LANSING CATHOLIC COUGARS

















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LET'S GG COUGARS!



KRYSTYN SCHMERBECK PRINCIPAL

Welcome to Lansing Catholic High School!

As we prepare to enjoy the delights of our winter season, I am reminded of the first line of our school's victory chant: "Roar on you mighty Cougars!" The roar of a Lansing Catholic Cougar includes a foundation of faith in Jesus, a dedication to excellence individually and as part of a team, and a commitment to serving the school and broader community: all of which unite to form the strong tradition emanating from our school's athletics programming.

The roar of a Cougar can signal excitement at a well-earned victory as well as a reminder to get up and try again after suffering a tough defeat at the hands of a worthy rival. From the academic classroom to the heat of competition, our Cougars roar onto victory through hard work and perseverance, encouraging each other along the way.

I welcome all guests and visitors to enjoy your experience here at Lansing Catholic. We are especially grateful for the dedication of our coaches, parents and volunteers who make all these amazing opportunities for our Cougars and the amazing visiting athletes we are privileged to host.

We are excited to celebrate this winter season of sport and hope that you enjoy your time on our campus! God bless & Go Cougars!

Sincerely,

Krystyn Schmerbeck

Principal



KEN HINTZE ATHLETIC DIRECTOR

We have made it to Winter sports, so bundle up and stay warm!

In addition to on the field accomplishments, our athletic community has done amazing things outside of sports arenas. This successful fall season has reminded me of our spiritual theme: "Love one another through the spirit of God that is in you." - 1 John 4:12-13

As we gear up for an indoor sports season, with COVID-19 not quite in the rearview mirror, it is important to provide positivity for our athletes. When we find ourselves feeling frustrated with the state of the world, I challenge ourselves to ask ourselves this question: how do we love our community though the ups and downs? I reference my fall letter.

"Seeing students smile again, laugh easier, and love life a little fuller has brought such joy this year. Many have taken sports for granted in the past, myself included, however, through the lens of COVID-19 I have found a focal point: togetherness. We are all a family at Lansing Catholic, we are Cougar Nation!"

One of the attractive qualities of Lansing Catholic is our community. When one falls, many offer to pick them up, dust off the dirt, and help support them back to the path of Christ. I continue to challenge our student-athletes, staff, myself, and Cougar Nation to "love one another through the spirit of God..." as we move forward into the winter sports season.

Let's keep Christ in our hearts and keep championships on the horizon. I look forward to having an incredible year; and, as always, GO COUGARS!!

Yours in Christ,

Ken Hintze

Athletic Director



FR. JOSEPH CAMPBELL CHAPLAIN

The year is flying by! I love the excitement and energy that the fall sports programs at LCHS brought to the community. There have been many thrills already this year as our athletes have competed well in many different areas and venues. As a hockey player, I'm especially excited for some good hockey games as we enter the winter months.

Winter can be a difficult time for many of us. The holidays have passed, the nights are long, and the weather can be bleak. But the changing of the seasons also reminds us that life has its owns changes of seasons—high lights and its lowlights, times of light and of darkness. In times of blessing, God invites us to give thanks and praise for His blessings. In times of trial, let's double our efforts to praise and be grateful to God and persevere knowing that the time of difficulty will pass. "Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (2 Thessalonians 5:17-18).

I've been very impressed with the skill, sportsmanship, and excellence of our student athletes. Our athletic teams are just one more facet of our outstanding community here at Lansing Catholic. Keep up the good work, cougars, and continue to strive for excellence in our winter sports in the months to come.

Yours in Christ,

Fr. Joseph Campbell

Chaplain

SCHOOL PROFILE





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, coeducational 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: 422 Student/Teacher Ratio: 13:1 Average Class Size: 17.7

FACULTY President: 1

Principal: 1 Athletic Director: 1 Dean of Instruction: 1 Dean of Students: 1 Certified Lay Teachers: 31 (18 master's degrees, 1 doctorate degree) Chaplain: 1

SCHOOL DAY

Religious Sisters: 3

High School Counselors: 2

Student Resource Staff: 2

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

FAITH

- · Every school day begins and ends with prayer
- · All students attend Mass weekly, 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 National Honor Society Art Club Outdoor Club Be Love Revolution Peer Assistance Leaders (PALs) Discipleship Praver Partners Drama/Musicals Quiz Bowl **Eucharistic Ministers** Retreat Leaders Evergreen Club Robotics Good Works Crew Socieded Honoraria Hispanica Guardians of the Altar Spiritual Theme Committee International Travel Strings Intramural Basketball Student Athletic Trainers lazz Band Student Leadership Team Lectors Student Tutors Mission Trips Students for Life Music Ministry Tabletop Game Club

COUGAR ATHLETICS

Cheer, Boys & Girls Basketball, Bowling

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

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:

0	
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

Summa Cum Laude (3.9 to 4.0) Magna Cum Laude (3.75 to 3.89) Cum Laude (3.5 to 3.74)

