



LCA BASKETBALL

MEDIA GUIDE

2020-2021



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A MESSAGE FROM
Tiffany Carlson
Co-Founder

When we decided to start a family, it was important to us that we balance our work and family life and with Rock Solid, we have the ability to do just that. We've hired like-minded women with expertise in bookkeeping and payroll to help them pursue their professional goals while prioritizing their family. This work-life balance is what we want for our clients, as well! Let us do the accounting so you can get back to work and spend more time with your family.



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LETTER FROM THE ATHLETIC DIRECTOR

The last year of Lions basketball has brought a fresh and exciting atmosphere back into the Meadow Creek Sport Center. As much success as they had on the court, their biggest victories are when they used their platforms to make the game bigger than basketball. The girls basketball program wrote letters of gratitude and encouragement to our Veterans over the Christmas break and the boys basketball program used their sharp shooting to raise money for a family in need.

Coach Nathan Bellefeuille is in his third season as the head coach of the Lion boys basketball program. Coach Bellefeuille uses the sport to help others passionately pursue their best selves, commit to character and provide a sense of belonging in a Christ-centered environment. These young leaders have a heart for basketball and it's encouraging to see their love of the game continue to grow with the next generation of players. In a year filled with so much uncertainty, the Lions boys basketball program is thriving with record breaking participation numbers.

Coach Kaia Hill is in her second season leading the Lions girls basketball program. Coach Hill coaches to develop girls into women who lead lives of selflessness, resiliency, commitment and responsibility. The program strives to make an IMPACT on the court, in the classroom and in their communities through the game of basketball. It has been exciting to see how that has impacted our younger lady ballers through their camps and clinics. The future is bright for the Lady Lions.

Alumni of our Lion's basketball teams, thank you for your continued support and investment in our current players. We love seeing you attend games and showing your support. Fans, thank you for encouraging our student-athletes with your full support in the Lions basketball programs. I am looking forward to sitting alongside you and cheering on our teams.

BUILD THE PRIDE!

Mr. Nathan Bellefeuille
Athletic Director





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2019-2020 BOYS BASKETBALL

BY THE NUMBERS

6 broken
school records

24 wins
in a season

754 field goals
made

251 3 PT
field goals made

2022 points
in a season

575 assists

1012 rebounds
in a season

80 participants
(5th-12 grade)

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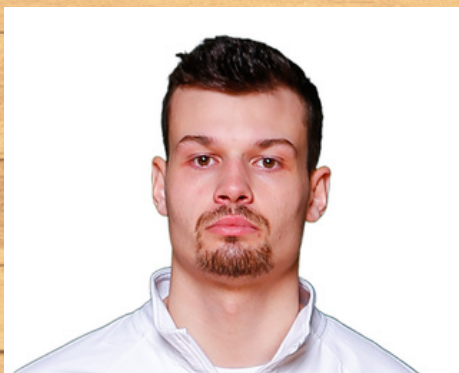
Nathan Bellefeuille
Head Coach



Adam Hill
Assistant Coach



Isaiah Rahier
Assistant Coach



Taylor Slagter
Assistant Coach

BOYS BASKETBALL

COACHING STAFF



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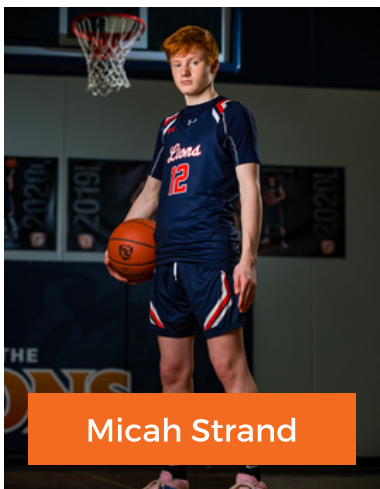
Trenton Harrison



Jake Wald



Harley Kendall



Micah Strand

VARSITY TEAM



Mason Rothstein



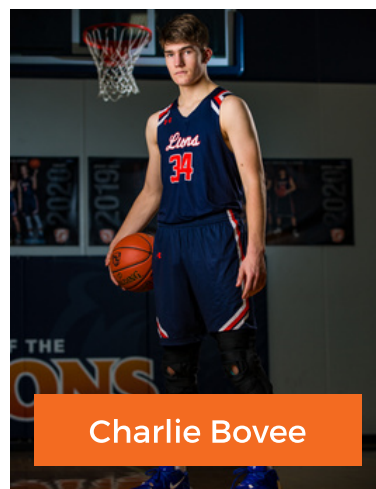
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Carson Hennen



