for being his coach through 8th grade, for teaching him the sport as well as challenging him to always move forward, even through injuries. He would like to thank his Mom, Chris, for being his number one fan, his brother Vinny for being at his games, and his Aunt Becky for always being there when he needed her. Football has taught Nicky to persevere through life's challenges, to overcome adversities, and come back stronger than ever. Nicky's plans for college are undecided.

FOOTBALL — BIOS



BRANDON LEWIS

Brandon, son of Paul and Jennifer, has been playing football since Jr. Cougar Flag football and hasn't stopped since. The biggest influence of his game is his dad. He has taught him that no matter how many times, you get knocked down you always must get back up. Brandon will never forget Coach Baker's saying, "There is nothing better than Friday Nights," this is something he will always remember because there truly isn't anything better. His favorite football memory is beating Portland on a last second field goal and later going on to win a State Championship that season. Brandon would like to thank his parents, brother, grandparents, and everyone else who has supported and helped him along his journey. He would like to give a special thank you to Coach Ahern, Coach Baker, and the rest of coaching staff for all their advice and believing in him. Brandon has committed to play football at Michigan State University and study Business.

DANIEL SHIPMAN

Daniel has been playing football since second grade flag football and has played on Varsity since sophomore year playoffs. His biggest influence on his game is his Dad who has thrown countless passes to him in the front yard for as long as he can remember. Daniel would like to thank his family, especially his parents and grandparents, for their constant support on and off the field. Daniel would also like to thank his coaches, teammates and trainers for their support and encouragement. A special thank you to Dr. Wilcox for going above and beyond. Daniel's favorite memory is playing at Ford Field and winning a state championship. After high school, Daniel plans to attend college and continue his baseball career.



ETHAN VUKOVIC

Ethan has been playing football since 5th grade. He started with the junior cougars and that's where he first found his joy of playing the game and being out on the field with his best friends. He would like to thank his parents Vladimir and Kim for always supporting him and coming to all his games, driving him to practices, and being his biggest cheerleaders. Ethan would like to thank his grandparents, aunts and uncles for supporting him whether it was on TV or coming out to the games. He would like to thank all the coaches he has had through the years that have gotten him to where he is today. His favorite memories are going to Brody hall with the team after practice the day before games and the bus rides back to school after wins. His advice to younger players would be to enjoy every minute you get out on the field.

MATTHEW WATKINS

Matthew started playing football his freshman year of high school and has played varsity for the last three years. He never saw himself playing football but Coach Baker kept at him. He will always be grateful to Coach Baker, all the coaches, and his teammates for giving him a place to belong and allowing him to be a part of this football family. He could not have done this without the love and support of his mom and his family. His advice to younger players is, "Always give it your all because it always matters". Matthew will be continuing his football career in college but has not yet committed to a school. He plans on studying Construction Management or a related field.



VOLLEYBALL — BIOS



NICOLE DELUCA

Nicole has been playing volleyball since 7th grade and this is her second year on varsity. She would like to thank her parents for providing her with a road to success and always supporting her decisions. The best advice she has ever received was from her attack Coach Megan, who told her to hit the ball into the court and not into the stands. She also wants to thank all of her teammates and coaches who have made her experience in volleyball memorable. Nicole plans to attend MSU next year to study human biology.

EMI GULOCK

Emi has been playing volleyball since 5th grade and has been on varsity for two years. Her biggest influence is her older brother Paul who has always pushed her to work hard for her goals both on and off the court and to not give up if things got hard. Her best advice came from Coach Megan, "Emi BREATH." Emi's favorite memory with the team was literally anything they did together. She would like to thank her parents, siblings, teammates, and coaches for their constant support throughout the years. Emi plans to continue her athletic and academic careers studying dental hygiene and playing volleyball at Northern Michigan University this fall.



NINA HUFNAGEL

Nina has been playing volleyball since the 5th grade. She wants to thank her family for coming to all of her games especially her parents for traveling all over with her for the many years she played club volleyball. She also wants to thank all of her coaches especially coach Heidi Bumpus for always believing in her and teaching her how to properly pass without a chair. She plans to study business in college.



CADY KOONEY

Cady has been playing volleyball since 5th grade and this is her fourth year on varsity. One of her biggest influences for getting into volleyball was her sister Ellie, who had always made time for her and didn't complain when Cady asked to pepper, even at nine o'clock at night. She would like to thank her parents for always driving her to tournaments and being her biggest supporters. She would also like to thank all her coaches over the years, especially Coach Heidi, for their constant support and valuable knowledge. Heidi has always pushed Cady to do her best and is always there to give an inspirational quote on the spot and encouraging paper plate awards, which she still has to this day. Cady plans to study veterinary medicine at Michigan State.



ISABELLA SCHULTZ

Isabella has been playing volleyball since the fifth grade and has been playing on the varsity team for the past three years. Her biggest influences are her parents who have never missed a match or a tournament no matter where it was. She would also like to thank her sister Audrey for always making her better! Thank you to her coaches Kevin, Matt, and Megan for helping her get to where she is today. Her favorite memories from volleyball were the bus rides to games and getting ready in the locker room before matches. Isabella plans to study English at Thomas More University where she will also be continuing her volleyball career. Last but not least she would like to thank Coach Heidi for all that she has truly done for her as she feels she would not be playing volleyball without her and that she has helped her grow tremendously, not just as a player but as a person and for helping her through it all.



SOCCER — BIOS



LEO CLEMENT

Leo has enjoyed playing soccer for Lansing Catholic.

MATTHEW JONES

Matthew has been playing soccer since he was in elementary school, but recently started playing high school again at the end of last year's season. The biggest influence on his game is the mentality of always working hard. His best advice was from his father who told him "hard work beats talent when talent doesn't work hard". His favorite memory is accidentally scoring a goal against Charlotte. Matthew would like to thank his family for always coming to support him, and his coach for being so patient. Matthew plans on studying Aeronautical Engineering somewhere near the mountains.



SAMUEL MATIAS

Sam started playing soccer in Kindergarten, and has played varsity all four years of high school. His biggest influence in soccer has been Coach Gus Flores, as he was not only his high school coach, but also his club coach. Coach Gus' encouragement and love towards Sam throughout the years has helped him to keep pushing harder and become the leader that he is today. Sam's favorite memory playing soccer has been playing Charlotte his senior year, where him and his friends, Matthew and Manuel, all scored during the same game. Sam's advice to younger players is to always give your all and to lead others to be the best-versions-of-themselves. Your influence can truly make a difference. Sam plans to get his General Associates degree at LCC after high school.



