

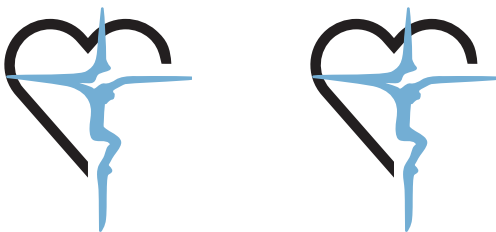
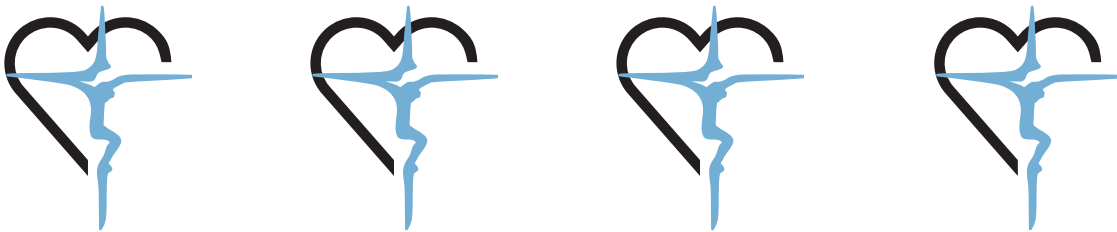


WINTER 2022-2023

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# DRIVING GREATER LANSING





**DOMINIC IOCCO**  
PRESIDENT

Welcome to the campus of Lansing Catholic!

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

We are so thankful to our parents, who have raised such incredible young men and women, and have entrusted us to partner with them in forming their son or daughter. We have some incredibly talented young men and women at our school. I hope you enjoy their performance today!

Lansing Catholic is a broad community, welcoming families from over 29 school districts who are looking for something different. An education focused on the whole person that reinforces the Christian values their families raised them with. That shared vision unites this community into something that is truly special.

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

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

God bless,

**Dominic Iocco**

*President*



**KEN HINTZE**  
ATHLETIC DIRECTOR

When reflecting on the last few years of winter sports, it is clear how far we have come. We all remember the sports lockdown, two spectators per participant rule, and the glitchy livestreams. Those experiences were difficult, and living through them shed light on this importance: sports are a privilege to our students and our community.

It is a privilege to play for your school; a platform within the Lansing Community, which brings a sense of responsibility. Responsibility can feel like a challenge, but with it comes great power to make positive change. As Uncle Ben from Spider-man put it, "with great power comes great responsibility." As a community, how do we act on this responsibility and privilege?

We must hold our standards high, and keep playing for a higher power. We say a prayer before every game, not as something to do, but as a reminder of our core belief at Lansing Catholic. Sportsmanship matters, how we act and treat each other matters; our responsibility is to show Christ's love through athletics.

Let's keep Jesus in our hearts, and championships on the horizon.

I look forward to an incredible year; and, as always, GO COUGARS!!

Yours in Christ,

**Ken Hintze**

*Athletic Director*



**FR. JOSEPH CAMPBELL**  
CHAPLAIN

Recently I went to one of our first swim meets of the season. Even though it was cold and wintery outside, inside at the pool it was hot and humid. Our swim team is small this season but it was great to see them competing well on behalf of Lansing Catholic. Winter sports also means lots of basketball. I'm looking forward to seeing our boys and girls teams play well. I never knew just how loud our gym could get until I went to a basketball game there last year! Be sure to stop by Spare Time and catch some of our bowling team in action too. We've got some very talented players there -- I'm glad I don't have to play against any of them. My office is near the cafeteria at school where the cheerleaders have been practicing and rehearsing all year long. At the end of a long day, I sometimes feel like the cheer team is there just to cheer me on! And of course, winter sports means ice hockey. In college I played in a little pick-up hockey league during lunch breaks on Tuesday and Wednesdays. That was in Minnesota where there were free outdoor ice rinks at many of the city parks. The ice at Suburban Ice Arena is probably a little nicer than what we skated on in St. Paul, MN. Be sure to stop by and support our Lansing Capitals in some of their games. Best of luck to all of our winter sports teams! Go Cougars!

**Fr. Joseph Campbell**

*Chaplain*

# SCHOOL PROFILE

## 2022-2023

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### MISSION STATEMENT

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

### TYPE OF SCHOOL

Regional, comprehensive, co-educational Catholic high school

### ACCREDITATION

Michigan Association of Non-Public Schools

### ADMISSIONS

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

### STUDENTS

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

### SIZE

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

### FACULTY

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

### SCHOOL DAY

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

### FAITH

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

### MISSION TRIPS

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

### SERVICE

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

### CLUBS & ACTIVITIES

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

### COUGAR ATHLETICS

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

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

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

## GRADUATION REQUIREMENTS

Students must successfully complete the following 24 credits:

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

## ACADEMIC HONORS

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

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

## DUAL ENROLLMENT OFFERINGS

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

## MEMBER OF LANSING PROMISE SCHOLARSHIP PROGRAM

[www.lansingpromise.org](http://www.lansingpromise.org)

## COLLEGE SCHOLARSHIPS & CLASS GRADE POINT

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

## ADVANCED PLACEMENT® COURSE OFFERINGS

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

## WORLD LANGUAGES

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

## COLLEGE ACCEPTANCES FOR THE CLASS OF 2022

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

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# BASKETBALL — BOYS — VARSITY



Top Row: Coach Rebs, Coach Bullock, Jagger Hillyer, Ethan Vukovic, Luch Guerrazzi, Padraic Cotter, Shaymus Kelley, Coach Robeson, Coach Korrey, Coach Hull  
Bottom Row: Dean Jacobs, John Watters, DJ Rowley, Brock Bigger, Jack Jacobs, Drew Tolfree, Sean Durr, Seth Elberson



# BASKETBALL — BOYS — VARSITY



**JAKE BULLOCK** HEAD COACH

Jake is a graduate of the 2012 class of Lansing Catholic. He played basketball at Aquinas College where he is currently 6th all time in scoring and was a two time all-american. Jake lead Aquinas to last national tournament birth. Jake coached five years at WMU - one year as a GA, two as Director of Operations, and two as an assistant coach. Jake was the youngest assistant coach in Division 1 when he was named an assistant coach.



**ALEX WATTERS**  
LSJ ALL AREA



**STEVE REPICHOWSKI**  
ASSISTANT COACH

Coach Reps brings 20 years of coaching experience to the Cougars. His coaching career began at Resurrection school in 2002 where he won numerous CYL championships, one of which included Coach Bullock. He also spent a couple seasons assisting the Lansing Catholic JV girls. In the off season, he spent a number of years coaching different AAU teams, both men's and women's, of all levels, and traveled all over the country with these teams. Coach Reps has been a part of the Lansing Catholic community since 2006, not including the time he was a student here. His two daughters and son also attended Lansing Catholic and were a big asset to both the men's and women's basketball programs, and his third daughter is a part of the women's varsity program currently. Coach Reps is ecstatic to once again share his knowledge of the game and be a part of the coaching staff at Lansing Catholic High School.

