

# LANSING CATHOLIC COUGARS



SPRING 2019





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**DOUG MOORE**  
PRINCIPAL

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

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

-- Pope Francis' address to Italian Soccer Players

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

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

God bless,

**Doug Moore C80**

*Principal*



**BRIAN WOLCOTT**  
ATHLETIC DIRECTOR

Welcome to the 2019 spring sports season. There is a distinct enthusiasm and a better "feel" in the hallways and at the sport venues. I believe our spiritual theme "Make us one, that the world may know your Love!" John 17:20-23 is a fitting theme for all of our athletic teams. In our coaches' meetings we have discussed three areas of focus: playing for a higher purpose, team chemistry (make us one), and attention to detail. We know that our teams are an extension of our mission to form disciples of Christ and we are committed to making this a priority on all of our teams. As I told our coaches, the purpose of athletics isn't winning (we play for a higher purpose), but it IS athletics, so the point is to compete to win!

Evidence that these purposes can co-exist has been seen in the both the fall and winter seasons: league, district and regional championships, state meet qualifiers and in general very competitive games with great sportsmanship and enthusiasm from our entire Lansing Catholic community. My hope is our spring sports teams complete a stellar year, both on and off the field, track or course.

May God hold us in the palm of his hand this coming year as we strive to do his will.

In Christ,

**Brian P. Wolcott**

*Director of Athletics/Dean of Students*



**FR. PAUL ERICKSON**  
CHAPLAIN

Greetings to the Lansing Catholic High School Community!

The rhythm of our athletic programs always seems to set the tone for school spirit and it is wonderful to see so many of our students compete in the athletic arena. At LCHS, we continue to challenge our student-athletes to live the life of Christ in everything they do and sports can serve a vital role in this formation. Participating in athletics can teach discipline, sacrifice, teamwork, respect, and integrity.

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

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

May the Lord bless and keep you.

**Fr. Paul Erickson**

*Chaplain*

### MISSION STATEMENT

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

### TYPE OF SCHOOL

Regional, comprehensive, co-educational Catholic high school

### ACCREDITATION

Michigan Association of Non-Public Schools

### ADMISSIONS

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

### STUDENTS

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

### SIZE

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

### FACULTY

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

### SCHOOL DAY

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

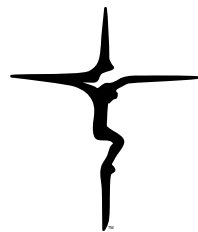
### GRADUATION REQUIREMENTS

Students must successfully complete the following 24 credits:

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

### CONTACT INFORMATION

Lansing Catholic High School  
501 Marshall Street  
Lansing, MI 48912  
Main Office: 517-267-2100  
Admissions Office: 517-267-2102  
www.lansingcatholic.org



### STANDARDIZED TEST SCORES

#### ACT TEST DATA - Class of 2018

	LCCHS	National
English	25.6	20.3
Math	24.8	20.7
Reading	25.6	21.4
Science	25.0	21.0
<b>Composite</b>	<b>25.0</b>	<b>21.0</b>

### ACADEMIC HONORS

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

### ADVANCED PLACEMENT COURSE OFFERINGS

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

### WORLD LANGUAGES

Spanish, French, and Latin

### COUGAR ATHLETICS

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

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

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

### CLASS OF 2018 RECOGNITION

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

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

### COLLEGE SCHOLARSHIPS EARNED

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

### CLASS GRADE POINT AVERAGE

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

### CLUBS & ACTIVITIES

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

### FAITH

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

### MISSION TRIPS

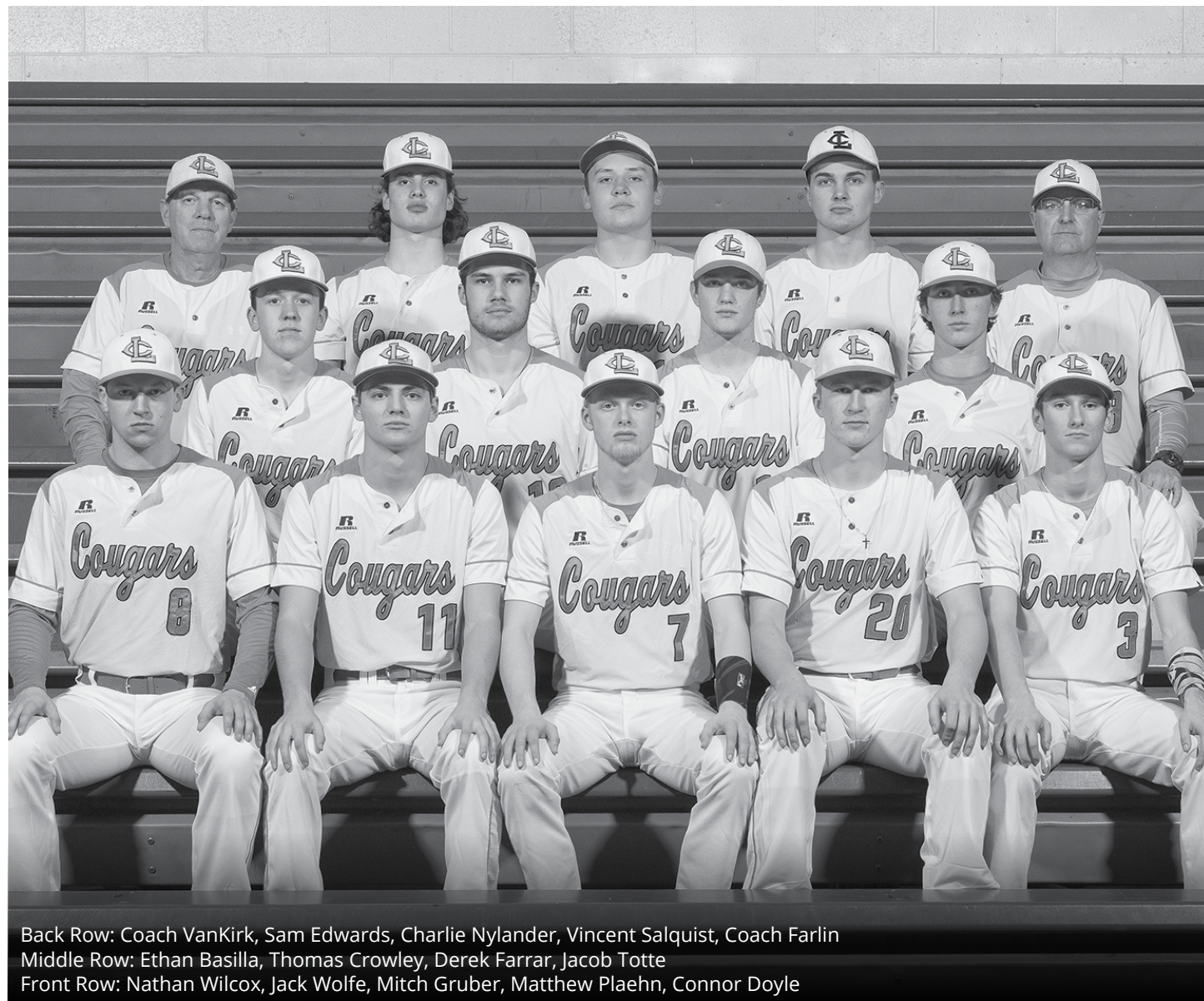
- Mission Trips are offered during Spring Break and Summer Break to the following locations: Montgomery, Alabama; Beattyville, Kentucky; Logan, West Virginia; Pine Ridge, South Dakota; and Memphis, Tennessee
- 30% of our student body participate in a Mission Trip each year
- Financial Assistance is available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

### SERVICE

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



**BASEBALL — BOYS — VARSITY**



Back Row: Coach VanKirk, Sam Edwards, Charlie Nylander, Vincent Salquist, Coach Farlin  
 Middle Row: Ethan Basilla, Thomas Crowley, Derek Farrar, Jacob Totte  
 Front Row: Nathan Wilcox, Jack Wolfe, Mitch Gruber, Matthew Plaehn, Connor Doyle



**RANDY FARLIN**  
 HEAD COACH

Coach Farlin is in his third season as the Lansing Catholic High School varsity head baseball coach. Randy is the 7th head coach in program history. He was the JV head coach for the previous 3 years. An Eastern High School graduate, he is married to Kim and they have 2 daughters, Ava and Ella.



**JAKE FISCHETTE**  
 CATCHER'S COACH

This is Coach Fischette's first year on the coaching staff. He is an LCHS alumnus (C18), was a two-year varsity player, received all-league honors two years running and was the recipient of the 2018 all-district catcher.

**BASEBALL — BOYS — VARSITY**



**STEVE VANKIRK**  
 ASSISTANT HEAD COACH

Coach VK is entering his 25th season on the Lansing Catholic High School baseball staff. A graduate of LCHS and Central Michigan University, he works with the infielders and coaches 1st base during games. Steve is married to Janice and has two sons, Mike and Matt, all LCHS alums.



**PETE SALENS**  
 ASSISTANT HEAD COACH

This is Pete's third season coaching. He is a 2008 graduate from Bad Axe and played at Albion College. Pete's main duties include working with the outfielders and pitchers.



**MATTHEW PLAELHN**  
 LSJ DREAM TEAM

**PLAYER ROSTER**

- Ethan Basilla.....Junior
- Thomas Crowley .....Senior
- Connor Doyle.....Senior
- Sam Edwards.....Junior
- Derek Farrar.....Senior
- Mitch Gruber .....Senior
- Charlie Nylander .....Junior
- Matthew Plaehn.....Senior
- Jacob Totte .....Junior
- Nathan Wilcox .....Junior
- Jack Wolfe .....Senior
- Vincent Salquist (team manager).....Junior

**SCHEDULE**

- 🚌 04/09/19 4:00 PM vs Grand Ledge HS
- 🏠 04/11/19 4:00 PM vs Mason HS
- 🏠 04/13/19 TBA vs OPEN
- 🏠 04/16/19 4:00 PM vs Portland HS
- 🚌 04/18/19 4:00 PM vs Haslett HS
- 🚌 04/23/19 4:00 PM vs Charlotte HS
- 🏠 04/25/19 4:00 PM vs East Lansing HS
- 🏠 04/30/19 4:00 PM vs Ionia HS
- 🚌 05/02/19 4:00 PM vs Fr. Gabriel Richard HS
- 🏠 05/04/19 10:00 AM vs St. Johns HS
- 🚌 05/07/19 4:00 PM vs Eaton Rapids Senior HS
- 🚌 05/09/19 4:00 PM vs Fowlerville HS
- 🏠 05/11/19 10:00 AM Promise Schools Tourney
- 🏠 05/13/19 4:00 PM vs J.W. Sexton HS
- 🏠 05/16/19 4:00 PM vs Williamston HS
- 🏠 05/18/19 10:00 AM vs Lumen Christi Catholic
- 🚌 05/20/19 4:00 PM vs Holt HS
- 🏠 05/21/19 4:00 PM vs TBA Rain Date CAAC

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



## SEASON OFFENSIVE RECORDS

At Bats	Total	Year
Will Schneider	131	2004
Drew Dziachan	128	1996
Chuck DeClarke	128	2008
Drew Dziachan	127	1997
Chad Wenzlick	124	2008

Hits	Total	Year
Scott Brandell	58	1997
Chuck DeClarke	53	2008
Carlos Fernandez	52	1995
Andy Muhn	52	1994
Matt Scyoc	49	2005
Marty Castellon	48	1989
Sean Courtney	48	2007

Batting Average (min.75AB)	Total	Year
Marty Castellon	.510	1989
Phil Booth	.508	1984
Scott Brandell	.500	1997
Riley Creamer	.469	2015
Matt Scyoc	.462	2005
Sean Courtney	.447	2008

Runs Batted In	Total	Year
Scott Brandell	60	1997
Justin Booth	51	1991
Matt Scyoc	44	2005
Rich Passucci	43	1993

Runs Scored	Total	Year
Charlie Lieder	49	2002
Doug Hawley	46	2008
Randy Guifoyle	46	1993
Matt Dziachan	45	1993
Chris Hornberger	45	1993
Adam Babcock	44	2013
Alec Hill	43	1995
Adam Babcock	42	2012

Doubles	Total	Year
Dillon Rush	16	2012
Chuck DeClarke	16	2008
Mike Buda	16	1993
Doug Hawley	15	2008
Scott Brandell	15	1997
Joe Szombati	14	2004
Jackson Wilcox	13	2018

Triples	Total	Year
Carlos Fernandez	8	1995
Steve Sochay	6	1979
Matt Scyoc	6	2015
Eric Plaehn	5	2012
Sean Courtney	5	2006
Dillon Rush	4	2012
Joe Szombati	4	2005
Charlie Lieder	4	2002
Sean Courtney	4	2008
Marty Castellon	48	1989
Sean Courtney	48	2007

Home Runs	Total	Year
Scott Brandell	14	1997
Kevin Cole	7	1999
Randy Guifoyle	7	1993
Jeff Maltby	7	1973

Stolen Bases	Total	Year
Matt Dziachan	37	1993
Adam Babcock	34	2012
Jon Hiner	34	1979
Chris Hornberger	32	1991
Matt Dziachan	26	1994
Adam Babcock	25	2013
Adam Babcock	23	2011
Luke Baker	22	2008
Will Schneider	17	2005

## THANK YOU FOR YOUR SUPPORT LANSING CATHOLIC HIGH SCHOOL BASEBALL



*"I can do all things  
through Christ who  
strengthens me."  
Philippians 4:13*

Give it all you've got,  
Connor!