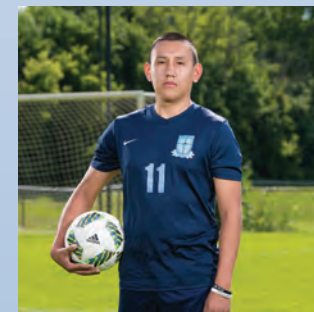
JACOB BERTRAND

Jacob has been playing soccer since he was 3 years old and has played varsity the past 3 years. His biggest influence is his coaches and parents because they have pushed him to be the best player he can be. Advice he would like to give younger players is to not take these 4 years for granted. They fly by and before you know it, you will be a senior. His favorite memories are winning games in the last minute and celebrating with the team. Jacob plans to study kinesiology in college.



VICTOR PECINA

Victor has enjoyed playing soccer for Lansing Catholic.



SOCCER — BIOS



NATE DALESSANDRO

Nate has been playing soccer since he was five years old he then took a couple years off of soccer before high school and has played on varsity for 3 years. He owes all of his soccer knowledge to coach Gus who has been his coach as long as he's been playing and his parents and family have always been supported him. His favorite memory is having a good laugh at bad times during practice and will miss the long chats in the parking lot after practice.

GRAHAM THIEL

Graham has been playing soccer ever since he remembered, some of his first memories were with a soccer ball. All throughout his childhood and into his teenage years he's played club soccer. His favorite quote is "you can either find a way or find a excuse" and this relates closely to his experience with soccer. He would always tell coach Gus he never wanted to run that much. And Gus' response would be then find a way around that. He soon realized that if his positioning is better he wouldn't have to run. And this can relate really closely to life, if you don't want to do something find a way around it. He isn't sure what he wants to do after high school but is leaning towards attending MSU. Lastly he would like to thank all his coaches especially coach Gus and coach Matt, his parents and his brother for being the best teacher and all his friends that have supported him in his career.



LEVAN SVARC

Levan has enjoyed playing soccer for Lansing Catholic.



MANUEL ROZNOWSKI

Manuel is playing his first and only year of soccer, he would like to thank Sam Matias and Matthew Jones for encouraging him to play. His advice to younger students is to work hard and give your all so you can learn more skills for the future.



OSCAR MEDINA-PILAR

Oscar has enjoyed playing soccer for Lansing Catholic.



CROSS COUNTRY — BIOS

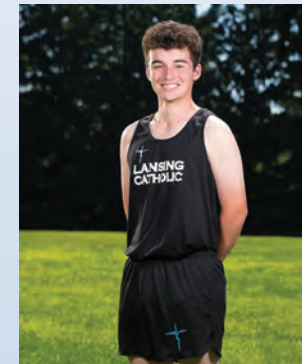


FREDERIC MOREAU

Frederic has been running cross country for 2 years one for his junior year and one for his senior year of highschool. His biggest influence was his coach and players around him who encouraged him that more self confidence in himself would show his true power on the course. His best advice came from his parents who told him "your not out here to race these other athletes your here to race yourself". Frederics best memory is finishing a race and being able to cheer on in any way he can for his team. Frederic thanks his parents, siblings, teachers, coach, team, and friends for supporting him through hard times of running cross country. Frederic plans to study psychology or counseling in college.

JOSEPH RABIDEAU

Joesph has enjoyed running cross country for Lansing Catholic.



TOMÁS RAMPE

Tomás Rampe has been running cross-country since the 8th grade. He enjoys competing at the meets and running the different courses. Tomás is looking forward to a great season and hopes to carry on the tradition of running at states with his teammates this year. Go Cougars!

PETER DUDLEY

Peter has been running cross country since his freshman year. He would like to thank Coach Simpson, David Pruder, and his teammates for always keeping him motivated and teaching the meaning of hard work. He plans to study chemical engineering after high school.



CHARLIE GATES

Charlie has enjoyed running cross country for Lansing Catholic.



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

CROSS COUNTRY — BIOS



HANNAH PRICCO

Hannah has been running cross country since sixth grade. She would like to thank her parents and coaches for encouraging her to run and always being there for her. She would also like to thank her grandparents for being at all her meets. Her favorite memories include team camps, pasta parties before meets, and states her junior year.

ZEE SIMPSON

Zee has been running her whole life and has been a part of the Lansing Catholic running teams since she was born. Her favorite memories are pasta parties and team camp. She would like to thank her parents, Tim and Angela, and her teammates throughout the years. She is planning to attend Aquinas College to become an elementary school teacher.



INDIA DOERR

India has been running since 6th grade. Her biggest influence in running have been her family and friends. She would like to thank coach Simpson for being a great coach and all her teammates for making it so much fun and encouraging her over the years! She will always remember the many crazy and painful memories they share together! India plans on attending college to study either psychology or art and design.



CC JONES

CC has been competing in cross country since the sixth grade. Her biggest motivation throughout those years have been her parents, as well as her sister, Lucy. She wants to thank her teammates for giving her some of the best memories and advice in her high school career, such as to “celebrate making it to the start line as much as you celebrate the finish line”. Her plans after high school are to study exercise science and human physiology to pursue a career in the medical field.

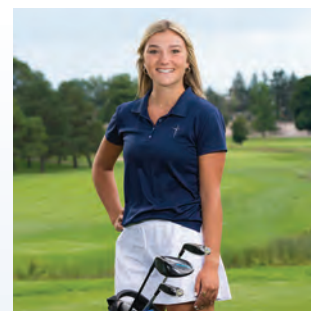


ELAINE KUTAS

Elaine started running Cross Country for the first time her freshman year. She has enjoyed all four years and has made some great friendships over the years. Elaine has grown tremendously during her time in Cross Country. She has improved her times every year and plans to continue that trend through the end of her high school career. Elaine wants to thank her parents Mike and Lisa for always encouraging her and coming to her meets. She especially wants to thank her younger sister, Paige, who is a freshman on the team this year, and is pushing her to run even faster so that her little sister won't beat her in a race! Elaine plans to go on to college next year. While she won't run at the collegiate level, she still plans to run on her own so that she can keep eating whatever she wants!