**JASON ROBESON** ASSISTANT COACH

**MIKE KORREY** ASSISTANT COACH

**DJ HULL** ASSISTANT COACH

## PLAYER ROSTER

- 10 Dean Jacobs .....Senior
- 11 Sean Durr .....Junior
- 12 Padraic Cotter .....Senior
- 13 Shaymus Kelley .....Senior
- 14 Seth Elberson .....Senior
- 15 Brock Bigger.....Junior
- 20 DJ Rowley .....Sophomore
- 21 Luch Guerrazzi.....Senior
- 22 Justin De Varona .....Junior
- 23 Jack Jacobs.....Senior
- 24 Jagger Hillyer .....Senior
- 32 John Watters .....Junior
- 33 Drew Tolfree .....Sophomore
- 35 Ethan Vukovic.....Senior

## SCHEDULE

- 12/06/22 7:00 PM vs Montabella
- 12/09/22 5:30 PM @ Ionia HS
- 12/13/22 6:00 PM @ Williamston HS
- 12/16/22 6:00 PM vs Lansing Sexton
- 12/27/22 Catholic Christmas Tournament @ Flint Powers High School
- 12/28/22 Catholic Christmas Tournament @ Flint Powers High School
- 01/06/23 6:00 PM @ Charlotte HS
- 01/10/23 7:00 PM @ East Lansing HS
- 01/13/23 6:00 PM vs Eaton Rapids HS
- 01/18/23 7:00 PM vs Pewamo-Westphalia HS
- 01/20/23 6:00 PM @ Portland HS
- 01/24/23 7:00 PM vs Fowlerville HS
- 01/27/23 6:00 PM vs Ionia HS
- 01/31/23 7:00 PM @ Notre Dame Prep
- 02/03/23 5:30 PM @ Lansing Sexton
- 02/07/23 7:00 PM @ Haslett HS
- 02/10/23 5:30 PM vs Charlotte HS
- 02/14/23 7:00 PM vs St. Johns HS
- 02/17/23 5:30 PM @ Eaton Rapids HS
- 02/24/23 6:00 PM vs Portland HS
- 02/28/23 7:00 PM @ Mason HS
- 03/02/23 7:00 PM vs Holt HS

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

# LOOKING BACK 2021/22 WINTER SPORTS WRAP UP

## BOWLING

- We added boys bowling last year, and this year I am happy to say that we have added a girls bowling team this year! The girls have competed well and have shown so much improvement over the season, even stealing some points later in the season.
- Boys finished 3rd in the CAAC Conference
- Finished 4th in the MHSAA Regionals and missed completing at states by 7 pins
- Congratulations to James Wheeler who placed 5th in the Division 3 State Singles Tournament for Boys Bowling
- CAAC All Conference: Jeff Wheeler, James Wheeler
- Honorable Mention: Ethan Wolcott

## HOCKEY

- We are in a co-op with Dewitt, St. Johns, Mason, Williamston, and LCHS. These schools for the Capital City Caps.
- Regional Champs - Last once was in 2019
- Lost to Midland in the MHSAA quarterfinals 1-0

## BOYS BASKETBALL

- Beat Eastern to capture the District Title
- Lost to Williamston in the Regional Final game
- District champs - first time since 2014
- CAAC All Conference: Alex Watters and Brody Kirkpatrick

## BOYS SWIMMING

- Finished 6th in the Conference
- two top 8 finishes from Seb shoaf and Elijah Nevins, along with a conference win by Elijah Nevins in the 500 Freestyle.
- CAAC All Conference
- Elijah Nevins - 500 Freestyle

## COMPETITIVE CHEER

- Hosted the first ever Cheer for Charity, this years cause was to help the Capital Area Down Syndrome Association
- Placed 3rd in the CAAC Conference
- And finished this years season placing 8th in the MHSAA Districts
- CAAC All Conference: Juiana Faes, Allsyn Lindberg, Carly Flammini
- CAAC Honorable Mention: Katelyn Molnar, Arica Cherry, Reese Robinson

## GIRLS BASKETBALL

- Finished first in the CAAC White, first time since 2003
- Overall Record of 19-3
- Lost to Portland in the District Final, they were defending state champs.
- All Area: Gabby Halliwill, Anna Richards, Leah Richards
- CAAC All Conference: Gabby Halliwill, Anna Richards, Leah Richards
- CAAC Honorable Mention: Hannah Pricco, Sydney Buda

COUGAR *pride*

## 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.



**GOOD LUCK COUGARS!!**

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# BASKETBALL — BOYS — JUNIOR VARSITY



Top Row: Jack Grill, John Lavagnino, Josh Pritzlaff, Alex Fernandez, Lucas Payne  
Bottom Row: Bradan Rabideau, Chris Sims, Tj Johnson, Ian Carrigan

# BASKETBALL — BOYS — JUNIOR VARSITY

**DARRYL THOMPSON** HEAD COACH

This is Darryl's first year as the head coach for the Junior Varsity team at Lansing Catholic. He grew up in Lansing and attended Lansing Eastern High School where he competed in basketball, football, and track. Darryl played varsity basketball his junior and senior year with both seasons ending in the regional finals. He grew up around sports and is also big time food lover.

## PLAYER ROSTER

5	Lucas Payne.....	Sophomore
11	Bradán Rabideau.....	Sophomore
14	TJ Johnson .....	Sophomore
15	Ian Carrigan .....	Sophomore
23	Daniel Burton .....	Sophomore
32	Chris Sims .....	Sophomore
33	John Lavagnino .....	Sophomore
34	Aaron Mora.....	Sophomore
41	Jack Grill .....	Sophomore
44	Navi Tanner-Flemming.....	Sophomore
45	Alex Fernandez .....	Sophomore
52	Josh Pritzlaff.....	Sophomore

## SCHEDULE

12/06/22	5:30 PM vs Montabella HS
12/08/22	7:00 PM vs Ionia HS
12/12/22	5:30 PM vs Williamston HS
12/15/22	7:00 PM @ Lansing Sexton
12/27/22	Catholic Christmas Tournament @ Flint Powers High School
12/28/22	Catholic Christmas Tournament @ Flint Powers High School
01/05/23	7:00 PM vs Charlotte HS
01/10/23	5:30 PM @ East Lansing HS
01/12/23	7:00 PM @ Eaton Rapids HS
01/18/23	5:30 PM vs Pewamo-Westphalia HS
01/19/23	7:00 PM vs Portland HS
01/24/23	5:30 PM vs Fowlerville HS
01/26/23	7:00 PM @ Ionia HS
01/31/23	5:30 PM @ Notre Dame Preparatory
02/02/23	7:00 PM vs Lansing Sexton
02/07/23	5:30 PM @ Haslett HS
02/09/23	7:00 PM @ Charlotte HS
02/14/23	5:30 PM vs St. Johns HS
02/16/23	7:00 PM vs Eaton Rapids HS
02/23/23	7:00 PM @ Portland HS
02/28/23	5:30 PM @ Mason HS
03/02/23	5:30 PM vs Holt HS

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**COUGAR** *pride*



# BASKETBALL — BOYS — FRESHMAN



Top Row: Coach Jackson, Gary Tackett, Blaise Demko, Adam Molnar, Joe Gulock, Hayden Richie, Nolan Breen, Michael Kerschen, Coach Annett  
Bottom Row: Matthew Bertrand, Teddy Nylander, Sedic Audas, Joe Magaswaran, Leland VanAlstine, Sam Kreft, Gavin Rabideau, Kasey Ellis

# BASKETBALL — BOYS — FRESHMAN

## **JOSHUA ANNETT** HEAD COACH

Coach Josh has been a student of the game his entire life. He has spent much of his time admiring and studying the game of basketball since he can remember. After playing for many years, he decided it was time to share his knowledge of the game with others. Josh worked as a supervisor at St. Vincent Catholic Charities Children’s Home for seven years where he worked with children in the foster care system, and currently works at Hope Network Neuro-Rehab as a clinical recreational therapist. He is excited to get back into the Catholic community and share his knowledge with the entire men’s program.