Love,  
Mom, Dad, Megan, Patrick  
& Finn



**GOOD LUCK JV  
TEAM ON A  
GREAT SEASON!**

The LaMacchia Family  
Steve, Chris, and Nicky

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## CAREER OFFENSIVE RECORDS

At Bats	Total	Year
Matt Scyoc	421	2002-2005
Scott Brandell	408	1994-1997
Adam Babcock	373	2010-2013
Chuck DeClarke	346	2006-2008
Drew Dziachan	343	1994-1997
Sean Courtney	328	2006-2008
Doug Hawley	324	2006-2008
Hits	Total	Year
Scott Brandell	158	1994-1997
Matt Scyoc	151	2002-2005
Chris Hornberger	133	1988-1991
Adam Babcock	132	2010-2013
Sean Courtney	131	2006-2008
Chuck DeClarke	122	2006-2008
Batting Average (min.75AB)	Total	Year
Rick Passucci	.459	1992-1993
Marty Castellon	.427	1988-1990
Chris Hornberger	.422	1988-1991
Andy Muhn	.419	1994-1995
Andy Balasia	.418	1993-1994
Runs Batted In	Total	Year
Scott Brandell	139	1994-1997
Matt Scyoc	114	2002-2005
Joe Szombati	98	2003-2005
Dillon Rush	97	2011-2013
Chuck DeClarke	88	2006-2008
Chris Hornberger	88	1988-1991
Austin Schertzing	84	2012-2014
Mike Buda	82	1992-1993
Tom Cotter	79	2010-2013
Pat Dean	78	2001-2003
Runs Scored	Total	Year
Adam Babcock	135	2010-2013
Matt Scyoc	133	2002-2005
Chris Hornberger	114	1988-1991
Marty Castellon	110	1988-1990
Doug Hawley	110	2006-2008
Drew Dziachan	99	1995-1997

Doubles	Total	Year
Scott Brandell	42	1994-1997
Dillon Rush	38	2011-2013
Andy Muhn	29	1994-1995
Matt Scyoc	27	2002-2005
Tom Cotter	26	2010-2013
Joe Brooks	26	200-2002
Carlos Fernandez	26	1993-1995
Doug Hawley	25	2006-2008
Austin Schertzing	25	2012-2014
Triples	Total	Year
Sean Courtney	11	2006-2008
Carlos Fernandez	11	1993-1995
Steve Sochay	10	1977-1980
Matt Scyoc	8	2002-2005
Home Runs	Total	Year
Scott Brandell	25	1994-1997
Steve Sochay	16	1977-1980
Mike Buda	10	1992-1993
Jeff Maltby	10	1972-1974
Chad Wenzlick	9	2008-2009
Korey Lopez	9	2002-2003
Joe Szombati	9	2003-2005
Austin Krause	9	2013-2014
Stolen Bases	Total	Year
Adam Babcock	96	2010-2013
Marty Castellon	88	1988-1990
Matt Dziachan	63	1993-1994
Jon Hiner	58	1977-1979
Matt Scyoc	55	2002-2005
Alec Hill	43	1994-1995
Steve Stornant	43	1972-1974

## PROGRAM HISTORY (THROUGH 2017)

### PROGRAM ACCOMPLISHMENTS

Program Established	1971
Total Seasons	47
Total Games	1451
Total Wins	939
Total Losses	507
Ties	5
Total Winning %	.647
Winning Seasons	40
20-Win Seasons	24
25-Win Seasons	8
30-Win Seasons	6
Average Record	20.1-10.4
League Championships	11
Capital Circuit Conference	6
Capital Area Activities Conference	5
Diamond Classic Finalist	1976, 1983, 1986, 1990, 2013
Diamond Classic Champions	1986 2013
District Championships	24
Regional Championships	10
Quarterfinal Championships	4
State Finalists	2
State Championships	1 (1996)
Longest Winning Season Streak	18 (1982-1999)

### COACHES

Name	Years	Record	Win %
Tony Reis	1971	14-5	.737
Phil Booth	1972-1997	510-219	.700
Mark Tellier	1998-2001	81-59	.579
Jake Boss	2002-2008	172-84	.672
Mike Scott	2009-2012	73-59-3	.553
Andrew Smith	2013- 2016	69-30-2	.700
Randy Farlin	2017-	31-25	.554
Most Wins Per Season	Total		
1995	34		
1996	32		
1997	32		
2012	31		
2005	30		
2008	30		
2013	30		
Best Winning %	Total		
2013	.909		
1997	.869		
1995	.829		
1996	.821		
2012	.816		
2005	.811		
1979	.800		

# LCHS SUMMER CAMPS

### WEEK 1 JUNE 10-13

#### MORNINGS

Co-ed Basketball	K-4
Boys Baseball	5-8
Boys Lacrosse	5-8
Girls Lacrosse	5-8

#### AFTERNOONS

Co-ed Science	K-4
Boys Basketball	5-8
Cheer Camp	3-4
Co-ed Lacrosse	3-4
Co-ed Soccer	5-8

### WEEK 2 JUNE 17-20

#### MORNINGS

Flag Football	K-3
Co-ed Tennis	K-4
Girls Basketball	5-8

#### AFTERNOONS

Co-ed Soccer	K-4
Girls Volleyball	5-8
Boys Lacrosse	9-12
Co-ed Golf	4-12
Co-ed Science	5-8
Co-ed Tennis	5-8

**DEADLINE FOR CAMP REGISTRATION IS JUNE 1, 2019.**

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

**SEASON**

Wins	Total	Year
Ron Beachnau	13	1972
Scott Brandell	11	1997
Dillon Rush	11	2012
Scott Brandell	11	1995
Mike DeClarke	9	2012
Chad Gromek	9	2008
Chris Gromek	8	2005
Riley Creamer	8	2015
Winning % (min. 5 decisons)	Total	Year
Scott Brandell	1.00 (11-0)	1995
Mike DeClarke	1.00 (9-0)	2012
Eric Plaehn	1.00 (7-0)	2013
Chris Denney	1.00 (7-0)	2005
Scott Szostak	1.00 (7-0)	1999
Riley Creamer	1.00 (6-0)	2013
Chris Hornberger	1.00 (6-0)	1990
Lowest ERA (min. 20 innings)	Total	Year
Austin Schertzing	0.26	2013
Eric Plaehn	0.35	2013
Scott Brandell	0.77	1995
Doug DeMartin	0.98	1974
Mark Burkholder	1.08	2007
Joey Dean	1.18	2007
Mike DeClarke	1.24	2012
Dillon Rush	1.25	2012
Matt Scyoc	1.30	2005
Riley Creamer	1.30	2016
Strikeouts	Total	Year
Ron Beachnau	141	1972
Scott Brandell	99	1997
Scott Howland	93	1998

**CAREER**

Wins	Total	Year
Scott Brandell	33	1994-1997
Bill Martin	24	1973-1975
Dillon Rush	23	2011-2013
Riley Creamer	21	2013-2016
Chris Denney	17	2005-2007
Winning % (min. 10 decisions)	Total	Year
Jon George	.923 (13-1)	1996-1997
Scott Brandell	.919 (33-4)	1994-1997
Jon Hartman	.917 (11-1)	1993-1994
Kyle Brown	.833 (10-2)	2002-2003
Will Schneider	.824 (14-3)	2004-2005
Joey Dean	.818 (9-2)	2006-2009
Mike DeClarke	.800(16-4)	2010-2012
Chris Hornberger	.800 (12-3)	1988-1991
Dillon Rush	.793 (23-6)	2011-2013
Matt VanKirk	.786 (11-3)	2001-2003
Riley Creamer	.778 (21-6)	2013-2016
Lowest ERA (min. 20 innings)	Total	Year
Scott Brandell	1.41	1994-1997
Eric Plaehn	1.50	2012-2013
Dillon Rush	1.85	2011-2013
Mike DeClarke	1.97	2010-2012
Joey Dean	1.97	2006-2009
Will Schneider	2.26	2004-2005
Kyle Brown	2.27	2002-2003
Drew Dziachan	2.54	2001-2003
Strikeouts	Total	Year
Bill Martin	320	1973-1975
Scott Brandell	279	1994-1997
Ron Beachnau	233	1972-1973
Riley Creamer	157	2013-2016
Dillon Rush	144	2011-2013
Mike DeClarke	140	2010-2012
Dave Hendrix	139	1998-1999
Alec Torrez	129	2001-2003
Will Lovell	127	2008-2011

**M | L**  
**&**  
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**THANK YOU FOR YOUR SUPPORT**  
**LANSING CATHOLIC HIGH SCHOOL BASEBALL**



**Go Cougars!**

The law firm of Dykema extends  
 best wishes to the 2019  
 Lansing Catholic High School Cougars

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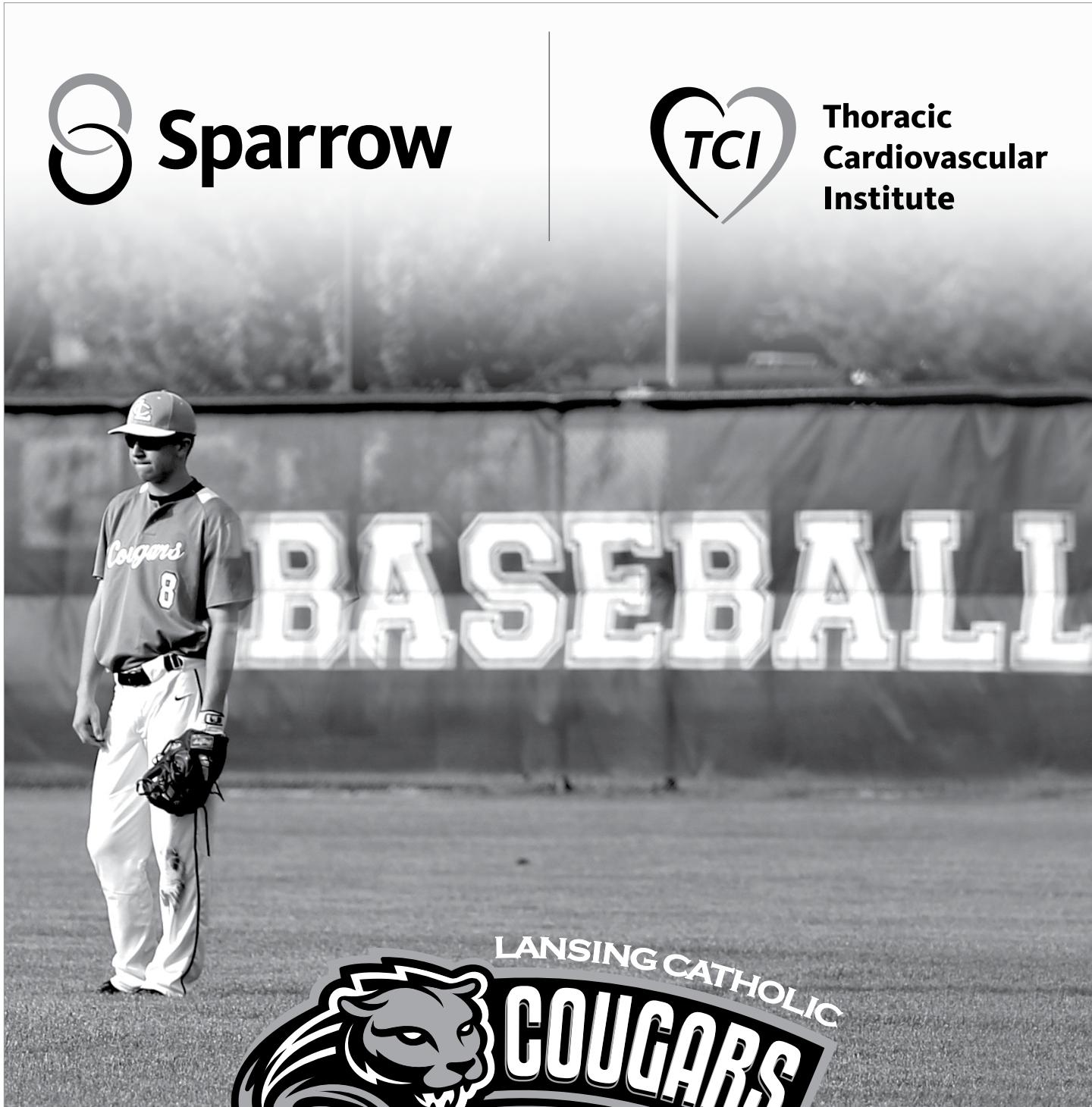


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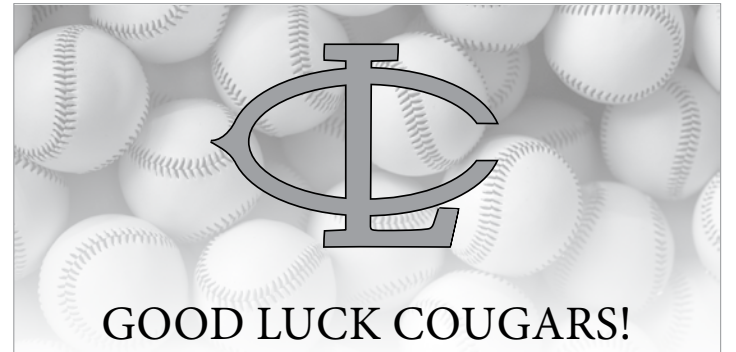


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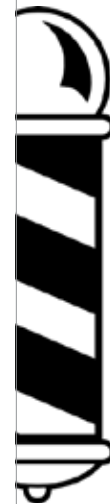
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**GOOD LUCK COUGARS!**

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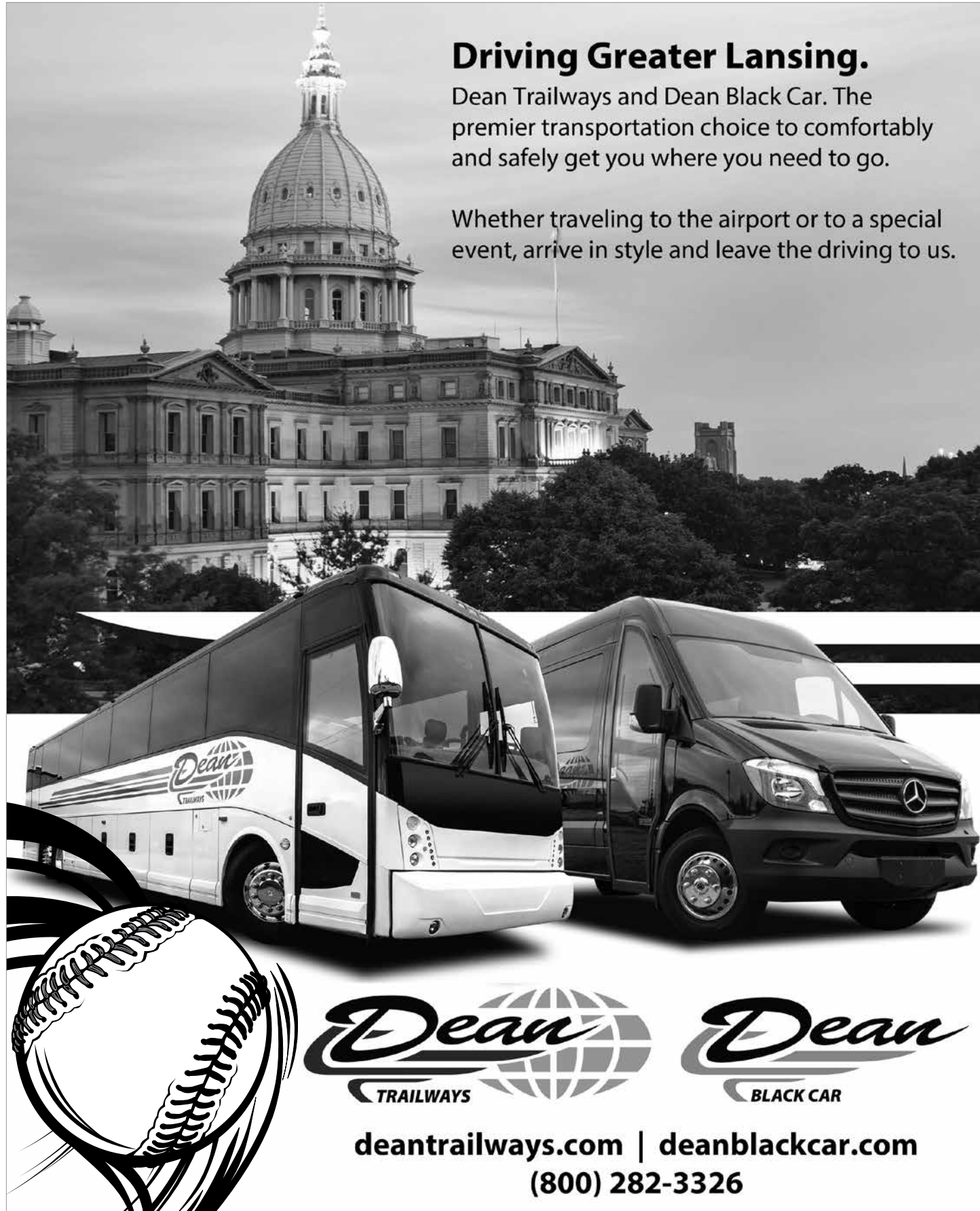


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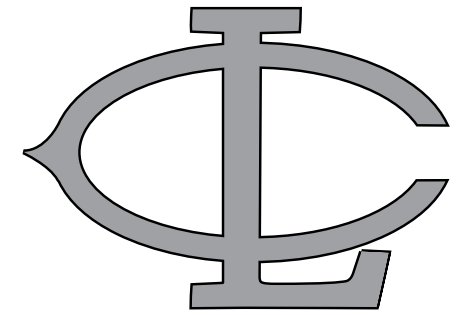
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Back Row: Coach Hanson, Dylan Farrar, Janek Levandowski, Brody Kirkpatrick, Rory Durr, Matthew Gehle  
 Middle Row: Colin Gardner, Andrew Phelps, Joey Baker, Vincent LaMacchia, Carter Chain  
 Front Row: Sebastian Shoaf, Jake Sudol, Jimmy Green, Tristen Taylor  
 Not Pictured: Luis Garcia, Jordan Kohler



**CURT HANSON**  
 JV HEAD COACH

Curt Hanson is in his first year coaching the JV Cougar team. He was previously coach for Williamston for fifteen years. Coach Hanson and his wife Julie have one son, Jaden, who is twelve years old.

