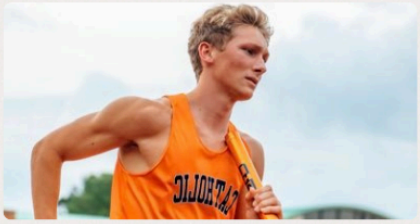
ATHLETICS NEWSLETTER

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Bears in the Bright Lights

This month's Bear in the Bright Lights is senior track athlete Henry Mensman. This season, Henry ran the 2nd-fastest indoor 400-meter time in CHS history, 49.52. Last season, he finished 3rd in the 400 at the Outdoor State Championships with a time of 48.83, while helping the 4x200 relay team place 2nd and leading the 4x400 to a victory that helped the Bears win the state championship. He is currently committed to Rice University, where he will continue his track & field career. (See Pg.2)

UPCOMING EVENTS

Monday, February 2nd
Golf vs. Parkview and Brusly
Bowling @ East Ascension
Basketball @ Madison Prep
Tuesday, February 3rd
Golf vs Dunham & U-High
Basketball @ Port Allen
Wednesday, February 4th
Bowling @ Denham Springs
Powerlifting Last Chance Meet
Thursday February 5th
Baseball vs E.D. White
Friday, February 6th
Basketball vs. Liberty
Lacrosse @ Centenary College vs Byrd
Saturday, February 7th
Wrestling LHSAA State Championship
Lacrosse @ Centenary College vs Rockwell
Sunday, February 8th
Lacrosse @ Centenary College vs Loyola
Monday, February 9th
Golf vs Episcopal & Dunham
Tuesday, February 10th
Golf vs Parkview & U-High
Basketball @ Central
Wednesday, February 11th
Lacrosse vs Brother Martin
Thursday, February 12th
Baseball vs West Monroe
Friday, February 13th
Baseball vs West Monroe
Basketball vs. Scotlandville
Saturday, February 14th
Baseball vs. West Monroe
Lacrosse vs St Thomas Moore
Monday, February 16th
Golf Robert Boudreaux
Basketball @ Woodlawn



CHS Wrestling Team Captures Trophies In Consecutive Weekends

The Catholic High wrestling team competed in the 40th annual Louisiana Classic, ultimately securing the top spot and the trophy for the first time since 2023. The Bears finished with a total of 237 points, scoring in eight of the 14 different weight classes. Paul Evans (106), Caleb Kirk (126), Mark Evans (138), and Kristian Scott (157) all finished second to propel the team.

The Bears then went on to compete in the City Championship the following weekend and came out on top once again. It took a valiant effort, especially after the emotional victory the previous weekend. Kristian Scott, a senior on the team, became the second wrestler in the tournament's history to win the city title four times.

1st place finishers were Kristian Scott, Paul Evans, Michael Hanemann, Caleb Kirk, Alec Sonnier, and Mark Evans.

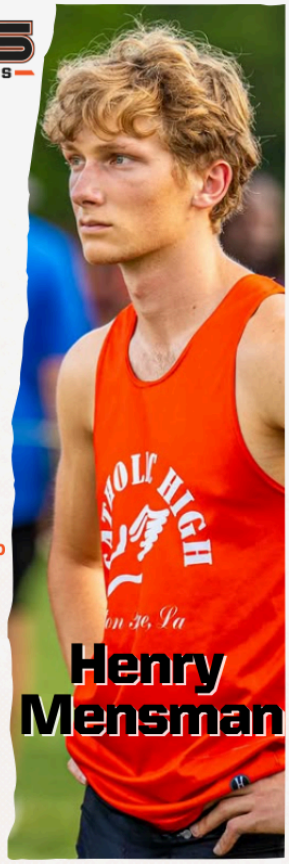
Letter From The Athletic Director

With the start of a new year, it is important to reflect on how we can improve on and off the field. Our athletes and their coaches constantly evaluate themselves within the mission of the Brothers of the Sacred Heart. Personally, I am excited to watch our young men compete in 2026 and write their own stories in the long history of our school.



Bears in the Bright Lights

This month, we asked senior Henry Mensman some questions about his time at Catholic High, his experience with the Track program, and his future with Track & Field.



Q: What is your favorite part about being on the track & field team?

A: "My favorite part about being on the track and field team is how everyone pushes each other to get better, and it creates this really motivating environment that makes the whole season feel worth it."

Q: How has your experience on the track team changed since your 8th grade year?

A: "My experience on the track team has changed a lot since 8th grade because over time I have stepped into more of a leadership role, and now I try to help the younger athletes and set a standard for how we train and compete."

Q: Who is someone in your life that inspires/motivates you the most?

A: "The person who inspires me the most is my mom because she's always shown me what hard work looks like and seeing how she handles everything in her life motivates me to push myself the same way."

Q: What part of college track & field are you most excited about?

A: "I am most excited to move up to the next level because college track gives me a new challenge, and I want to see how I can perform when everything is faster and more competitive."

Upcoming Events (Cont.)

