

LANSING CATHOLIC
COUGARS



TM

WINTER 2020-2021



4 EVENTS...1 MISSION

TO BRING EXCELLENCE TO OUR STUDENTS
THROUGH THE POWER OF COMMUNITY



01.30 4TH ANNUAL CORKS + CUISINE

THANK YOU FOR YOUR SUPPORT!
Saturday, January 30 | 7-10 P.M.
Gather together for samplings of food and drink from area eateries while enjoying live great music and festivities. All proceeds to support future enhancements of the LCHS campus.



05.03 37TH ANNUAL FR. MAC SCHOLARSHIP ^{non} EVENT

Due to continued COVID health guidelines, we will once again be hosting a Fr. Mac Scholarship "Non-Event". The Non-Event Fundraiser will be a celebration held in place of an actual in-person event which eliminates the cost of a big dinner and focuses on raising dollars for tuition assistance and providing a quality Catholic education for students in need. Your participation is vital. Your attendance is not.



06.18 33RD ANNUAL COUGAR CLASSIC GOLF OUTING

Friday, June 18 | 10 A.M.

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



06.18 50 YEAR CELEBRATION OF LANSING CATHOLIC

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

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

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

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



KRYSTYN SCHMERBECK
PRINCIPAL

Welcome to Lansing Catholic High School, Home of the Cougars!

Despite the shortened season this year, I am encouraged and excited to see our young people demonstrating discipline, perseverance and resilience amid constantly changing circumstances. Saint John Paul II once commented that sports have an intrinsic value both for formation of the person and as an essential component of culture. I believe our athletics program accomplishes these points with excellence in support of our school's mission to form disciples of Christ.

The opportunity to compete in winter sports this year—and every year—is a gift not only to the individual players, but also to our school community. I am particularly grateful for our athletics department, coaches, players, families and facilities team for making this season so successful. I extend additional thanks to volunteer broadcasters for welcoming as many spectators as possible to share in the joy of winter sports through livestream.

As our community continues to navigate these extraordinary times, let us look to our accomplished athletes and remember that there is no limit to what we can achieve when we work together as a team, united in faith and a common mission!

Saint John Paul the Great, pray for us!

Sincerely,

Krystyn Schmerbeck

Principal



BRIAN WOLCOTT
ATHLETIC DIRECTOR

Welcome to the 2021 Winter sports season! I wasn't sure if I would be able to write those words but am thankful that I can. We had a great fall winning several league titles, two district and two regional titles and a state runner's up in girls golf! In addition, senior Stuart Hamilton was named a finalist for the MHSAA Scholar Athlete Award! As we move forward this year, we share a guiding quote from our patron saint, JP II: "Sport trains the body and spirit for perseverance, effort, courage, balance, sacrifice, honesty, friendship and collaboration." "Give thanks to God for the gift of sport, in which the human person exercises his body, intellect and will, recognizing these abilities as so many gifts of his Creator."

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

Go Cougars!

Brian P. Wolcott

Director of Athletics



FR. PAUL ERICKSON
CHAPLAIN

Greetings and welcome to Lansing Catholic High School!

With all of the turbulence that the year has brought, we are glad that competition can continue in a safe and responsible manner this winter. It is nice to have a familiar mainstay and at least some sense of normalcy that our sports programs can provide.

The spiritual theme for all LCHS is from Ephesians 2:19, "You are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God." Athletic competition can bring out the best in people and elevate them into that call to holiness which exists in every human heart. Many of the Saints, including our patron John Paul the Great, were tremendous athletes. Their experience in the sporting arena carried them into the spiritual arena and prepared them for the sacrifice and struggle that always comes with competition.

Thank you for your continued support of our athletic program, our students, our staff, and our school. Especially this year, may we encourage one another, build each other up, and call each other on toward Jesus Christ. As we join with the Saints, let us hold our entire community in prayer, that competitors both home and away would engage safely and respectfully with one another and that the hand of God would continue to guide and protect us all.

May the Lord bless and keep you. And as always... GO COUGARS!

Fr. Paul Erickson

Chaplain

MISSION STATEMENT

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

TYPE OF SCHOOL

Regional, comprehensive, co-educational Catholic high school

ACCREDITATION

Michigan Association of Non-Public Schools

ADMISSIONS

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

STUDENTS

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

SIZE

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

FACULTY

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

SCHOOL DAY

7:55am-2:00pm (Monday)
7:55am-3:02pm (Tue., Wed., Fri.)
8:55am-3:02pm (Thursday)

FAITH

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

MISSION TRIPS

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

SERVICE

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

CLUBS & ACTIVITIES

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

COUGAR ATHLETICS

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

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

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

GRADUATION REQUIREMENTS

Students must successfully complete the following 24 credits:

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

ACADEMIC HONORS

Honors for graduates are determined by the 7th semester cumulative Grade Point Average (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)

STANDARDIZED TEST SCORES

ACT TEST DATA

Class of 2020	LCHS...	National
English	23.9.....	20.2
Math	23.4	20.6
Reading	24.4	21.3
Science	22.9.....	20.8
STEM	23.3.....	20.9
Composite	23.8.....	20.9

COLLEGE SCHOLARSHIPS & CLASS GRADE POINT

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

ADVANCED PLACEMENT COURSE OFFERINGS

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

WORLD LANGUAGES

Spanish, French, and Latin


CLASS OF 2020 RECOGNITION

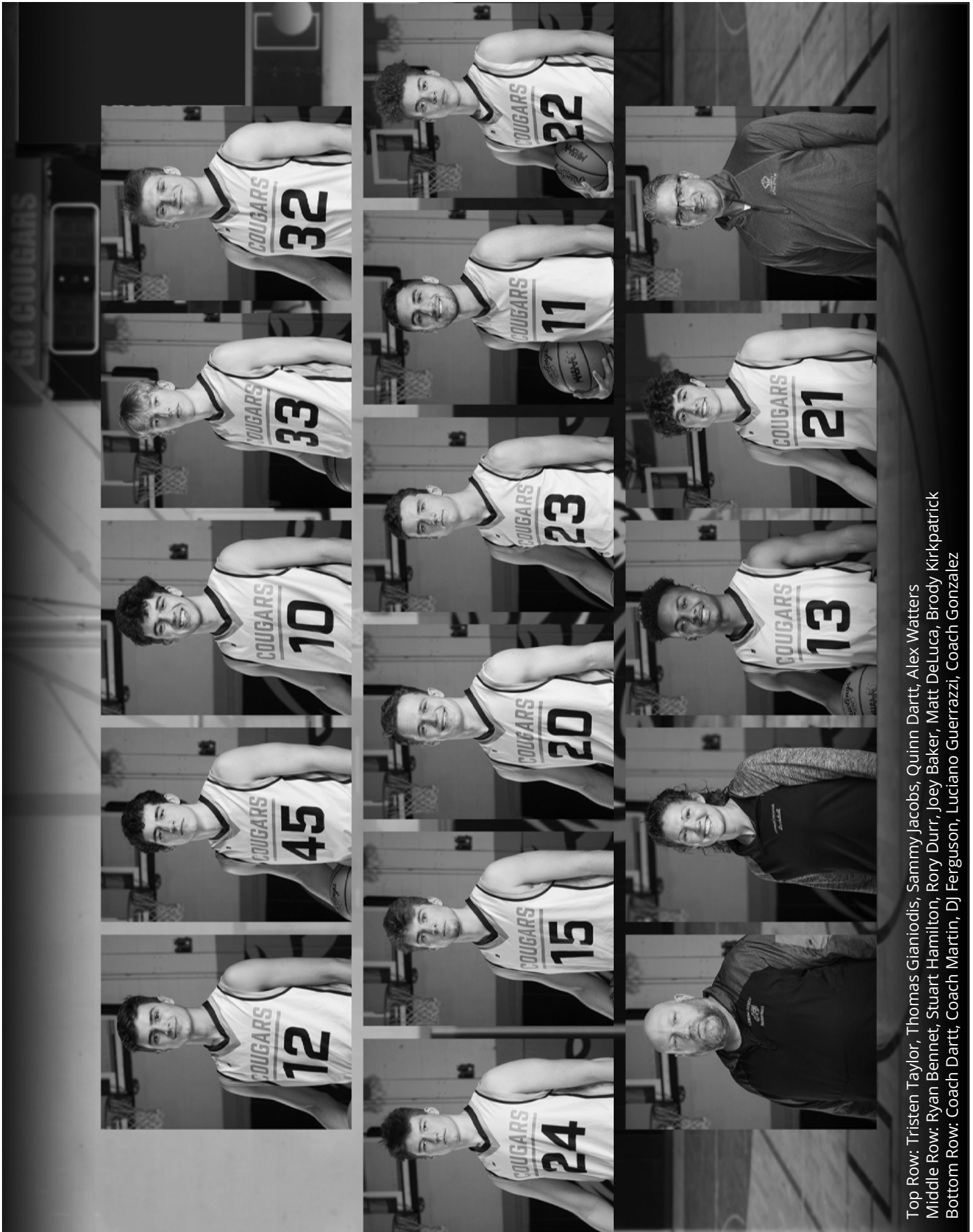
99 percent of our 2020 graduates are continuing their studies. Our 2020 graduates were accepted at the following colleges and universities:

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

CONNECT WITH US



 BASKETBALL — BOYS — VARSITY



Top Row: Tristen Taylor, Thomas Gianiodis, Sammy Jacobs, Quinn Dartt, Alex Watters
Middle Row: Ryan Bennet, Stuart Hamilton, Rory Durr, Joey Baker, Matt DeLuca, Brody Kirkpatrick
Bottom Row: Coach Dartt, Coach Martin, DJ Ferguson, Luciano Guerrazzi, Coach Gonzalez

BASKETBALL — BOYS — VARSITY



BRIAN DARTT HEAD COACH

Coach Dartt is a graduate of Superior Central High School in the UP where he played basketball and ran cross country. Brian is an Olivet alumnus where he played basketball and earned his degrees in computer science, business administration and kinesiology. While a teacher at Olivet High School, he coached freshman and varsity basketball where the Eagles were undefeated state champions in 2005. Brian has been married to his wife Barbara for 23 years and they have three children, Alexandra, Connor and Quinn.











LAUREN MARTIN ASSISTANT COACH

This is Coach Martin's fourth year as JV Head Coach and Varsity Assistant Coach. She has coached at the college level (SUNY Oswego, NY). Coach Martin was a four-year varsity player at Traverse City St. Francis and Hillsdale College. She loves to share her passion for the game and is happy to be back in the great state of Michigan after five years of living out of state.

PLAYER ROSTER

- 10 Sammy Jacobs.....Senior
- 11 Matt DeLucaSenior
- 12 Tristen Taylor.....Junior
- 13 DJ FergusonSenior
- 15 Stuart HamiltonSenior
- 20 Rory Durr.....Junior
- 21 Luciano Guerrazzi.....Sophomore
- 22 Brody Kirkpatrick.....Junior
- 23 Joey BakerJunior
- 24 Ryan BennetSenior
- 32 Alex WattersJunior
- 33 Quinn Dartt.....Senior
- 45 Thomas GianiodisSenior

SCHEDULE

-  02/09/21 7:00 PM vs Portland HS
-  02/12/21 7:00 PM @ Ionia HS
-  02/16/21 7:00 PM vs Lansing Sexton H.S.
-  02/19/21 7:00 PM @ Charlotte HS
-  02/23/21 7:00 PM vs Eaton Rapids HS
-  02/26/21 7:00 PM @ Portland HS
-  02/27/21 7:00 PM @ Hanover-Horton HS
-  03/02/21 7:00 PM vs Ionia HS
-  03/04/21 7:00 PM @ Haslett HS
-  03/06/21 5:00 PM vs Ithaca HS
-  03/09/21 7:00 PM vs Fowlerville HS
-  03/12/21 7:00 PM @ Lansing Sexton H.S.
-  03/16/21 7:00 PM vs Charlotte HS Senior Night
-  03/19/21 7:00 PM @ Eaton Rapids HS
-  03/23/21 5:30 PM @ TBA MHSAA @ Ionia Districts

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



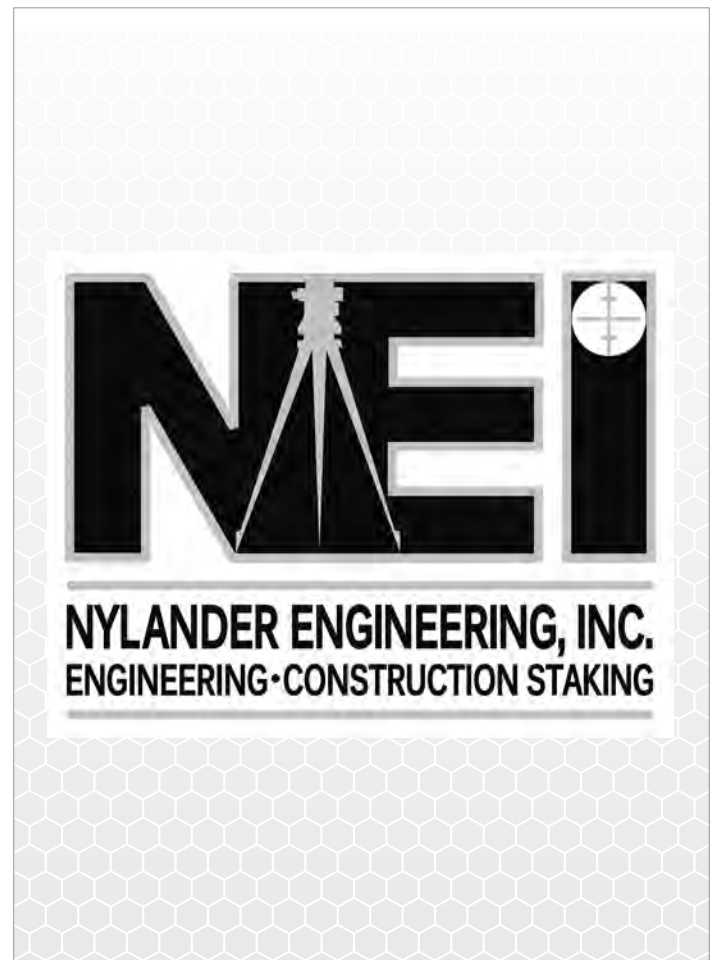
RECORDS 1970-2018

Total Career Points	Year	Points	Games Played	Average Points
Tony Poljan	2012-16	1325	83	16.2
Brendon Brogan	1996-00	1211	87	13.9
Bob Fata	1983-86	1111	71	15.6
Total Career Rebounds	Year	Rebounds	Games Played	Average Rebounds
Jim Cassel	1974-77	908	68	14.6
Tony Poljan	2012-16	817	83	9.8
Bob Fata	1983-86	718	71	10.1
Total Career Assists	Year	Assists	Games Played	Average Assists
Louis Baldino	1967-70	326	65	5.05
Jeff Larken	1964-68	297	55	5.40
Joe Watters	1954-57	230	43	5.35
Total Career Steals	Year	Steals	Games Played	Average Steals
Bob Fata	1983-86	167	71	2.35
Peter Murray	2009-12	152	68	2.24
Pat Prichard	1977-80	149	74	2.01