**PLAYER ROSTER**

Joey Baker.....	Freshman
Carter Chain.....	Sophomore
Rory Durr.....	Freshman
Dylan Farrar.....	Freshman
Luis Garcia.....	Sophomore
Colin Gardner.....	Freshman
Matthew Gehle.....	Freshman
Jimmy Green.....	Freshman
Brody Kirkpatrick.....	Freshman
Jordan Kohler.....	Sophomore
Vincent LaMacchia.....	Freshman
Janek Levandowski.....	Sophomore
Andrew Phelps.....	Sophomore
Sebastian Shoaf.....	Freshman
Jake Sudol.....	Freshman
Tristen Taylor.....	Freshman

**SCHEDULE**

- 🏠 04/09/19 4:00 PM vs Grand Ledge HS
- 🚌 04/11/19 4:00 PM vs Mason HS
- 🚌 04/13/19 10:00 AM vs OPEN
- 🚌 04/16/19 4:00 PM vs Portland HS
- 🏠 04/18/19 4:00 PM vs Haslett HS
- 🏠 04/23/19 4:00 PM vs Charlotte HS
- 🚌 04/25/19 4:00 PM vs East Lansing HS
- 🚌 04/30/19 4:00 PM vs Ionia HS
- 🏠 05/02/19 4:00 PM vs Fr. Gabriel Richard HS
- 🏠 05/03/19 4:00 PM vs Haslett HS
- 🚌 05/04/19 10:00 AM vs St. Johns HS
- 🏠 05/06/19 4:00 PM vs Eaton Rapids Senior HS
- 🏠 05/09/19 4:00 PM vs Fowlerville HS
- 🚌 05/13/19 4:00 PM vs J.W. Sexton HS
- 🚌 05/13/19 4:00 PM vs J.W. Sexton HS
- 🚌 05/16/19 4:00 PM vs Williamston HS
- 🚌 05/18/19 10:00 AM vs Lumen Christi Catholic
- 🏠 05/20/19 4:00 PM vs Holt HS
- 🚌 05/21/19 4:00 PM vs TBA Rain Date CAAC

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



**SOFTBALL — GIRLS — VARSITY**



Back Row: Coach Waite, Savannah Obert-Pfeiffer, Emma McCloery, Kayla Sanford, Violet Wasilevich, Coach Wils, Coach Richards  
 Middle Row: Ellie Gaines, Kristi Rathbun, Emma Hernly, Hannah Hernly, Audrey Nylander, Hunter Burnett, Ella Farlin, Mallory Meaton  
 Front Row: Judie Olivar, Emma Murphy, Chloe Beachnau, Anna Dehnke, Andelycia Bevier, Abby Morris, Audrey Morris



**HUB WAITE HEAD COACH**

Coach Waite is the “Dean of Softball Coaches” in the Lansing area. The teams of the long-time Lansing Catholic coach have won over twenty championships between league, district, and regional play. The 2000 team finished second in the state with a record of 37 -11. A strong believer in teaching fundamentals, Coach Waite drills his teams in all aspects of softball.

Many of his players have gone on to successful careers in college.



**JOHN RICHARDS ASSISTANT COACH**

Coach Richards has been the assistant coach for the Cougars since 1989. He works mainly with the outfielders and pitchers. He is the first base coach as well. John is retired from the City of Lansing. He is married to his lovely wife, Gina and has two daughters, Candace and Tiffany.

**SOFTBALL — GIRLS — VARSITY**



**AMY POLJAN ASSISTANT COACH**

Coach Poljan is in her sixth year as a softball coach at Lansing Catholic. She brings a wealth of experience to the coaching staff. At Indiana University she was an All-American pitcher and is now a member of the Hall of Fame. Coach Poljan teaches science at Lansing Catholic.



**DENISE WILS ASSISTANT COACH**

Coach Wils is in her fifth year in the Lansing Catholic Softball program. In her younger days she was a member of the Women’s Baseball League in Lansing. Coach Wils lives in Old Town with her daughter Amanda.



**KAYLA SANFORD LSJ DREAM TEAM**

**PLAYER ROSTER**

Chloe Beachnau.....	Freshman
Andelycia Bevier.....	Freshman
Hunter Burnett.....	Senior
Anna Dehnke .....	Senior
Ella Farlin.....	Freshman
Ellie Gaines.....	Freshman
Hannah Hernly .....	Junior
Emma Hernly .....	Senior
Emma McCloery.....	Sophomore
Mallory Meaton .....	Senior
Audrey Morris.....	Senior
Abby Morris.....	Freshman
Emma Murphy.....	Senior
Audrey Nylander .....	Freshman
Savannah Obert-Pfeiffer .....	Senior
Judie Olivar .....	Freshman
Kristi Rathbun .....	Sophomore
Kayla Sanford.....	Senior
Violet Wasilevich .....	Freshman

**SCHEDULE**

- 🚌 04/09/19 4:00 PM vs Bath HS
- 🏠 04/11/19 4:00 PM vs Mason HS
- 🚌 04/13/19 9:00 AM St. Johns Varsity Invite
- 🏠 04/16/19 4:00 PM vs Portland HS
- 🚌 04/18/19 4:00 PM vs Haslett HS
- 🚌 04/23/19 4:00 PM vs Charlotte HS
- 🏠 04/25/19 4:00 PM vs East Lansing HS
- 🏠 04/30/19 4:00 PM vs Ionia HS
- 🚌 05/01/19 4:00 PM vs Fr. Gabriel Richard HS
- 🚌 05/07/19 4:00 PM vs Eaton Rapids Senior High
- 🚌 05/09/19 4:00 PM vs Fowlerville HS
- 🚌 05/11/19 11:00 AM vs Olivet HS Olivet Invite
- 🏠 05/13/19 4:00 PM vs J.W. Sexton HS
- 🏠 05/16/19 4:00 PM vs Williamston HS
- 🏠 05/16/19 4:00 PM vs Williamston HS
- 🚌 05/18/19 9:00 AM vs Waverly Senior HS
- 🏠 05/21/19 4:00 PM vs TBA Rain Date CAAC

🏠 Home Game 🚌 Away Game  
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**SOCCER — GIRLS — VARSITY**



Back Row: Coach Kochanek, Coach Walsh, Megan Fischette, Emily Poupard, Camille Coenen, Aubrie Hicks, Coach Pettit  
 Middle Row: Emma Scott, Isabelle Poupard, Naheed Durandisse, Maddie O' Farrell, Nia Brittain, Lauren Hicks,  
 Front Row: Caroline Keusch, Catie Markey, Ellie Kooney, Lily Pennington, Lauren Bower, Bela Fernandez, Say Meh  
 Not Pictured: Christina Guitierrez



**BILL PETTIT**  
 HEAD COACH

Coach Pettit is in his seventh year as the girls varsity soccer coach. He brings a wealth of knowledge and experience to the program after coaching several different club teams over the years.



**JILL KOCHANEK**  
 ASSISTANT COACH

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

**SOCCER — GIRLS — VARSITY**



**JAKE WALSH**  
 ASSISTANT COACH

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



**GUS FLORES**  
 ASSISTANT COACH

After coaching the girls varsity team for ten years, Coach Gus is also the varsity boys coach. In 2010, he took the boys team to the state finals where he hopes to return some day. He remains an integral part of the girls team and is looking forward to a terrific season.



**ISABELLE POUPARD**  
 LSJ DREAM TEAM

**PLAYER ROSTER**

- Lauren Bower .....Junior
- Nia Brittain.....Junior
- Camille Coenen .....Senior
- Naheed Durandisse .....Junior
- Bela Fernandez ..... Freshman
- Megan Fischette.....Sophomore
- Christina Guitierrez .....Sophomore
- Lauren Hicks .....Junior
- Aubrie Hicks ..... Freshman
- Caroline Keusch .....Senior
- Ellie Kooney .....Sophomore
- Catie Markey .....Senior
- Say Meh.....Sophomore
- Maddie O' Farrell.....Sophomore
- Lily Pennington.....Senior
- Isabelle Poupard.....Senior
- Emily Poupard .....Junior
- Emma Scott..... Freshman

**SCHEDULE**

- 03/16/19 10:00 AM Multiple Opponents
- 03/21/19 5:30 PM vs St. Johns HS
- 03/25/19 5:30 PM vs Everett HS
- 03/26/19 4:00 PM vs Haslett HS
- 04/09/19 7:00 PM vs Okemos HS
- 04/11/19 6:30 PM vs East Lansing HS
- 04/13/19 9:00 AM vs Williamston HS Tournament
- 04/17/19 5:30 PM vs Portland HS — Varsity Only
- 04/22/19 5:30 PM vs Charlotte Senior HS
- 04/25/19 6:30 PM vs Ionia HS
- 04/27/19 12:00 PM vs Holt HS — Varsity Only
- 04/29/19 5:30 PM vs Eaton Rapids Senior
- 05/01/19 5:30 PM vs J.W. Sexton HS
- 05/04/19 10:00 AM vs Fowlerville HS Invite
- 05/07/19 5:30 PM vs Lansing Christian School
- 05/13/19 5:30 PM vs CAAC Cup
- 05/15/19 5:30 PM vs CAAC Cup
- 05/17/19 5:30 PM vs TBA CAAC Cup
- 05/21/19 5:00 PM vs TBA Districts

Home Game Away Game  
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LANSING CATHOLIC HIGH SCHOOL

# CLASS OF COUGAR SENIORS 2019



## BASEBALL — BIOS



### THOMAS CROWLEY

Thomas has been playing baseball since the fifth grade. This is his second year on varsity and he plays first base. He thanks his family for always supporting him in any sport he plays. He also thanks his coaches and teammates throughout the years that have made playing baseball a fantastic experience. Thomas will attend the University of Michigan and study at the Ross Business School.

### CONNOR DOYLE

Connor has played baseball since he was in preschool. This will be his second year on varsity. He would like to thank his parents, teammates and coaches for getting him where he is today. His favorite memory is going to Roswell, GA for spring training. He is looking forward to a great season. Connor plans to study business in college and continue playing baseball.



### DEREK FARRAR

Derek has played baseball since he could walk and has been on the varsity team for two years. His biggest influence is his dad who has helped him and encouraged him in every step he has taken on his baseball journey. His best advice came from Coach Farlin, "Just go up there with some confidence in yourself." He will miss all the inside jokes with his teammates and will cherish the memories from the spring break trip to Roswell, Georgia. Derek thanks his coaches and teammates for making every season better than the last, and thanks his parents for taking him to all the practices and games throughout the years. This fall Derek plans to study mechanical engineering at Western Michigan University.



## BASEBALL — BIOS



### MITCH GRUBER

Mitch has played baseball since he was in kindergarten and has played on varsity for three years. His biggest influence is his parents who have always taught him to give 110 percent. His best memory is winning the league title last year against Williamton and the fun they had as a team on their spring break trip to Georgia. He thanks his parents for always supporting him, even when they had to wake up a 5:00 AM to drive him to tournaments. He also thanks the coaching staff for all of the time they have put into the team. He also wants to thank Mr. Warriner for all the years of coaching and helping Mitch learn the fundamentals of baseball. Mitch is planning to study engineering in college.

### MATTHEW PLAETH

Matthew began playing baseball at six years old and has loved it ever since. He wants to thank all of his coaches this year for helping him become a better baseball player and person. Matthew also wants to thank his parents for all the support they give him, especially his father for countless hours playing catch, throwing batting practice, and pop flies. A special thanks goes to his brothers and sister for always coming to watch his games. Matthew's favorite baseball memories are throwing bullpens with Jack and Sam, and joking around with Chuck Declerke and the outfielders about the infielders. Matthew plans to continue his baseball career and study pre-med at Hope College next year, but will always miss playing in high school.



### JACK WOLFE

Jack has played baseball since he was six years old. He thanks all of his coaches, especially his dad, for helping him to become a better player. A special thanks goes out to his Nana, Papa, and Mom for coming to all of his games. Jack's favorite memories are spring trips to Georgia, winning the Lakeview tournament sophomore year, hitting a home run at Cooley, and all of the wins. Jack is undecided on which college he will attend next year.



## SOFTBALL — BIOS



### HUNTER BURNETT

Hunter is a senior who has played varsity softball all four years.

### ANNA DEHNKE

Anna has been playing softball since kindergarten and has played on varsity for three years. She would like to thank her parents and coaches for always pushing her to be her best and encouraging her to continue playing. Through all that the team has gone through, she would like to thank her senior teammates especially for always having her back, for all the memories made through the years, and for making each day of practice memorable. Her favorite memory is walking past her teammates in the halls every game day asking where the game is and them replying, "right here", with their hand over their heart. Anna is not sure what she wants to study yet, but she promises that it will be something incredible, unique, and memorable. God bless!



### EMMA HERNLY

Emma has played softball since elementary school and a member of the varsity team for two years. Her biggest influences have her parents and grandparents who have always shown up and have supported her on and off the field. Coach Hubb always says that the softball girls, "can be beautiful young ladies off the field, but on the field, we have to be the toughest and meanest girls there are." Emma's best memories are the bonds and friendships created between all of "us girls," and is what she'll miss most. She thanks her parents, siblings, family members, and friends for always supporting her. After graduation, Emma plans to study criminology at Lansing Community College.



### MALLORY MEATON

Mallory began playing softball at five years old and has been in love with the sport ever since. She is blessed to be part of the varsity team where she has been a starter for all four years. One of her favorite memories is winning districts her freshman year. She is extremely excited to see how this season will turn out. Mallory thanks all of the coaches and her parents for supporting her along this journey. Mallory plans to attend Western Michigan in the fall to study occupational therapy.





**SOFTBALL — BIOS**



**AUDREY MORRIS**

Audrey has played softball since the first grade and has played on varsity for three years. Audrey will miss hanging out with her teammates between games. Her best memories include getting to know, and becoming closer with, her teammates and coaches. She encourages her younger teammates to continue playing because softball has the potential to teach them so much about themselves and about life. She would like to thank her parents and siblings for always showing up and supporting her. She also would like to thank her teammates for always pushing her to be better and for cheering her on regardless of the circumstances. Audrey plans to study nursing in college.