## **RYAN RANSPACH** ASSISTANT COACH

Ryan has been a Lansing resident since 2001. In addition to coaching basketball and baseball at LCHS and previously at St. Gerard, he is active in the community as a board member of the Lansing Art Gallery. He believes bridging these gaps between athletics, arts, and activism is what ultimately makes us more well-rounded global and productive citizens.

## **PLAYER ROSTER**

10/3	Teddy Nylander .....	Freshman
11/3	Gavin Rabideau .....	Freshman
12	Gary Tackett .....	Freshman
13	Kasey Ellis.....	Freshman
14/4	Leland VanAlstine .....	Freshman
15/40	Hayden Richie.....	Freshman
20	Adam Molnar .....	Freshman
21	Michael Kerschen .....	Freshman
22/30	Sedric Audas .....	Freshman
23/2	Matthew Bertrand .....	Freshman
24	Sam Kreft .....	Freshman
25/31	Blaise Demko .....	Freshman
35/22	Joe Magaswaran.....	Freshman
42/43	Nolan Breen.....	Freshman
44/10	Joe Gulock.....	Freshman

## **SCHEDULE**

12/08/22	5:30 PM vs Ionia HS
12/12/22	4:00 PM vs Williamston HS
12/15/22	5:30 PM @ Lansing Sexton
12/27/22	5:30 PM Catholic Christmas Tournament @ Flint Powers High School
12/28/22	5:30 PM Catholic Christmas Tournament @ Flint Powers High School
01/05/23	5:30 PM vs Charlotte HS
01/10/23	4:00 PM @ East Lansing HS
01/12/23	5:30 PM @ Eaton Rapids HS
01/18/23	4:00 PM vs Pewamo-Westphalia HS
01/19/23	5:30 PM vs Portland HS
01/24/23	4:00 PM vs Fowlerville HS
01/26/23	5:30 PM @ Ionia HS
01/31/23	4:00 PM @ Notre Dame Preparatory
02/02/23	5:30 PM vs Lansing Sexton
02/07/23	4:00 PM @ Haslett HS
02/09/23	5:30 PM @ Charlotte HS
02/14/23	4:00 PM vs St. Johns HS
02/16/23	5:30 PM vs Eaton Rapids HS
02/23/23	5:30 PM @ Portland HS
02/24/23	4:30 PM @ Fowler HS
02/28/23	4:00 PM @ Mason HS
03/02/23	4:00 PM vs Holt HS

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# BASKETBALL — GIRLS — VARSITY



Top Row: Coach Reid, Hannah Prizzo, Mary Poljan, Morgan Wilcox, Leah Richards, Faith Jungwirth, Coach Sutton, Coach Rule  
Bottom Row: Leah Reid, Annie Tietort, TR Repichowski, Makena Sntgen, Anna Richards, Sydney Stevens, Tessa Roe, Gabby Halliwill



# 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 SUTTON ASSISTANT 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

2	Leah Reid.....	5' 6"	Senior
3	Makena Snitgen.....	5' 9"	Junior
4	Hannah Pricco.....	5' 9"	Senior
10	Anna Richards.....	5' 10"	Junior
11	Sydney Stevens.....	5' 8"	Senior
12	Tessa Roe.....	5' 5"	Junior
21	Faith Jungwirth.....	5' 11"	Junior
22	Leah Richards.....	6' 0"	Junior
23	Gabby Halliwill.....	5' 5"	Junior
24	TR Repichowski.....	5' 7"	Junior
25	Morgan Wilcox.....	5' 11"	Junior
32	Mary Poljan.....	5' 11"	Junior
34	Annie Tietsort.....	5' 7"	Junior

## SCHEDULE

- 11/29/22 7:00 PM vs Cass Technical HS
- 12/02/22 7:00 PM vs Holt HS
- 12/03/22 1:10 PM @ Ann Arbor Prep / Heritage HS
- 12/06/22 7:00 PM @ East Lansing HS
- 12/09/22 7:00 PM @ Ionia HS
- 12/10/22 4:00 PM @ LBI Tourney / Midview (Ohio)
- 12/13/22 7:30 PM @ Williamston HS
- 12/27/22 Catholic Christmas Tournament vs Powers
- 12/28/22 Catholic Christmas Tournament vs OPEN
- 01/06/23 7:30 PM @ Charlotte HS
- 01/10/23 7:30 PM @ St. Patrick Jr/Sr HS
- 01/13/23 7:30 PM vs Eaton Rapids HS
- 01/18/23 7:00 PM @ Fowler HS
- 01/20/23 7:30 PM @ Portland HS
- 01/24/23 7:00 PM @ Fowlerville HS
- 01/27/23 7:30 PM vs Ionia HS
- 01/31/23 7:00 PM vs Lowell HS
- 02/07/23 7:00 PM vs Haslett HS
- 02/10/23 7:00 PM vs Charlotte HS
- 02/17/23 7:00 PM @ Eaton Rapids HS
- 02/21/23 7:00 PM vs Arbor Preparatory HS
- 02/24/23 7:30 PM vs Portland HS

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



**ANNA RICHARDS**  
LSJ ALL AREA



**LEAH RICHARDS**  
LSJ ALL AREA



**GABBY HALLIWILL**  
LSJ ALL AREA

# COUGAR *pride*



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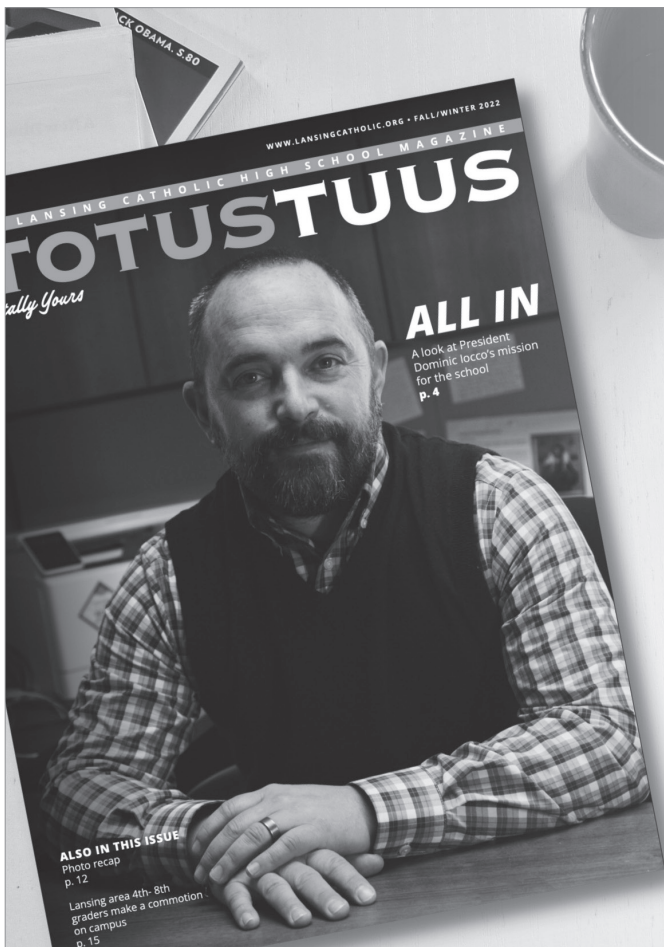
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**For more information regarding the Knights of Columbus,  
contact us at [StateOffice@mikofc.org](mailto:StateOffice@mikofc.org).**



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

FOR MORE INFORMATION VISIT  
[LANSINGCATHOLIC.ORG/JRCOUGARS](http://LANSINGCATHOLIC.ORG/JRCOUGARS)



In this issue:

- **ALL IN: A look at President Dominic Iocco's mission for the school**
- **Homecoming photo recap**
- **Cougar Commotion**
- **Learning what it means to be ALL IN with alumni seminarian Thomas Crowley C19**

...and more!