TEAM RECORDS

	Year	Feat	Games Played
Field Goals Att	1973-74	1750	24
Field Goals Made	1984-85	784	27
Field Goals %	1980-81	.491	21
3 Pt. Field Goals Att	2004-05	496	22
3 Pt. Field Goals Made	2009-10	181	23
3 Pt. Field Goals %	1987-88	41.2	23
Free Throws Att	1986-87	608	25
Free Throws Made	1983-84	412	27
Free Throws %	2006-07	.738	24
Total Points	1984-85	1980	27
Average Points	1970-71	77.2	19
Defensive Rebounds	1984-85	723	27
Avg. Rebounds	1973-74	51.8	24
Most Assists	1984-85	723	27
Most Steals	1984-85	328	27
Most Games Won	1984-85	24	27
Least Games Lost	2011-12	2	27
Best Winning %	2011-12	.913	23



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GO COUGARS

GOOD LUCK
THIS SEASON



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BASKETBALL — BOYS — JUNIOR VARSITY



Top Row: Brandon Lewis, Daniel Shipman, Matthew Watkins, Jack Jacobs
Middle Row: Jacob Bertrand, Andrew Hamilton, Nic Gruber, Ethan Vukovic
Bottom Row: Coach Martin, Shaymus Kelley, Dean Jacobs, Jagger Hillyer

BASKETBALL — BOYS — JUNIOR VARSITY


















LAUREN MARTIN HEAD COACH

This is Coach Martin's fourth year as JV Head Coach. She was previously the varsity assistant coach and has coached at the college level (SUNY Oswego, NY). Coach Martin was a four-year varsity player at Traverse City St. Francis and Hillsdale College. She loves to share her passion for the game and is happy to be back in the great state of Michigan after five years of living out of state.

PLAYER ROSTER

- 2 Brandon LewisSophomore
- 3 Daniel ShipmanSophomore
- 4 Ethan Badger.....Sophomore
- 5 Jacob BertrandSophomore
- 10 Dean Jacobs.....Sophomore
- 12 Jack Jacobs.....Sophomore
- 15 Shaymus KelleySophomore
- 25 Nic GruberSophomore
- 30 Andrew HamiltonSophomore
- 32 Jagger Hillyer.....Sophomore
- 33 Matthew Watkins.....Sophomore
- 44 Ethan Vukovic.....Sophomore

SCHEDULE

-  02/09/21 5:30 PM vs Portland HS
-  02/11/21 5:30 PM @ Olivet HS
-  02/12/21 5:30 PM @ Ionia HS
-  02/16/21 5:30 PM vs Lansing Sexton H.S.
-  02/19/21 5:30 PM @ Charlotte HS
-  02/23/21 5:30 PM vs Eaton Rapids HS
-  02/26/21 5:30 PM @ Portland HS
-  02/27/21 5:30 PM @ Hanover-Horton HS
-  03/02/21 5:30 PM vs Ionia HS
-  03/04/21 5:30 PM @ Haslett HS
-  03/06/21 3:00 PM vs Ithaca HS
-  03/09/21 5:30 PM vs Fowlerville HS
-  03/12/21 5:30 PM @ Lansing Sexton H.S.
-  03/16/21 5:30 PM vs Charlotte HS
-  03/19/21 5:30 PM @ Eaton Rapids HS

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



Top Row: John Watters, Jake Alvarado, Brock Bigger, John Abood, Stephan Fair
 Middle Row: Sean Durr, Justin DeVarona, Jack Hernly, Patrick Doyle
 Bottom Row: Coach Gonzalez, Dan Entler, Jaden Hanson, Troy Chen, Coach Sam Gonzalez

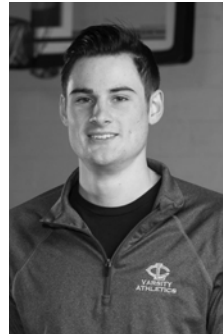
BASKETBALL — BOYS — FRESHMAN



JOE GONZALEZ
HEAD COACH

Coach Gonzalez has been coaching basketball for over 15 years. He was a board member and head coach/assistant coach for boys & girls at various levels for the Capital Homeschool Athletic Program (CHAP). He also created an annual CHAP Basketball Summer Skills

Camp in 2013 which continues to offer 80+ homeschool players a week-long skills training session each summer. He is also a local podiatrist, with offices in Okemos, Grand Ledge & St. Johns.











SAM GONZALEZ
ASSISTANT COACH

PLAYER ROSTER

- 11 Patrick Doyle..... Freshman
- 13 Brock Bigger Freshman
- 20 Sean Durr Freshman
- 21 John Watters..... Freshman
- 22 Justin DeVarona Freshman
- 24 Dan Entler Freshman
- 31 Jaden Hanson..... Freshman
- 34 Jack Hernly Freshman
- 35 Jake Alvarado..... Freshman
- 40 John Abood..... Freshman
- 42 Troy Chen..... Freshman
- 55 Stephen Fair Freshman

SCHEDULE

-  02/09/21 4:00 PM vs Portland HS
-  02/12/21 4:00 PM @ Ionia HS
-  02/17/21 4:00 PM vs Lansing Sexton H.S.
-  02/19/21 4:00 PM @ Charlotte HS
-  02/22/21 4:00 PM @ Stockbridge HS
-  02/23/21 4:00 PM vs Eaton Rapids HS
-  02/26/21 4:00 PM @ Portland HS
-  03/02/21 4:00 PM vs Ionia HS
-  03/04/21 4:00 PM @ Haslett HS
-  03/06/21 1:00 PM vs Ithaca HS
-  03/09/21 4:00 PM vs Fowlerville HS
-  03/12/21 4:00 PM @ Lansing Sexton H.S.
-  03/16/21 4:00 PM vs Charlotte HS
-  03/19/21 4:00 PM @ Eaton Rapids HS

 Home Game  Away Game

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KEN HINTZE ASSISTANT ATHLETIC DIRECTOR

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

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For all.



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

Thank you for your commitment to our community
and inspiring our youth to dream big.

 BASKETBALL — GIRLS — VARSITY



Top Row: Hailey Bres, Sydney Buda, Bela Fernandez, Ava Foster
Middle Row: Anna Richards, Leah Richards, Morgan Wilcox
Bottom Row: Emma Scott, Gabby Halliwill, Hannah Pricco, Tessa Roe

BASKETBALL — GIRLS — VARSITY



KACEE REID HEAD COACH

Coach Reid is in her eighth year leading the varsity girls basketball program. A native of Ohio and Fairview High alumna, she played basketball for Cornell University (93-97) and attend law school at MSU. Prior to coaching at LCHS, Coach Reid spent many years coaching in the local community including Haslett High School as the JV Coach. Coach Reid and her husband Joe have three children, Rachel, Leah and Joey.