DUAL ENROLLMENT OFFERINGS

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

MEMBER OF LANSING PROMISE SCHOLARSHIP PROGRAM

www.lansingpromise.org

COLLEGE SCHOLARSHIPS & CLASS GRADE POINT

Our 2021 graduates earned over \$5 million in college scholarships. The class grade point average earned by the Class of 2021 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, Latin with more available via Michigan Virtual School

CLASS OF 2021 RECOGNITION

99 percent of our 2021 graduates are continuing their studies. Our 2021 graduates were accepted at the following colleges and universities:

Albion College Lake Superior State University Aquinas College Lansing Community College Ave Maria University Lawrence Tech Belmont University Loyola University of Chicago **Butler University** Miami University

Central Michigan University Michigan State University Michigan Technological University Colorado State University

Columbia College (Chicago) MidMichigan College

New York Film Academy (LA) Cornerstone University DePaul University Olivet College

Eastern Michigan University Northwood University École Supérieure d'Art du Nord-Pas Purdue University

de Calais Rensselaer Polytechnic Institute

Elon University Saint Mary's College Ferris State University St. Louis University Furman University Texas Christian University Gonzaga University University of Alabama Grand Valley State University University of Arizona Hampton University (VA) University of Cincinnati Harmel Academy University of Dayton University of Detroit Mercy Heidelberg University Hillsdale College University of Illinois

Hope College University of Michigan-Ann Arbor

University of Nebraska Indiana University Kalamazoo College University of Tennessee

Kansas State University Virginia Tech

Kettering University Western Michigan University



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

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BASKETBALL — BOYS — VARSITY





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 MARTINASSISTANT COACH

This is Coach Martin's fifth 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	Dean Jacobs5′ 10″	Junior
11	Brody Kirkpatrick6' 4"	Senior
12	Tristan Taylor6′ 0″	Senior
13	Mojo Othow6' 3"	Senior
14/34	Ethan Badger 6' 0"	Junior
15	Shaymus Kelley6' 0"	Junior
20/45	Rory Durr6' 2"	Senior
21/44	Luch Guerrazzi6′ 6″	Junior
22	Joey Baker 6' 2"	Senior
23	Jack Jacobs 6′ 0″	Junior
24	Jager Hillyer6′ 2″	Junior
32	Alex Watters 6' 0"	Senior
35	Ethan Vukovic6′ 3″	Junior

SCHEDULE

12/07/21 7:00 PM vs Lansing Eastern HS 12/14/21 7:00 PM vs Williamston HS 12/17/21 7:30 PM vs Charlotte HS 12/21/21 TBA @ Cornerstone 12/23/21 TBA @ Cornerstone 12/28/21 TBA @ Catholic Christmas Tournament Lumen Christi HS 12/29/21 TBA @ Catholic Christmas Tournament Lumen Christi HS 01/04/22 7:00 PM @ Fowlerville HS 01/07/22 7:00 PM @ Eaton Rapids HS 01/14/22 7:30 PM vs Portland HS 01/21/22 7:00 PM @ Ionia HS 01/28/22 7:30 PM vs Lansing Sexton H.S. 02/04/22 7:00 PM @ Charlotte HS 02/08/22 7:00 PM vs Haslett HS 02/11/22 7:30 PM vs Eaton Rapids HS 02/15/22 7:00 PM @ St. Johns HS 02/18/22 7:30 PM @ Portland HS 02/25/22 7:30 PM vs Ionia HS 03/01/22 7:00 PM @ Lansing Sexton H.S. 03/03/22 7:00 PM @ Holt HS

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



	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

ST. JOHN PAUL THE GREAT LEGACY SOCIETY

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

We are prepared to assist you and your advisors with more information that would help you in making your estate plans and including a legacy gift to support Lansing Catholic. Learn more about legacy giving at Lansing Catholic. Visit www.lansingcatholic. org/legacy, call 517-267-2121 or email give@ lansingcatholic.org for more details.





INNOVARE

INSPIRED INTERIORS

JIM BAKER, OWNER



DJ FERGUSON LSJ DREAM TEAM



| SAMMY JACOBS | LSJ ALL AREA



ALEX WATTERSLSJ ALL AREA

*

BASKETBALL — BOYS — JUNIOR VARSITY





BASKETBALL — BOYS — JUNIOR VARSITY



LAUREN MARTIN HEAD COACH

This is Coach Martin's fifth 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	Alex Fernandez	Freshman
3	Justin Devarona	Sophomore
4	Braden Rabideau	Freshman
10	Sean Durr	Sophomore
12	Brock Bigger	Sophomore
15	Drew Tolfree	Freshman
24	Dan Entler	Sophomore
40	Jake Alvarado	Sophomore
43	Josh Pritzlaff	Freshman
55	John Watters	Sophomore