Tuesday, February 17th
Baseball @ Dunham
Thursday, February 19th
Baseball @ Holy Cross
Lacrosse @ Mountain Brook
Friday, February 20th
Baseball @ Shaw
Baseball @ Covenant Christian
Basketball vs. Zachary
Saturday, February 21st
Powerlifting East Regional Meet
Track LHSAA Indoor Championships
Lacrosse @ Vestavia
Monday, February 23rd
Golf vs Central, Dunham, & Episcopal
Bowling vs Dutchtown
opal of Houston

Tuesday, February 24th
Golf vs Live Oak & Parkview
Baseball vs. Slidell @ Southeastern Alumni Field
Wednesday, February 25th
Golf vs Brusly & Parkview
Bowling vs Scotlandville
Lacrosse vs Central
Thursday, February 26th
Baseball vs Vanderbilt Catholic
Friday, February 27th
Tennis @ Parkview Invitational
Baseball @ Vanderbilt Catholic
Saturday, February 28th
Soccer District I State Finals
Tennis @ Parkview Invitational
Baseball vs Vanderbilt Catholic
Lacrosse vs Episcopal of Houston









COMING SOON >>>

Baseball: The baseball Bears look to continue their dynasty this year after back-to-back district and state titles (2024 & 2025), and a national title in 2024. Head coach Brad Bass leads the team. Their season's first pitch is on February 12, at home against West Monroe.

Lacrosse: With two state runners up finishes from the 2023 and 2024 seasons, the Lacrosse Bears are hungry for a state title in 2026. First-year head coach Terry Corcoran leads the team. The season tips off at Centenary on February 6, as they take on C.E. Byrd at 7:30 p.m.

Outdoor Track: The Catholic High outdoor track team is looking to run into the season with determination for another state title after last year's thrilling championship chase. Head coach Sean Brady & assistant coach Daniel Bordelon lead the track team. The track team's first race is the Texas A&M Bluebonnet High School Track Meet in College Station, TX, in March.

Golf: The Catholic High golf team teed off their season on January 20 and 21 at the Vern Edwards Invitational in Woodlands, TX. Head coach Christopher Davis leads the team. The next match is on January 31, at the Kelly Gibson High School Invitational held at Beaver Creek Golf Course in Zachary, LA.

Tennis: The Catholic High tennis team looks to build on another great season after tying for 3rd place in the state tournament last year. The team is led by Coach Bella Rawls. They look to serve the start of their season on March 26-28, at the McGill Toolen Invitational in Mobile, AL.

Bowling: The Catholic High bowling squad bowled their season into full swing on January 22, against Prairieville High. The Bears took this game 17-10. Their next match is on February 2, against East Ascension, at 3:25pm at Premier Lanes.



Take Your Pick: CHS Baseball Edition

With the 2026 baseball season approaching, we asked the baseball program to answer some questions.

Q. What game are you most excited for this season?

A. 33% of the players responded with the state championship game while 19% responded with West Monroe

Q. What is the hardest conditioning exercise and or drill you've done for CHS baseball?

A. 44% of the players responded with the Cur Dog Christmas event and 19% respond with OTI's

Q. On a scale of 1-10 how ready are you for the season?

A. 67% answered with a 10/10 along with one 67/10

Q. What uniform combination from CHS baseball is your favorite

A. The most popular answer was the pinstripe uniform.



CHS Soccer Secures District Title

With a dominating 9-1 win over Woodlawn on 1/14, the CHS soccer team clinched the Division I, District 4 championship, guaranteeing their spot in the state playoffs. It is their 3rd district championship in program history. Ben Jewett was a massive factor in the win as he booted in three goals all by himself. CHS also won their games over Baton Rouge High (2-1) and Zachary (6-1) (Luca Benono scored two goals against Zachary) on their easy path to the title. Up next for the Bears will be the Division I playoffs. Brackets are set to be released soon.





First Pitch Banquet Kicks Off Baseball Season

The CHS Baseball Team had their annual First Pitch Banquet, which is used as a fundraiser to help the program with travel expenses. This event took place in Tiger Stadium's South Stadium Club. Father Michael Alello was a speaker who also did a "Blessing of the Bats," which is an annual CHS tradition.
The last two seasons, the Bears have had a combined record of 75-7.
This year, the Baseball Bears look to continue their dynasty with a three-peat as State Champions.

Father Michael Alello:"The annual First Pitch Banquet is a celebration of everything that's great about Catholic High School. While honoring our baseball program, it also honors the legacy of the Brothers of the Sacred Heart and their commitment to educating the whole young man. It's an honor to once again pray with our young men as they prepare for another season. Geaux Bears!"



2026 Football Schedule Release

Your CHS Football Bears are coming off of another deep playoff run and finished the season ranked #4 in the state. However, they have already set their sights on 2026 by releasing their schedule for the first four weeks of next season.
Week 1- The Bears will open up the season with a home matchup against the Carrollton High School Trojans, the #5 team in the country according to MaxPreps. This will make for one of the most anticipated regular season games in CHS football history.
Week 2- The team will follow that up by welcoming Elijah Haven, the #1 player in the 2027 recruiting class, and the Dunham Tigers into Memorial Stadium. The Tigers are ranked #12 in the state.
Week 3- The Bears will stay at home for a third straight week in another top 25 matchup within the state, renewing their rivalry with the St. Thomas More Cougars. This will be their 11th meeting since 2015.
Week 4- Catholic High will finally venture away from home by making the road trip up to Ruston, Louisiana to face off against the Ruston Bearcats. This will be another highly anticipated game since both teams finished the season in the top 5 of the state-wide rankings.