BECKY SUTTON
ASSISTANT COACH

Becky Sutton, an Eaton Rapids native, is serving her first season as an assistant for the Cougars. Since her successful four-year career playing for Hope College, Becky has coached at the high school and college levels: Grand Valley State University, Hope College, Fennville High School Boys Varsity Basketball, and as the Eaton Rapids High School Girls Head Varsity Basketball Coach. Becky's passion and reason for coaching has always been to build relationships with the student-athletes, families, coaching staffs and schools that she works with, and to promote a healthy, encouraging culture within her programs. This is the same lifestyle that she and her two children, Drew and Gina, have always loved and lived!

MEGAN MOWID
ASSISTANT COACH

This is Megan Mowid's second year as an assistant coach for the Lansing Catholic Girls' Varsity program. She has coached middle school AAU basketball for Colorado Basketball Club, and spent time volunteering for Haslett Hoop Camps in the past. Megan attended and played basketball Haslett High School, is a recent Michigan State University graduate, and is now pursuing a Master's degree in Positive Coaching and Athletic Leadership at Mizzou.

PLAYER ROSTER

- 2 Bela Fernandez.....Junior
- 3 Ava FosterJunior
- 4 Hannah Pricco.....Sophomore
- 10 Anna Richards.....Freshman
- 11 Gabby Halliwill.....Freshman
- 12 Hailey Bres.....Junior
- 21 Emma ScottJunior
- 22 Leah Richards.....Freshman
- 24 Sydney Buda.....Junior
- 25 Morgan Wilcox.....Freshman
- 34 Tessa Roe.....Freshman

SCHEDULE

-  02/09/21 7:00 PM @ Portland HS
-  02/11/21 7:00 PM vs Ionia HS
-  02/13/21 5:00 PM vs Mason HS
-  02/19/21 7:00 PM vs Charlotte HS
-  02/23/21 7:00 PM @ Eaton Rapids HS
-  02/26/21 7:00 PM vs Portland HS
-  02/27/21 4:00 PM vs Okemos HS
-  03/02/21 7:00 PM @ Ionia HS
-  03/04/21 7:00 PM vs Haslett HS
-  03/06/21 1:00 PM @ Grand Ledge HS
-  03/09/21 7:00 PM @ Fowlerville HS
-  03/12/21 7:00 PM vs OPEN
-  03/16/21 7:00 PM @ Charlotte HS
-  03/19/21 7:00 PM vs Eaton Rapids HS
-  03/22/21 5:00 PM @ TBA MHSAA Districts

 Home Game  Away Game
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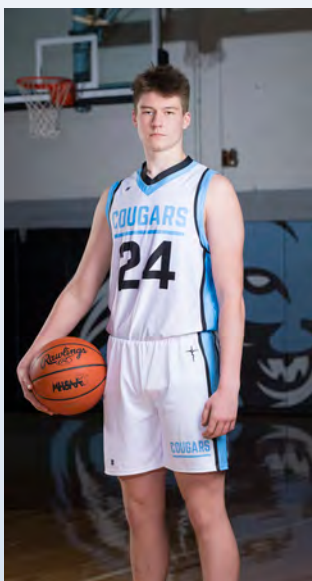
GO COUGARS!

from Jerry and Amy McKenna

COUGAR SENIORS 2021



BASKETBALL — BIOS

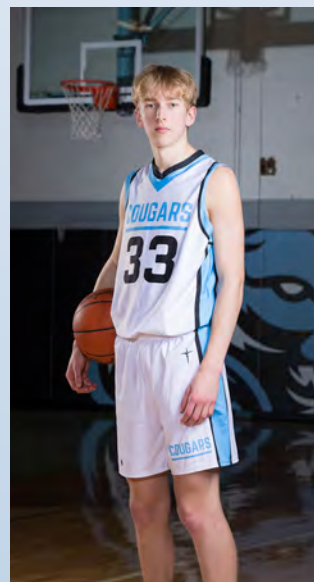


RYAN BENNET

Ryan has been playing basketball since he was in 1st grade and ever since then he's felt like he's always had a ball in his hand. Whether it be dribbling down the street, inside the house, or shooting around with his family, basketball has always been a part of life. He's very thankful that his parents had introduced him to the game at a young age and pushed him to be the best he could. He wants to thank his parents, siblings, teachers, and all of his coaches for everything they've done for him and allowed him to be where he is today. The friendships and memories that have been made are his favorite things that have come out of playing. After high school, Ryan plans to study Business at Michigan State University.

QUINN DARTT

Quinn has been playing basketball since he can remember. His family has been invested in basketball for his entire life, especially his dad. He enjoys playing basketball because he gets to compete and spend time with his friends. He plans to attend Grand Valley for college.



MATT DELUCA

Matthew has been playing basketball for as long as he can remember. This is his 2nd year on the varsity team. He would like to thank all of his coaches and teammates over the years for all the great memories he has made. Matthew would also like to thank his parents for all of their support and encouragement. He plans to go to college next year, but is still undecided on what school he will attend.

BASKETBALL — BIOS

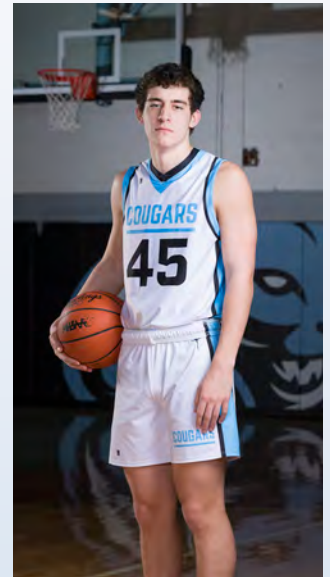


DJ FERGUSON

DJ has been playing basketball since the age of 3. He is a hard working student-athlete who will continue his basketball career at the college level. DJ plans to major in Sports Management and continue to perfect his basketball game. DJ's advice to young players is to find something you are good at, work hard, and always share your skills with others. DJ wishes to thank his coaches and family who have supported and encouraged him to be his best.

THOMAS GIANIODIS

Thomas Gianiodis started his basketball career as a St. Therese Comet, where he was part of back-to-back championship teams. His career continued at St. Thomas Aquinas, where he met many of his current classmates and friends. Thomas' love for the game is eclipsed only by his love for being with his teammates and coaches, especially Coach Dartt, and cheering them on. During the COVID-19 pandemic, Thomas has worked hard to gain weight and strength in order to be an impact player during his senior year. Some of Thomas' best memories of his Cougar campaign to date, include a trip to Indiana with his teammates, playing against Portland and last year's East Lansing game. Next year, Thomas will pursue pre-law studies at Michigan State University.



STUART HAMILTON

Stuart has been playing basketball for as long as he can remember. Some of his earliest memories include the game of basketball, specifically Michigan State hoops on the TV night in and night out. Stuart's dad has the largest influence on his life, always getting the best out of him and pushing him to greater limits wherever life's challenges lie. Stuart thanks his dad for all of the early morning and late night rebounding and constant feedback regarding his game. Stuart would also like to thank his mom for the endless sacrifices she made in order for him to play the game he loves. One of Stuart's favorite memories of Cougar basketball was the team's trip to Indiana his junior year, and he is so proud of his fellow seniors for overcoming the uncontrollable in order to play a final season in Cougar blue. Stuart plans on studying International Relations in college, along with joining an Air Force ROTC.

SAMMY JACOBS

Sammy has been playing basketball for as long as he can remember. His biggest influence has been his dad who and is always cheering him on from the sidelines and gives him advice. The best advice his dad has given him is to "always make the players around you better." His best memories are laughing with his teammates at practices and winning games. Sammy would like to thank all the coaches he has had along the way, that have helped him grow into the person and player that he is today. He would also like to thank his many family members that go to his games and show their support. Sammy plans to study at Grand Valley State University or Aquinas College after high school.