SCHEDULE

12/07/21 5:30 PM vs Lansing Eastern HS 12/13/21 7:00 PM @ Williamston HS 12/16/21 7:00 PM @ Charlotte HS 01/04/22 5:30 PM @ Fowlerville HS 01/06/22 7:00 PM vs Eaton Rapids HS 01/13/22 7:00 PM @ Portland HS 01/20/22 7:00 PM @ Ionia HS 01/27/22 7:00 PM vs Lansing Sexton H.S. 02/03/22 7:00 PM vs Charlotte HS 02/08/22 5:30 PM vs Haslett HS 02/10/22 7:00 PM @ Eaton Rapids HS 02/15/22 5:30 PM @ St. Johns HS 02/17/22 7:00 PM vs Portland HS 02/24/22 7:00 PM @ Ionia HS 03/01/22 5:30 PM @ Lansing Sexton H.S. 03/03/22 5:30 PM @ Holt HS

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TAYLOR PARKER ASSISTANT ATHLETIC DIRECTOR

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



🏀 BASKETBALL — BOYS — FRESHMAN





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 GONZALEZASSISTANT COACH

PLAYER ROSTER

- 11 Tyler Rakan
- 13 Daniel Burton
- 20 Jack Grill
- 21 Ian Carrigan
- 22 Aaron Mora
- 23 Navier Tanner-Fleming
- 30 Lucas Payne
- 32 Christoper Sims
- 33 John Lavagnino
- 35 AJ Gates
- 45 Di Rowley
- 50 Carson Herald

SCHEDULE

12/07/21 4:00 PM vs Lansing Eastern HS

12/13/21 5:30 PM @ Williamston

12/16/21 5:30 PM @ Charlotte HS

01/04/22 4:00 PM @ Fowlerville HS

01/06/22 5:30 PM vs Eaton Rapids HS

01/13/22 5:30 PM @ Portland HS

01/20/22 5:30 PM vs Ionia HS

01/27/22 5:30 PM @ Lansing Sexton HS

02/03/22 5:30 PM vs Charlotte HS

02/08/22 4:00 PM vs Haslett HS

02/10/22 5:30 PM @ Eaton Rapids HS

02/15/22 4:00 PM @ St. Johns HS

02/17/22 5:30 PM vs Portland HS

02/24/22 5:30 PM @ Ionia HS

03/01/22 4:00 PM @ Lansing Sexton HS

03/03/22 4:00 PM @ Holt HS

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COUGAR/rick

BASKETBALL — GIRLS — VARSITY





BASKETBALL — GIRLS — VARSITY



KACEE REID HEAD COACH

Coach Reid is in her ninth 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 SUTTONASSISTANT COACH

Becky Sutton, an Eaton Rapids native, is serving her second 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!

LAUREN RULE

ASSISTANT COACH

PLAYER ROSTER

3	Leah Reid5′ 6″	Junior
4	Hannah Pricco5′ 9″	Junior
10	Anna Richards 5′ 9″	Sophomore
11	Sydney Stevens5' 8"	Junior
12	Tessa Roe 5′ 5″	Sophomore
21	TR Repichowski5' 7"	Sophomore
22	Leah Richards6' 0"	Sophomore
23	Gabby Halliwill5′ 5″	Sophomore
24	Sydney Buda5' 8"	Senior
25	Morgan Wilcox5′ 11″	Sophomore
32	Ella Dunsford6' 1"	Junior

SCHEDULE

12/04/21 TBA @ Lake Fenton HS
12/08/21 6:30 PM @ Cass Technical HS
12/10/21 7:00 PM @ Lansing Sexton H.S.
12/14/21 5:30 PM vs Williamston HS
12/17/21 6:00 PM vs Charlotte HS
12/28/21 Christmas Tournament @ Gabriel Richar
12/29/21 Christmas Tournament @ Gabriel Richar
01/04/22 7:00 PM vs Fowlerville HS
01/07/22 5:30 PM @ Eaton Rapids HS
01/11/22 7:00 PM @ Mason HS (Mason)
01/14/22 6:00 PM vs Portland HS
01/21/22 5:30 PM @ Ionia HS
01/25/22 7:00 PM @ Waverly HS
01/28/22 6:00 PM vs Lansing Sexton H.S.
02/04/22 5:30 PM @ Charlotte HS
02/08/22 7:00 PM @ Haslett HS
02/11/22 6:00 PM vs Eaton Rapids HS
02/18/22 6:00 PM @ Portland HS
02/22/22 7:00 PM @ Okemos HS
02/25/22 6:00 PM vs Ionia HS Senior Night

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GABBY HALLIWILL LSJ DREAM TEAM