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# COUGAR SENIORS 2023



## BASKETBALL — BIOS



### PADRAIC COTTER

Padraic has been playing basketball since he can remember. After brief 2-year break he came back senior year to have fun making memories. The best ability is availability.

### SETH ELBERSON



### LUCH GUERRAZZI

Luciano has been playing basketball ever since he was little and could hold a ball in his hand. Luciano is a three year varsity player. He would like to thank all of the coaches who have coached him over the years. He would also like to thank his whole family for the endless support and encouragement he has received and especially thank his parents for all the AAU tournaments they went to. Luciano's favorite basketball memory is making the game winning three verses Sexton last year. The best advice he received was "to always keep his head up". Luciano plans on playing basketball in college while studying business.

### JAGGER HILLYER

Jagger has been playing basketball for as long as he could remember. He would like to thank his family and friends for supporting him and his coaches and trainers for helping him achieve his dreams. The best advice Jagger ever got was from his mother, "It's nice to be important, but it's more important to be nice". Jagger's favorite basketball memories are all the times spent making jokes in the locker rooms before and after practice. Jagger is undecided where he wants to go to college, but plans to study Construction Management.





## BASKETBALL — BIOS



### DEAN JACOBS

Dean has been playing basketball his whole life and has played basketball for Lansing Catholic all 4 years. His biggest influence has been his family who always supported him and came to all his games. His best memories were playing with his brother and his dad in his backyard and playing with his cousin Jack all four years at Lansing Catholic. Dean wants to thank his parents, grandparents, siblings, aunts, uncles, cousins, and friends for coming to his games and supporting him. He also wants to dedicate this season to his grandpa who passed away earlier this year. Dean plans to attend Aquinas College in the fall.

### JACK JACOBS

Jack has been playing basketball since he could walk and has enjoyed the past four years playing for LCHS. His love of basketball started as a young child playing backyard ball for hours and hours with his cousins – especially Dean Jacobs. He will never forget the two of them trying to replicate basketball trick shots from *Dude Perfect* as kids. His best advice to future Cougars is to make sure you prepare for each opponent and enjoy every minute because it goes by so quickly. He feels fortunate to have this year with Coach Bullock and is grateful for all the support from his entire family. Jack plans to play college football but is undecided as of where at this time.



### SHAYMUS KELLEY

Shaymus had been playing basketball since elementary school. He has been on varsity for the last two years. Shaymus wants to thank his mom and dad who have been there every step of the way. He also wants to thank all the coaches he has had. Shaymus plans to attend college, but is unsure of what he wants to study or where he wants to attend.

### ETHAN VUKOVIC

Ethan has been playing basketball for as long as he can remember whether it was playing in his drive way with his brother and neighbors or in actual games, he has loved every minute of playing and would like to thank all the amazing coach's and teammates he's had over the years and for his family always coming out to support him at every event whether it was in person or watching on TV. His future plans consist of going to college preferably MSU and Majoring in business.





## BASKETBALL — BIOS



### HANNAH PRICCO

Hannah has been playing basketball since first grade. Her biggest influence was her mom and dad who always encouraged her to get better. She wants to thank her grandparents and aunt and uncle for being at every game and always cheering her on! She also wants to thank her coaches for all their support and help. Her favorite memories are beating Portland her junior year and just being with her team. Next year she will be running at the University of Michigan.

### LEAH REID

Leah has been playing basketball her whole life, and has been on varsity for two years. She would like to thank her mom/coach for being her number one supporter and also for putting up with her for two years on the team. Leah's favorite memories are from Saturday Shoot arounds because they are easy. Leah is currently undecided on her college path.



### SYDNEY STEVENS

Sydney has played basketball from kindergarten every year until her senior year. She wants to thank everyone who has supported her but especially her parents who have taken her to countless tournaments, practices and games and been her number one supporter. She also wants to thank Coach Brian English for being her coach from grade school up to high-school and showing her what basketball is all about. Sydneys favorite memory would be the moments at practice with teammates that you just can't stop laughing and end up running, because thats what it's all about. She will forever be thankful for the little moments like those. Sydney plans on attending Michigan State University and studying business and communications.



## BOWLING — BIOS



### CHARLIE GATES



### ISAAC IOCCO



# BOWLING — BIOS



**SAM MATIAS**

Sam has been bowling for two years. He first joined because he thought it would be fun, but since then, he has also learned a lot about the game. He would like to thank his friend and teammate Charlie Gates for always making the game more enjoyable. His favorite quote during the bowling season came from Coach Doug, "Have some fun!!" Sam plans on studying at Lansing Community College in the future.

**MANUEL ROZNOWSKI**



**JAMES WHEELER**

**JEFF WHEELER**



**ETHAN WOLCOTT**

**LEXI BALASA**



**SYDNEY EIDELBES**





**ANDERSON YOUNG**

Anderson has been playing for 14 years, and varsity for four years. He would like to thank his mom and dad for taking him to every long weekend road trip, away game, and always being there to support him throughout his hockey career. Anderson's favorite hockey memory is the bus rides to Sault Ste. Marie. His advice to younger players is, "make every game meaningful". Anderson plans to study Marketing at Grand Valley State University.

**MATT JONES**



**LEO CLEMENT**

Leo has been playing hockey since he was 5 years old and it has been a big part of his life growing up. He would like to thank his parents, teammates and coaches for pushing him to be the player and person he is today. Leo plans to go to college and study business. Leo's favorite quote is from the movie Miracle - "The name on the front of the jersey is a hell of a lot more important than the one on the back."

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**FINANCIAL AID NIGHT**  
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# ATHLETIC HALL OF FAME

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

LEARN MORE AT [WWW.LANSINGCATHOLIC.ORG/HALLOFFAME](http://WWW.LANSINGCATHOLIC.ORG/HALLOFFAME)



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

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.

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

**Information about how to get started with enrollment, admissions events, and tuition can be found at our Admissions Center [www.lansingcatholic.org/admissions](http://www.lansingcatholic.org/admissions). If you have any questions about the admissions process, or would like to schedule a tour or have information sent to you, please contact Claire Boomer at: [admissions@lansingcatholic.org](mailto:admissions@lansingcatholic.org) or 517-267-2116.**