GOLF — BIOS



SYDNEY STEVENS

Sydney has only been playing golf for three years now, and that may show in her scores... but she truly loves the sport. Although she only started playing so she didn't have to run cross country, Sydney enjoys golf for many reasons, she loves being outside, she loves her golf coaches and the energy on the team as a whole, the adorable golf skirts, and she especially loves occasionally missing school. Sydney wants to thank her parents, Kirsty and Chris for being so supportive and carting around to watch her hit a little ball, and not very well... She also wants to thank her siblings for listening to on going sports talk every night at the dinner table. If Sydney could give one piece of advice to younger players it would be, enjoy every second of it, even the gruesome long practices because they truly make the best memories to look back on. Sydney plans on attending MSU after high school and studying communications.

ANNABELLA HAGEN

Bella has been playing golf since sophomore year of high school. She joined the team simply looking for something to do and looking for an opportunity to spend more time with friends. She would like to thank both of her parents for encouraging her to go out and try a new sport and for taking her to the course to practice. The best advice she ever received was to always be in the moment and not spend too much time thinking about each individual shot. Her best advice to younger players is to try your best to have fun and make the most of every round, even if you're not playing your best.



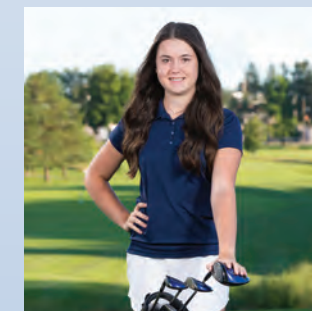
JULIA KELLEHER

Julia has played golf since she was young. This is her first year on varsity. Her best advice was from coach marry “always think about the shot ahead of you and not behind you.” She would like to thank her parents for always pushing her to do her best everyday and for always supporting her even with their busy schedules. She would like to thank coach Kim and coach marry for all of the help and support that they have given her this season. She will miss the car rides home from matches and team bonding. Julia plans to study kinesiology at Michigan State next fall.



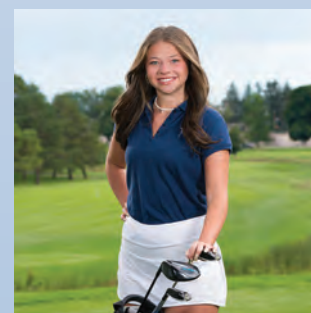
TARYN DIEBOLT

Taryn has been playing golf since she was younger, and has played on JV and Varsity for two years. Her biggest influence on her game has been her Mom, who has always tried her best to be there to watch her play during her matches. Her best advice came from coach Mary, “Always believe in yourself” and “Think outside of the imaginary box, before you hit the ball.” Team dinners, and team selfies to Amanda Melling after matches are her best memories. Taryn thanks her parents, coaches, and friends for taking time to go and watch her matches, at all the different courses. Taryn plans to study nursing in college, hopefully close to home.



MAGGIE MORLEY

Maggie has been playing golf at Lansing Catholic all four years of her high school education. From doing so, she has not only learned more about the sport itself, but learned about herself as an athlete, and created strong bonds with her teammates and coaches throughout the years. She would recommend joining the golf to anyone who is interested because it has always been a great environment that she can feel safe and accepted in. The best advice she has ever received is to always stay positive, and stay confident, which also applies to life outside of golf.



TENNIS — BIOS

NO PHOTO
TAKEN

SAM MURPHY

Sam has been playing tennis for the last 4 years, playing varsity alternate freshman year and varsity the following three. It was an honor being named co-captain this year. Sam wants to thank Coach G and Coach West for believing in him and for pushing him to work smarter and harder. Sam also wants to thank his parents for the sacrifices they have made. Sam plans to attend Michigan State University.

JOEY CASTLE

Joey has enjoyed playing tennis for Lansing Catholic.



WILLIAM GARDNER

Will started tennis his freshman year of high school and has played on varsity for two years. He would like to thank his parents and grandparents who would show up and support him whenever they could. Will plans on studying architecture in college. He is also aiming towards continuing to play tennis.

GARRETT RIEHL

For the past four years, tennis has been Garrett's primary sport at Lansing Catholic. He has spent two years on the Varsity team following two years on JV playing both singles and doubles. His favorite part about the game of tennis is being part of a team even though it is an individual sport on the court. Garrett would like to thank his off season trainers, Mike Fessel and Rebecca Bond, and his in-season coaches, Coach Golzynski and Coach West for helping him improve as a player and become a better person. He is also thankful for his sister, Anna--a frequent hitting partner in tennis, and Mom & Dad for their support. After high school, he looks forward to spending more time on the water working on boats and racing sailboats while earning his Merchant Marine Captain's License and focusing on an education that helps him pursue his goals to be a private yacht captain.



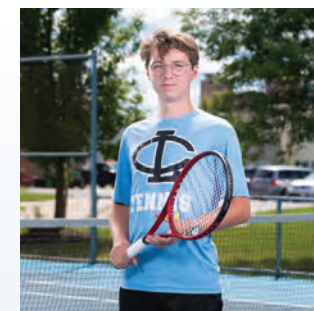
BRIAN MAGASWARAN

Brian has been playing Tennis since his freshman year. He was influenced by his Dad because of his love for the sport. He first picked up a racket at a summer practice with Charlie Mora and loved it. Brian loves cracking jokes with the tennis boys and his favorite memories involve any events with them whether it be car rides, matches, or even stretches before practice. Next year, Brian plans to study pre-medicine and play tennis in his free time with his friends. Brian wants to thank his mom and dad for all that they do for him and Mr. G and Mr. West for all they have done for him throughout his life. He also wants to thank Coach Noah and the other boys on the team as they will always be like his family.

TENNIS — BIOS



DON VAN KOEVERING



Don never thought he'd be playing tennis all throughout high school. He joined the Lansing Catholic Tennis Team because his friends were all doing it. He and his family had played casually every now and then, and his dad had played while he was in high school, but he was never any good. He started his freshman year. Making it to second singles on junior varsity. He took lessons on Sundays and went to all of the tennis camps, and he got really good. He played with his close friend for the whole summer between freshman and sophomore year, and it payed off well. He ran into issues when the mental game started though, and he thought everyone was just better than him. It was downhill from there, and varsity looked out of reach. It would go on until his senior year, when his coach, Matthew Golzynski, told him to just hit the ball in the court, and from there it was all uphill. He plans to keep playing in college because it keeps him competitive, and it helps that he just loves to play.

SWIMMING — BIOS

SARAH COREY

Sarah started swimming when she was in second grade. She swam on club teams and on her middle school team until she was in high school, where she was on the varsity swim team for 4 years. She would like to thank her high school coach of 4 years, Kat, and her club coaches who gave her the foundations and taught her the work ethic she has now. She would also like to thank her parents and the rest of her family who went to meets to see her, and her amazing teammates who have always supported her. The best advice she's ever received was from Coach Brandon who always used to tell her "head down, go fast" before races. After high school Sarah plans to study environmental science in college, still deciding where she would like to go.