HANNAH PRICCO LS| ALL AREA



COACH KACEE REID LS| ALL AREA

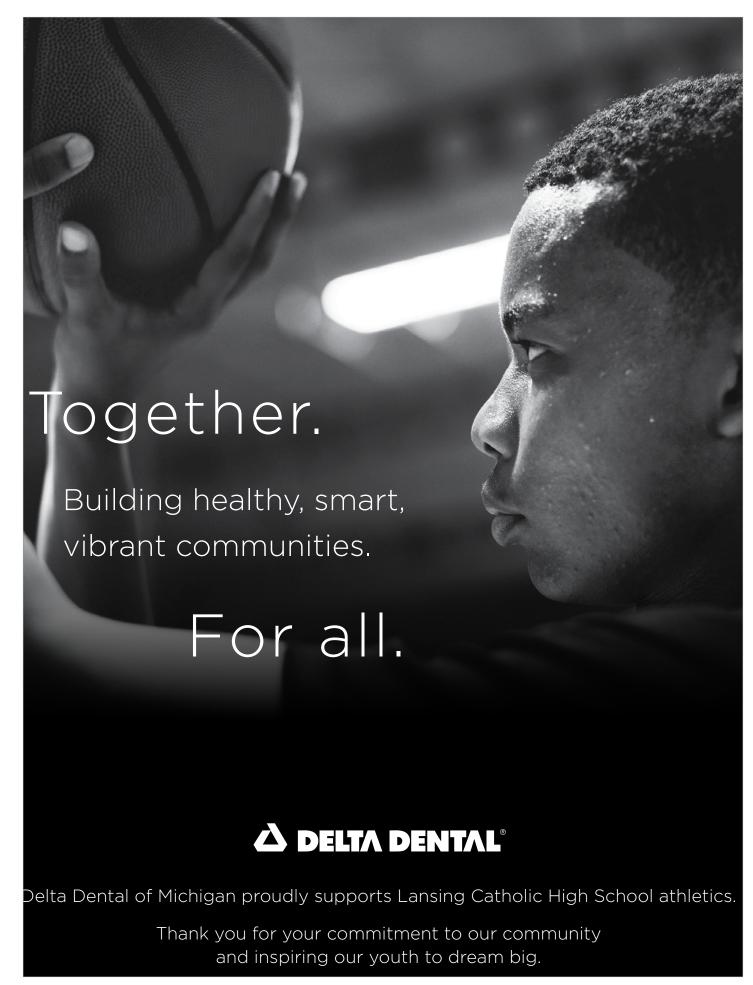


ANNA RICHARDS LSJ DREAM TEAM



LEAH RICHARDS LS| ALL AREA









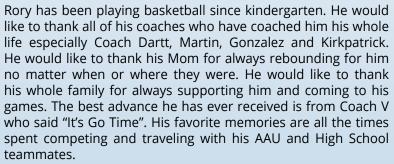


Joe on his from

JOEY BAKER

Joey has been playing basketball since pre-school and has played on varsity for the past two years. His biggest influence has been his brothers who pushed him to be better and build toughness from playing basketball in the driveway. His best advice came from his dad, who said "you don't have to have any skill to hustle." Locker room talks and bus rides will be the best memories and what he will miss most. Joey thanks his parents, siblings and family for supporting him in every game and cheering him on. Joey plans to study business in college.







BRODY KIRKPATRICK

Brody has been playing basketball since kindergarten. He would like to thank all of his coaches and a special shout out to Coach Martin for helping him with post moves and his shooting. His favorite memories are joking around with Coach Dartt and Coach Martin. He will miss spending time with his teammates. Brody plans to attend college to study business.



PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

BASKETBALL — BIOS



MOJO OTHOW

Mojo has been playing basketball since middle school and this is his first year of varsity. His biggest influence on the game has been the uniqueness and competitiveness of the game. His best advice came from a friend who told him, "Play every game like your last." His best memory so far was going over Coach Dartt's house as a team and bonding with teammates. Mojo hasn't 100% decided where he wants to go for college yet.



Tristen has been playing basketball since he was 4 years old. His biggest influence are his parents who have always supported him, and all of his coaches throughout his time playing basketball. After high school, he plans to study business in college. The best advice he's ever received is from Michael Williams, "you will never be the best at everything, you have to find the things that you can do better than other players and exploit that."



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ALEX WATTERS

Basketball was what Alex fell in love with first in his life and he has been playing for as long as he can remember. He wants to thank his mom and dad for the countless hours and trips they went on over the years to AAU tournaments. He wants to also thank all of his coaches over the years, especially Coach Dartt for making him feel welcomed since his freshman year. Alex's favorite memory from basketball was going on the trip to practice at the Hoosiers court a couple years ago. Alex hopes to play football in college while studying exercise science.

SYDNEY BUDA

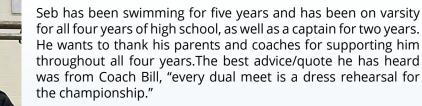
Sydney has been playing basketball since she was eight years old, but has been a part of the sport her entire life. Sydney is a 3-year varsity player and would like to thank her teammates and coaches for always pushing her to become the player she is today. She would also like to thank her parents for their constant support and guidance. Her biggest influence is her older sister, Devan, who has always been her 1-on-1 opponent and someone she can look up to. Her favorite memories so far have been beating Williamston and winning the District Championship. Sydney plans to study medicine in college.



SWIMMING — BIOS

SEBASTIAN SHOAF





JOSEPH KRAUSE

Joseph has been on the Swimming and Diving team for all four years of high school. Even though he didn't swim competitively before his time in high school, he loved swimming when he went camping with his family, which is what led him to join his high school swim team. Joseph would like to thank his all of his family, especially his siblings and parents, for their support. The most memorable piece of advice Joseph has received is from Coach Bill, which is "Put in the work, where other people aren't willing to put in the work." This was especially important to Joseph, as he was a distance swimmer, and there are points when the races can get very tough. Joseph plans to study either Chemical or Nuclear Engineering in College, at either Michigan State University or the University of Michigan.