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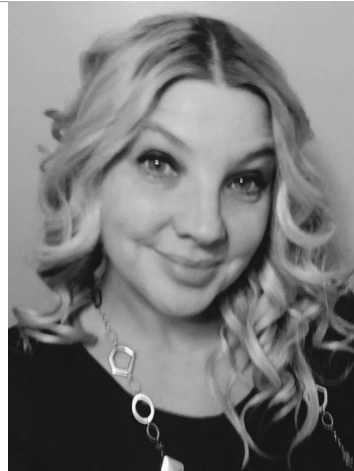
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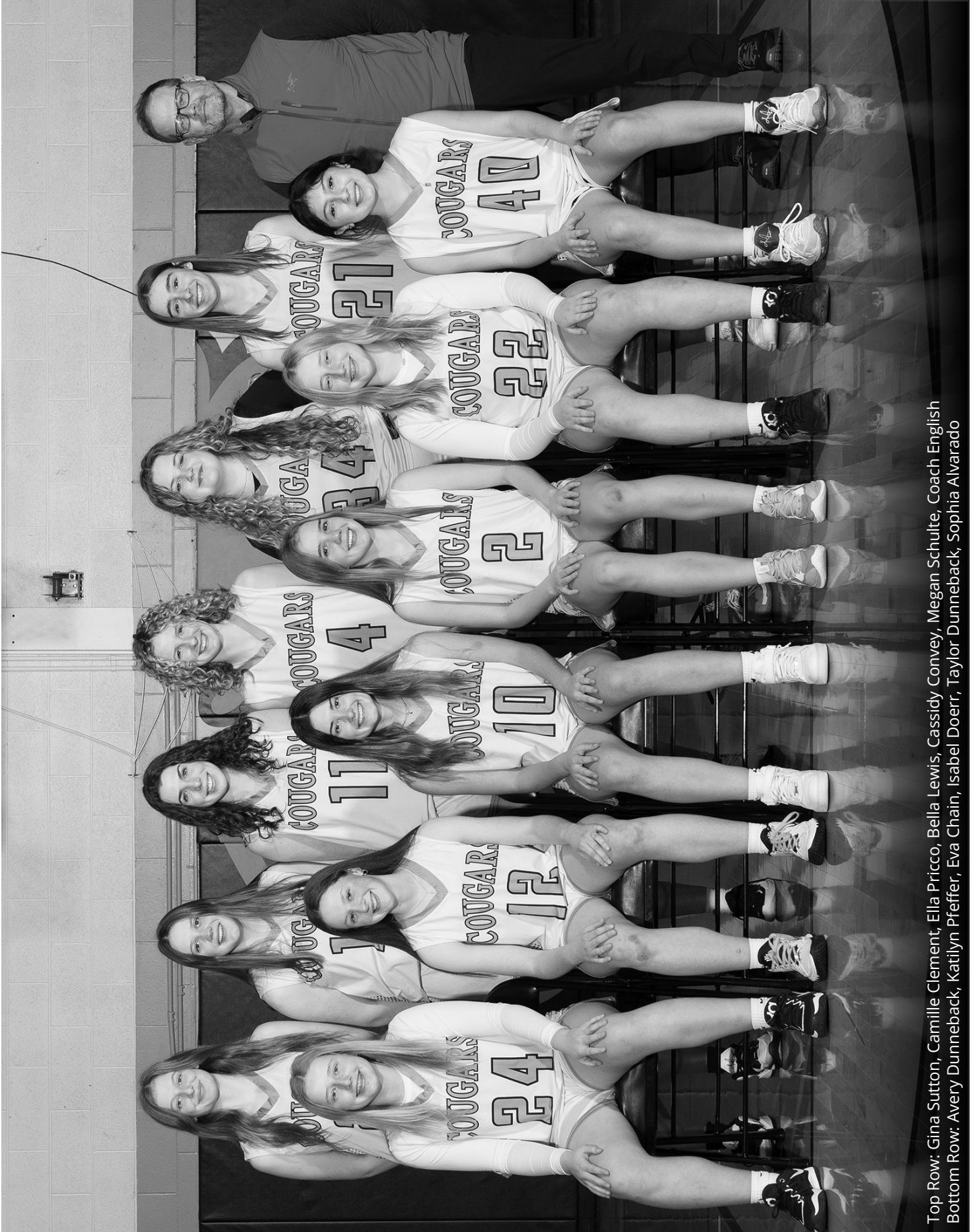
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# BASKETBALL — GIRLS — JUNIOR VARSITY



Top Row: Gina Sutton, Camille Clement, Ella Pricco, Bella Lewis, Cassidy Convey, Megan Schulte, Coach English  
Bottom Row: Avery Dunneback, Katlyn Pfeffer, Eva Chain, Isabel Doerr, Taylor Dunneback, Sophia Alvarado

# 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

Isabel Doerr .....Sophomore  
Sophia Alvarado .....Sophomore  
Bella Lewis .....Sophomore  
Eva Chain .....Sophomore  
Ella Pricco .....Sophomore  
Katilyn Pfeffer.....Sophomore  
Camille Clement.....Sophomore  
Gina Sutton .....Sophomore  
Megan Schulte.....Sophomore  
Avery Dunneback..... Freshman  
Cassidy Convey.....Sophomore  
Katy Howard..... Freshman  
Taylor Dunneback..... Freshman

## SCHEDULE

11/29/22 5:30 PM vs Cass Technical HS  
12/02/22 5:30 PM vs Holt HS  
12/06/22 5:30 PM @ East Lansing HS  
12/09/22 4:00 PM @ Ionia HS  
12/12/22 7:00 PM vs Williamston HS  
12/16/22 7:30 PM vs Lansing Sexton  
12/27/22 3:30 PM Catholic Christmas Tournament vs Powers Catholic HS  
12/28/22 Catholic Christmas Tournament  
01/06/23 4:00 PM @ Charlotte HS  
01/10/23 6:00 PM @ St. Patrick Jr/Sr HS  
01/12/23 7:00 PM vs Eaton Rapids HS  
01/18/23 5:30 PM @ Fowler HS  
01/20/23 4:00 PM @ Portland HS  
01/24/23 5:30 PM @ Fowlerville HS  
01/26/23 7:00 PM vs Ionia HS  
01/31/23 5:30 PM vs Lowell HS  
02/03/23 7:00 PM @ Lansing Sexton  
02/07/23 5:30 PM vs Haslett HS  
02/10/23 4:00 PM vs Charlotte HS  
02/17/23 4:00 PM @ Eaton Rapids HS  
02/24/23 4:00 PM vs Portland HS

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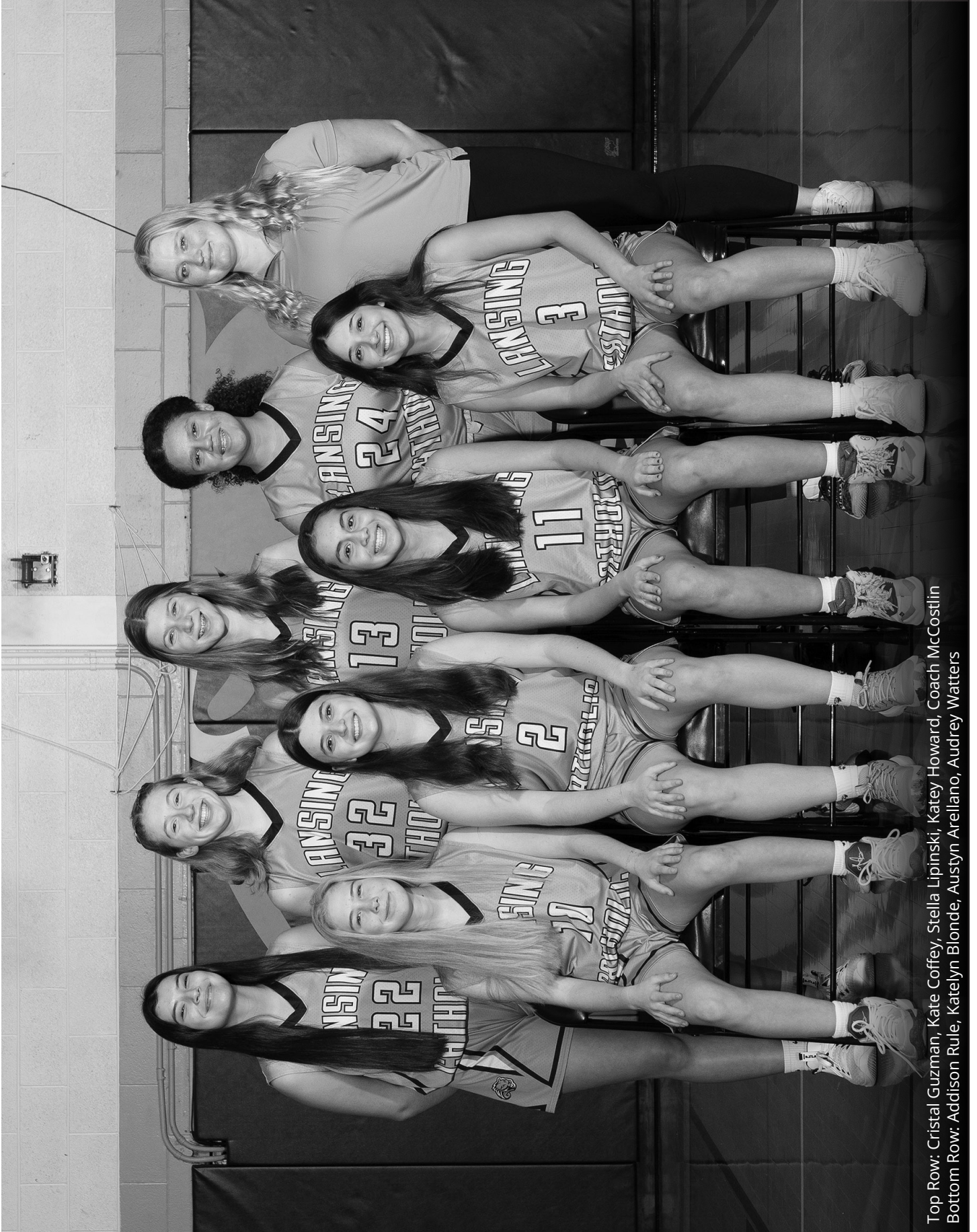