PHOTO CREDIT: WWW.1PICTURELADY.COM

SOPHIA QUINTIERI



PHOTO CREDIT: WWW.1PICTURELADY.COM

Sophia began swimming in fourth grade with Waverly Piranhas Swim Club and continued swimming in middle school with the Waverly Middle School Swim Team. She has been on the Waverly Lansing Catholic Swim Team for four years and her favorite memories include locker room talks, taper week activities, stretching as a team, and team bonding. She would like to thank her family for always being willing to come to and help at meets, her coaches for encouraging her, and her teammates for making swim fun. She looks forward to the rest of the season and her future afterwards.

BAND — BIOS

ALEXANDRA BALASA

Lexi has played the flute since 5th grade and has been a marching cougar for 4 years. She wishes to thank her mom for her encouragement throughout her musical career and for attending her performances. Some of her favorite memories of marching are going to band camp, performing at Ford Field, and playing after the half and at away games. Lexi plans to study pre-med in college, but is undecided on where she will be attending.



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

 **BAND — BIOS**



ALEXANDER CAMPBELL

Alex has been in the band since the fifth grade and joined the marching band his freshman year of high school and has played all four years. His favorite memories were playing at Ford Field his freshman and junior years. He would like to thank his parents, brother, grandparents, uncle, and friends for being there with him when he marches. Alex plans to study political science in college.

JOSEPH CASTLE

Joseph has enjoyed being a member of the marching band at Lansing Catholic.



JACKSON CORONA

Jack has been in band since fifth grade. He ends his high school marching career playing the tuba, but is a saxophone player at heart. He would like to thank his middle school band teacher Mrs. Sherrill and Mrs. T for all their help and encouragement over the years. He would also like to thank his parents for buying him his first saxophone and for always being there to see him perform. Jack plans on attending MSU in the fall and pursuing a career in the medical field.

PETER DUDLEY

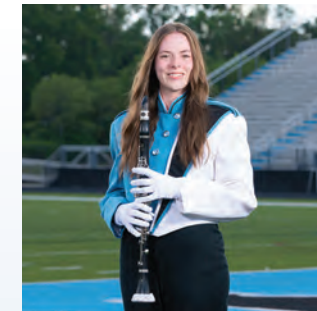
Peter has been in band since 5th grade. He started marching his freshman year and would like to thank Ms. T, his parents, and his friends in and out of band for supporting him the past 8 years of his musical career. He plans to study chemical engineering after high school.



SARA DUFFINEY

Sara has been in band since 5th grade and has been a part of the marching cougars for four years. Inspired by her mother and grandfather, Sara chose to play the alto saxophone. Some of her favorite memories include band camps, Halloween costume concerts, and most of all getting to perform with her friends. Sara wants to thank Mrs. Tietsort and her parents for all of their support and motivation throughout the years. She plans to study Biochemistry but is still undecided on where she would like to attend college.

 **BAND — BIOS**



SOPHIA ELLIOT

Sophie has played clarinet for seven years and marched four of them. Did she do it to wave PE? Yes. Did she enjoy it? Mmm.. yes. She would like to thank her mom for encouraging her to do it, and her dad for ordering those unique statues. Her favorite memories are staying up late at band camp, joking with friends when trying to find the sets, and silly stringing Mrs. T. She will not miss the horrible band camp tan lines. She looks forward to the rest of the marching season. She plans to pursue Psychology, but is still undecided on where she would like to study.

CHARLIE GATES

Charlie has enjoyed being a member of the marching band at Lansing Catholic.



ELIZABETH HAYES

Elizabeth has been in band since she was in 5 grade playing both the clarinet and the saxophone and been in Marching band all 4 years of high school. Her best memories are eating with friends before games and the homecoming tour during the fall. Elizabeth cant wait for the rest of the football season and the remainder of her senior year!



BRIAN MAGASWARAN

Brian has enjoyed being a member of the marching band at Lansing Catholic.



EMALEE NOONAN

Emalee has been in band since 5th grade. Her biggest inspiration has been her band teacher, Mrs. T who was encouraged her throughout the years. She has inspired her to learn more instruments and try new things, like joining the color guard. Emalee has been additionally supported by her family and friends. She will miss band camp and getting ready before games. Emalee plans to go to college for medicine, and hopes to strengthen her love for music throughout the rest of her life.



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM



JILLIAN NOWLAN

Jillian has been with the Marching Cougars for almost four years, but she has been doing marching band for almost six. She has been severely influenced by the DCI competitions that circulate around YouTube a lot. The amount of dedication and love for music comes across for marching band and it is incredibly admirable. Her family wasn't the most musically gifted, but the new experiences did not deter her and she was supported an incredible amount from everyone around her. After high school, she will not be participating in marching band, but she will continue to try her best in concert band. The best advice she has ever received was "hydrate or diedrate" by many, many role models. Hydration is a key factor of staying in the best shape you can be in. The only advice she would give the people in years below her is "Don't be afraid to be different." People in

marching band will always be ostracized, especially because they cannot participate in the student section of the football games, but the people you can meet will change your life.

SOPHIA QUINTIERI

Sophia started percussion in fifth grade and has been in marching band for four years. Her favorite memories of band include costume concerts, bus rides, and band camp fun. She would like to thank her parents and brother for coming to her concerts and always providing commentary; her grandparents for watching marching shows; and her bandmates, especially the percussion section, for making band entertaining. Sophia looks forward to the rest of the year in band and her future after.



DONALD VAN KOEVERING

Donald has enjoyed being a member of the marching band at Lansing Catholic.



CONNER VANNOCKER

Conner has enjoyed being a member of the marching band at Lansing Catholic.



KATRINA WRZESINSKI

Katrina has been playing the flute since 5th grade, and just started playing the piccolo this year. She would like to thank her mom and her sister for supporting her and pushing her to try new things. She would like to thank Mrs. Tietsort for teaching her everything she knows about music. Lastly, she would like to thank God for giving her these amazing opportunities and the Lansing Catholic community. She plans to study biomedical sciences at Grand Valley or Oakland University.