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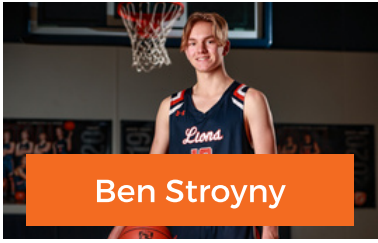
Dominic Zoa



Evan Bovee



Drew Mulvihill



Ben Stroyny



Cameron Cu



Drew Albrecht



Aiden Barker



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CERVICAL SPINE		
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THORACIC SPINE		
1st LUMBAR		
LUMBAR SPINE		
SACRUM		
COCCYX		
1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness.
2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness.
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
4C	Nose, lips, mouth, eustachian tube.	Hay fever, runny nose, hearing loss, adenoids.
5C	Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy.
6C	Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup.
7C	Thyroid gland, bursae in the shoulders, elbows.	Bursitis, colds, thyroid conditions.
1T	Arms from the elbows down, including hands, wrists, and fingers; esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands.
2T	Heart, including its valves and covering, coronary arteries.	Functional heart conditions and certain chest conditions.
3T	Lungs, bronchial tubes, pleura, chest, breast.	Bronchitis, pleurisy, pneumonia, congestion, influenza.
4T	Gall bladder, common duct.	Gall bladder conditions, jaundice, shingles.
5T	Liver, solar plexus, circulation (general).	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis.
6T	Stomach.	Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia.
7T	Pancreas, duodenum.	Ulcers, gastritis.
8T	Spleen.	Lowered resistance.
9T	Adrenal and supra-renal glands.	Allergies, hives.
10T	Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
11T	Kidneys, ureters.	Skin conditions such as acne, pimples, eczema, or boils.
12T	Small intestines, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
1L	Large intestines, inguinal rings.	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias.
2L	Appendix, abdomen, upper leg.	Cramps, difficult breathing, minor varicose veins.
3L	Sex organs, uterus, bladder, knees.	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.
4L	Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago; difficult, painful, or too frequent urination; backaches.
5L	Lower legs, ankles, feet.	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
SACRUM	Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures.
COCCYX	Rectum, anus.	Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting.

For further explanation of the conditions shown above, and information about those not shown, ask your Doctor of Chiropractic.

If you have any of the above symptoms, you are not functioning at your full potential.

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2020-2021 BOYS BASKETBALL



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3's for Schultz

The Lions boys basketball team broke the school record with 251 made 3 point shots last season. The focus on shooting 3's was more than just moving towards traditional basketball; players were shooting to raise money for their form teacher and Soccer Coach, Jon Schultz.

Jon Schultz was diagnosed with Adrenal Cortical Cancer on April 7, 2018. The disease is extremely rare, especially for someone as young as Coach Schultz. The invasive

surgery and extensive chemotherapy forced Jon to resign from his positions at Legacy, but not before he left his own legacy on these young men.

"Coach Schultz is a reminder to me of the man I want to be someday. A man that is willing to step out in his faith and show that while doing what he loves," says Senior Captain, Primeau Hill.

"How can we help?" is a question the boys asked. The solution; raising \$1 for every 3 the team made during the season. The response; over 30 families pledging their support of Coach Schultz!

"The response from our

community does not surprise me at all," says Head Coach, Nathan Bellefeuille. "Legacy is extremely supportive as a community that cares for every student, teacher, administrator and coach. Times like this are when our families shine the brightest."

What a year for the team to break a school record. 1 Corinthians 10:31 says, "Whether you eat or drink or whatever you do, do all to the glory of God." The team's success on the court was purposeful, to glorify Christ by serving a man that has meant so much to them.

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2019-2020 GIRLS BASKETBALL

BY THE NUMBERS

3

**MCAA All-Conference
Award Winners**

1

**Academic
All-State Athlete**

307

steals

902

**rebounds
in a season**

2

**2020 grads playing
collegiate athletics**

Beyond the goals that the team sets each season, LCA Girls Basketball has six core covenants that guide the program. These covenants serve as a foundation and vision for what our program is all about. Our core covenants are principles that each player and coach commits to visibly demonstrating both on and off the court.

The acronym IMPACT stands for INTENTIONAL-MAGNIFY-POSITIVE-AUTHENTIC-COMMITTED-TENACITY. But it also stands for the legacy each player and coach hopes to leave. We strive to leave an IMPACT that points to the cross. Our purpose is to glorify the name of Jesus Christ, to leave an IMPACT that points to Him.