BOWLING — BIOS

DREW TAYLOR

Drew decided to bowl this year just for fun. He had never bowled before except maybe once a year just for fun. Drew has really enjoyed learning how to bowl and was pleasantly surprised to bowl on varsity. Drew would like to thank hi mom and dad for supporting him in whatever activity he choose to do. He would also like to thank my Grandpa and my Papa for helping me and teaching me how to bowl.

ANDREW HART

This is Andrew's first year on the bowling team. He would like to thank Coach Moore and Coach Krauss for all of their support and advice. Andrew is still undecided on what he will do after high school.

PHOTO CREDIT: TCP-PHOTOGRAPHY.COM

COMPETITIVE CHEER — BIOS



CARLY FLAMMINI

Carly has done Competitive Cheer for all four years. She wants to thank her parents for always coming to her competitions no matter how long they are! She wants to thank her sister for coming to them as well and always supporting her throughout the years. She wants to thank her coaches for always being there for her and always keeping her spirits up when needed. Her advice to her teammates is to just realize now that the coaches are always right because it'll make it so much easier. Her best advice that she has received comes from her teammate Arica Cherry "Carly, you just have to keep going" she wishes her team well in the future years and cannot wait to come back and see them

REESE ROBINSON

Reese has been doing cheer since she was 7. This is Reese's third year of competitive cheer. Her biggest influence are her teammates and her coaches. Getting ready for competitions has been her favorite memory. Reese thanks her parents for the continued efforts to support her and especially her mom who has never missed a competition and to her coaches that continue to mold her into the best cheerleader she can be. Reese plans to major in political science with a minor in Spanish (pre-law track) in college.



ATHLETIC HALL OF FAME

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

LEARN MORE AT WWW.LANSINGCATHOLIC.ORG/HALLOFFAME



KNOW OF SOMEONE TO NOMINATE TO THE HALL OF FAME?



INTERESTED IN BEING ON THE HALL OF FAME COMMITTEE?



4 EVENTS...1 MISSION

TO BRING EXCELLENCE TO OUR STUDENTS THROUGH THE POWER OF COMMUNITY



01.29 5TH ANNUAL CORKS + CUISINE

Saturday, January 29 7-11 P.M.

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



05.02 38TH ANNUAL FR. MAC SCHOLARSHIP DINNER

Monday, May 2 | 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.



06.17 34TH ANNUAL COUGAR CLASSIC GOLF OUTING

Friday, June 17 | 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.



09.23/09.24 HOMECOMING & COUGARFEST

Friday and Saturday, September 23-24

The weekend celebration will include Homecoming Friday night, activities and gatherings for all alumni on Saturday, concluding with our Cougarfest event on Saturday evening.

PLEASE JOIN US AT OUR 2022 SPECIAL EVENTS!

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

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Save the date! SATURDAY JANUARY 29, 2022





























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



LANSING CATHOLIC HIGH SCHOOL 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. 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.



JOIN US AT OUR OPEN HOUSE

PROSPECTIVE FAMILY NIGHT

Wednesday, February 2, 2022 | 6:30-8:30 pm

Discover what Lansing Catholic has to offer by enjoying a tour with a student ambassador of our campus. Students and parents will have the opportunity to ask guestions and meet with faculty and administration.

\$1000 TUITION DRAWING

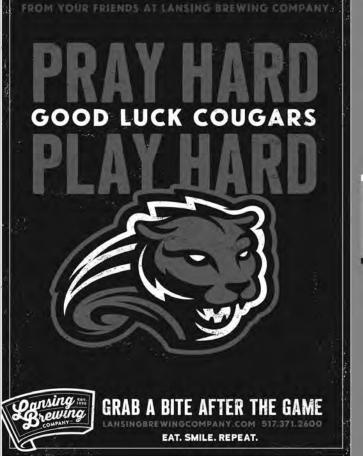
This year, for the first time, a drawing will be held for a \$1000 tuition award for a new Lansing Catholic High School student. The drawing will be held at the conclusion of each open house for those who participated. Winner will be notified.

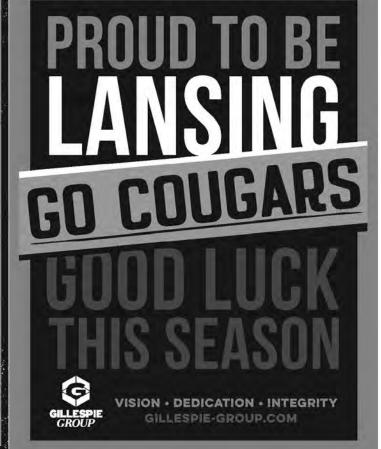
Please contact our admissions office at 517-267-2158 or admissions@lansingcatholic.org to register. Registration is not required, but is appreciated. Private family tours are also available by contacting our admissions office.