Cougars
HOMECOMING 2022
FRIDAY, SEPTEMBER 23

+ 34TH ANNUAL +
Cougar Classic
GOLF OUTING MMXXII

8:30 am Warm Up, 10:00 am Shotgun Start.
More details at <https://lansingcatholic.org/homecoming>

LANSING CATHOLIC ATHLETIC HALL OF FAME

4:00 pm in the Auditorium.
More details at <https://lansingcatholic.org/homecoming>

LANSING COUGARFEST CATHOLIC MMXXII

5:00 pm at Fr. Mac Fields until food runs out.
More details at <https://lansingcatholic.org/homecoming>

Homecoming Football Game
7:00 pm at Cougar Stadium vs Eaton Rapids



Thank you!

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Graham Thiel, Leo Clement, Pete Wahl, Jacob Bertand
 Sam Kreft, Levan Svarc, Conner Thomson, Daniel McGaughey, Carson Herald, Eli Klumper, Brandon Otten
 Finn Keenan, Harrison Carey, Victor Pecina, Roberto Pecina, Matthew Jones, Lucas Palmiter, James Rubsam, Matias Landolt
 Matthew Bertrand, Sam Matias, Manuel Roznowski, Nate Dalessandro, Samuel Contreras, Alexis Guzman, Colin Hargrove, Santiago Contreras

COACH ROSTER

Gus Flores.....Head Coach
 Oscar CastenedaAssistant Coach

GUS FLORES
 VARSITY HEAD COACH

Coach Flores is in his 12th 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

- (H) 08/13/22 11:30 AM Bishop's Cup
- (H) 08/17/22 6:30 PM vs Grand Ledge HS
- (A) 08/19/22 6:30 PM vs Haslett HS
- (A) 08/23/22 5:30 PM vs St. Johns HS
- (H) 08/30/22 5:30 PM vs Charlotte HS
- (A) 09/06/22 5:30 PM vs Portland HS
- (A) 09/08/22 6:30 PM vs Parma Western
- (H) 09/10/22 12:30 PM vs Holt HS
- (H) 09/13/22 5:30 PM vs Lansing Sexton HS
- (H) 09/15/22 5:30 PM vs Fowlerville HS
- (A) 09/17/22 12:30 PM vs Lansing Eastern HS
- (A) 09/20/22 7:00 PM vs Ionia HS
- (A) 09/22/22 7:00 PM vs Mason HS
- (H) 09/27/22 5:30 PM vs Eaton Rapids HS
- (H) 09/29/22 5:30 PM vs Everest Collegiate
- (A) 10/04/22 CAAC Cup
- (A) 10/06/22 CAAC Cup

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

PLAYER ROSTER - VARSITY

- 1 Leo ClementSenior
- 2 Carson Herald.....Sophomore
- 3 Matthew JonesSenior
- 4 Samuel Matias.....Senior
- 5 Jacob Bertrand.....Senior
- 11 Victor Pecina.....Senior
- 12 Brandon Otten.....Sophomore
- 13 Samuel ContrerasJunior
- 16 Nate DalessandroSenior
- 18 Daniel McGaughey.....Junior
- 19 Collin HargroveSophomore
- 21 Graham Thiel.....Senior
- 23 Alexis GuzmanJunior
- 27 Levan Svarc.....Senior
- 42 Manuel Roznowski.....Senior
- 45 Oscar Medina-PilarSenior

PLAYER ROSTER - JV

- 8 Matthew Bertrand..... Freshman
- 10 Isac Medina-PilarJunior
- 17 James Rubsam Freshman
- 20 Connor Thomson Freshman
- 22 Eli Kluemper Freshman
- 26 Santiago Contreras..... Freshman
- 29 Tanner Chapin Freshman
- 31 Harrison Carey Freshman
- 32 Sam Kreft..... Freshman
- 33 Matias Landolt Freshman
- 35 Finn Keenan.....Sophomore
- 36 Lucas Palmiter..... Freshman
- 37 Pete WahlSophomore
- 40 Roberto Pecina Freshman

TAYLOR PARKER ASSISTANT ATHLETIC DIRECTOR

Taylor Parker graduated from Cass Tech High School in Detroit, Michigan. She played college basketball at Kent State University for two years before transferring to Glenville State College where she helped the Pioneers win two MEC Championships. Parker Graduated from Glenville State with a BS in Exercise Science before being named the Women's Basketball Graduate Assistant at Salem University. While at Salem she also earned her MBA in Sports and Recreation Management. Parker comes to Lansing Catholic after spending a year as an Assistant girls' basketball Coach at Cass Tech High School.



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.

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 **SOCCER — VARSITY**



SAMUEL CONTRERAS
LSJ DREAM TEAM 2021



ELI MCKELLAR
LSJ ALL AREA 2021



GRAHAM THIEL
LSJ ALL AREA 2021



SAMUEL MATIAS
LSJ ALL AREA 2021



JOSH OTTEN
LSJ ALL AREA 2021



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ATHLETIC HALL OF FAME

Founded in 1996 with the inaugural class, the Lansing Catholic High School (LCHS) Athletic Hall of Fame is back, inducting our next class in the fall of 2022. The Hall of Fame will recognize individuals and teams for exemplary accomplishments, contributions, and service to Lansing Catholic High School Athletics. For each class of inductees, the Hall of Fame will include nominations from our "Heritage Schools" (HS): St. Mary's High School, Resurrection, Gabriels, and O'Rafferty. Graduates from Lansing Catholic (Central) High School and our above Heritage Schools are encouraged to apply for the LCHS Athletic Hall of Fame. If you are interested in being on the committee, please contact Ken Hintze at ken.hintze@lansingcatholic.org.

LEARN MORE AT WWW.LANSINGCATHOLIC.ORG/HALLOFFAME



KNOW OF SOMEONE TO NOMINATE TO THE HALL OF FAME? SCAN THE CODE TO GET STARTED.