**EMMA MURPHY**

Emma has played softball ever since she was little, playing tee ball, and has played on the varsity team for three years. Emma thanks Coach Hub Waite for never giving up on her and encouraging her to always try her hardest, and especially thanks her parents and family for their support. Emma plans to attend Olivet College where she hopes to play softball and continue her passion for the sport.



**SAVANNAH OBERT-PFEIFFER**

Savannah has played softball since the sixth grade. She first wanted to play that year because of Hunter, Audrey, and all the other St. Gerard girls having a large softball bag to bring to school for practices. So, she joined the team and has enjoyed it ever since. She thanks her teammates and especially her parents for sticking with her throughout all the injuries and upset moods...she loves each of you. After graduation, Savannah plans to attend Michigan Technological University to study freshwater science.

**MIKAYLA SANFORD**

Kayla has played softball since first grade. She thanks her coaches and her teammates who she loves very much for always pushing her to do her best. She especially thanks her parents for the endless support and encouragement they have shown her on and off the field. Advice Kayla would like to give to underclassman is to enjoy your high school years because it will be over before you know it. There is no question she will miss her time at LCHS and all the great memories she has made. Kayla will attend Aquinas College to continue her softball career and to study psychology and become a child life specialist where she can use her big heart and love for others.



**SOCCER — BIOS**



**CAMILLE COENEN**

Camille has played soccer since she was a little girl. Her love of the game comes from her teammates who encourage her to be better each day. Camille's favorite memories include singing with her teammates on the way to away games and beating Williamston for the league title. She would like to thank Coach Bill, Coach Gus and Coach Jake for developing her into the player she is today. She especially thanks her parents who have supported her at every game throughout the years, rain or shine. Camille will miss her teammates, coaches, and Lansing Catholic soccer. After graduation Camille plans to study accounting at Saint Mary's College and participate in Air Force ROTC at the University of Notre Dame.

**CAROLINE KEUSCH**

Caroline has played soccer since she was five years old and on varsity for all four years. Her biggest influence on the game has been her mom and dad, who have been there for her through everything: rain, snow, hail, sun, they have sat through it all for me. I love and appreciate them and everything they do for me in order for me to have the best life. The advice she has ever received came from her dad who before every practice and game, told her to "give 110%". Caroline is blessed to have had such great relationships with my teammates. After graduation, Caroline plans to attend Lansing Community College and work in their special education program.



**CAITLIN MARKEY**

Catie has played soccer for twelve years. She would like to thank her parents for coming to every game and for their constant support. Catie would like to thank Coach Gus for always believing in her and teaching her to be a better person on and off the field. She would also like to thank Coach Bill, Jake, and Jill for pushing her to perform her best. Catie will miss her teammates the most. After graduation, Catie plans to study criminal justice at Saint Leo University.



**LILY PENNINGTON**

Lily has played soccer since she was four years old and has played varsity for four years. Her biggest influence on the game is her dad, who coached her for eight years. Lily enjoys playing defense where she is close to her goalie and good friend, Emily. Lily would like to thank her parents and grandparents for coming to her games for the last twelve years. She would also like to thank her coaches for making her a better player and providing such a positive experience.





## SOCCER — BIOS



### ISABELLE POUPARD

Isabelle has been playing soccer since she was five years old and this is her fourth year on varsity. She is also a member of NHS and is an ambassador. She would like to thank Coach Bill, Jake, Jill and Gus for pushing her to be the best possible leader and player that she could be. Isabelle would like to acknowledge her teammates for giving her a memorable senior season and many laughs. She would also like to thank her grandparents, Aunt Erika and Uncle Jeff for supporting her. Most of all, Isabelle would like to give a big thanks to her family: Jay, Kim, Emily and Olivia, her number one supporters. She is very grateful to have played with both of her sisters throughout her high school career. Her favorite memories include beating Williamston, winning leagues and districts, and joking around with Jake at practices. Isabelle plans to study criminal justice at Bowling Green State University and be a part of the ROTC program.

## GOLF — BIOS



### CONRAD FERGUSON

Conrad has played golf since he was little, but really got into it when he joined the golf team as a freshman. His dad introduced him to the sport and was always there to help him improve his game and nearly every day in the summer they would practice together. He consistently reminded him to keep a steady tempo in his swings, advice he has taken to heart and remembers as he plays. What Conrad likes most about golf is the calm and serene setting and the beautiful courses, which sets it apart from most other sports. Conrad will continue his academic career at Michigan State University to study public policy and pre-law.

### KOBE FERGUSON

Kobe has played on the golf team for four years. He and his brothers have played together since they were young. During his time on the golf team, Kobe has learned that perseverance and having a champion mindset is important for a successful golf career. Kobe plans to study engineering in college, but will continue to enjoy the sport of golf long after high school.



## GOLF — BIOS



### JOSHUA HADDAD

Joshua has golfed throughout high school. His biggest golf influence is his coach, Kim Johnson. Coach preaches a message of being the best golfer you can be, matched with being the best person you can be. Along with Coach Mary Fineis, the coaches provide for a perfect medley of good sportsmanship and thoughtful decision making. Lessons taught on the course apply to life after high school, too. Joshua plans on studying business marketing and graphic design at Hope College, always keeping in mind the Champion mindset.

### JOHN MARRAH

John has played golf all four years at Lansing Catholic. His biggest influence has been his dad who has played golf with him since he was seven. John thanks his parents, all of his great teammates over the years, and Coach Johnson, Coach Golzynski, and Coach Mary. The continuous support and advice from coaches has certainly helped him grow as a golfer and, more importantly, a person overall. John plans to study mechanical engineering in college.



### MICHAEL RAMPE

Michael fell in love with game of golf at age four when his dad took him out on the course to play. He began golf lessons in the third grade and has been perfecting his game ever since. He has been a member of the varsity squad since sophomore year, and won Most Improved Player on the team as a junior as well as earning first team all conference. Michael thanks his coaches for helping him to be the golfer that he is today, his parents for helping him be the person he strives to be everyday, and his teammates for all the fun that they have. Michael is undecided on his college choice, but plans to continue his golf career and study communications.







**MATTHEW BURNS**

Matthew has been running track since seventh grade. He always loves going on runs with teammates and is thankful that they are always willing to push him to get better. He especially wants to thank his parents because he has often been in the last event of every track meet, and even though meets are often long, they always stay and support him. He also appreciates Coach Simpson for being tough on him and his teammates because that is the way to become a better runner. Matthew plans to study computer science in college

**COLIN COOPER**

Colin has run track for five years. He thanks all of his coaches, teammates, friends, and family, especially his dad, who have supported him throughout his time running track and cross country. Colin will miss the friendships he has made along the way, all of the time spent with his teammates, and the run to the Lansing Center. Colin plans on studying computer science at Michigan State University this fall.



**JACKSON FEDEWA**

Jack has competed on varsity track, cross country and soccer since his freshman year. His high school career began at Father Gabriel Richard in Ann Arbor, then Jack transferred after his sophomore year (fall 2017) to Lansing Catholic. Jack's greatest accomplishments throughout his career are an FGR school record in the 4x800, all-state designation in the 4x800, and a state championship in the 4x400 with his Lansing Catholic teammates. Jack enjoyed the relationship he had with his coaches and thanks his parents, siblings and grandparents for traveling to see his races, especially the all day track meets. Jack plans to go directly into business when he graduates and take classes at Lansing Community College.

**AIDAIN NIYONTSINZI**

This is Aidain's first year competing on the track and field team. He credits Mr. Warriner for encouraging him to try track by nagging at him almost every day. He thanks his family for the love and support they give him and his teammates for making it fun. Aidain will attend Michigan State University in the fall to study engineering.



**WILL PETERS**

Will has been running track for six years now, from the Junior Cougars to the high school team. Running and competing with his teammates has allowed him to become a better runner and enjoy the sport. He will miss the memories with his friends and watching the 4x400 team destroy the competition in the major meets. On the other hand, he will not miss the grueling 13 hour meets on Friday nights. Will thanks his parents for supporting him in his sport, his coaches, and God for blessing him with such a great team. In the fall, Will plans to attend Northeastern College of Southwest Arkansas to study bagpiping.

**BEN URQUHART**

Ben began pole vaulting two and a half years ago and hopes to continue vaulting in college. He realized how important vaulting is to him when he almost had to give it up due to an injury. Ben thanks Jerry Sessions, Dan Emery, and Maya Hecksel for teaching him how to pole vault and always encouraging him. He also thanks his parents, brother Willoughby, grandparents, and aunts and uncles for always supporting him. Ben plans to study architecture or engineering at MIT or Notre Dame.



**ERIC WARRINER**

Eric has been running since the fourth grade. He gave up baseball to focus solely on running and to run track in high school. Even though it was tough for him, he is very happy with the decision he made. He would like to thank his parents and siblings for everything they have done for him, especially his dad for training him in the summer and teaching him how to work hard. He would also like to thank Coach Simpson, Coach Piecuch, Coach Monroe, and all his teammates for pushing him to become a better runner and person. Eric will continue his running career at the University of Toledo where he will study exercise science to become a physical therapist.







**LAUREN CLEARY**

Lauren has run track and XC for seven years now. The best advice she has ever received was from her life coach, Mary Fineis, who pushed her to go confidently towards her dreams and to not lose sight of them. Lauren thanks her family, friends, Coach Simpson and teammates for supporting her on the crazy ride that is running. She is so grateful to have had such a great community of love and support. Lauren plans to continue her running and academic career at Michigan State University in the fall and looks forward to the next chapter. "One isn't improved by being at the top of the mountain....one is improved by the climb."

**SOPHY DONG**

Sophy has been running track for two years and loves the competition. She thanks her family and coaches for their support.



**SYDNEY GEHLE**

Sydney has run track since the eighth grade. Her biggest influence has been her teammates, whose hard work drives her to push herself and strive to be the best. Her best advice came from her former basketball coach who said "the best players get better when nobody's watching." The best memory for her is hanging out with her teammates and friends in between events. Sydney thanks her parents, grandparents, brother, and friends for always being supportive and showing up to watch her compete.



**MICHELLE HANIS**

Michelle began running track in middle school and has run for the varsity team for four years. She loves the sport, competition and how she and her teammates push each other to run their best. Michelle thanks her coaches and family, especially her parents Ed and Bev, for always supporting her. Michelle plans to attend Lansing Community College in the fall.



**CARA HEBERLEIN**

This is Cara's second season of track and field. She especially thanks her parents and coaches for always encouraging her to do her best and for putting so much time and effort into making her better everyday. She would also like to thank her teammates who have made her two seasons of track so enjoyable and fun. Cara is going to miss all of the laughs and bus rides with her teammates as well as Coach Simpson who has been coaching her since her freshman year of cross country. Cara plans on attending Michigan State University to study dietetics.

**ABIGAIL KAZMIERSKI**

Abigail has been running track for two years now. She also ran cross country for four years. She would like to thank her parents and coaches for their endless support and encouragement. Abigail's favorite memories of track come from cheering on her teammates, especially the 4x400 team. Next year, Abigail will be attending Purdue University to study psychology and criminology.



**ABIGAIL LIESMAN**

Although this is Abigail's first season of track, she has loved the opportunity to be on the team and participate in this fun and challenging sport. Abby is grateful to her dad who helped her and encouraged her to pick up the shotput and discus. Her favorite memories are trying new events and spending time with her teammates at meets and practices. Abby plans to study chemistry as a pre-med major this fall.



**CHRISTINA OVRESET**

Christina has competed in track and field since middle school and has been a varsity member all four years. She thanks her parents and her siblings for always coming to meets to support her and pushing her to do her best. She would also like to thank Coach Ben for his constant humor and incredible sassiness. Her favorite track memory is talking to other teams before every throwers relay and comparing who hated running the most. Christina plans to attend Grand Valley in the fall to study physical therapy. She looks forward to the new environment and can't wait to be thirty minutes from the beach.





## TRACK — BIOS



### ELAINA PHELPS

Elaina has competed in track and field since eighth grade, and has been on varsity for the past three years. Track is a unique sport in the sense that everyone competes individually, but their result contributes to the teams overall success. This, along with the variety of different events, are some of the many things that Elaina likes about track. Her biggest influence for giving my best in practice and in meets, is the team. She loves how everyone supports and encourages each other to do his/her best. The best advice she has received is from Coach Tim Simpson who, in her freshman year, said, "It does not matter if you win or lose, all that matters is that you gave 100%, and left everything out on the track." The thing she will miss the most about track and field is the team dynamic. There is something about being on a team surrounded by people that have a similar goal as you do that is irreplaceable. Elaina plans to attend Michigan State University in the fall.

### CLAUDIA SPENCE

Claudia has been participating in track and field since her junior year. She thanks her parents for always pushing and supporting her in everything she does. She would also like to thank her teammates and coaches for always believing in her. Claudia plans to study kinesiology at Michigan State University.



### SOPHIA WEITZEL

Sophie has been running track since seventh grade. She began as a sprinter who vowed she would not run more than half a lap around the track. Today she can be seen running eight laps around the track. The decision to take on distance came from the support she received from her cross country teammates who also participated in track. Throughout her time at Lansing Catholic, Coach Simpson has pushed her to be her best. If Sophie could pass on one piece of advice to younger runners, it would be just what Coach Simpson taught her: to pass the runner in front of you, focus on what you're doing in the moment and not worry about what's to come. In addition to her teammates and coaches, Sophie would like to thank her mother for all of her support. She has always done her best to accommodate for the crazy schedule of the track season and has pushed her to always put her best foot forward, and has been a shoulder to lean on when Sophie needed it after her races. Sophie plans to study engineering in college, while also continuing to run so as to avoid the freshman fifteen.

## TENNIS — BIOS



### JOLIE HILLYER

Jolie has played tennis since freshman year and has played varsity for the last two years. Her biggest influence during the sports season has been her supportive family members, especially her dad who always told her that every spot must be earned through hard work and that you must always give your all. She thanks her parents and grandparents for going to all of her matches. Her best advice came from Coach Sheila who told her to not worry about the mistakes, but focus on the positives and what is going well. The funny conversations in the huddles are her best memories and she will miss her teammates and all the new friends she has made. Jolie plans to study business in college.

### NATALIE HUFNAGEL

Natalie has played tennis for 3 years and each year with the varsity team. Her favorite memory is blasting music while playing tennis with her teammates. She is thankful for the opportunity to play with her younger sister, Nicki. She is also thankful for her parents who motivate her to never give up. Natalie plans to attend Hope College in the fall.



### LAUREN MARSHALL

Lauren has played tennis since freshman year, and has played on varsity for all four years of her high school career. The biggest influence on her game has been her Mom, Dad, and Auntie Em for inspiring her to pick up a racket and to never give up. The best advice she received is from her coach, "to always play to win, not to not lose." Her favorite memory from her last four years is going to states her junior year and making memories with her teammates. Lauren wants to thank her coaches, family, and friends for always supporting her. Lauren plans to study international relations and political science in college next year.



### MADELEINE RULE

Madeleine has played tennis for all four years of high school and on the varsity team for the past three years. She thanks her previous doubles partner Veronica Azar for making tennis so fun, and her current doubles partner Natalie Hufnagel for sticking by her for their final year. Madeleine's favorite part about tennis is being able to practice outside when it is warm, listen to music, and have fun with her teammates. Madeleine plans to attend Michigan State University to study kinesiology.