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# BASKETBALL — GIRLS — FRESHMAN



Top Row: Cristal Guzman, Kate Coffey, Stella Lipinski, Katey Howard, Coach McCostlin  
Bottom Row: Addison Rule, Katelyn Blonde, Austyn Arellano, Audrey Watters



# BASKETBALL — GIRLS — FRESHMAN

## EMILY MCCOSTLIN HEAD COACH

Emily graduated from Eaton Rapids High School and earned a bachelors degree at Western Michigan University. She has played basketball for 15 years, including one year at Davenport University and created the women's club basketball team at Western. Emily has a passion for the game and is excited to make a positive impact on everyone player she encounters.

## PLAYER ROSTER

2	Katelyn Blonde	Freshman
3	Audrey Watters	Freshman
10	Addison Rule	Freshman
11	Austyn Arellano	Freshman
13	Stella Lipinski	Freshman
14	Avery Hutchinson	Freshman
22	Cristal Guzman	Freshman
24	Katey Howard	Freshman
33	Kate Coffey	Freshman

## SCHEDULE

11/29/22	4:00 PM vs Cass Technical HS
12/02/22	4:00 PM vs Holt HS
12/06/22	4:00 PM @ East Lansing HS
12/08/22	4:00 PM vs Mason HS
12/12/22	4:00 PM @ Lansing Eastern HS
12/13/22	4:00 PM @ East Lansing HS
12/15/22	4:00 PM @ Portland HS
01/03/23	4:00 PM @ Holt HS
01/04/23	4:00 PM @ Mason HS
01/05/23	@ TBA
01/10/23	4:00 PM @ Grand Ledge HS
01/12/23	5:30 PM vs East Lansing HS
01/19/23	4:00 PM vs Portland HS
01/26/23	5:30 PM vs St. Johns HS
01/31/23	4:00 PM vs Lowell HS
02/03/23	4:00 PM @ Lansing Sexton

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## PLAYER ROSTER

1	Gavin Kashenider	G	11	DeWitt
2	CJ Panich	D	10	Grand Ledge
3	Max Tyler	F	11	DeWitt
4	Patrick Waterman	F	11	Grand Ledge
6	Owen Christie	D	10	LCHS
7	Anderson Young	D	12	LCHS
8	CJ Miller	D	12	Grand Ledge
9	Trey Putmon	F	12	Laingsburg
10	Matt Jones	F	12	LCHS
11	Nolan Inglis	F	10	DeWitt
12	Zach Roszman	D	12	Williamston
14	Luke Whitten	D	10	DeWitt
17	Ben Capone	F	12	Williamston
18	Josh Dys	D	10	Mason
19	Andre VanElls	F	10	Laingsburg
20	Caleb Chenault	F	11	Grand Ledge
21	Bryan Matko	F	12	DeWitt
23	Hernan Jouve	F	12	DeWitt
25	Leo Clement	F	12	LCHS
35	Brendon Wandle	G	12	DeWitt

Joe Ford..... Head Coach

Travis DeLongAssistant Head Coach

Jason WhittenAssistant Head Coach

## SCHEDULE

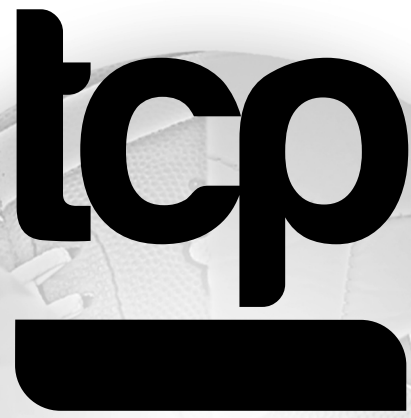
11/19/22	3:30 PM	vs Mt.Pleasant HS	@ Martin Arena
12/03/22	12:45 PM	vs Kalamazoo United	@ West Wing
12/07/22	5:15 PM	vs Mattawan HS	@ West Wing
12/10/22	6:30 PM	vs West Ottawa HS	@ Suburban Ice
12/16/22	8:30 PM	vs Portage Northern HS	@ Suburban Ice
12/17/22	7:30 PM	vs Eastside Christian	@ Suburban Ice
12/27/22	3:40 PM	vs Cheboygan	@ Northern Lights Arena
12/28/22	4:20 PM	vs Alpena HS	@ Northern Lights Arena
01/04/23	5:30 PM	vs Jackson HS	@ Optimist Ice Arena
01/06/23	6:30 PM	vs Kalamazoo United	@ Suburban Ice
01/07/23	8:00 PM	vs Eastside Christian	@ Suburban Ice
01/10/23	7:25 PM	vs Kalamazoo United	@ Suburban Ice
01/10/23	7:25 PM	vs Kalamazoo United	@ Suburban Ice
01/13/23	8:00 PM	vs Sault St. Marie HS	@ Big Bear Arena
01/14/23	1:00 PM	vs Petoskey HS	@ Big Bear Arena
01/20/23	8:30 PM	vs Lapeer HS	@ Suburban Ice
01/21/23	6:00 PM	vs Lumen Christi	@ Suburban Ice
01/27/23		vs OPEN Chelsea Showcase	@ Arctic Coliseum
01/28/23		vs OPEN Chelsea Showcase	@ Arctic Coliseum
02/03/23		vs OPEN MIHL Showcase	@ Kennedy Recreation
02/04/23		vs OPEN MIHL Showcase	@ Kennedy Recreation
02/08/23	5:15 PM	vs Kalamazoo Christian	@ West Wing
02/10/23	6:30 PM	vs Mattawan HS	@ Suburban Ice
02/11/23	5:00 PM	vs Portage Northern HS	@ West Wing
02/16/23	7:00 PM	vs Lumen Christi	@ Optimist Ice Arena
02/17/23	8:30 PM	vs OPEN Tri-Valley Titans	@ Suburban Ice

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## HOCKEY

### JOE FORD HEAD COACH

Joe Ford is returning to coaching Capital City Capitals for a second year after a one year stint with Livonia Stevenson. Ford was previously Associate Coach with the CAPs, 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. Ford was on the team staff at Michigan State University at the Director of Hockey Operations from 1995-2003. While 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 and Grant.