CROSS COUNTRY — BOYS



Hayden Richey, Peter Dudley, Blaise Demko, Stephen Fair
Fred Moreau, Jack Griffin, Lucas Gates, Charlie Gates, Tomas Rampe

PLAYER ROSTER

Frederic Moreau	Senior
Joseph Rabideau	Senior
Tomas Rampe.....	Senior
Peter Dudley	Senior
Charlie Gates	Senior
Stephen Fair.....	Junior
Lucas Gates.....	Freshman
Jack Griffin.....	Freshman
Hayden Richey.....	Freshman
Blaise Demko.....	Freshman

COACH ROSTER

Tim Simpson	Head Coach
-------------------	------------

SCHEDULE

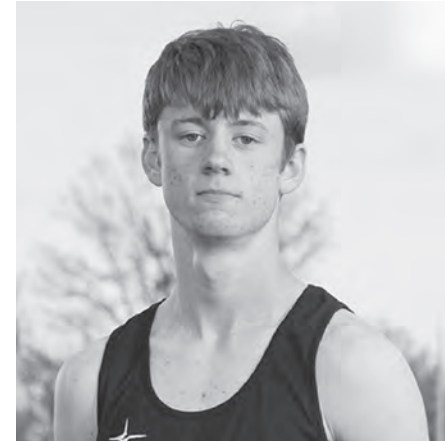
- (H) 08/23/22 5:00 PM vs Multiple Opponents
Cougar 2 Mile @ St. Francis St. Francis Retreat Center
- (H) 08/27/22 8:45 AM vs Multiple Opponents
MI Catholic Tournament @ St. Francis Retreat Center
- (H) 09/08/22 5:00 PM vs Multiple Opponents
LCHS Invite @ St. Francis Retreat Center
- (A) 09/16/22 11:00 AM vs OPEN MSU Spartan Invite
@ Forest Akers Golf Course
- (A) 09/20/22 5:00 PM vs CAAC #1 Charlotte HS
- (A) 09/24/22 9:00 AM vs Cougar Falcon Invite
- (A) 10/01/22 9:00 AM vs Shepard Invite
- (A) 10/04/22 5:00 PM vs CAAC #2 Lansing Sexton HS
- (A) 10/13/22 4:00 PM vs Bob Brown Invite
@ East Lansing HS
- (A) 10/15/22 4:00 PM vs Greater Lansing Invite
- (A) 10/20/22 5:00 PM vs CAAC #3 Ionia HS
- (A) 10/29/22 9:00 AM Regionals
- (A) 11/05/22 9:00 AM States

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

CROSS COUNTRY — BOYS

TIM SIMPSON HEAD COACH

Simpson has been coach for over 25 years 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.



JOSH OTTEN
LSJ DREAM TEAM 2021



CAMERON HARABURDA
LSJ ALL AREA 2021



STEPHEN FAIR
LSJ ALL AREA 2021



DAVID PRUDER
LSJ ALL AREA 2021



JOSH FRARY
LSJ ALL AREA 2021

CROSS COUNTRY — GIRLS



India Doerr, Hannah Pricco, Frances Melinn, Elaine Kutas, CC Jones
Paige Kutas, Zee Simpson, Tessa Roe, Kaitlin Pfeffer, Brianna VanZwoll, Stella Lipinski

PLAYER ROSTER

Hannah Pricco	Senior
Zee Simpson	Senior
India Doerr	Senior
CC Jones	Senior
Elaine Kutas	Senior
Tessa Roe	Junior
Megan Schulte	Sophomore
Kaitlin Pfeffer	Sophomore
Brianna VanZwoll	Freshman
Kate Coffey	Freshman
Paige Kutas	Freshman
Stella Lipinski	Freshman
Frances Melinn	Freshman

COACH ROSTER

Tim Simpson	Head Coach
-------------------	------------

SCHEDULE

- (H) 08/23/22 5:00 PM vs Multiple Opponents
Cougar 2 Mile @ St. Francis St. Francis Retreat Center
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@ Forest Akers Golf Course
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- (A) 09/24/22 9:00 AM vs Cougar Falcon Invite
- (A) 10/01/22 9:00 AM vs Shepard Invite
- (A) 10/04/22 5:00 PM vs CAAC #2 Lansing Sexton HS
- (A) 10/13/22 4:00 PM vs Bob Brown Invite
@ East Lansing HS
- (A) 10/15/22 4:00 PM vs Greater Lansing Invite
- (A) 10/20/22 5:00 PM vs CAAC #3 Ionia HS
- (A) 10/29/22 9:00 AM Regionals
- (A) 11/05/22 9:00 AM States

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

CROSS COUNTRY — GIRLS

TIM SIMPSON HEAD COACH

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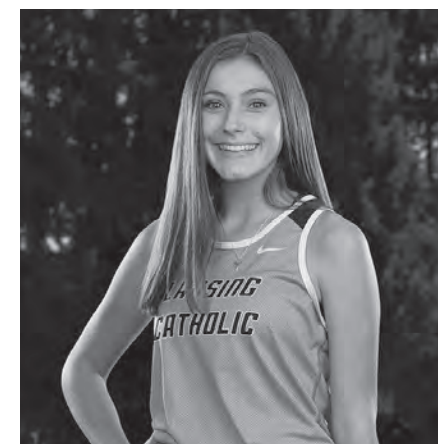
CC JONES
LSJ DREAM TEAM 2021



HANNAH PRICCO
LSJ DREAM TEAM 2021



TESSA ROE
LSJ ALL AREA 2021



EMMIE WEST
LSJ ALL AREA 2021

COUGAR *pride*



Annabella Hagen, Katelyn Blond, Cristal Guzman-Hernandez, Taryn Debolt-Huska
Elizabeth Ruddell, Julia Sambaer, Sophie Hauser, Brynn Anderson, Gabriella Golzynski

COACH ROSTER

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

SCHEDULE

(A) 08/15/22 8:30 AM Larry Judson Scramble
(A) 08/17/22 9:00 AM Scott Family Invite @ Bedford Valley
(H) 08/24/22 3:00 PM 1st Annual Cougar Blue & White Match Groesbeck Golf Course
(A) 08/26/22 9:00 AM Sun Dried Invitation @ El Dorado
(A) 08/29/22 3:30 PM CAAC #1 Rolling Hills Golf Course
(A) 08/31/22 3:30 PM CAAC #2 Portland Country Club
(A) 09/07/22 12:00 PM CAAC #3 Royal Scot
(A) 09/08/22 9:30 AM St. Johns Invite @ Emerald Golf
(A) 09/12/22 3:00 PM CAAC #4 Eaton Rapids HS
(A) 09/13/22 1:00 PM Jamboree Charlotte HS
(A) 09/14/22 3:30 PM CAAC #5 Bonnie View GC
(A) 09/16/22 9:00 AM Perry Invite @ Glenbriar Golf
(H) 09/19/22 3:30 PM CAAC #6 Groesbeck Golf Course
(A) 09/26/22 10:00 AM vs East Lansing HS
(A) 09/28/22 CAAC Leagues Eaton Rapids HS
(A) 09/29/22 Holt JV Invite

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

KIM JOHNSON VARSITY HEAD COACH

Coach Johnson has dedicated over ten years coaching the girls golf team at Lansing Catholic. 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 ASSISTANT HEAD COACH

