

Creating Extraordinary **athletes**



Athletics at Lake

Catholic provide the opportunity to build character and foster friendships that encourage excellence, integrity and personal responsibility. Our commitment to a robust inter-scholastic athletics program provides students with the opportunity to develop ideas and habits of health, fair play, initiative, achievement and emotional control. Winning gracefully – and losing in the same fashion – is expected.

OUR TEAMS

FALL SPORTS

- Cheerleading
- Cross Country
- Dance Team
- Football
- Golf – Boys
- Golf – Girls
- Soccer – Boys
- Soccer – Girls
- Tennis – Girls

WINTER SPORTS

- Basketball – Boys
- Basketball – Girls
- Cheerleading
- Dance Team
- Gymnastics
- Indoor Track
- Swimming & Diving
- Wrestling

SPRING SPORTS

- Baseball
- Flag Football – Girls
- Lacrosse – Boys
- Lacrosse – Girls
- Rugby
- Softball
- Tennis – Boys
- Track & Field

THE LAKE CATHOLIC DIFFERENCE

Our 3,600-square-foot Zappitelli Family Strength and Conditioning Complex is a **state-of-the-art facility available to all athletic teams**, students, staff and alumni. With more than 11,000 pounds of free weights, our conditioning and cardio rooms are also complete with treadmills, ellipticals, rowers and bikes. Our rooms also have **full body conditioning and plyometric equipment** to help our student-athletes with speed, agility, flexibility and power. Step inside and you'll see how it rivals the fitness facilities at many colleges.

We have a dedicated, full-time strength & conditioning coach on staff, who works with the majority of our student-athletes.



CLEVELAND CLINIC SPORTS HEALTH

Lake Catholic High School is a **proud partner with Cleveland Clinic Sports Health** which brings together top orthopedic surgeons, sports medicine physicians, physician assistants, physical therapists, athletic trainers, registered dietitians, radiologists, and exercise physiologists to keep athletes in the game.

ATHLETIC TRAINER'S RESPONSIBILITIES:

- Prevention of injuries/re-injuries
- Recognition, evaluation, and assessment of injuries and condition resulting
- Immediate/emergency care for injuries
- Rehabilitation and reconditioning of injuries

ADDITIONAL RESOURCES:

- **Sports Health Treatment Guides** – for more information on sports health and specific sports conditions.
- **Competitive Edge Newsletter** – an e-newsletter for athletes, coaches, parents and active individuals, written by Cleveland Clinic Sports Health staff. This publication will keep you informed of the latest health topics, concerns and trends.

COUGARS BY THE NUMBERS



96 Conference Championships



32 State (teams) Final Fours

24 State (individual) Champions



19 State (individual) Runners-Up

9 State (teams) Runners-Up

5 State (teams) Championships

2 Ohio Basketball Players of the Year

1 Olympian (2020)



Scan to learn more!

MEET OUR TEAM



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