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 BOWLING — VARSITY



Top Row: James Wheeler, Isaac Iocco, Reed Cullimore, Jeff Wheeler, Coach Moore  
Bottom Row: Sam Matias, Jack Hernly, Charlie Gates, Ren Matias, Ethan Wolcott



Ruby Fischette, Morgan Bower, Sydney Eidelbes, Brooklyn Gorski, Elly Thet, Coach Moore

# VARSITY BOWLING

**DOUG MOORE** HEAD COACH

This is Coach Moore's third 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.



**JAMES WHEELER**  
LSJ DREAM TEAM



**JEFF WHEELER**  
LSJ ALL AREA



**ETHAN WOLCOTT**  
LSJ ALL AREA

## BOYS PLAYER ROSTER

Reed Cullimore .....	Sophomore
Charlie Gates .....	Senior
Jack Hernly.....	Junior
Isaac Iocco .....	Senior
Jake Iocco .....	Sophomore
Ren Matias .....	Sophomore
Sam Matias .....	Senior
Manuel Roznowski .....	Senior
James Wheeler .....	Senior
Jeff Wheeler .....	Senior
Ethan Wolcott .....	Senior

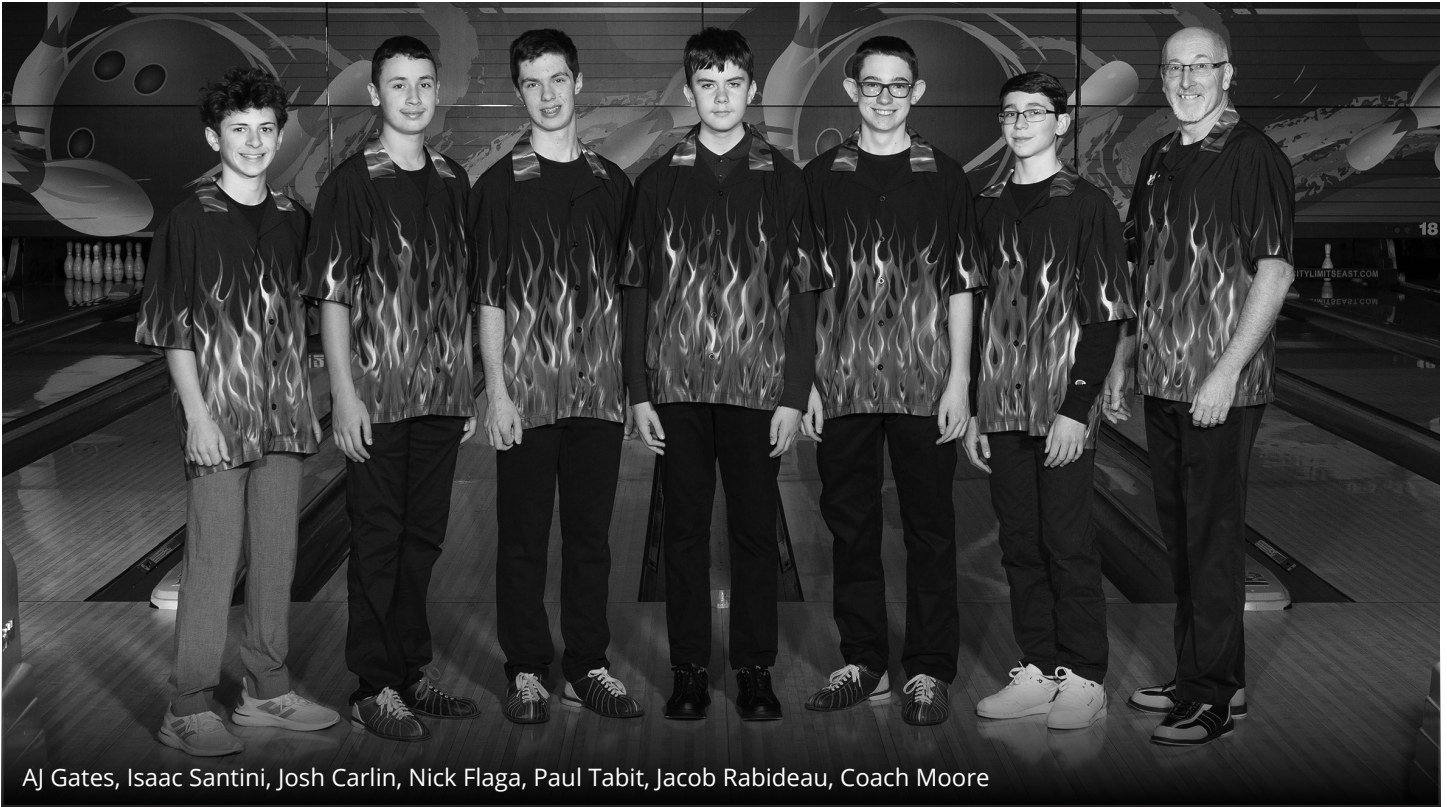
## GIRLS PLAYER ROSTER

Lexi Balasa.....	Senior
Morgan Bower.....	Sophomore
Sydney Eidelbes .....	Senior
Ruby Fischette .....	Freshman
Brooklyn Gorski .....	Freshman
Elly Thet.....	Freshman

## SCHEDULE

12/14/22	TBA vs East Lansing HS
01/03/23	2:30 PM vs Eaton Rapids HS @ Char Lanes
01/10/23	2:30 PM vs Charlotte HS @ Char Lanes
01/12/23	2:30 PM vs Mason HS @ City Limits - Mason
01/15/23	8:00 AM Mason Tourn. @ City Limits - Mason
01/18/23	2:30 PM vs Haslett HS @ City Limits- East
01/23/23	2:30 PM vs Fowlerville HS @ Howell Bowl- E-Drome
01/26/23	2:30 PM vs Fowlerville HS @ City Limits- East
02/02/23	2:30 PM vs Eaton Rapids HS @ City Limits- East
02/08/23	2:30 PM vs Holt HS @ City Limits - Mason
02/09/23	2:30 PM vs Charlotte HS @ City Limits- East
02/12/23	9:00 AM CAAC Singles @ Royal Scot
02/14/23	2:30 PM vs Mason HS @ City Limits- East
02/15/23	2:30 PM vs Haslett HS @ City Limits- East
02/21/23	3:15 PM vs Lansing United @ Sparetime
02/22/23	2:30 PM vs Holt HS @ City Limits- East
02/25/23	TBA vs OPEN Regionals
02/26/23	TBA vs OPEN Regionals
03/04/23	TBA vs OPEN State Finals
03/05/23	TBA vs OPEN State Finals

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AJ Gates, Isaac Santini, Josh Carlin, Nick Flaga, Paul Tabit, Jacob Rabideau, Coach Moore

**PLAYER ROSTER**

JP Bohr.....	Freshman
Josh Carlin.....	Freshman
Nick Flaga.....	Freshman
AJ Gates .....	Sophomore
Daniel Ismael .....	Sophomore
Gabriel Mullaney .....	Junior
Jacob Rabideau.....	Freshman
Mario Sanchez .....	Sophomore
Isaac Santini .....	Freshman
Paul Tabit.....	Freshman

