



CATHOLIC HIGH SCHOOL ATHLETICS

We are excited to welcome you to Catholic High School! The CHS Athletic Department has a long tradition of developing our students physically, mentally, and spiritually through the alignment of the Mission of Catholic High School and the Brothers of the Sacred Heart. We pride ourselves in being the standard of athletic formation and development in the State of Louisiana. We have been honored to be named the Athletic Department of the Year in the State of Louisiana three of the last four years and in 2021-2022 we were named the National Boys' Athletic Department of the Year by MaxPreps. The following is important information if you plan to participate in athletics.

WHAT CAN I PLAY?

We offer eighteen different sports for athletes of all ages, sizes, and ability levels. We compete in the Louisiana High School Athletic Association, the Louisiana High School Lacrosse League, the Baton Rouge Catholic Diocese, Bass Nation, and the New Orleans Catholic Schools Beach Volleyball League.

<u>Sport</u>	<u>Association</u>	<u>Level</u>	<u>Sport</u>	<u>Association</u>	<u>Level</u>
Baseball	LHSAA	F, JV, V	Golf	LHSAA	JV, V
Basketball	LHSAA	F, JV, V	Indoor Track and Field	LHSAA	JV, V
8th Basketball	CSAA	8th	Lacrosse	LHSL	F, VII, V
Beach Volleyball	NOLA BVL	V, Club	Outdoor Track and Field	LHSAA	JV, V
Bowling	LHSAA	JV, V	Powerlifting	LHSAA	JV, V
Cheer	Unaffiliated	V (11th-12th)	Soccer	LHSAA	F, JV, V
Cross Country	LHSAA	JV, V	Swimming	LHSAA	JV, V
Fishing	Bass Nation	V, Club	Tennis	LHSAA	JV, V
Football	LHSAA	F, JV, V	Wrestling	LHSAA	F, JV, V

WHO ARE THE COACHES?

We employ over 40 certified high school coaches who teach in eleven different departments in the school. Additionally, we employ two full-time trainers who supervise all the athletes.

<u>Sport</u>	<u>Head Coach</u>	<u>Head Coach Email</u>
Baseball	Brad Bass	bbass@catholichigh.org
Basketball	Derrick Jones	djones@catholichigh.org
Beach Volleyball	Joe David Wilkinson	jwilkinson@catholichigh.org
Bowling	Ian Widdick	iwiddick@catholichigh.org
Cheer	Jennifer Thibodeaux	jthibodeaux@catholichigh.org
Cross Country	Corey Mistretta	cmistretta@catholichigh.org
Fishing	Chad Himmel	chimmel@himmelmgmt.com

Football	Hudson Fuller	hfuller@catholichigh.org
Golf	Chris Davis	cdavis@catholichigh.org
Track and Field	Sean Brady	sbrady@catholichigh.org
Lacrosse	George Hopkins	ghopkins@catholichigh.org
Powerlifting	Matt Shelton	mshelton@catholichigh.org
Soccer	JB Brunet	jburnet@catholichigh.org
Sports Medicine	Spencer Jennings	sjennings@catholichigh.org
Strength and Conditioning	Matt Bruce	mbruce@catholichigh.org
Swimming	Sion Cavana	scavana@catholichigh.org
Tennis	Bella Rawls	brawls@catholichigh.org
Wrestling	Tommy Prochaska	tprochaska@catholichigh.org

Additionally, our athletic leadership team oversees all our athletic functions, facilities, and personnel in the school.

<u>Role</u>	<u>Director</u>	<u>Contact</u>
Athletic Director	Ben DiPalma	bdipalma@catholichigh.org
Asst. Athletic Director	Spencer Jennings	sjennings@catholichigh.org
Asst. Athletic Director	Matt Shelton	mshelton@catholichigh.org
Athletic Administrative Asst.	Stephanie Potter	spotter@catholichigh.org
Sports Information Director	Ben Relle	brelle@catholichigh.org
Athletics Historian	Taylor Messenger	tmessenger@catholichigh.org

WHEN ARE TRYOUTS AND OTHER IMPORTANT DATES?

Not all our teams have tryouts; some sports are open to all athletes. However, some of our sports, due to roster limitations, hold tryouts throughout the year. Below is a list of tryout dates for 2025-2026. Please be aware that due to changing regulations from our associations and other uncontrollable events, these dates may change slightly.

Sport	2025-2026 Try Out Dates	Notes
Baseball	December 21-27, 2025	Athletes trying out for baseball must participate in Metro League
Basketball	October 16-18, 2025	
8th Basketball	October 28-November 01, 2025	8th Graders are also eligible to tryout for freshmen basketball
Golf	September 3-4, 2025	
Soccer	October 28-November 01, 2025	
Swimming	May 04, 2025	This is a swim assessment to ensure athlete safety
Tennis	September 11-12, 2025	
Track and Field	Rolling Evaluations	

WHAT DO I NEED TO DO TO PARTICIPATE?

The most important step before the beginning of the 2025-2026 school year is completing all required LHSAA paperwork, including the LHSAA required physical, by August 01, 2025. This applies to those athletes who are participating in non-LHSAA sports. Once you register for CHS Summer Strength and Speed (information below),

the CHS Sports Medicine team will create a profile for you on Healthy Roster – our digital sports medicine system – that can be accessed by you, your parents, and CHS athletic personnel. All the required documentation will be found in this profile.

To better serve our families, CHS has scheduled two Physicals Days where athletes may undergo the required physical for free. All you need to do is show up and tell them you are with Catholic High School:

<u>Date</u>	<u>Location</u>	<u>Time</u>
Saturday, May 10, 2025	Baton Rouge Orthopedic Clinic	8:00 am - 12:00 p.m.
Monday, May 12, 2025	CHS Student Center	4:00 pm - 6:30 pm

During the summer, you receive more specific information regarding requirements for your sport.

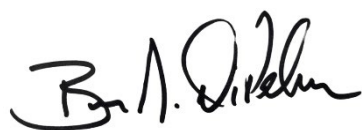
WHAT DO I NEED TO DO OVER THE SUMMER?

All Catholic High School athletes are required to participate in CHS Summer Strength and Speed. Our Summer Strength and Speed program is run by CHS Strength and Condition Coordinator, Coach Matt Bruce, and combines weightlifting, speed training, and sport-specific skill work. Information on registration for Summer Strength and Speed is available at www.catholichigh.org/summeratchs. The full course schedule, including fees, is included in this packet.

The CHS Athletic Department highly encourages multi-sport participation. We believe athletes should play multiple sports throughout the year if possible. If you plan to play multiple sports at CHS, you only need to register for one strength and speed course and you are invited to do the sport-specific skills with the second sport free of charge. You will only weight train with the sport you register for. Below is the priority list for registering:

Group 1	Group 4	
Freshmen Football	Freshmen Baseball	Example: If an athlete wishes to participate in Track and Field and Tennis, he should register for Track and Field Strength and Speed (Group 2) and then email Tennis Coach, Bella Rawls, to get the information on sport-specific training.
Group 2	Bowling	
Wrestling	Cross Country	
Track and Field	Golf	
Group 3	Powerlifting	
Freshmen Soccer	Swimming	
Lacrosse	Tennis	
Freshmen Basketball	Volleyball	

Again, welcome to Catholic High School. If you have any questions, do not hesitate to contact me or one of my team members. We are looking forward to seeing you this Summer.



Ben DiPalma,
Catholic High School Athletic Director