### AMY THIEU

Amy has played tennis all four years and varsity for the last two. Her dad, who has played tennis since he was a kid and he still does now, has a passion for the sport and he encouraged her to try it out for herself. She ended up enjoying tennis and plans to continue playing recreationally after high school. Amy will attend Michigan State University in the fall to study chemistry.







**WR DUDLEY**

WR has played lacrosse since the seventh grade, first through East Lansing, the Warrior/Cougar team in high school. He thanks his parents, coaches and all the fans for encouraging not only him, but the entire team. One of his favorite parts about lacrosse this year is the new locker room and having fun with the team on and off the field. WR will miss going out on the field in a Cougar jersey and working hard on the turf under the lights the most. WR is undecided on which college he will attend to continue his academic career.

**ANDREW HUGHES**

Andrew has played lacrosse since he was in the fourth grade and has played varsity for two years. His family has been his biggest influence, always encouraging him to do his best and have fun. He will miss spending time with his teammates and being yelled at by Coach Kimball! Andrew thanks his parents and brother for attending all of his games and always supporting him. Andrew plans on attending Western Michigan University in the fall.



**EZRA LEPPANEN**

Ezra has played lacrosse since the fourth grade and this is his third year on varsity. He thanks his parents for all the sacrifices they've made to help him become the lacrosse player he is today, and his family and friends who have supported him through his lacrosse career. Last, but not least, he thanks all of his teammates and coaches who have pushed him to become the best lacrosse player he can be. Ezra will miss all the time he's spent with his teammates on and off the field. He would also like to apologize to Coach Kimball for hitting him in the face with a ball junior year. Ezra plans to study medicine and play lacrosse at Alma College next fall. Go Cougars!

**DAN MOONEY**

Dan has played lacrosse for four years, is in his second season playing varsity and has played summer lacrosse since freshman year. Dan started playing middle his freshman year, and was moved to defense his sophomore year. He would like to thank Coach Kimball, for letting him switch to defense. Dan thanks his family for their support and the sacrifices made for him to play lacrosse. His advice is to play lacrosse year long which increases your lacrosse IQ and stick skills. Dan plans to study engineering at Hope College.



**JAKE PAUL**

Jake has been playing Lacrosse since fourth grade and it has grown to become his favorite sport. He has spent four years on varsity under Coach Kimball and is very grateful for the time and dedication the whole staff puts in. In eighth grade, alongside now Assistant Coach Zarotney and various other member of this year's team, Jake won his first ever tournament, and the now infamous saying "bring the rain" was born. The winning tradition did not stop there as in Jake's sophomore year the team won the CAAC league title with a win over Grand Ledge. These lasting memories have cemented lacrosse as a part of Jake's life. The mentoring, coaching and lessons he has learned as player will carry into the next four years as Jake attends Indiana Tech to study electrical engineering and continue his lacrosse career. Jake would like to thank his teammates and coaches for putting up with him over the last four years and allowing him to lead them as a captain the past two. He could not have had a successful or memorable lacrosse experience without his parents, who drove him all across the country for lacrosse, and for who he owes the deepest gratitude. He will truly miss being the team's punching bag for insults, being the emergency goalie year after year, and just being apart of the Waverly/LCC/LCHS Lacrosse family.

**JARRED REYES**

Jarred has been playing lacrosse since the seventh grade and he knew right from the start that he would love the sport. He owes so much thanks to his mom who has always supported him in every decision he's made and, for when in the beginning, he told her he wanted to try lacrosse, she went out and found a team for him. He also has a special gratitude for Coach Kimball who he considers one of the best coaches he has ever and probably will ever have. If it wasn't for Coach, he probably wouldn't even be playing lacrosse right now. He really appreciates his mom and Coach Kimball for everything they have done for him. And, last but not least, he thanks his teammates because they are the best group of guys he could ever play with and he'll never forget the times we have played together.



**LUCAS SAMBAER**

Lucas has been playing lacrosse since the sixth grade. He immediately fell in love with the game and continued to pursue it at the high school level. Lucas loves all of his teammates and enjoys practicing and having fun with them each day, and he especially loves to compete with them in games. He wants to thank Coach Kimball and Coach Adam for all the hard work they put in, and his teammates that always support him and compete with him. A special thanks goes out to his family for supporting him and making sacrifices so he can play the sport he loves. Lucas's advice to younger players is always listen to the coach, they know what they are doing. They are right 99.9% of the time!







**MICHAEL TALTON**

Michael has played lacrosse since the eighth grade and has played on varsity for three years. His biggest influence on his game has been Coach Kimball with his guidance, extra practices, and one-on-one sessions. His greatest influence in life is his mother who encourages him to concentrate on the journey, not on the final score. His best advice came from his grandmother, "You can be anything you want in this world, if you want it bad enough, and you are willing to work hard for it." Being awarded all-conference in spring 2018 is his best memory and he will miss the camaraderie of his teammates most. Michael thanks his mom, Uncle Morty, Aunt Lavetta, Brian and Marra for their support and coming to see his games. Michael plans to study biochemistry at Albion College and then veterinary medicine at MSU.

**MAGGIE COGGIN**

Maggie has played lacrosse since the fourth grade. Her biggest influence has been her sister, Dorie, who has always pushed her to play her hardest and to compete to be the best of the best, especially in lacrosse. She wants to thank her parents for supporting her and her siblings for instilling in her such a competitive spirit. The best advice she could give younger players is to never believe there is an off season. Keep working and putting in the effort and you will be the best you can be. She plans to attend Concordia University-Ann Arbor to play lacrosse and hockey while studying photography.



**ELAINE GREGORY**

Elaine has played lacrosse since the fifth grade and has played varsity for four years. Her teammates, who push her to play her best, have been the biggest influence on her game. Her favorite memory is when Coach Loryn started singing Waka Flocka in the locker room. Elaine thanks her mom for always getting her to practice and games for all of those years. Elaine plans to study dermatology, but is undecided on her college choice.

**MARCEDES HERNANDEZ**

Marcedes has played lacrosse for five years and this is her third year playing varsity. She's most thankful for the support from her family, friends, teammates and boyfriend. Her favorite memory of playing lacrosse is when everyone brought food to the Harper Creek game and everyone got to eat really good food...winning was also a plus! After graduation, Marcedes plans to attend Lansing Community College, then transfer to Life College to study chiropractic medicine.



**FREDERICKA LAURICH**

Ricka has played lacrosse since freshman year and has played on varsity all four years of high school. Throughout Ricka's four years of playing lacrosse, she has learned many important lessons from all of her teammates and coaches, including, the only way a team will succeed is if they work as one. Ricka would like to thank her parents, coaches and friends for always supporting her and having her back. She is also very thankful for this sport for giving her not only great teammates but girls that she can call family. One of the favorite memories Ricka has of lacrosse is playing kickball with her teammates after winning games and the fun bus rides after one of their playoff games. Ricka is going to miss playing with this team next year but is so grateful to be part of such amazing group of girls. Ricka plans to study nursing at Lansing Community College.

**SHANNON SAMPSON**

Shannon has been playing lacrosse for what seems like forever and has played varsity for four years. She thanks her parents, family and coaches for their support. Shannon plans to continue her education at Aquinas College where she will be a member of the lacrosse team.



**MARY SANDERS**

Mary has played varsity lacrosse for four years. Her favorite memories of lacrosse have been team bonding, meeting new friends, and bus rides. She wishes to thank her parents and her sister for their support and all of the coaches she has ever had. After high school, she plans to study anthropology at Western Michigan University.



**NATALIE WOODLAND**

Natalie has played lacrosse since the eighth grade and this is her fourth year on varsity. Her favorite memories are beating Holt and East Lansing last year and doing competitive ground balls with Lizzie Hamel. She'll miss hanging out and messing around with her teammates at practice. She thanks her parents and Grandpa Pizzo for braving the miserable weather to catch her games. She also thanks Coach Loryn and Coach Liz for never giving up on the team and for pushing them to do their best always. Natalie plans to study chemistry or biomedical sciences at either Pepperdine University or Grand Valley State University.





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Monday • 6-9 p.m.



A fine dining experience at the MSU Kellogg Center with an inspiring program, raising dollars to support our tuition assistance fund. Purchase tickets, be an event sponsor or participate on the planning committee!

**06.14**  
31ST ANNUAL  
COUGAR CLASSIC  
GOLF OUTING  
Friday • 10 a.m.



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

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## 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 on our website [www.lansingcatholic.org](http://www.lansingcatholic.org). If you have any questions about the admissions process, or would like to schedule a tour or have information sent to you, please contact LCHS Admissions Coordinator Karen Gavin at: [karen.gavin@lansingcatholic.org](mailto:karen.gavin@lansingcatholic.org) or 517-267-2102.



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## LANSING CATHOLIC HIGH SCHOOL A TRADITION OF EXCELLENCE

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



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**GOLF — BOYS — VARSITY**



Back Row: Coach Johnson, Josh Haddad, Quinn Kuknert, John Marrah, Robby Frazee, Quinn Dartt, Nick Jurkovic, Coach Golzynski  
 Middle Row: Andrew Wilcox, Will Mansfield, Conrad Ferguson, Tucker Thompson, Max Flaga, Daniel Magaway, Andrew Hart  
 Front Row: Max Hyman, Michael Rampe, Kobe Ferguson, Erick Watson, Sammy Jacobs, Kevin Biergans, Christian Long,  
 Christian Rule  
 Not Pictured: Sam Subrizi



**KIM JOHNSON**  
 VARSITY HEAD COACH

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



**MATT GOLZYNSKI**  
 ASSISTANT COACH

Matt is beginning his 6th year of teaching social studies courses at LCHS and is also the department chair, the NHS Advisor, and the boys JV golf coach.  
 Matt's goal as a coach is to help the young men on his team to become better golfers, but more importantly better young men, and, as a team, grow together in the way that God has intended for them.

**GOLF — BOYS — VARSITY**



**MARY FINEIS** ASSISTANT COACH

Coach Fineis is in her second year helping coach the boys team. In the past she has provided sports performance coaching for both the girls and boys golf programs.

She is a certified Life and Sports Performance Coach and enjoys working with individuals and teams to help them reach their best. Coach Fineis, along with her husband Jeff and children Michael and Janie, are all graduates of Lansing Catholic. Coach Fineis is a recipient of the Triple A+ Award and played four years of varsity softball at Michigan State.



**ETHAN O'FARRELL**  
 LSJ DREAM TEAM

**PLAYER ROSTER**

Kevin Biergans.....	Sophomore
Quinn Dartt .....	Sophomore
Conrad Ferguson .....	Senior
Kobe Ferguson .....	Senior
Max Flaga .....	Sophomore
Robby Frazee .....	Sophomore
Josh Haddad .....	Senior
Andrew Hart .....	Freshman
Quinn Kuknert .....	Sophomore
Max Hyman .....	Sophomore
Sammy Jacobs .....	Sophomore
Nick Jurkovic .....	Sophomore
Christian Long .....	Freshman
Daniel Magaway.....	Junior
Will Mansfield.....	Freshman
John Marrah .....	Senior
Michael Rampe .....	Senior
Christian Rule .....	Freshman
Sam Subrizi .....	Sophomore
Tucker Thompson .....	Junior
Erick Watson .....	Sophomore
Andrew Wilcox .....	Sophomore

**SCHEDULE**

- 03/16/19 10:00 AM Multiple Opponents
- 04/11/19 2:00 PM CAAC Jamboree @ Bonnie View
- 04/12/19 10:00 AM Larry Judson Scramble Glenbriar Golf Course
- 04/18/19 3:30 PM CAAC Jamboree @ Groesbeck Golf Course
- 04/25/19 12:00 PM CAAC Jamboree @ Royal Scott
- 04/27/19 9:00 AM Perry Invite - Dicks Sporting
- 04/30/19 2:00 PM CAAC Jamboree @ Maple Brook
- 05/02/19 3:30 PM CAAC Jamboree @ Portland
- 05/03/19 9:00 AM St. Johns Varsity Invite @ Emerald Golf Course
- 05/08/19 3:30 PM CAAC Jamboree @ Ionia
- 05/21/19 9:00 AM CAAC League Meet
- 05/23/19 9:00 AM vs CAAC Open
- 05/29/19 8:00 AM vs TBA MHSAA Regionals
- 06/07/19 8:00 AM vs TBA MHSAA finals

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



## GOLF RECORDS

### VARSIY 18-HOLE TEAM RECORDS

- 286 (+2)** vs Mason (8/17/05) @ Groesbeck (Par 71)  
Eric Lilleboe (65), Pete Tomkie (73), Sean Courtney (73), Ben Setas (75)
- 291 (+3)** in the 2005 EL Fall Classic (8/22/05) @ MSU Forest Akers East (Par 72), Eric Lilleboe (70), Pete Tomkie (73), Ben Setas (74), Tony Kovac (74)
- 292 (+4)** in the 2004 Redwing Invitational (8/20/04) @ The Emerald (Par 72), Pete Tomkie (71), Eric Lilleboe (72), Bobby Mooney (73), Sean Courtney (76)

### VARSIY 9-HOLE TEAM RECORDS

- 138 (-6)** in the CAAC III Jamboree (9/22/05) @ Brookshire (Front Nine - Par 36), Eric Lilleboe (34), Sean Courtney (34), Pete Tomkie (35), Ben Setas (35), Tony Kovac (35)
- 140 (-4)** vs Charlotte (9/20/04) @ Groesbeck, (Back Nine - Par 36), Eric Lilleboe (33), Pete Tomkie (35), Sean Courtney (36), Tony Kovac (36)
- 145 (+1)** in the CAAC III Jamboree (9/14/06) @ Wheatfield Valley (Back Nine - Par 36), Sean Courtney (35), Aaron Nichols (35), Ben Setas (36), Mike Murray (39)
- 145 (+1)** in the CAAC III Jamboree (9/9/04) @ Groesbeck (Back Nine - Par 36), Eric Lilleboe (33), Sean Courtney (35), Pete Tomkie (38), Jeff Klein (38)
- 145 (+1)** vs Mason (9/6/01) @ Groesbeck (Back Nine - Par 36), Chris Johnson (33), Sean King (35), Polo Hourani (36), Zack Cole (41)
- 139 (+3)** in the CAAC III Jamboree (9/8/05) @ Wheatfield Valley (Front Nine - Par 34), Eric Lilleboe (33), Sean Courtney (34), Pete Tomkie (35), Tony Kovac (37)
- 148 (+4)** in the CAAC III Jamboree (9/16/04) @ Brookshire (Front Nine - Par 36), Adam Beachnau (36), Pete Tomkie (37), Tony Kovac (37), Eric Lilleboe (38)
- 144 (+5)** in the CAAC White Jamboree (4/17/14) @ Willow Creek GC (Par 35), Niko Voutsaras (35), Adam Elias (35), Owen Rush (36), Brent Marshall (39)