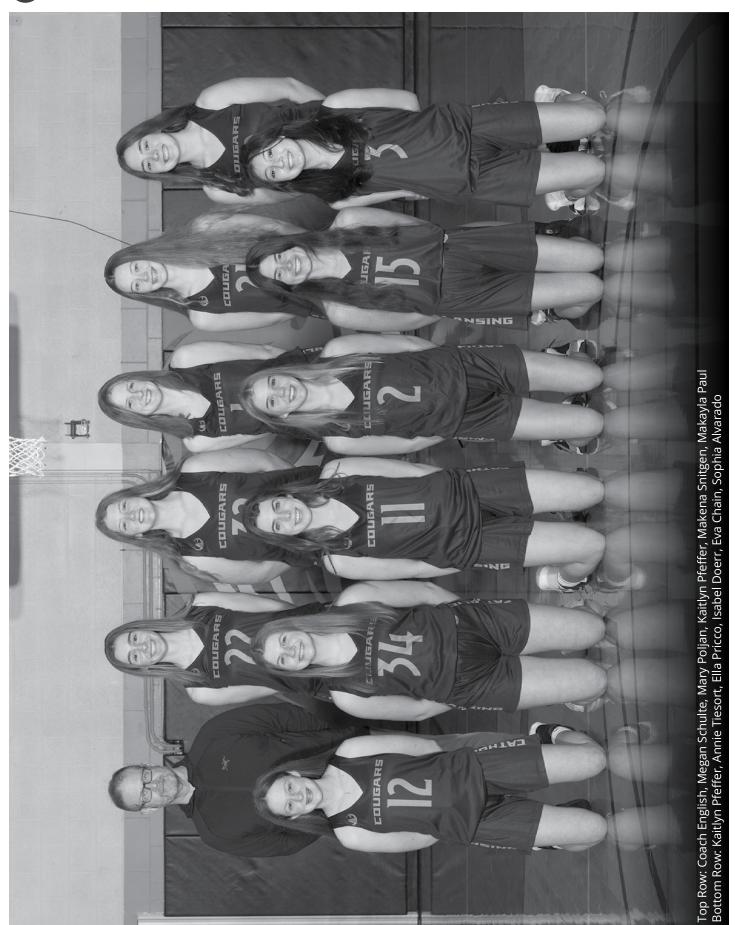
www.lansingcatholic.org







BASKETBALL ─ GIRLS ─ JUNIOR VARSITY



*

BASKETBALL — GIRLS — JUNIOR VARSITY



BRIAN ENGLISH HEAD COACH

Coach English is in his tenth 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	Isabel Doerr	Freshman
3	3	Sophia Alvarado	Freshman
4	4	Bella Lewis	Freshman
10	10	Makayla Paul	Sophomore
11	11	Ella Pricco	Freshman
12	12	Kaitlyn Pfeffer	Freshman
15	15	Eva Chain	Freshman
21	21	Makena Snitgen	Sophomore
22	22	Megan Schulte	Freshman
25	32	Mary Poljan	Sophomore
34	34	Annie Tiesort	Sophomore

SCHEDULE

11/30/21 5:30 PM @ Lansing Everett HS 12/04/21 TBA @ Lake Fenton Tournament 12/08/21 5:00 PM @ Cass Technical HS 12/10/21 5:30 PM @ Lansing Sexton H.S. 12/13/21 7:00 PM vs Williamston HS 12/17/21 4:00 PM vs Charlotte HS 01/04/22 5:30 PM vs Fowlerville HS 01/07/22 4:00 PM @ Eaton Rapids HS 01/11/22 5:30 PM @ Mason HS (Mason) 01/13/22 7:00 PM vs Portland HS 01/21/22 4:00 PM @ Ionia HS 01/25/22 5:30 PM @ Waverly HS 01/28/22 4:00 PM vs Lansing Sexton H.S. 02/04/22 4:00 PM @ Charlotte HS 02/08/22 5:30 PM @ Haslett HS 02/11/22 4:00 PM vs Eaton Rapids HS 02/17/22 5:30 PM @ Portland HS 02/22/22 5:30 PM @ Okemos HS 02/25/22 4:00 PM vs Ionia HS

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

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\lesssim BASKETBALL — GIRLS — FRESHMAN





BASKETBALL — GIRLS — FRESHMAN



MIKE EIDELBES HEAD COACH

Mike Eidelbes is in his third 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

2	Madison Martin	Freshman
3	Camille Clement	Freshman
10	Natalie Young	Freshman
11	Cate Young	Freshman
14	Fabiola Igiraneza	Sophomore
20	Kendalyn Busque	Freshman
22	Lani Nguyen	Sophomore
24	Emily Putman	Sophomore
	Megan Beard	
32	Lauren Escojido	Freshman
33	Susanna DeWaters	Freshman

