



## LANSDALE CATHOLIC HIGH SCHOOL ATHLETIC OFFICE

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**Mike Barr**                      **University of Scranton**      **Basketball**

- **MMR Parish**
- 19.6 pts per game in senior year (2<sup>nd</sup> in PCL)
- Ranked in the top area scorers this year
- 3 year letter winner
- 2010 Markward Club Honoree
- Athlete of the week- Local newspaper
- 2010 PCL All Catholic nominee
- Team MVP and All Academic nominee
- Jr. Year Times Herald Honorable Mention basketball player.

**Pat O'Hara**                      **Monmouth University**      **Football**

- **St. Maria Goretti Parish**
- 2009 LC Defensive Player of the year
- 2 year starter and letter winner
- 2009 Villanova University National Football Foundation Award winner

**Kevin McGinn**                      **Delaware Valley College**      **Football**

- **St. Joseph's Parish**
- 2008 2<sup>nd</sup> Team All Catholic- offense
- 2009 1<sup>st</sup> Team All Catholic – defense
- Repeat letter winner

**Steve Day**                      **Delaware Valley College**      **Football**

- **St. Jude Parish**
- Varsity starter and two year letter winner
- Emotional leader his senior year; recognized for his hard work ethic on and off the field

**Kevin Day**                      **LaSalle University**      **Track and Field**

- **St. Jude Parish**
- 2008 District 12 AA 800 Outdoor Champion
- School record holder in the 4x800
- 2009 All Catholic athlete Indoor Track/ Outdoor Track
- 2009 All Catholic in XC, Indoor Track- 2010

- Indoor PCL 800 champion
- Indoor Track National and State Qualifier
- Joining his brother at LaSalle

**Eileen Kroszner                      Elizabethtown College                      Track and Field**

- **St. Agnes Parish**
- 4<sup>th</sup>, 2<sup>nd</sup> place finishes in outdoor track districts the last two years
- 2009 Outdoor Track PCL- 6<sup>th</sup> place in shot and 4<sup>th</sup> in the disc
- 2010 PCL 3<sup>rd</sup> place indoor shot
- 2010 All Catholic Indoor nominee
- 2 year coaches award for indoor track and a 3 year letter winner
- 2 time outdoor MVP and 3 year letter winner
- 2 time All Catholic- Outdoor nominee

**Greg Swierzewski                      Susquehanna University                      Track and Field**

- **St. Agnes Parish**
- 4<sup>th</sup> place finishes last two seasons- Indoor Track
- 4<sup>th</sup> at Districts
- 1<sup>st</sup> at Perk Valley and CB West Invitational this season
- All Catholic athlete- last two years (Indoor and Outdoor Track)
- Varsity Letter- all four years Indoor and Outdoor
- 2010 LC Citizen Athlete and All Academic Athlete Award winner

**Liam Malley                      Gwynedd Mercy College                      Lacrosse**

- **MMR Parish**
- 4 year starter and letter winner
- All PAC-10 2008 , All Catholic 2009
- Boys Lax player of the year by NP Reporter- 2 years in a row

**Nora Walsh                      Alvernia University                      Lacrosse**

- **St. Maria Goretti Parish**
- 4 year letter winner
- Captain- 2 year starter
- 2009 LC Coaches Award winner
- Basketball Captain

**Tim McCann                      Cabrini College                      Swimming**

- **St. Stanislaus Parish**
- Member of the 2 Time District Champ Team
- District Champ in the 500 free
- 2010 Coaches Award winner
- Varsity Letter Winner

**Caroline Rahmlow                      Marymount University                      Swimming**

- **St Stanislaus Parish**
- District qualifier in the 50 and 100 free
- Repeated Letter Winner

**Maura Gifford**                      **Gwynedd Mercy College**                      **Soccer**  
○ **St. Rose Parish**  
○ 4 year Varsity Letter Winner  
○ 4 year All League nominee  
○ CST Athlete of the week in 2009  
○ 2009 LC Rodger Erb Award and Citizen Athlete Award winner

**Natalie Woods**                      **Penn State Berks**                      **Soccer**  
○ **St. Stanislaus Parish**  
○ 3 Year Letter Winner  
○ Varsity Starter  
○ 12 career goals for LC

**Katie O’Kane**                      **Penn State Berks**                      **Soccer**  
○ **St. Agnes Parish**  
○ Varsity Starter and 2 year Letter Winner  
○ 14 career goals with LC

**Alexa Shumate**                      **Penn State Berks**                      **Soccer**  
○ **St. Maria Goretti Parish**  
○ Varsity starter and 3 year letter winner  
○ 2010 All Catholic nominee

**Alex Wilson**                      **Penn State Altoona**                      **Soccer**  
○ **Sacred Heart of Our Lord Parish**  
○ 3 year letter winner and Varsity starter  
○ 2007 All PAC- 10 nominee  
○ 2008 All Catholic nominee  
○ 2009 1<sup>st</sup> Team All Catholic Nominee  
○ Two Year All Times Herald Soccer Team nominee  
○ Two Year All Intel Team nominee

**Pictures:**     **Alexa Shumate-** Not present  
                  **Pat Augustine-** West Chester- Swimming  
                  **Chris Bray-** Neuman University- Lacrosse  
                  **John Campbell-** Adelphai University- Baseball  
                  **Jamie Minnemeyer-** Davis Eakins College- Baseball  
                  **Ryan Mimnaugh-** Davis Eakins College- Baseball