### VARSIY 18-HOLE INDIVIDUAL RECORDS

- 65 (-6)** Eric Lilleboe vs Mason (8/17/05) @ Groesbeck (Par 71)
- 68 (-4)** Jacob Johnson in the 2013 EL Invitational (4/22/13) @ Walnut Hills CC (Par 72)
- 68 (-4)** Eric Lilleboe in the 2004 Redwing Invitational (8/15/05) @ The Emerald (Par 72)
- 68 (-4)** Pete Tomkie in the 2003 EL Fall Classic (8/18/03) @ MSU Forest Akers East (Par 72)
- 68 (-4)** Eric Lilleboe in the 2004 Redwing Invitational (8/15/05) @ The Emerald (Par 72)
- 69 (-3)** Jacob Johnson in the 2012 MHSAA District (5/13/12) @ Yarrow Golf Club (Par 72)
- 69 (-3)** Polo Hourani in the 2001 Mason Invitational (8/17/01) @ MSU Forest Akers East (Par 70)
- 69 (-3)** Wayne Mueller vs Everett @ Groesbeck (1986)
- 68 (-2)** Patrick Staudt in the 2008 MHSAA District (5/22/08) @ Gratiot CC (Par 70)

### VARSIY 9-HOLE INDIVIDUAL RECORDS

- 32 (-4)** Eric Lilleboe vs Mason (8/17/05) @ Groesbeck (Back Nine - Par 36)
- 32 (-4)** Alan Nicholson vs Jackson Northwest/Okemos (9/7/00) @ MSU Forest Akers East (Back Nine - Par 36)
- 32 (-3)** Ben Setas vs Mason (8/23/06) @ Eldorado (White Nine - Par 35)
- 32 (-3)** Wayne Mueller vs Everett (1986) @ Groesbeck (Old Back Nine - Par 35)
- 33 (-3)** Brent Marshall in the MHSAA District (5/23/14) @ The Emerald (Back Nine - Par 36)
- 33 (-3)** Brent Marshall in the MHSAA State Finals (6/14/13) @ Bedford Valley GC (Back Nine - Par 36)
- 33 (-3)** Eric Lilleboe vs Charlotte (9/20/04) @ Groesbeck (Back Nine - Par 36)
- 33 (-3)** Eric Lilleboe in the CAAC III Jamboree (9/9/04) @ Groesbeck (Back Nine - Par 36)
- 33 (-3)** Pete Tomkie in the 2003 EL Fall Classic (8/18/03) @ MSU Forest Akers East (Front Nine - Par 36)
- 33 (-3)** Chris Johnson vs Mason (9/6/01) @ Groesbeck (Back Nine - Par 36)

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**Contact us:**  
Jack Blair  
[jblair@cpaymichigan.com](mailto:jblair@cpaymichigan.com)





**TRACK AND FIELD — BOYS**



Back Row: Coach Spence, Stuart Hamilton, Noel Spence, Thomas Gianodis, Coach Tom, Head Coach Simpson  
 Middle Row: Bronson Abbott, Matthew Jennes, Eli Meder, Mojouk Othow, Jacob Maloney, Owen Spence, Matthew Burns  
 Middle Row: Devon Harris, Victor Cimala, Juan Pecina, Josh Frary, Josh Otten, Andrew Frary, Derui Dong, Jack Fedewa  
 Middle Row: Matthew Peters, David Pruder, Mitchell Raphael, Will Peters, Henry Doerr, Eric Warriner, Cameron Haraburda  
 Front Row: Sam Balasa, Fabrice Nkurunziza, Luke Elden, Aidan Niyontsinzi, David Perez, Michael LeTarte, Colin Cooper, Erick Lopez  
 Not Pictured: Hassan Al Kasti, Lucas Faes, Nathan Gmazel, David Ismael, Ben Urquhart



**TIM SIMPSON**  
HEAD COACH

Coach Simpson enters his 23rd year with the track program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last year.



**DANA SPENCE**  
FIELD EVENTS COACH

Coach Spence is the current jumps coach for the Lansing Catholic Track & Field program. This is his second year coaching in the track & field program at the high school level after spending multiple years coaching in the Catholic Youth League. Coach received a BS degree in chemistry from Grand Valley State University and a PhD from Michigan State University. A major objective for this year is to have more scoring at league meets, win the league championship, and have multiple medal winners at regionals. Dana and his wife Diane, a teacher at St Thomas Aquinas Parish School, have 4 children, 3 of whom are on the LCHS team this season.

**TRACK AND FIELD — BOYS**

**BEN MONROE**  
SPRINTER'S COACH

Coach Monroe is in his second season as the sprint, relay, and throws coach having coached previously at DeWitt and Ann Arbor Huron High Schools. A 2008 Lansing Catholic grad, he continued his academic and track career as a sprinter at Lake Superior State University where he received his degree in fire science, homeland security, and coaching. Coach Ben enjoys helping athletes achieve their own goals, helping them reach their fullest potential, and gain knowledge in their sport. Goals for this season include scoring many points at the league meet, being competitive at the regional meet, and defending our state championship in the men's 1600-meter relay. Coach and his wife Brittany are expecting their first child due in August.



**TOM FRES**  
HURDLES COACH

Coach Faes is in his second season as the hurdling coach for all hurdling events. Our goals this year are for the hurdlers to place in league meets, improve at our speed and strides between hurdles using strength training, core and sheer speed. Coach enjoys helping athletes achieve their own fun level of skill through health, and their confidence through self-drive. Tom and his wife Martha have two children who are active athletes and students.



**JAMES FEDEWA, JACK FEDEWA, SAMMY MIGALDI, RYAN SCHROEDER**  
LSJ DREAM TEAM — 3,200-METER RELAY



**JACK FEDEWA, JAMES FEDEWA, RYAN SCHROEDER, RYAN RUITER**  
LSJ DREAM TEAM — 1,600 RELAY

**PLAYER ROSTER**

Bronson Abbott .....Soph	Matthew Jennes .....Soph
Hassan Al Kasti .....Frosh	Michael LeTarte .....Soph
Sam Balasa .....Soph	Erick Lopez .....Soph
Matthew Burns ..... Senior	Jacob Maloney .....Soph
Victor Cimala .....Soph	Eli Meder ..... Junior
Colin Cooper ..... Senior	Aidan Niyontsinzi ..... Senior
Derui Dong ..... Junior	Fabrice Nkurunziza .....Soph
Henry Doerr .....Frosh	Mojouk Othow .....Frosh
Luke Elden ..... Junior	Josh Otten .....Frosh
Lucas Faes .....Soph	Juan Pecina .....Frosh
Jack Fedewa ..... Senior	David Perez ..... Junior
Andrew Frary .....Soph	Matthew Peters .....Frosh
Josh Frary .....Soph	Will Peters ..... Senior
Thomas Gianodis .....Soph	David Pruder .....Soph
Nathan Gmazel .....Soph	Mitchell Raphael ..... Junior
Stuart Hamilton .....Soph	Noel Spence .....Soph
Cameron Haraburda .....Soph	Owen Spence .....Frosh
Devon Harris ..... Junior	Ben Urquhart ..... Senior
David Ismael .....Frosh	Eric Warriner ..... Senior

**SCHEDULE**

- 🚌 03/23/19 9:00 AM vs Grand Rapids Catholic
- 🚌 03/26/19 4:00 PM vs TBA MSU Indoor
- 🏠 04/10/19 4:30 PM LCHS RELAYS
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- 🚌 04/16/19 4:30 PM vs Portland HS
- 🏠 04/23/19 4:30 PM vs Charlotte HS
- 🚌 04/26/19 3:00 PM vs Mason HS
- 🚌 04/30/19 4:30 PM vs Ionia HS
- 🚌 05/03/19 2:30 PM vs Shepherd HS
- 🏠 05/07/19 4:30 PM vs Eaton Rapids Senior High
- 🏠 05/14/19 4:30 PM vs J.W. Sexton HS
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🏠 Home Game 🚌 Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.



 **TRACK AND FIELD — GIRLS**



Back Row: Coach Faes, Coach Spence, Olivia McCaffrey, Abigail Kazmierski, Brianna Tennes, Head Coach Simpson  
 Middle Row: Michelle Hanis, Mary Cate Heberlein, Tori Ruitter, Christina Ovreset, Ally Simon, Ellie Rentz  
 Middle Row: Rachel Warnke, Sophie Weitzel, Emme Rush, Annie Dudley, Elaina Phelps, Abby Liesman, Rachel Reid  
 Middle Row: Mia Brown, Maria Stuart, Grace Griffin, Sydney Gehle, Claudia Spence, Lauren Cleary  
 Middle Row: Jemimah Nyembwe, Nora Coffey, Adela Migan, Sophy Dong, Hailey Prokop, Shannon Stevens  
 Front Row: Olivia Perez, Adeline Hauck, Isabelle Lara, Addison Puck, Cara Heberlein, Jaden Theis  
 Not Pictured: Maggie Glencer



**TIM SIMPSON**  
HEAD COACH

Coach Simpson enters his 23rd year with the track program at Lansing Catholic. He was an outstanding runner in high school and continued his career at Michigan State. He is looking for another strong season this year after the great successes of last year.



**DANA SPENCE**  
FIELD EVENTS COACH

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 **TRACK AND FIELD — GIRLS**

**BEN MONROE**  
SPRINTER'S COACH

Coach Monroe is in his second season as the sprint, relay, and throws coach having coached previously at DeWitt and Ann Arbor Huron High Schools. A 2008 Lansing Catholic grad, he continued his academic and track career as a sprinter at Lake Superior State University where he received his degree in fire science, homeland security, and coaching. Coach Ben enjoys helping athletes achieve their own goals, helping them reach their fullest potential, and gain knowledge in their sport. Goals for this season include scoring many points at the league meet, being competitive at the regional meet, and defending our state championship in the men's 1600-meter relay. Coach and his wife Brittany are expecting their first child due in August.



**TOM FRIES**  
HURDLES COACH

Coach Faes is in his second season as the hurdling coach for all hurdling events. Our goals this year are for the hurdlers to place in league meets, improve at our speed and strides between hurdles using strength training, core and sheer speed. Coach enjoys helping athletes achieve their own fun level of skill through health, and their confidence through self-drive. Tom and his wife Martha have two children who are active athletes and students.



**GRACE FROST, JADEN THEIS, LAUREN CLEARY, OLIVIA THEIS**  
LSJ DREAM TEAM — 3,200-METER RELAY



**OLIVIA THEIS**  
LSJ RUNNER OF THE YEAR & DREAM TEAM — 3,200-METER RUN, 1,600-METER RUN

**PLAYER ROSTER**

Mia Brown .....	Soph	Christina Ovreset .....	Senior
Lauren Cleary .....	Senior	Olivia Perez .....	Freshman
Nora Coffey .....	Freshman	Elaina Phelps .....	Senior
Sophy Dong .....	Senior	Hailey Prokop .....	Freshman
Annie Dudley .....	Soph	Addison Puck .....	Soph
Sydney Gehle .....	Senior	Rachel Reid .....	Junior
Maggie Glencer .....	Junior	Ellie Rentz .....	Junior
Grace Griffin .....	Junior	Tori Ruitter .....	Junior
Michelle Hanis .....	Senior	Emme Rush .....	Junior
Adeline Hauck .....	Junior	Ally Simon .....	Junior
Cara Heberlein .....	Senior	Claudia Spence .....	Senior
Mary Cate Heberlein .....	Junior	Shannon Stevens .....	Soph
Abigail Kazmierski .....	Senior	Maria Stuart .....	Junior
Isabelle Lara .....	Soph	Brianna Tennes .....	Freshman
Abby Liesman .....	Senior	Jaden Theis .....	Junior
Olivia McCaffrey .....	Soph	Rachel Warnke .....	Soph
Adela Migan .....	Freshman	Sophie Weitzel .....	Senior
Jemimah Nyembwe .....	Freshman		

**SCHEDULE**

-  03/23/19 9:00 AM vs Grand Rapids Catholic
-  03/26/19 4:00 PM vs TBA MSU Indoor
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 Home Game  Away Game  
 Visit [www.lansing-catholic.bigteams.com/](http://www.lansing-catholic.bigteams.com/) for up-to-date details as schedule is subject to change.





## INDIVIDUAL STATE CHAMPIONS

**2016-17** Noah Alvarado, 1600m relay 3:23:56  
 Konnor Maloney, 1600m relay 3:23:56  
 Konnor Maloney, 400 :48:63  
 Ryan Ruiter, 1600m relay 3:23:56  
 Ryan Schroeder, 1600m relay 3:23:56  
 Olivia Theis, 1600 4:50:10  
 Olivia Theis, 3200 10:30:49  
 Olivia Theis, XC

**2014-15** Keenan Rebera, XC  
 Kennan Rebera, 1600m

**2013-14** Keenan Rebera, XC  
 Jacqueline Setas, Golf  
 Keenan Rebera, 3200m

**2012-13** Keenan Rebera, 3200m

**2011-12** Peter Murray/ Jake Johnson, #1 doubles  
 Zach Zingsheim, XC  
 Dan Liesman, Shot Put  
 Zach Zingsheim, 800m, 800m relay,  
 1600m relay, 3200m relay  
 Joe Marrah, 3200m relay  
 Austin Winter, 3200m relay  
 Jimmy Hicks, 1600m relay, 3200m relay  
 Connor Caporale, 800m relay, 1600m relay  
 Matt Macksood, 800m relay, 1600m relay  
 Cedric Lee, 800m relay  
 Calla Ramont, #3 singles

**2010-11** Peter Murray/ Greg Waddell – Fall, #1  
 doubles  
 Paul Heeder – Fall, #1 singles  
 Connor Caporale, 200m relay  
 Matt Macksood, 200m relay  
 Zach Zingsheim, 200m relay  
 Aaron Wilson, 200m relay

**2009-2010** Sam Reedy/ Greg Waddell – Fall,  
 #2 doubles

**2008-2009** Adam Setas/ Michael Maddalena – Fall,  
 #3 doubles  
 Peter Murray/ Adam Parker – Fall,  
 #2 doubles  
 Sam Reedy/ Greg Waddell – Fall,  
 #4 doubles

**2007-2008** Pat Duda, Golf  
 Jamaal Tarpeh – Fall, #4 singles

**2006-2007** Matt Kuch/ Aaron Nichols – Fall,  
 #4 doubles  
 Matt Kuch/ Brian Japinga – Spring,  
 #2 doubles  
 Peter Lindman/ Andrew Campbell – Fall,  
 #1 doubles

**2004-2005** Jordan O'Neil – Spring, #1 singles

**2003-2004** Allison Strouse, 200m, 400m relay  
 Liz Watson, 400m relay  
 Liz Hart, 400m relay  
 Erin Sachau, 400m relay

**2002-2003** Jocelyn Marks, 200m relay  
 Rennee Rademacher, 200m relay,  
 400m relay  
 Erin Sachau, 200m relay, 400m relay  
 Allison Strouse, 200m relay, 400m relay  
 Amanda Strouse, 400m relay

**2001-2002** Justin Murray- Golf

**2000-2001** Kevin Boraenski- Fall, #1 singles

**1999-2000** Rachel Kirvan, 1600m, 800m relay  
 Lynn Gratz, 800m relay  
 Stephanie McKenna, 800m relay  
 Katie Chenoweth, 800m relay