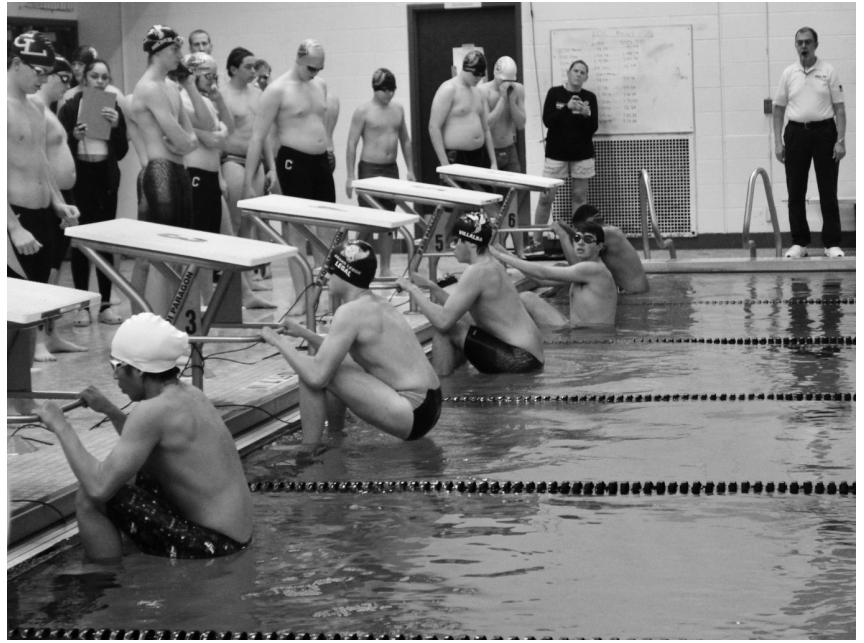
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- 01/03/23 2:30 PM vs Eaton Rapids HS @ Char Lanes
- 01/10/23 2:30 PM vs Charlotte HS @ Char Lanes
- 01/12/23 2:30 PM vs Mason HS @ City Limits - Mason
- 01/15/23 8:00 AM Mason Tourn. @ City Limits - Mason
- 01/18/23 2:30 PM vs Haslett HS @ City Limits- East
- 01/23/23 2:30 PM vs Fowlerville HS @ Howell Bowl-E-Drome
- 01/26/23 2:30 PM vs Fowlerville HS @ City Limits- East
- 02/02/23 2:30 PM vs Eaton Rapids HS @ City Limits- East
- 02/08/23 2:30 PM vs Holt HS @ City Limits - Mason
- 02/09/23 2:30 PM vs Charlotte HS @ City Limits- East
- 02/12/23 9:00 AM CAAC Singles @ Royal Scot
- 02/14/23 2:30 PM vs Mason HS @ City Limits- East
- 02/15/23 2:30 PM vs Haslett HS @ City Limits- East
- 02/21/23 3:15 PM vs Lansing United @ Sparetime
- 02/22/23 2:30 PM vs Holt HS @ City Limits- East
- 02/25/23 TBA vs OPEN Regionals
- 02/26/23 TBA vs OPEN Regionals
- 03/04/23 TBA vs OPEN State Finals
- 03/05/23 TBA vs OPEN State Finals

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



**PLAYER ROSTER**

Thaddeus Shoaf.....Sophomore  
Elijah Nevins.....Junior  
Santiago Contreras Romero ..... Freshman

**COACH**

Nate Burchfield .....Head Coach  
Kathrine Kelley-Hart.....Assistant Head Coach

**SCHEDULE**

12/07/22 6:00 PM Waverly Relays @ Waverly HS  
12/15/22 6:00 PM vs Mason HS @ Waverly HS  
01/05/23 6:00 PM @ Lansing Eastern HS  
01/12/23 6:00 PM @ Haslett HS  
01/19/23 6:00 PM @ Williamston HS  
01/21/23 10:00 AM Haslett Invite @ Haslett HS  
01/24/23 6:00 PM @ Holt HS  
01/26/23 6:00 PM @ Charlotte HS  
02/02/23 6:00 PM vs Eaton Rapids HS @ Waverly HS  
02/04/23 DeWitt Invite @ Dewitt HS  
02/09/23 6:00 PM @ Ionia HS  
02/11/23 MISCA Meet  
02/24/23 CAAC Red Meet  
02/25/23 CAAC Red Meet  
03/10/23 State Meet @ Holland Aquatic  
03/11/23 State Meet @ Holland Aquatic

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

**COUGAR** *pride*



# COMPETITIVE CHEER



Coach St. Germain, Elle Chee, Coach Lindberg, Lexi Keith, Coach González, Katelyn Molnar, Ava Hudson, Juliana Faes, Allisyn Lindberg, Stephanie Nino, Sophie Gray, Savannah Cardwell, Arica Cherry

SIDELINE SPORTS PHOTOGRAPHY  
WWW.SIDELINESPORTSPICS.COM

## PLAYER ROSTER

- |                |                   |
|----------------|-------------------|
| Ava Hudson     | Katelyn Molnar    |
| Arica Cherry   | Juliana Faes      |
| Lexi Keith     | Allisyn Lindberg  |
| Stephanie Nino | Savannah Cardwell |
| Elle Chee      | Sophie Gray       |



**KIM LINDBERG**  
VARSITY COACH

Kim is in her third 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

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



**MARIA GONZÁLEZ**  
ASSISTANT COACH





CARLI FLAMMINI  
LSJ ALL AREA



KYLE

**ROAR ON**  
YOU MIGHTY COUGARS  
ALL HAIL THE  
SILVER AND BLUE  
**STAND UP**

AND GIVE A CHEER *RAH RAH!*

SEND HIGH  
YOUR SPIRITS, TOO!

**ROAR ON**

YOU MIGHTY COUGARS  
BRING THUNDER

**TO THE SKY!**

AND RAISE ON HIGH  
YOUR VICTORY TO

**LANSING**

**CATHOLIC**

**HIGH**

**C-C-COU**

**G-GARS**

**COUGARS ARE THE BEST!**



# 2022-2023

## COUGAR

# SPONSORSHIP PROGRAM

### CHAMPION SPONSOR \$10,000

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

### ELITE SPONSOR \$5,000

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

### PREMIUM SPONSOR \$2,500

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

### VARSITY SPONSOR \$1,500

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

## COUGAR VISION WEBCAST

### Football Webcast — \$5,000

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

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

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



\*If permitted

## COUGAR ATHLETIC PROGRAM

### Program Advertisements Only

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

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

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

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



# 2022-2023 COUGAR SPONSORSHIP PROGRAM

## MAIL IN FORM



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

Name \_\_\_\_\_

Business Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

**Check** (made payable to Lansing Catholic HS)

**EFT** (attach voided check)

**Credit Card** (Visa, MC or Discover)

Name on Card \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

### 1. Select the size of advertisement:

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

### 2. Provide artwork to [communications@lansingcatholic.org](mailto:communications@lansingcatholic.org) and [ken.hintze@lansingcatholic.org](mailto:ken.hintze@lansingcatholic.org)

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

### 3. Please make checks payable to and mail to:

Lansing Catholic High School, Attention: Athletic Department



[www.dowdingindustries.com](http://www.dowdingindustries.com)



517.663.5455

503 Marilin Ave. Eaton Rapids, MI 48827

STAMPING • MACHINING • FABRICATION

**LET'S GO  
COUGARS!**