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ANNA PEDERSON '23
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DOMINIC ZOA '24
DYLAN MANTEL '24
JOSIE MELLICK '24
MICAH STRAND '24
REESE OCHOA '24
CARSON ANDERSON '25

DREW MULVIHILL '25
EVAN BOVEE '25
GAVIN PRATT '25
KYLE CONWAY '25
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JOSH HELD '26
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NATHANAEL NISKA '26
ALLIE LINDHOLM '27
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Head Coach



Katie Bishop
Assistant Coach



Christina Goodman
Assistant Coach

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Miranda Demars



Hannah Compton



Christine Ivashin



Alexys McBroom

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Mya Bredemus



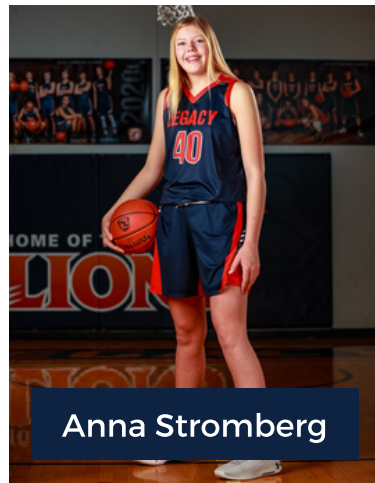
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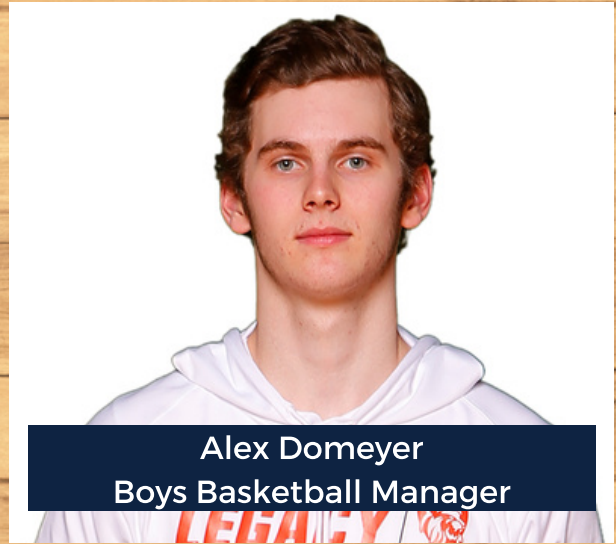


Fumi Jammie

TEAM MANAGERS



Sophie Britton
Girls Basketball Manager



Alex Domeyer
Boys Basketball Manager



Colin Stewart
Boys Basketball Manager



Melvin Keleki
Boys Basketball Manager



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2020-2021 GIRLS BASKETBALL



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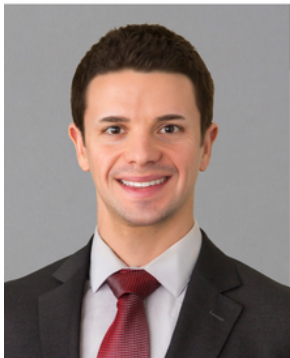


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He who began a good work in you will bring it to completion ... - Phil. 1:6

During the 2019-2020 season, the LCA Girls Basketball Team spent some intentional time thanking our nation's troops for their service to our country. We partnered with an organization called Operation Gratitude whose mission is to forge strong bonds between Americans and their Military and First Responder Heroes through volunteer service projects, acts of gratitude, and meaningful engagements in communities nationwide. Each player spent time writing hand written notes to our troops. It was a way for our team to be intentional in our gratitude.

Our players and coaches strive to express intentional gratitude on the court as well. During the National Anthem, our team stands still and does not move until the Star Spangled Banner is completely finished. It's just a small way to show our respect and gratitude to those protecting our country. To all of our military servicemen and women, thank you for all you do!

**OPERATION
GRATITUDE**



2019-2020

2021 SUMMER BASKETBALL CAMPS



BOYS BASKETBALL CAMPS

June 28-July 1, 2021

7th-9th Grade | 9 a.m.-12 p.m.

4th-6th Grade | 1-3 p.m.

1st-3rd Grade | 3:30-5 p.m.

Limited Availability - First Come First Serve.



GIRLS BASKETBALL CAMPS

July 20-22, 2021

7th-9th Grade | 9 a.m.-12 p.m.

4th-6th Grade | 1-3 p.m.

1st-3rd Grade | 3:30-5 p.m.

Limited Availability - First Come First Serve.



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GO LIONS!



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