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



PLAYER ROSTER

Sydney Stevens.....Senior
Annabella Hagen.....Senior
Julia Kelleher.....Senior
Taryn Diebolt.....Senior
Maggie Morley.....Senior
Sophie Hauser.....Junior
Brynn Anderson.....Sophomore
Terryn Ferguson.....Sophomore
Julia Sambaer.....Sophomore
Cristal Guzman-Hernandez.....Freshman
Addie Rice.....Freshman
Gabriella Golzynski.....Freshman
Elizabeth Ruddell.....Freshman
Katelyn Blond.....Freshman
Addie Rule.....Freshman

GOLF — GIRLS



AMANDA MELLING
LSJ DREAM TEAM 2021



MAYA BLONSHINE
LSJ ALL AREA 2021, MIGCA
HONORABLE MENTION
ALL-STATE



SAILOR SOMERVILLE
LSJ ALL AREA 2021, MIGCA
FIRST TEAM ALL-STATE



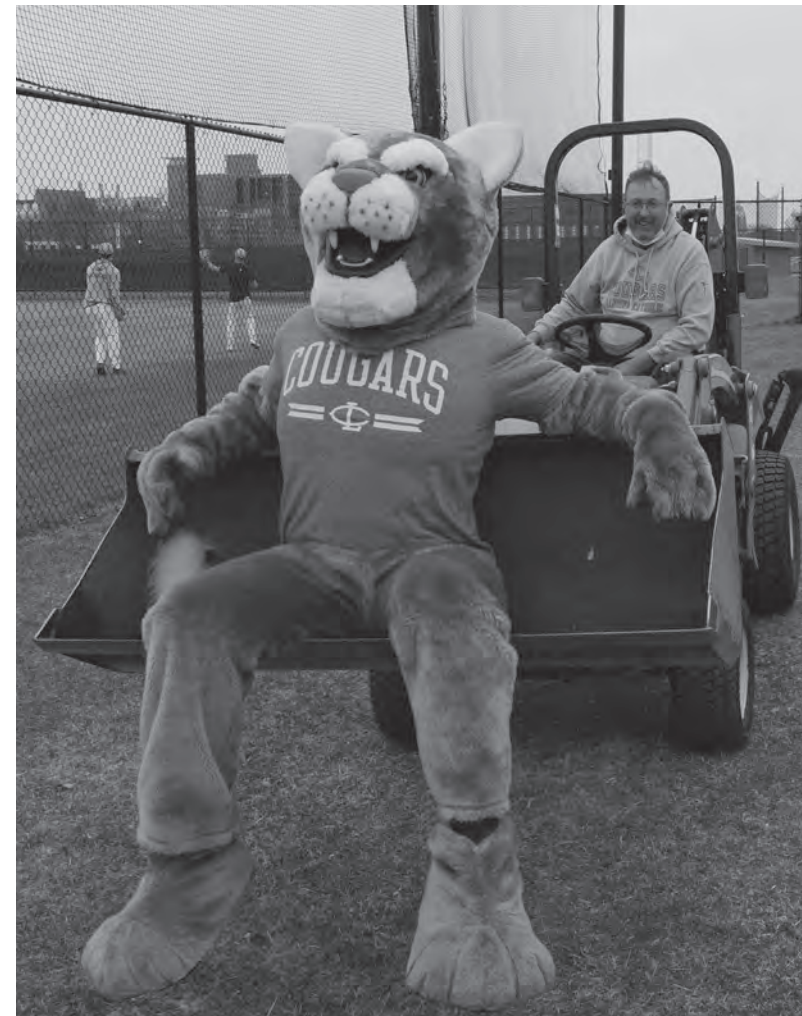
BRYNN ANDERSON
LSJ ALL AREA 2021



SOPHIE HAUSER
LSJ ALL AREA 2021



JULIA SAMBAER
LSJ ALL AREA 2021



KYLE

TENNIS — BOYS



Patrick Doyle, Kiernan Bradford, Jackson Jobe, Joey Castle
 Don Van Koevering, Asher Zakhem, John Abood, Michael Sambaer, Hayden Riley, Ryan Dua, Dominic Perez
 Luke LaCross, Jackson Scheuler, Brian Magaswaran, William Gardner, Jack Migaldi, Colm Madden

PLAYER ROSTER

Sam Murphy.....	Senior
John Abood.....	Junior
Joey Castle	Senior
Patrick Doyle	Junior
Dominic Perez	Sophomore
William Gardner	Senior
Garrett Riehl.....	Senior
Hayden Riley	Sophomore
Asher Zakhem	Sophomore
Jackson Jobe	Junior
Jackson Scheuler.....	Sophomore
Ryan Dua.....	Sophomore
Brian Magaswaran.....	Senior
Kiernan Bradford.....	Sophomore
Don Van Koevering.....	Senior
Luke LaCross	Freshman
Jake Migaldi	Sophomore
Colm Madden.....	Sophomore
Michael Sambaer.....	Junior

SCHEDULE

- (A) 08/16/22 4:00 PM vs Grand Ledge HS
- (A) 08/17/22 4:00 PM vs Haslett HS
- (A) 08/20/22 8:00 AM vs Holt HS
- (A) 08/24/22 4:00 PM vs Nouvel Catholic Central MS/
HS Saginaw Nouvel Catholic HS
- (H) 08/27/22 9:00 AM LCHS Quad Waverly HS
- (A) 08/30/22 4:00 PM vs Parma Western
- (A) 09/06/22 4:00 PM vs Eaton Rapids HS
- (A) 09/07/22 4:00 PM Big Rapids Invite
- (H) 09/10/22 9:00 AM vs JP II: Powers, FGR, Waverly
- (H) 09/12/22 4:00 PM vs Charlotte HS
- (A) 09/14/22 4:00 PM vs Portland HS
- (A) 09/21/22 4:00 PM vs Ionia HS
- (A) 09/29/22 4:00 PM CAAC League Championship
- (A) 10/06/22 4:00 PM Regionals
- (A) 10/14/22 4:00 PM State Finals
- (A) 10/15/22 9:00 AM State Finals

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

TENNIS — BOYS

MATT GOLZYNSKI VARSITY HEAD COACH

Coach Golzynski is looking forward to coaching tennis for the fifth year, acknowledging, "God has a plan for all of us and we are called to do things that we never expect that we will be doing and I truly believe that coaching tennis this year is just that, a calling."