SCHEDULE

11/30/21 4:00 PM @ Lansing Everett HS
12/04/21 5:30 PM @ Lake Fenton Tournament
12/13/21 5:30 PM vs Williamston HS
12/16/21 4:00 PM @ Lake Fenton HS
01/04/22 4:00 PM vs Fowlerville HS
01/11/22 4:00 PM @ Mason HS
01/13/22 5:30 PM vs Portland HS
01/25/22 4:00 PM @ Waverly HS
02/08/22 4:00 PM @ Haslett HS
02/17/22 4:00 PM @ Portland HS
02/22/22 4:00 PM @ Okemos HS

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





PLAYER ROSTER

Sebastian Shoaf	Senior
Joseph Krause	Senior
Elijah Nevins	Sophomore
Thaddeus Shoaf	Freshman

COACH

Kathrine Kelley-Hart......Head Coach

Kathrine Kelley has been coaching swim teams and lessons for over 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

01/06/22 6:00 PM vs Lansing Eastern @ Waverly HS 01/20/22 6:00 PM @ Williamston HS 01/22/22 TBA @ Haslett HS 01/25/22 6:00 PM vs Holt HS@ Waverly HS 01/27/22 6:00 PM @ Charlotte HS 02/03/22 6:00 PM @ Eaton Rapids HS 02/08/22 6:00 PM @ Haslett HS 02/08/22 6:00 PM @ Haslett HS 02/10/22 6:00 PM vs Ionia @ Waverly HS 02/25/22 TBA CAAC Conference Meet 02/26/22 TBA CAAC Conference Meet 03/01/22 TBA Second Shave Meet @Grand Ledge HS 03/11/22 MHSAA State Finals

12/08/21 4:00 PM Comstock Relays @ Waverly HS

12/16/21 6:00 PM @ Mason HS (Mason)

★Home Game Away Game

03/12/22 MHSAA State Finals

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

NEW FOR 2021-2022!



The dollars from Club 360 will financially support equipment, facility maintenance, capital improvements, and other items not covered by the Athletic Department budget. These improvements will enhance and expand the athletic program and ensure the safety and enjoyment of all student-athletes involved in the Lansing Catholic athletic programs.

Benefits include:

- All Sports Family Pass (2 adults plus all kids) \$200 value
- Free Junior Cougar Programs
- 1 complimentary Club 360 swag item

Contact Ken Hintze at 517-267-2113 or ken.hintze@lansingcatholic.org with questions.

MEMBERSHIPS AVAILABLE AT LANSINGCATHOLIC.ORG/CLUB360

WELCOME TO CLUB 360! WE APPRECIATE YOUR SUPPORT OF COUGAR ATHLETES.

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HOCKEY



PLAYER ROSTER

PLAYER RUSIER
Zach DysGoalie
Josh Dys Mason99 Defensemen
Leo ClementLCHS11Forward
Anderson YoungLCHS11 Defensemen
Owen ChristieLCHS99 Defensemen
Matt JonesLCHS11Forward
Gavin Kashenider DeWitt10Goalie
Max Tyler DeWitt10 Forward
Bryan Matko DeWitt11 Forward
Gunnar Stirrett DeWitt12 Forward
Shaun Stevens DeWitt11Forward
Phillip Staub DeWitt10 Forward
Blake Agnew DeWitt12 Forward
Reid InglisDeWitt12Forward
Brendan Wandle DeWitt11Goalie
Harrison Powell. Williamston12Goalie
Joey Heilman Williamston12 Forward
Owen Denk Williamston12Forward
Parker Foss Williamston12Forward
Griffin Ransom Williamston12Forward
Ben Capone Williamston11 Forward
Brody Olger Williamston12Defensemen
Logan DuhamSt. Johns12 Defensemen
Evan MartinexSt. Johns10Defensemen

SCHEDULE

11/20 vs Kalamazoo United @ Suburban

11/26 vs Bay Area Thunder @ East Kentwood 11/27 vs Kalamazoo United @ East Kentwood 12/10 vs Jenison @ Griffs Georgetown 7:30 PM 12/11 @ TBD @ Griff's Georgetown TBD 12/17 vs Mattawan @ Suburban 8:30 PM 12/18 vs Portage Muskies @ Suburban 7:00 PM 12/22 @ Midland 7:15 PM 12/28 @ Alpena 7:00 PM 12/29 vs Hudsonville @ Alpena, MI 12:30 PM 1/7 vs Lumen Christi @ Suburban 6:30 PM 1/8 vs Okemos @ Suburban 6:00 PM 1/12 vs Kalamazoo Eagles @ Suburban 7:00 PM 1/14 vs Sault Ste Marie @ Sault Ste Marie 8:00 PM 1/15 vs Petoskey @ Sault Ste Marie 1:00 PM 1/21 vs Mattawan @ Kalamazoo, MI 7:00 PM 1/22 @ Kalamazoo United 2:30 PM 1/28 and 29 TBD @ Chelsea, MI TBD 2/2 @ Lumen Christi 5:30 PM 2/4 vs Mid-Michigan @ Suburban 9:00 PM 2/5 @ Portage Muskies @ Kalamazoo, MI 7:00 PM 2/11vs Okemos @ Suburban 6:30 PM EST 2/12 @ Kalamazoo Eagles 3:45 PM 2/15 @ Mid-Michigan @ Jackson, MI, USA 6:00 PM

Away Game Away Game

Visit https://www.mihshockeyhub.com/schedule/team_instance/6871911?subseason=783124 for up-to-date details as schedule is subject to change.