**1997-1998** Jeff Irish, Golf

**1995-1996** Bryan Payne, #4 singles  
 Amanda Rabideau, #4 singles

**1991-1992** Christina Spadafore, #2 singles

**1986-1987** Wayne Mueller, Golf

**1980-1981** George Manson, Wrestling

**1971-1972** Rex Bane, Wrestling



## TEAM STATE CHAMPIONS

**2017-2018** Girls Cross Country

**2015-2016** Boys Cross Country

**2014-2015** Boys Golf

**2013-2014** Boys Golf

**2012-2013** Boys Golf  
 Girls Golf

**2011-2012** Girls Golf  
 Boys Track

**2007-2008** Boys Basketball

**2005-2006** Boys Golf

**2004-2005** Boys Golf

**2001-2002** Boys Golf

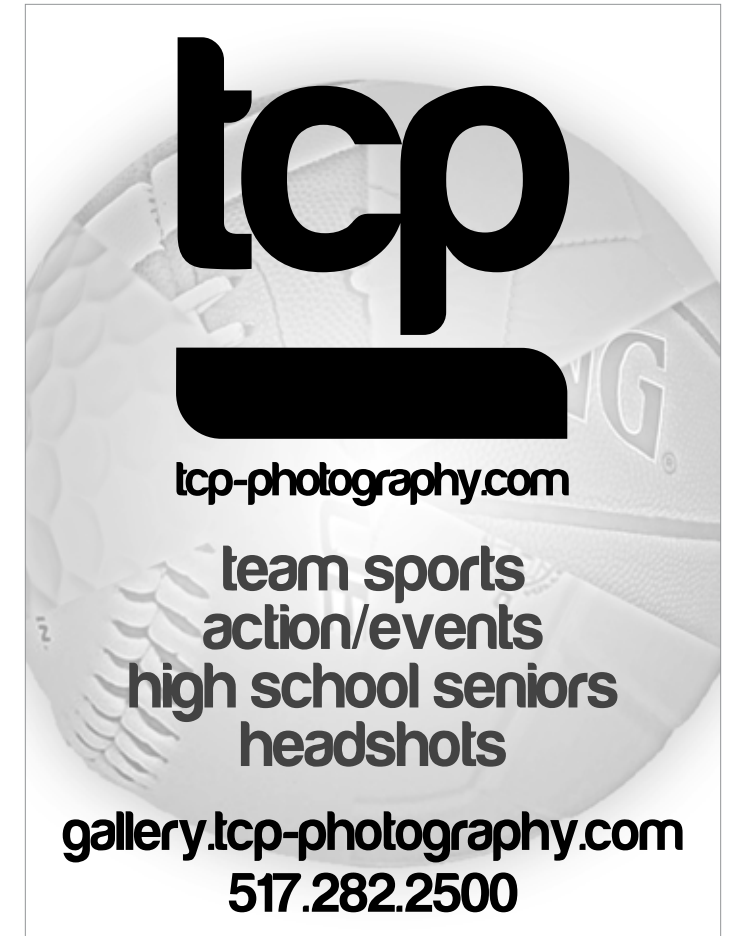
**1995-1996** Baseball  
 Girls Basketball

**1986-1987** Boys Golf

**1985-1986** Football

**1975-1976** Hockey

**1974-1975** Hockey



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Back Row: Coach Johnson, Bethany Lindberg, Nicki Hufnagel, Sophie St. Marie, Natalie Hufnagel, Coach Padalec  
 Middle Row: Audrey Ramont, Christine Madigan, Jolie Hillyer, Lauren Marshall, Madeleine Rule  
 Front Row: Amy Thieu, Christina Thieu, Ava Foster, Megan Pham, Chaemin An



**SHEILA TANSEY JOHNSON** HEAD COACH

Sheila Tansey Johnson is the first year head coach for the Cougar varsity team. A Todd Martin Youth Leadership Tennis Program Consultant, Coach Tansey Johnson previously taught Health and Wellness as well as Tennis at Macomb Community College. She is a graduate of MSU with an MS in exercise physiology, a former MSU Varsity Golfer and an LPGA Professional.



**GIGI PADALEC**  
 ASSISTANT HEAD COACH

Asst. Coach Padalec is currently a freshman at MSU studying engineering. She is a former player and alum of Okemos High School. In addition to coaching at LCHS, Coach Padalec is a Todd Martin Youth Leadership Tennis Instructor.

**PLAYER ROSTER**

- Chaemin An .....Junior
- Ava Foster ..... Freshman
- Jolie Hillyer .....Senior
- Nicki Hufnagel..... Freshman
- Natalie Hufnagel .....Senior
- Bethany Lindberg .....Junior
- Christine Madigan .....Junior
- Lauren Marshall .....Senior
- Megan Pham .....Sophomore
- Madeleine Rule.....Senior
- Sophie St. Marie .....Sophomore
- Audrey Ramont ..... Freshman
- Amy Thieu.....Senior
- Christina Thieu .....Sophomore

**SCHEDULE**

- 🚌 03/15/19 6:00 PM TBA
- 🏠 03/19/19 4:00 PM vs Grand Ledge HS
- 🏠 03/28/19 4:00 PM vs Lansing Eastern HS
- 🚌 04/11/19 4:00 PM vs DeWitt HS
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- 🚌 05/09/19 9:00 AM vs CAAC League Meet
- 🏠 05/13/19 4:30 PM vs St. Johns HS
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- 🚌 05/31/19 8:00 PM MHSAA State Finals

🏠 Home Game 🚌 Away Game  
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**TENNIS — GIRLS — JUNIOR VARSITY**



Back Row: Yoonyee Song, MiKayla Umpstead, Emma Wesley, Anna Jager, Reese Robinson, Coach Koski  
 Middle Row: Kate Schroeder, Emma Sambaer, Andrea Endres, Madison Kepros, Anna DeLuca  
 Front Row: Rachael Elbast, Alexis Oswald, Brooke Paradine, Camille Taylor, Marie Hayward, Sarah Elbast  
 Not Pictured: Nora Maviry, Clare Clement

**TENNIS — GIRLS — JUNIOR VARSITY**



**CARLEY ELIZABETH KOSKI** HEAD COACH

Coach Koski attended Dewitt High School and is currently a freshman nursing major at Michigan State. This is her second year of coaching and she is beyond grateful for the experience! Coach Koski is looking forward to seeing all the improvement over the course of the season.



**GIGI PADALEC**  
 ASSISTANT HEAD COACH

Asst. Coach Padalec is currently a freshman at MSU studying engineering. She is a former player and alum of Okemos High School. In addition to coaching at LCHS, Coach Padalec is a Todd Martin Youth Leadership Tennis Instructor.

**PLAYER ROSTER**

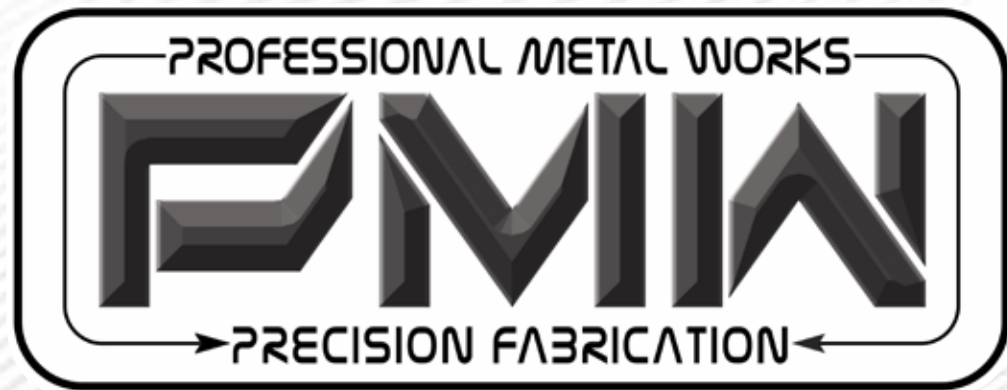
Clare Clement.....	Sophomore
Anna DeLuca.....	Senior
Rachael Elbast .....	Freshman
Sarah Elbast .....	Freshman
Andrea Endres .....	Sophomore
Marie Hayward .....	Freshman
Anna Jager .....	Freshman
Madison Kepros .....	Sophomore
Nora Maviry.....	Sophomore
Alexis Oswald.....	Sophomore
Brooke Paradine .....	Junior
Reese Robinson .....	Freshman
Emma Sambaer.....	Junior
Kate Schroeder .....	Sophomore
Yoonyee Song.....	Freshman
Camille Taylor .....	Junior
MiKayla Umpstead .....	Junior
Emma Wesley .....	Freshman

**SCHEDULE**

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Home Game Away Game  
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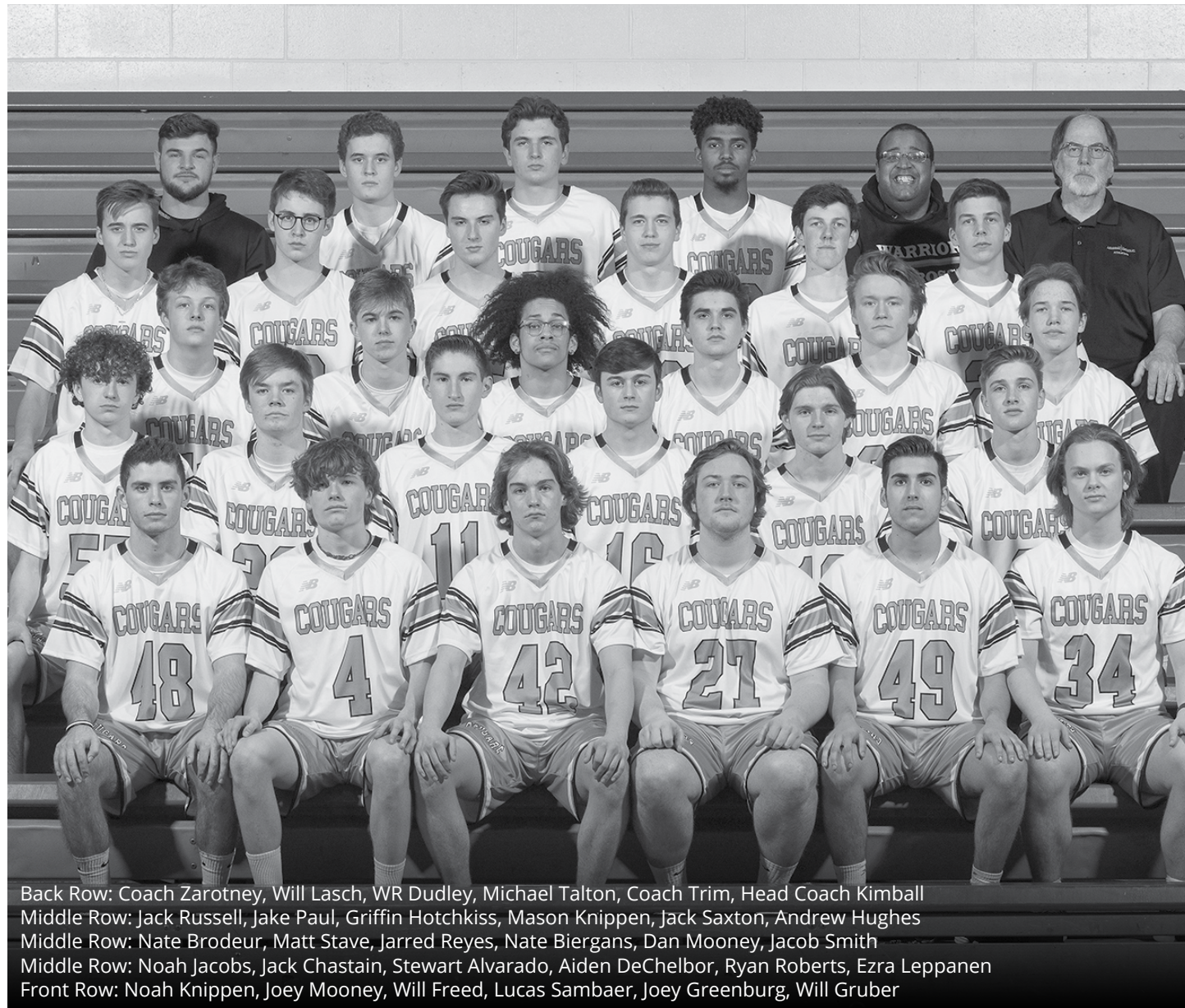
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**LACROSSE — BOYS — VARSITY**



Back Row: Coach Zarotney, Will Lasch, WR Dudley, Michael Talton, Coach Trim, Head Coach Kimball  
 Middle Row: Jack Russell, Jake Paul, Griffin Hotchkiss, Mason Knippen, Jack Saxton, Andrew Hughes  
 Middle Row: Nate Brodeur, Matt Stave, Jarred Reyes, Nate Biergans, Dan Mooney, Jacob Smith  
 Middle Row: Noah Jacobs, Jack Chastain, Stewart Alvarado, Aiden DeChelbor, Ryan Roberts, Ezra Leppanen  
 Front Row: Noah Knippen, Joey Mooney, Will Freed, Lucas Sambaer, Joey Greenburg, Will Gruber



**RICH KIMBALL HEAD COACH**

Coach Kimball is entering his seventh year as head coach, after assist coaching for three years, he began head coaching in 2016. His coaching credentials include seven years as a high school coach in New England and seventeen years as the head coach of the Michigan State varsity team, where his teams appeared in the NCAA DI tournament three times. Coach Kimball was the athletic director at Lansing Catholic for the eight years. He lives in East Lansing with his awesome wife Mary who encourages him to pursue his passion for coaching lacrosse.

**LACROSSE — BOYS — VARSITY**



**ADAM ZAROTNEY**  
ASSISTANT COACH

Coach Zarotney has been an assistant coach to the lacrosse team for several years. He enjoys the challenges and competition that come with playing lacrosse and enjoys coaching young men to be better players and people.



**JUSTIN TRIM**  
ASSISTANT COACH

Coach Trim enjoys coaching the lacrosse team and is looking forward to a great season.