COMPETITIVE CHEER — BIOS

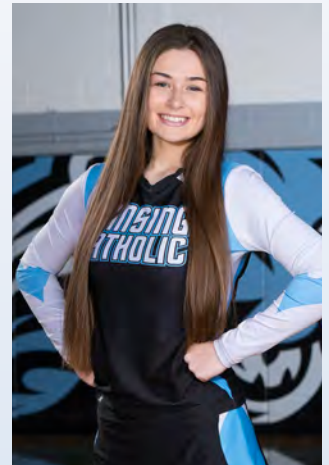


MADISON KEPROS

Madison has been on the varsity competitive cheer team since her freshman year in 2017. She is thankful for her parents being so supportive and her coaches who help her reach her full potential, and help her realize that she can do anything she puts her mind to. She is also grateful for her loyal teammates who stick with her through adversity, and share her passion for the sport. Madison plans to study engineering at Michigan State University.

MIRANDA LINDBERG

Miranda has been in cheerleading since she was little. She did Junior Cougars during elementary and started back up again in high school. Her biggest influence was her mom and dad. Her mother stepped up to coaching her junior year and is keeping the cheer program alive. Her dad was always supportive of her and taught that trying your best is the best you can do. Miranda will miss bus rides to competitions, getting ready in the locker room with her teammates, and huddles before taking the mat. She is extremely thankful for both of her coaches, and her little sister who came to every single competition and most of her practices. She wouldn't trade her years of cheerleading for anything in the world. Miranda plans to study science, social marketing, or art in college.



BOWLING — BIOS

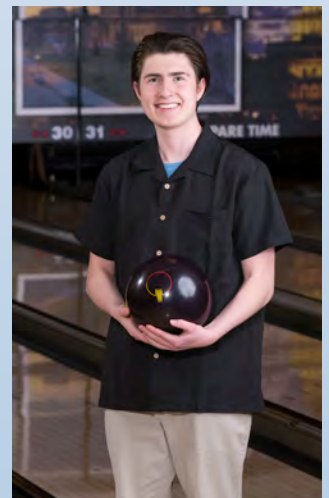


BRONSON ABBOTT

Bronson has been apart of the bowling team for the first time this season. His biggest influences have been his teammates who asked him if he would be on the team. His best advice came from his football coach Jim Ahern when he said "don't be satisfied with being mediocre". His favorite part about bowling is the conversations he has with his teammates. Bronson thanks his teammates and coach for creating the bowling team this year. Bronson is undecided on what he wants to study in college. Whatever he decides, he hopes to become a United States Marshal.

CARTER CHAIN

Carter and his friends decided last year to start a bowling team, and have enjoyed the season so far. They were inspired by watching their parents bowl weekly. Carter has enjoyed spending time together with his friends.



BOWLING — BIOS

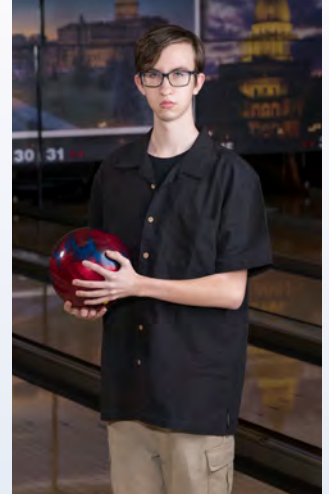


VICTOR CIMALA

Victor thanks his coach, teammates and family for their love, support and encouragement.

MAX FLAGA

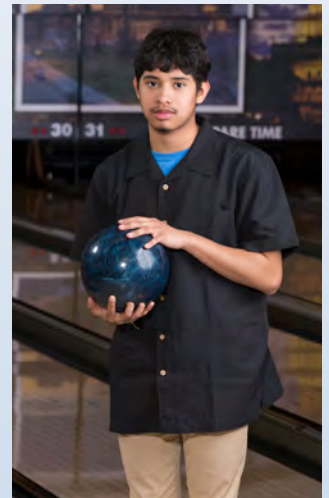
Maximilian Stanley Flaga started bowling in 2021. With no prior experience in bowling, he decided to join the team on a whim. He has not regretted his decision since. Max believes that Teddy Roosevelt described the bowling team best, "When you play, play hard." What Max loves most about the bowling team is how the teammates work together, not to mention the sheer fun of it all. It is almost certain that he has found a lifelong passion in this sport.



**NO
PHOTO AVAILABLE**

ROBBY FRAZEE

This is Robert's first year on the bowling team. Robert is proud that he and his friends decided to put the team together at Lansing Catholic High School. Robert has really enjoyed the season so far. Robert looks forward to improving his skill as his life moves forward. He is excited to help his team win some games this season.

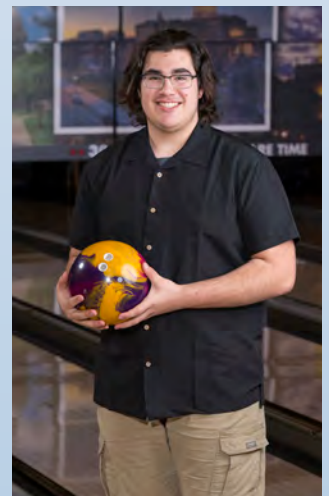


LUIS GARCIA-TORRES

Luis thanks his coach, teammates and family for their love, support and encouragement.

NATHAN GMAZEL

Nathan has been bowling for a long time now, since he was very young. Nathan's family has always been a big bowling family. Before COVID, his family was at the bowling alley at least two times a week. Nathan would like to thank his father for the support and encouragement on helping him get better at bowling. He would also like to thank his friends for helping start this bowling team. Nathan loves joking around with his team and having fun while bowling. As his coach always said, "Bowling here is all about having fun. If we win, it is a bonus." This quote has led him to build stronger relationships with his team by having fun with all of them. Nathan plans on studying business in college, but is undecided on where to attend.



ANGELO GREENBURG

Angelo is the captain of the bowling team. This is his first year playing and he's having a great time. Angelo was inspired to play after jokes were made about starting a bowling team last fall, and jokes became reality as now LCHS does indeed have a varsity and JV team.

BOWLING — BIOS



CONNOR PROKOP

Connor has been bowling in his spare time with family and friends for as long as he can remember. This is his first year bowling competitively on the Lansing Catholic Varsity bowling team. Connor has always enjoyed his time bowling, but he only recently started to get more serious about his bowling skills. Although competition has been fun for Connor, it is also fun to hang out with friends and strike up a good conversion. He tries to keep an open mind to improve his everyday life. Connor plans to study chemical engineering in college, but he is undecided between two universities and hopes to pin down a decision soon.

HOCKEY — BIOS

MICHAEL LETARTE

Michael LeTarte has been playing hockey since he was four years old, and has played varsity high school hockey for all four years of his high school career. He enjoyed playing in front of his friends and family at the intense Friday and Saturday night games. Michael encourages younger players to always cherish the days on the ice, and to always keep your head up when you're catching a pass. Michael would like to thank all of his coaches, especially Coach Kingsley, Coach Ford, Coach Van Tighem, Coach Gilmore & Coach DeLong for helping him improve at hockey and as a person. Michael plans to study Physiology at Michigan State University.



JANEK LEVANDOWSKI

Janek started to play hockey at the young age of 5 and couldn't stop. Ever sense then, he has been playing goalie. Hockey is his favorite sport and will be for the foreseeable future. His biggest influence are his coaches and all of the players that he has played with. All the support that they have given him has been tremendous.