COACH

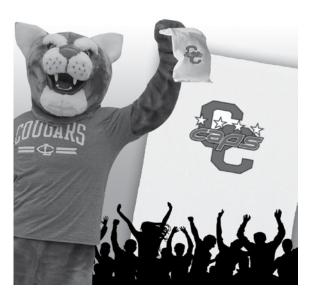
loe Ford......Head Coach

Joe Ford is returning to Lansing high school hockey after a 1 year stint as an Assistant Coach with Livonia Stevenson. Ford was previously Associate Coach with the Capital City Capitals, assisting with the program's forming in 2018, when the Lansing Catholic-Mason Patriots and DeWitt-St.Johns programs merged. Ford has coached high school hockey since 2005, including Head Coach at Lansing Catholic in its last year as a stand alone program in 2008. In the 2018-19 season, Ford helped guide the Capitals to a CAAC League Championship and a MHSAA Regional Championship. In 2005 Ford began coaching high school with Haslett-Williamston. He then started the high school hockey program at Mason High School, which is still in the Capital City co-op program. Prior to coaching high school, Ford was on the team staff at Michigan State University at the Director of Hockey Operations from 1995-2003, with a main role in video breakdown and opponent scouting. In this time at Michigan State, he was a part of 3 CCHA Championships, 9 NCAA Tournament appearances and 2 Frozen Fours. Hailing from Oswego, NY, Ford currently resides in Mason with his wife Cortney, who is a teacher at Mason High School. They have two children Meghan (16) and Grant (12).

HEY CAP FANS!

Purchase a fan towel for \$5 and get into the rest of the home games for FREE this season!

Limited quantities available.







PLAYER ROSTER

Charlie Gates	Junior
Jack Hernly	Sophomore
Jacob locco	Freshman
Sam Matias	Junior
Drew Taylor	Senior
James Wheeler	Junior
Jeff Wheeler	Junior
Ethan Wolcott	Junior
Alexis Balasa Lily Bauerle Sydney Eidelbes Holly Goodman	Sophomore Junior

SCHEDULE

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

PLAYER ROSTER

Freshman
Freshman
Freshman
Sophomore
Senior
Sophomore
Freshman
Sophomore
Junior
Freshman
Sophomore
Sophomore
Freshman
Sophomore
Freshman
Junior
Junior
Junior

COACH

Doug Moore.....Head Coach

This is Coach Moore's second 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.

COMPETITIVE CHEER



PLAYER ROSTER

Carly Flammini	Senior
Reese Robinson	Senor
Katelyn Molnar	Sophomore
Arica Cherry	Freshman
Juliana Faes	Freshman
Lexi (Alexandra) Kieth	Freshman
Allisyn Lindberg	Freshman
Isabella Thomas	Freshman



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.

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.



OLIVIA ST GERMAINVARSITY ASSISTANT COACH

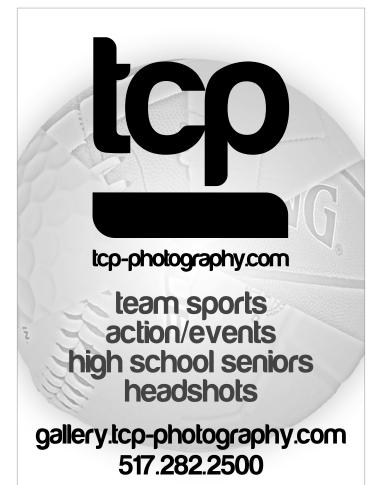


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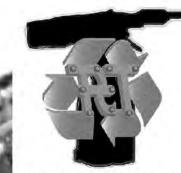
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Joseph Dunn Insurance Agency



GO COUGARS!

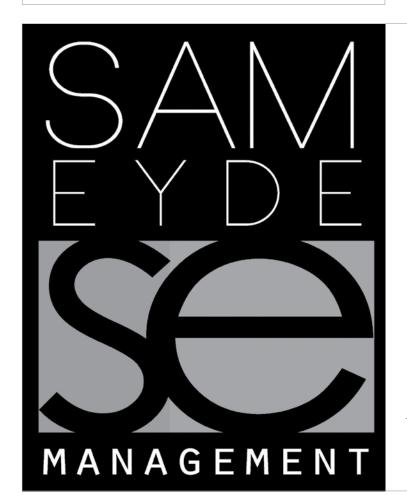
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STAND UP AND GIVE A CHEER - RAH RAH!
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GROWL ON YOU MIGHTY COUGARS
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AND RAISE ON HIGH YOUR VICTORY
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FAITH FAMILY TRADITION

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Sam and Judy Eyde



Join us in thanking Lansing Catholic High School's dedicated teachers, sisters, coaches, staff, administration and chaplains. You inspire us with your hope and strength!

We appreciate all you do for our students and families in this year of uncertainty.

The Bill and Mary Lou Somerville Family