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



COUGAR *pride*



CHARLIE RAMONT/ASPEN ROBERT
 LSJ ALL AREA 2021

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 team sports
 action/events
 high school seniors
 headshots
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Lexi Keith, Brianna Van Zwoll
Allisyn Lindberg, Ava Hudson, Katelyn Molnar, Arica Cherry
Juliana Faes, Savannah Cardwell, Elle Chee

PLAYER ROSTER

- Ava HudsonJunior
- Katelyn MolnarJunior
- Arica CherrySophomore
- Juliana FaesSophomore
- Lexi KeithSophomore
- Allisyn LindbergSophomore
- Savannah Cardwell Freshman
- Elle Chee Freshman
- Brianna Van Zwoll Freshman

COACH ROSTER

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

SCHEDULE

- (H) 08/25/22 7:00 PM vs Waverly
- (H) 09/01/22 7:00 PM vs Williamston HS
- (H) 09/09/22 7:00 PM vs Charlotte HS
- (A) 09/16/22 6:00 PM vs Lansing Sexton HS
- (H) 09/23/22 7:00 PM vs Eaton Rapids HS
- (A) 09/30/22 7:00 PM vs Ionia HS
- (A) 10/07/22 7:00 PM vs Portland HS
- (A) 10/14/22 7:00 PM vs Fowlerville HS
- (H) 10/21/22 7:00 PM **Senior Night** vs Pewamo-Westphalia HS
- 10/28/22 MHSAA 1st Round of Playoffs

Visit www.lansing-catholic.bigteams.com/ for up-to-date details as schedule is subject to change.

KIM LINDBERG
VARSITY HEAD COACH



OLIVIA ST. GERMAIN
ASSISTANT COACH



OLIVIA ST. GERMAIN
ASSISTANT COACH



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





PLAYER ROSTER

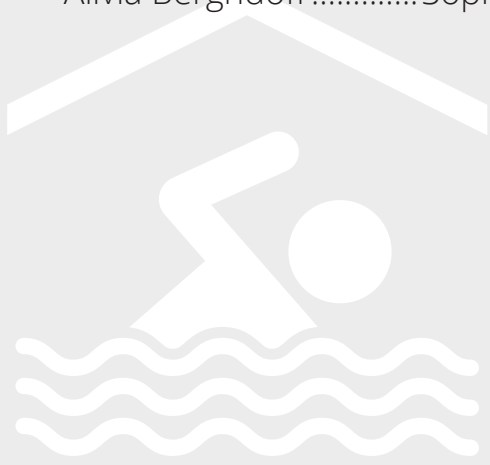
Sarah Corey..... Senior LC
 Sophia Quintieri Senior LC
 Isabella Theusch Senior Waverly
 Janelle Ostrowski..... Junior LC
 Emerson Williams Junior Waverly
 Alivia Berghdoff Sophomore Waverly

COACH ROSTER

Kathrine Kelley..... Head Coach

SCHEDULE

(H) 09/08/22 vs Mason - home
 (A) 09/10/22 vs DeWitt Invitational
 (A) 09/15/22 vs Lansing High School
 (H) 09/22/22 vs Haslett
 (H) 09/29/22 vs Williamston
 (A) 10/6/22 vs Charlotte
 (A) 10/7/22 and 10/8/22 MISCA meet
 (H) 10/13/22 vs Eaton Rapids
 (A) 10/20/22 at Ionia
 (A) 11/4/22 and 11/5/22 CAAC meet



LANSING CATHOLIC HIGH SCHOOL A TRADITION OF EXCELLENCE

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 at our Admissions Center www.lansingcatholic.org/admissions. If you have any questions about the admissions process, or would like to schedule a tour or have information sent to you, please contact Claire Boomer at: admissions@lansingcatholic.org or 517-267-2116.



 **MARCHING BAND**



Alexandra Balasa

Aubrey Bruch

Alexander Campbell

Joshua Carlin

Joseph Castle

Jackson Corona

Peter Dudley (drum major)

Sara Duffiney

Sophia Elliot

Michael Emmons

DJ Farmer

Terryn Ferguson

AJ Gates

Charlie Gates

Lucas Gates

Jack Griffin

Joe Gulock

Elizabeth Hayes

Therese Hourani

Sebastian Hubinger

Jackson Jobe

Aaron Kenney

Aurora Kenyon

Peter Krause

Miliana Lara

Natalia Lara

Dinh Le

Kaitlin Ludwig

Colm Madden

Brian Magaswaran

Cara McDonald

Grace Molter

Emalee Noonan

Jillian Nowlan (drum major)

Lucas Palmiter

Emily Putman

Sophia Quintieri

Christopher Sims

Donald Van Koevering

Conner VanNocker

Matt Vorce

Calvin Wasilevich

Ethan Welch

Katrina Wrzesinski

 **MARCHING BAND**



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 holding the office of President.



COUGAR *pride*



The Lansing Catholic High School Athletic Department is excited to announce that the Jr. Cougars will be joining the Capital Athletic Association Conference (CAAC). This will apply to 7th & 8th grade sports in Cross-Country, Volleyball, Basketball (Girls & Boys), & Track.

FOR MORE INFORMATION VISIT
LANSINGCATHOLIC.ORG/JRCOUGARS



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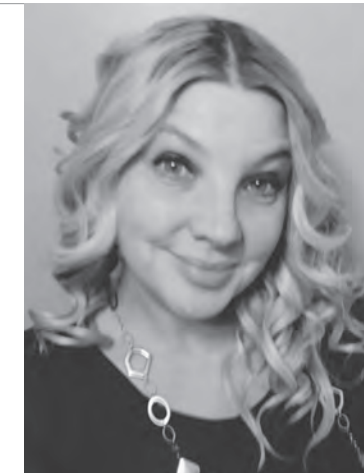


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We hope you've been enjoying your Totus Tuus Summer 2022 Issue!

This issue focused on our Lansing Catholic community full of people striving to pursue greatness in all aspects of their life. Read our Relentless Pursuit cover story of recent alumnus Bo Poljan C22 and his game plan for meeting obstacles. The issue is filled with engaging articles and community updates you don't want to miss! The full issue can be found at lansingcatholic.org/alumni-and-friends/publications.



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PROSPECTIVE FAMILY NIGHTS

Wednesday, October 12, 2022
Wednesday, December 14, 2022
Wednesday, January 18, 2022
6:30-8:00 pm

Registration is not required, but is appreciated. Please contact our admissions office at 517-267-2116 or admissions@lansingcatholic.org to register. Start the conversation online at lansingcatholic.org/admissions





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