**EVAN ZAROTNEY**  
LSJ DREAM TEAM



**MICHAEL TALTON**  
LSJ DREAM TEAM

**PLAYER ROSTER**

Stewart Alvarado....Junior	Will Lasch.....Junior
Nate Biergans.....Junior	Ezra Leppanen.....Senior
Nate Brodeur.....Junior	Joey Mooney.....Soph
Jack Chastain.....Soph	Dan Mooney.....Senior
Aiden DeChelbor ....Soph	Jake Paul.....Senior
WR Dudley.....Senior	Jarred Reyes.....Senior
Will Freed.....Junior	Ryan Roberts.....Junior
Joey Greenburg.....Junior	Jack Russell.....Junior
Will Gruber*.....Soph	Lucas Sambaer.....Senior
Griffin Hotchkiss....Junior	Jack Saxton.....Soph
Andrew Hughes.....Senior	Jacob Smith.....Soph
Noah Jacobs.....Junior	Matt Stave.....Junior
Mason Knippen..Freshman	Michael Talton.....Senior
Noah Knippen*.....Junior	*Team Captains

**SCHEDULE**

- 🏠 03/16/19 12:30 PM vs Grandville HS
- 🚌 03/18/19 TBA Detroit Country Day
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- 🚌 03/25/19 7:45 PM vs Mattawan HS Olivet College
- 🏠 03/28/19 7:00 PM vs Harper Creek HS
- 🚌 04/11/19 7:00 PM vs Grand Ledge HS
- 🚌 04/13/19 12:00 PM vs Bloomfield Hills HS
- 🚌 04/13/19 1:00 PM vs Saginaw Arthur Hill HS
- 🚌 04/16/19 7:00 PM vs Haslett HS
- 🏠 04/20/19 12:30 PM vs Okemos HS
- 🏠 04/23/19 7:00 PM vs DeWitt HS
- 🚌 04/25/19 7:00 PM vs East Lansing HS
- 🏠 04/27/19 6:00 PM vs Vicksburg HS
- 🏠 04/30/19 7:00 PM vs Holt HS Sr. Night
- 🚌 05/02/19 7:00 PM vs Midland HS
- 🚌 05/04/19 TBA vs Ann Arbor Greenhills
- 🏠 05/07/19 7:00 PM CAAC Tournament
- 🏠 05/09/19 7:00 PM CAAC Tournament
- 🚌 05/14/19 CAAC Tournament Finals
- 🚌 05/15/19 7:00 PM vs Ovid-Elsie HS Ovid/St. Johns

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



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A WAY OF  
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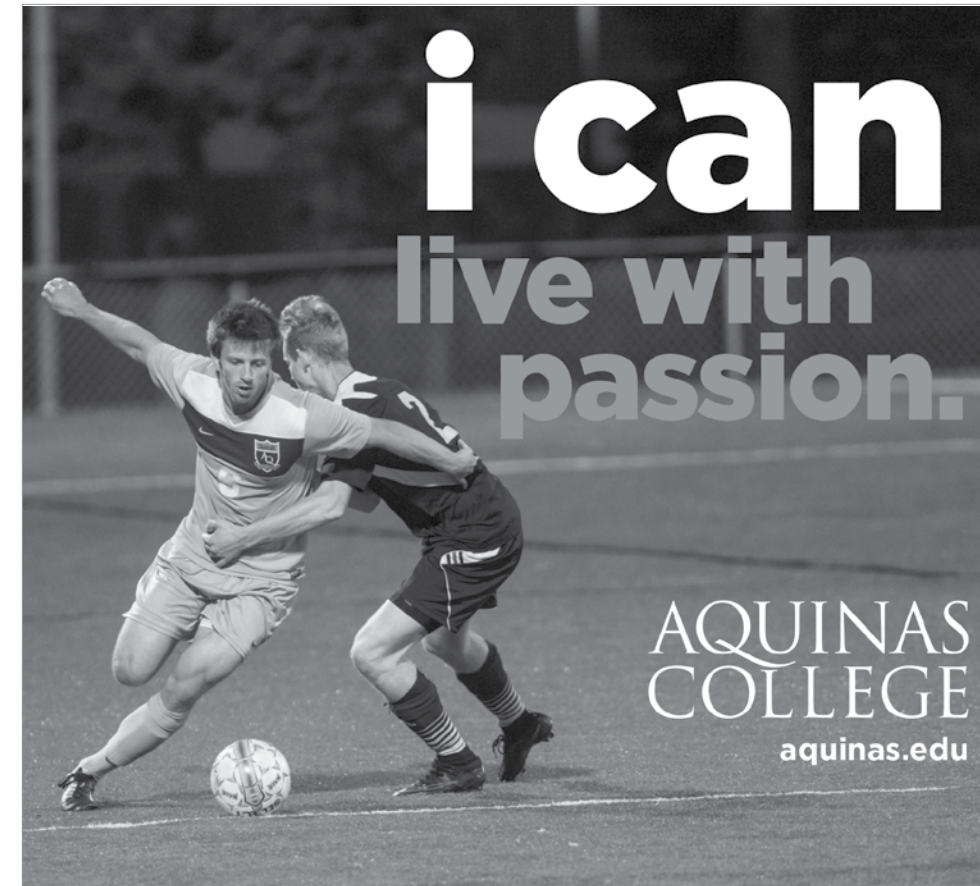


## PROSPECTIVE FAMILY NIGHT

WEDNESDAY, OCTOBER 16, 2019, 6:30-8:30PM

Lansing Catholic High School is hosting its winter Prospective Family Night on Wed., Oct. 16, 2019 from 6:30pm to 8:30pm. Parents and students are welcome at this event to learn more about what LCHS has to offer. Please note there is a set schedule for this event. Families will first be taken on a school tour led by a LCHS student, then attend breakout sessions (on curriculum, tuition, college planning, and extracurricular and athletic activities), and the evening will conclude with a question and answer session with students and staff. Registration is not required for this event, but is appreciated.

Please contact LCHS's admissions office at 517-267-2102, [admissions@lansingcatholic.org](mailto:admissions@lansingcatholic.org) or use their website to register for this event.



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# GO COUGARS!

## Educational Outfitters

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





Back Row: Coach Ellsworth, Brandon Hillman, Evan Foster, Bo Poljan, Brendan Melling, Nijj-Zhik Davis Quintero, Coach Jacobs  
 Middle Row: Andrew Hicks, James Scrimger, Gavin LaViolette, Donovan Papson, Peyton Smith, Thomas Sambaer  
 Front Row: Aiden Day, Sebastian Golzynski, Angelo Greenburg, Colum Sanford, Carson Schick  
 Not Picture: Carson Schick



**KEVIN JACOBS** HEAD COACH

Coach Jacobs began coaching lacrosse when his Noah (C20) was in fifth grade and fell in love with the sport. This is his seventh year coaching lacrosse and third year as the JV head coach. Coach Jacobs believes, "If the players love this game even half as much as I do by the end of the season, then it's been a good season." He adds that he couldn't do it all without the help of his assistant coach, Tyler Ellsworth, who has done a fantastic job teaching and coaching the players on the defensive side of the game. Coach Jacobs looks forward to continuing to build the program with Coach Kimball and Coach Zarotney. He is an LCHS grad (C89), the husband of Angie and the dad to Sophie, Noah and Ellen.



**TYLER ELLSWORTH** ASSISTANT COACH

Coach Ellsworth has been with the lacrosse program for several years. He is looking forward to a successful season.

**PLAYER ROSTER**

Carson Chastain.....	Freshman
Nijj-Zhik Davis Quintero .....	Freshman
Aiden Day.....	Freshman
Evan Foster.....	Sophomore
Sebastian Golzynski .....	Sophomore
Angelo Greenburg.....	Sophomore
Andrew Hicks.....	Sophomore
Brandon Hillman.....	Sophomore
Gavin LaViolette .....	Sophomore
Brendan Melling.....	Sophomore
Donovan Papson* .....	Sophomore
Bo Poljan.....	Freshman
Thomas Sambaer .....	Sophomore
Colum Sanford .....	Freshman
Carson Schick .....	Sophomore
James Scrimger .....	Sophomore
Peyton Smith.....	Sophomore

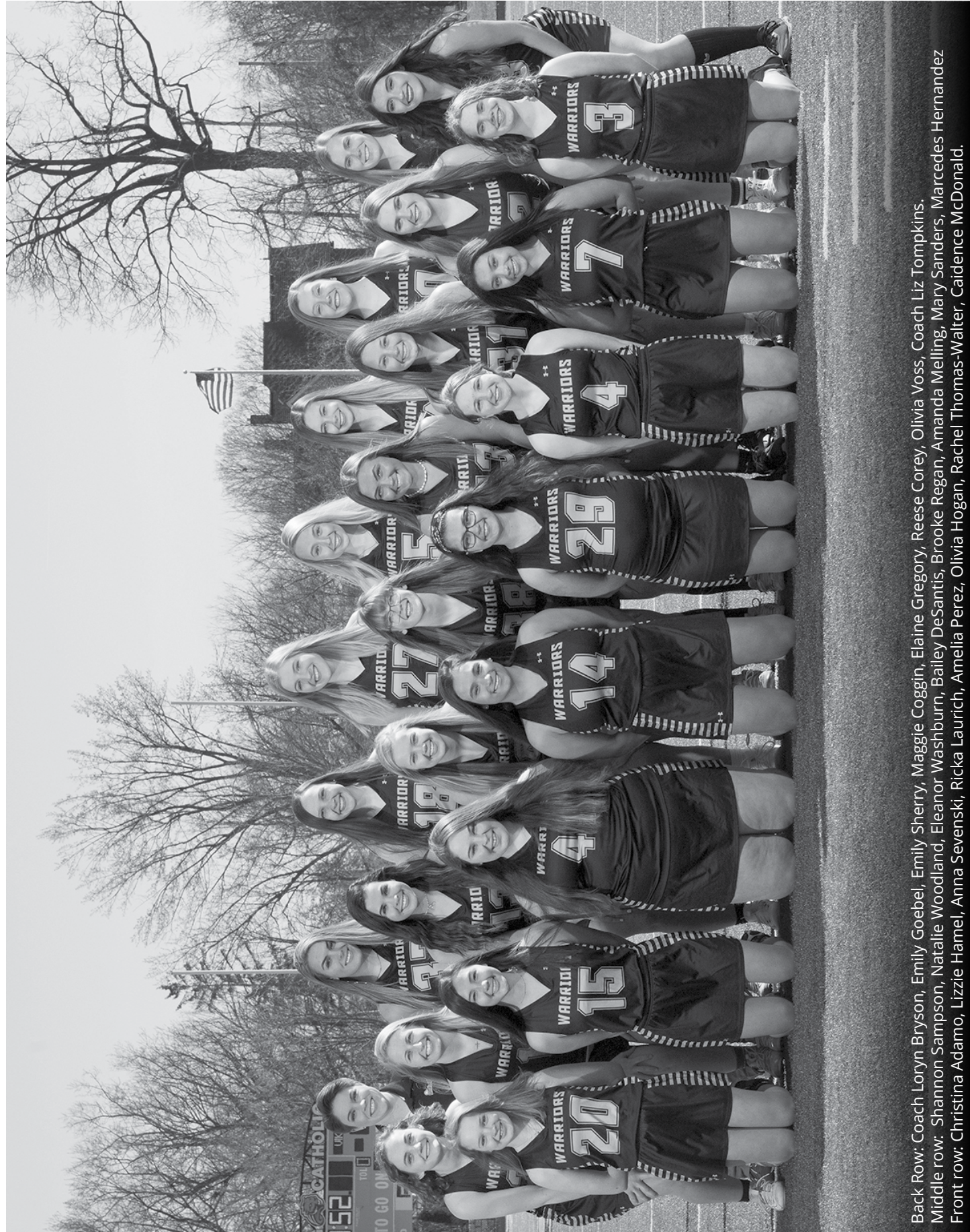
\*Team Captain

**SCHEDULE**

- 🏠 03/16/19 1:30 PM vs Grandville HS
- 🏠 03/23/19 12:30 PM vs Lakeview HS
- 🚌 03/25/19 6:00 PM vs Mattawan HS Olivet College
- 🏠 03/28/19 5:30 PM vs Harper Creek HS
- 🚌 04/11/19 5:30 PM vs Grand Ledge HS
- 🚌 04/13/19 10:00 AM vs Bloomfield Hills HS
- 🚌 04/13/19 11:00 AM vs Saginaw Arthur Hill HS
- 🚌 04/16/19 5:30 PM vs Haslett HS
- 🏠 04/20/19 11:00 AM vs Okemos HS
- 🚌 04/23/19 4:30 PM vs East Lansing HS (McDonald)
- 🏠 04/23/19 5:30 PM vs DeWitt HS
- 🏠 04/30/19 5:30 PM vs Holt Senior HS
- 🚌 05/02/19 5:30 PM vs Midland HS
- 🚌 05/04/19 TBA vs Detroit Catholic Central HS
- 🏠 05/07/19 CAAC Tournament
- 🏠 05/09/19 CAAC Tournament
- 🏠 05/14/19 CAAC Round 3
- 🚌 05/15/19 4:00 PM vs Ovid-Elsie HS

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





Back Row: Coach Loryn Bryson, Emily Goebel, Emily Sherry, Maggie Coggin, Elaine Gregory, Reese Corey, Olivia Voss, Coach Liz Tompkins.  
 Middle row: Shannon Sampson, Natalie Woodland, Eleanor Washburn, Bailey DeSantis, Brooke Regan, Amanda Melling, Mary Sanders, Mercedes Hernandez  
 Front row: Christina Adamo, Lizzie Hamel, Anna Sevenski, Ricka Laurich, Amelia Perez, Olivia Hogan, Rachel Thomas-Walter, Caidence McDonald.



**LORYN BRYSON** HEAD COACH

This is Loryn Bryson's fourth year coaching the Waverly/Lansing Catholic girls team. She is a graduate of Wilmington College where she played midfield for their lacrosse team. She is now a journalist and photographer and is in grad school at Michigan State University where she is studying business. Loryn is originally from Carlisle, Ohio and is looking forward to a great year with these girls! She is assisted by Coach Liz Tompkins.



**LIZ TOMPKINS** ASSISTANT COACH

Coach Tompkins is entering her third year as the assistant coach for the Waverly/Lansing Catholic varsity girls lacrosse team. She is a 2013 graduate of Michigan State University where she studied elementary education. Coach taught in both Chicago and at Waverly schools before pursuing a master's degree in speech-language pathology at Michigan State University where she will graduate in 2020. She loves coaching lacrosse and is looking forward to another strong season.



**NATALIE WOODLAND**  
 LSJ DREAM TEAM

**PLAYER ROSTER**

Christina Adamo .....	Junior	LCHS
Maggie Coggin .....	Senior	Waverly
Reese Corey .....	Freshman	LCHS
Bailey DeSantis.....	Sophomore	Waverly
Emily Goebel.....	Junior	LCHS
Elaine Gregory.....	Senior	Waverly
Lizzie Hamel.....	Sophomore	LCHS
Mercedes Hernandez.....	Senior	Waverly
Olivia Hogan.....	Freshman	Waverly
Noelle LaPorte.....	Junior	LCHS
Fredericka Laurich.....	Senior	LCHS
Caidence McDonald.....	Freshman	LCHS
Amanda Melling.....	Freshman	LCHS
Amelia Perez.....	Junior	Waverly
Brooke Regan.....	Junior	LCHS
Shannon Sampson.....	Senior	LCHS
Mary Sanders.....	Senior	LCHS
Anna Sevenski.....	Freshman	LCHS
Emily Sherry.....	Junior	LCHS
Rachel Thomas-Walter.....	Junior	LCHS
Olivia Voss.....	Freshman	LCHS
Eleanor Washburn.....	Sophomore	LCHS
Natalie Woodland.....	Senior	LCR

**SCHEDULE**

- 🏠 03/07/19 7:30 PM vs Vicksburg HS
- 🏠 04/11/19 6:00 PM vs Grand Ledge HS
- 🏠 04/13/19 1:00 PM vs Battle Creek
- 🚌 04/15/19 6:00 PM vs Okemos HS
- 🏠 04/16/19 6:00 PM vs Haslett HS
- 🚌 04/23/19 6:00 PM vs DeWitt HS
- 🏠 04/25/19 6:00 PM vs East Lansing HS
- 🚌 04/30/19 6:00 PM vs Holt HS
- 🏠 05/02/19 6:00 PM vs Ovid-Elsie HS
- 🏠 05/04/19 1:00 PM vs Holly HS
- 🚌 05/06/19 6:00 PM CAAC Tournament
- 🏠 05/08/19 6:00 PM CAAC Tournament
- 🏠 05/13/19 6:00 PM CAAC Tournament Round 3
- 🚌 05/16/19 6:00 PM vs Vicksburg HS
- 🚌 05/18/19 6:00 PM vs Battle Creek

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





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