

Northeast Ohio **3RD** **Annual** **GREAT LAKE** **SHAKE** **Saturday, November 15**

PRESENTED BY LAKEWOOD CATHOLIC ACADEMY

The Northeast Ohio Great Lake Shake is a first of its kind competition in the Diocese of Cleveland that places an emphasis on teaching students manners, discipline, respect, and professional conduct. Students learn the nuances of professional interpersonal communication as they are taught skills such as how to give a proper handshake, “work a room,” give a successful interview, and remain composed under pressure. The goal is to prepare our students so they are able to present themselves exceptionally well for opportunities today, as well as those that will come in the future.

This one-day competition at LCA consists of two preliminary rounds of competition: a meet and greet experience with Cleveland area leaders, then a Gauntlet round. The Gauntlet is a creative course consisting of approximately 10 stations. At each station, students will have 90 seconds to provide their best display of professional tact, etiquette and savoir-faire with the hope of earning respectable scores from the community judges. Some of the stations students will be able to prepare for, others will be a surprise. Instructions regarding preparation will be sent to all schools and competitors on October 15 (one month before the event).



The top 12 students advance to the semifinal round, a group debate session, then the top 6 students advance to the final round, an individual interview by a local celebrity. Based on the results of the final round, two students will be crowned as the 2025 Northeast Ohio Great Lake Shake Champions! These champions will be invited to travel with LCA to the Global Amazing Shake competition hosted at the Ron Clark Academy in Atlanta, GA, March 26-29, 2026.



The NEO Great Lake Shake is open to any student in the 7th-8th grade during the 2025-2026 school year. Schools are encouraged (but not required) to have their own local competition to send their top two students to the NEO Great Lake Shake.

The competition is limited to 50 students from across the Diocese (maximum two students per school). ***Schools attending Spark this year have the first chance to register!*** Schools can register to secure the spots prior to selecting their school representative(s). Registration opens to other schools on September 5, 2025.

FLIP THE PAGE FOR ADDITIONAL DETAILS!



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Annual**



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TENTATIVE SCHEDULE FOR THE DAY

7:30 AM . . . Arrival & Breakfast
8:15 AM . . . Opening Ceremony
9:00 AM . . . Meet & Greet Round
9:45 AM . . . Gauntlet Round
11:45 AM . . . Lunch
12:30 PM . . . Semifinalists Announced
12:45 PM . . . Semifinal Round - The Great Debate
2:00 PM . . . Final Round - Celebrity Interviews
3:15 PM . . . Award Ceremony

MARCH 26-29, 2026

*Champions travel with LCA to the Global
Amazing Shake competition in Atlanta, GA!*

QUESTIONS?

Contact Brian Sinchak at Lakewood Catholic Academy at bsinchak@lcasaints.com.



REGISTRATION

\$250 per student includes the competition, breakfast, lunch, t-shirt and swag bag. Each school can send one adult representative/coach for free; additional adults are \$100 each.

Adults who attend the competition will have a dedicated room with WiFi and wonderful food and drinks. They will be able to attend the opening ceremony, watch portions of The Gauntlet, and be in the audience for the semifinal and final rounds of competition. Adults attending will also have the chance to be part of a workshop on how to create or enhance your local school's competition.

VISIT THESE LINKS FOR AN INSIDER'S LOOK AT EXAMPLES OF SHAKE COMPETITIONS



**LCA's Local Great Lake
Shake Competition**



**2023 NEO Great Lake
Shake Photos**



**Ron Clark Academy's
Shake Competition**



**Global Amazing Shake
Competition**