BRENDAN MELLING

Brendan has been playing hockey since he was 4 years old, and has played at many different levels. Brendan joined the Cap City Caps his Junior year, after playing the first two years of high school with a travel team. His best high school hockey memory is the Sault Saint Marie trip and going out to eat with friends after a win. Brendan would like to thank his parents Mark and Leanne for the many hours in the car and all the support they provided, and all Cap City coaches for the time and effort put in. Brendan plans to continue playing lacrosse and studying business at Hope College.

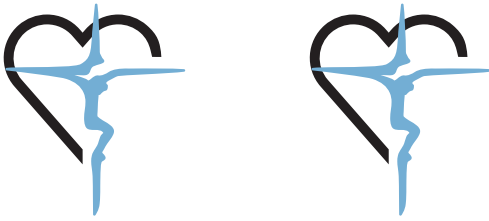




Thank you!

Join us in thanking Lansing Catholic High School's dedicated teachers, sisters, coaches, staff, administration and Fr. Paul. You inspire us with your hope and strength! We appreciate all you do for our students and families in this year of uncertainty.

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 BASKETBALL — GIRLS — JUNIOR VARSITY



Top Row: Olivia Jurkovic, Sydney Stevens, Bella Hagen, Brianna Tennes, TR Repichowski
Bottom Row: Annie Tiesort, Leah Reid, Brianna English, Ella Dunsford, Zee Simpson

BASKETBALL — GIRLS — JUNIOR VARSITY



BRIAN ENGLISH HEAD COACH

Coach English is in his ninth year with the program. He currently serves as the head junior varsity coach. He has coached several years in the Catholic Youth League and brings a wealth of knowledge to the court.

PLAYER ROSTER

2	2	Leah Reid	Sophomore
3	3	Olivia Jurkovic	Freshman
10	10	Brianna English	Sophomore
11	11	Bella Hagen	Sophomore
13	24	TR Repichowski	Freshman
14	12	Tessa Roe	Freshman
20	40	Ella Dunsford	Sophomore
22	25	Sydney Stevens	Sophomore
23	34	Annie Tietsort	Freshman
24	21	Brianna Tennes	Junior
33	22	Zee Simpson	Sophomore

SCHEDULE

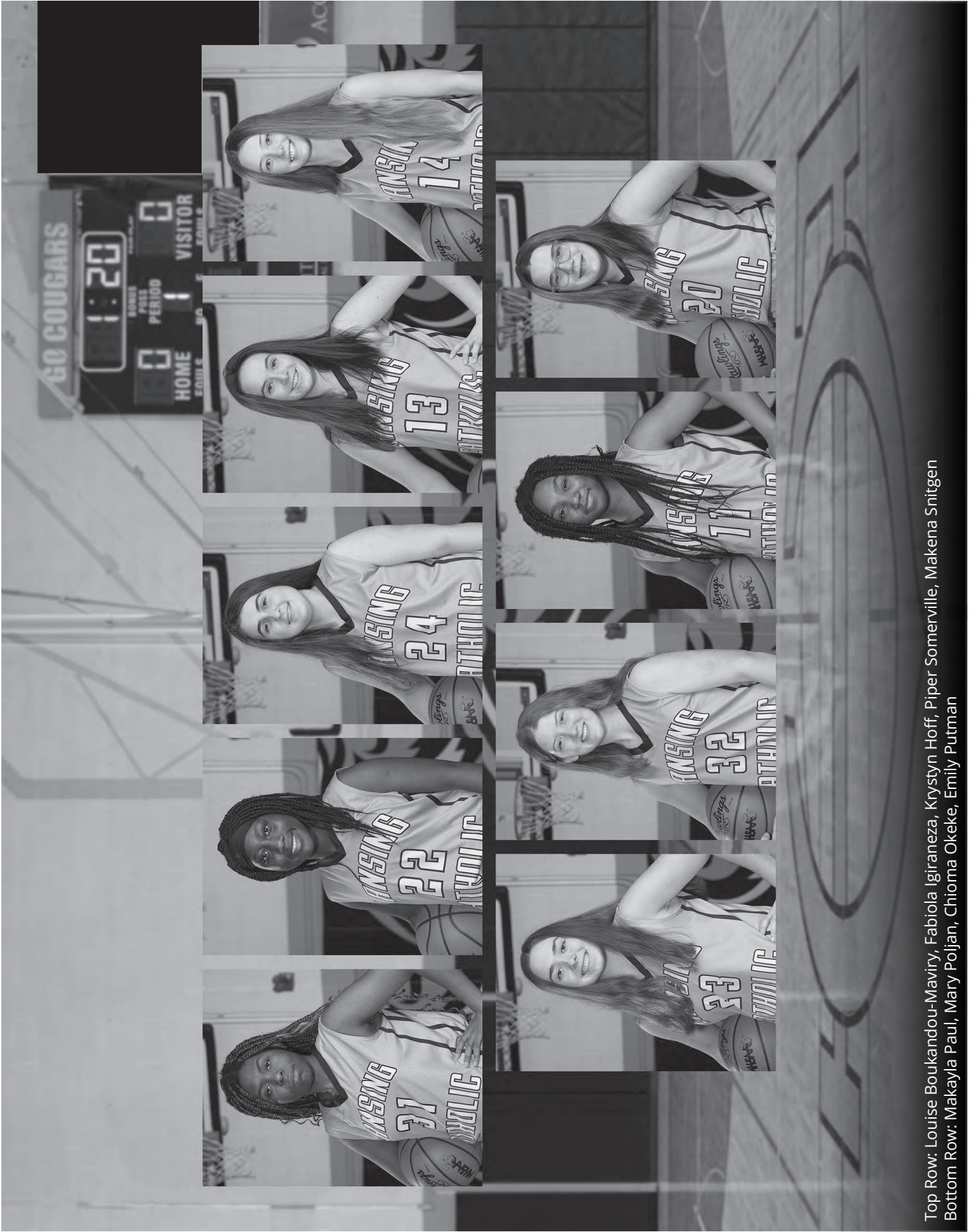
-  02/09/21 7:00 PM @ Portland HS
-  02/11/21 7:00 PM vs Ionia HS
-  02/13/21 5:00 PM vs Mason HS
-  02/16/21 7:00 PM vs OPEN
-  02/23/21 7:00 PM @ Eaton Rapids HS
-  02/26/21 7:00 PM vs Portland HS
-  02/27/21 4:00 PM vs Okemos HS
-  03/02/21 7:00 PM @ Ionia HS
-  03/04/21 7:00 PM vs Haslett HS
-  03/06/21 1:00 PM @ Grand Ledge HS
-  03/09/21 7:00 PM @ Fowlerville HS
-  03/12/21 7:00 PM vs OPEN
-  03/16/21 7:00 PM @ Charlotte HS
-  03/19/21 7:00 PM vs Eaton Rapids HS
-  03/22/21 5:00 PM @ TBA MHSAA Districts

 Home Game  Away Game

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



 BASKETBALL — GIRLS — FRESHMAN



Top Row: Louise Boukandou-Maviry, Fabiola Igraneza, Krystyn Hoff, Piper Somerville, Makena Smitgen
Bottom Row: Makayla Paul, Mary Poljan, Chioma Okeke, Emily Putman

BASKETBALL — GIRLS — FRESHMAN



MIKE EIDELBES HEAD COACH

Mike Eidelbes is in his second season as freshman girls basketball head coach and his third season as junior varsity girls assistant coach. A native of Grand Rapids, Minn., he earned his bachelor's degree in journalism from the University of St. Thomas (Minn.) and his master's degree in public relations from the University of Denver. An editor and writer for the State Bar of Michigan, Mike lives in Holt with his wife Becky and daughter Sydney, an LCHS freshman.

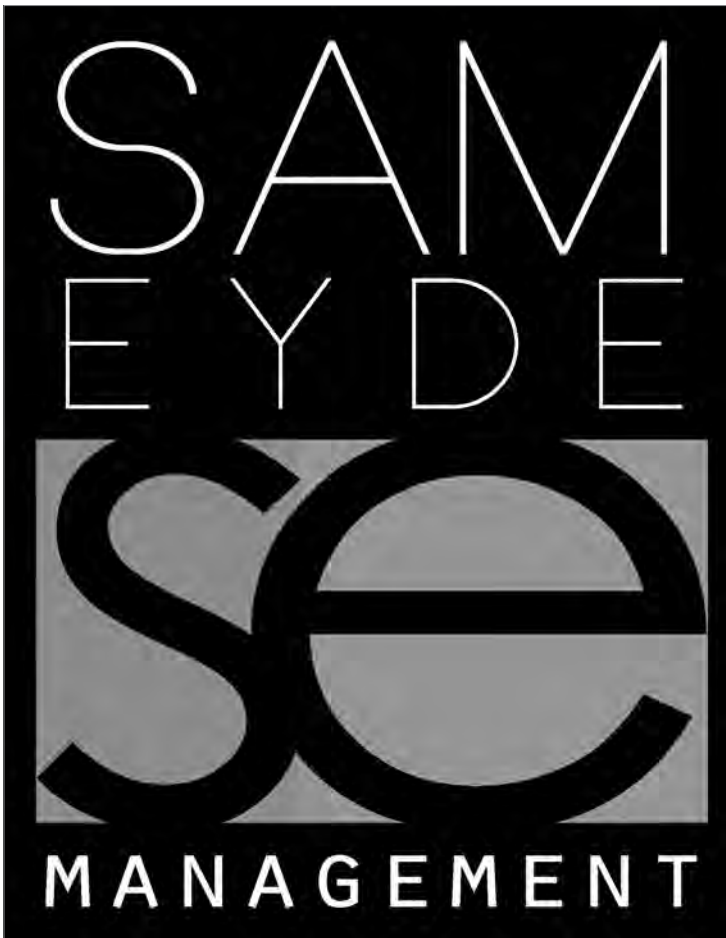
PLAYER ROSTER

5	13	Piper Somerville.....	Freshman
14	14	Makena Snitgen.....	Freshman
21	22	Fabiola Igiraneza.....	Freshman
22	20	Emily Putman	Freshman
23	24	Krystyn Hoff	Freshman
25	11	Chioma Okeke.....	Freshman
31	31	Louise Boukandou-Maviry	Freshman
33	32	Mary Poljan	Freshman
55	23	Makayla Paul.....	Freshman

SCHEDULE

-  02/09/21 4:00 PM @ St. Johns HS
-  02/13/21 4:00 PM @ Holt HS
-  02/16/21 4:00 PM @ Lansing Sexton H.S.
-  02/26/21 4:00 PM vs Lansing Everett HS
-  02/27/21 1:00 PM vs Okemos HS
-  03/04/21 4:00 PM vs Haslett HS
-  03/06/21 10:00 AM @ Grand Ledge HS
-  03/11/21 5:30 PM @ Lansing Everett HS
-  03/13/21 1:00 PM vs Lansing Sexton H.S.

 Home Game  Away Game
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PLAYER ROSTER

4	Grant Uyl.....	Dewitt	SR	C
5	Logan Johnson.....	St. Johns	JR	D
6	Brendan Naimy	Dewitt	SR	W
7	Coye Ojibway	St. Johns	SR/C/W	
8	Brendan Melling.....	LCHS	SR/C/W	
9	Blake Beachnau.....	Dewitt	SR	W
10	Nathan Stevens.....	Dewitt	SR	W
11	Jake Whitten.....	Dewitt	SR	D
12	Blake Agnew.....	Dewitt	JR	W
14	Reid Inglis.....	Dewitt	JR	D
15	Leo Clement.....	LCHS	SO	W
16	Ethan Bond.....	Mason	SR	W
17	Michael LeTarte.....	LCHS	SR	C
18	Aiden Wurm.....	Dewitt	SO	W
19	Gunnar Stirrett.....	Dewitt	JR	W
20	Griffin Bjorne	Dewitt	SR	D
23	Anderson Young.....	LCHS	SO	D
24	Logan Dunham.....	St. Johns	JR	D
30	Janek Levandowski	LCHS	SR	G
34	Brendon Wandle.....	Dewitt	SO	G

COACH

Travis Van Tighem Head Coach

Coach Van Tighem is coming into his second season as head coach of the newly formed Capitals program. He is following the first year that saw the team win a Regional Championship and move on to the State Quarter Finals. With over 20 years of coaching experience this is his second stint as a high school coach in the greater Lansing area. His playing career included three years at Michigan Tech University after which he signed a free agent NHL contract with the Philadelphia Flyers. He played five years professionally and cites winning the Calder cup with the Philadelphia Phantoms(AHL) in 1998 as a career highlight. Travis is married to his wife Amy has two boys, Cameron (19) and Carson (17) who attend Western Michigan University and Dewitt High School respectively.

SCHEDULE

	02/10/21 6:00PM @ Mid Michigan
	02/21/21 8:50 PM vs Portage
	02/13/21 1:15 PM @ Kalamazoo
	02/13/21 7:00 PM vs Okemos
	02/15/21 3:30 PM vs Okemos
	02/19/21 5:00 PM @ Mattawan
	02/20/21 7:30 PM vs Eastside
	02/23/21 4:00 PM @ Lumen Christi
	02/26/21 7:30 PM vs Mid Michigan
	02/27/21 7:00 PM vs Kalamazoo
	03/3/21 4:00 PM @ Lumen Christi
	03/5/21 6:45 PM @ GR Christian
	03/6/21 12:00 PM @ Reeths Puffer
	03/10/21 9:00 PM vs Eastside
	03/13/21 TBD

 Home Game  Away Game

Visit www.capitalcityhockey.com for up-to-date details as schedule is subject to change.

SWIMMING — BOYS

PLAYER ROSTER

Danny Mianecki..... Freshman (LCHS)
Elijah Nevins..... Freshman (LCHS)
Jacob Wilson-Wagoner Freshman (Waverly)
Dylan Couzzins..... Sophomore (Waverly)
Sean McMillen Sophomore (Waverly)
Joseph Krause..... Junior (LCHS)
Seb Shoaf Junior (LCHS)
Eric Plumbly Senior (Waverly)
Max Lashbrook..... Senior (Waverly)
Isaac Estill Senior (Waverly)

COACH

Kathrine Kelley-Hart..... Head Coach

Kathrine Kelley has been coaching swim teams and lessons for 15 years. She worked as an assistant coach at Alma College from 2014-2017. This is her 4th season coaching the boy's varsity swimming and diving team.

SCHEDULE

NOT AVAILABLE

 Home Game  Away Game

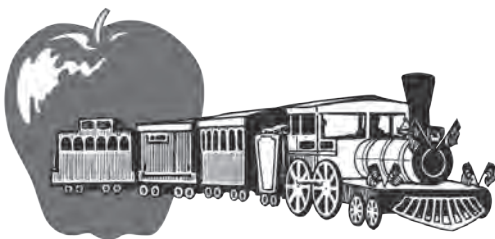
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Please contact Jean Morgan at 517-267-2114 or jean.morgan@lansingcatholic.org.



LANSING CATHOLIC
HIGH SCHOOL

BOWLING



Top Row: Bronson Abbott, Ethan Wolcott, Luis Garcia-Torres, Carter Chain
 Middle Row: Nathan Gmazel, Victor Cimala, Connor Prokop
 Bottom Row: Coach Moore, Angelo Greenburg, Tomas Rampe, Max Flaga
 Not Pictured: Charlie Gates, Robby Frazee

PLAYER ROSTER

Bronson Abbott.....	Senior
Carter Chain.....	Senior
Victor Cimala.....	Senior
Max Flaga.....	Senior
Robby Frazee.....	Senior
Luis Garcia-Torres.....	Senior
Charlie Gates.....	Sophomore
Nathan Gmazel.....	Senior
Angelo Greenburg.....	Senior
Connor Prokop.....	Senior
Tomas Rampe.....	Sophomore
Ethan Wolcott.....	Sophomore

COACH

Doug Moore.....Head Coach

This is Coach Moore's first year as the bowling coach, happy to do it so that Lansing Catholic could once again have a bowling program. Coach Moore and his wife Diane, have four children, all of whom graduated from Lansing Catholic.

SCHEDULE

-  01/28/21 3:15 PM vs East Lansing HS
-  02/02/21 3:00 PM vs Mason HS
-  02/09/21 3:15 PM vs DeWitt HS
-  02/16/21 3:15 PM @ Ionia HS
-  02/17/21 3:15 PM @ Ionia HS
-  02/22/21 3:15 PM vs Ionia HS
-  02/23/21 3:30 PM vs Grand Ledge HS
-  02/24/21 3:15 PM @ Portland HS
-  03/01/21 3:15 PM vs Portland HS
-  03/04/21 3:15 PM @ Dewitt HS
-  03/08/21 3:15 PM vs Lansing Eastern HS
-  03/10/21 3:15 PM @ Grand Ledge HS
-  03/15/21 3:15 PM vs Lansing Eastern HS
-  03/19/21 3:00 PM vs TBA Regionals 19-20th

 Home Game  Away Game

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

 **COMPETITIVE CHEER**



Top Row: Miranda Lindberg, Carly Flammini, Madison Kepros
 Bottom Row: Coach Lindberg, Katelyn Molnar, Coach St Germain

PLAYER ROSTER

Madison KeprosCo-Captain - Senior
 Miranda LindbergCo-Captain - Senior
 Carly FlamminiJunior
 Katelyn Molnar Freshman

SCHEDULE

-  02/17/21 6:00 PM vs CAAC #1 Quad @ Portland
-  02/26/21 6:00 PM @ Hastings HS
-  03/06/21 6:00 PM @ Mason HS
-  03/09/21 6:00 PM @ Lakewood Cheerfest
-  03/12/21 4:30 PM vs CAAC

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



KIM LINDBERG
 VARSITY COACH

Kim is in her second year of coaching cheer at LCHS. She had coached from 1996-2000 but stopped to raise her family-she is married with six children. The past two years Kim has worked behind the scenes as team parent

and support to the coaching staff. We are excited to have Kim back in the coaching ranks.



OLIVIA ST GERMAIN
 VARSITY ASSISTANT COACH

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HIGH SCHOOL

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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. 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 Stacia DeVries at: stacia.devries@lansingcatholic.org or 517-267-2158.



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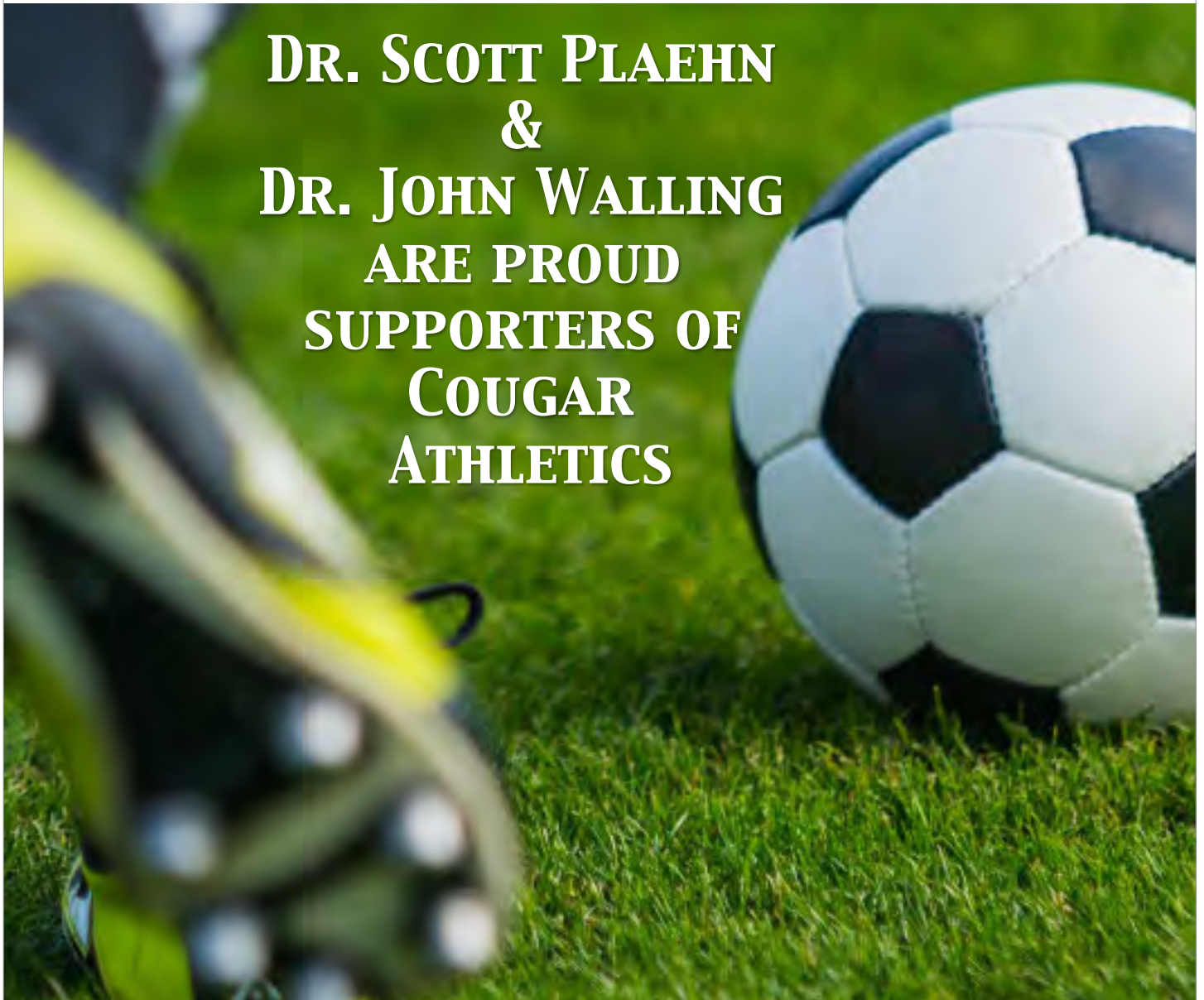
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