ATHLETICS NEWSLETTER

855 HEARTHSTONE DR. CATHOLICHIGH.ORG @CHSBRATHLETICS



Bears in the Bright Lights

- This month's Bear in the Bright Lights is freshman basketball player Channing Briggs. Coming off the bench this season, Channing immediately earned a major role for the Bears with his excellent shooting and finishing skills. Even as a freshman, he has been a key piece for a team in search of a deep playoff run. (See Pg.2)

UPCOMING EVENTS

Monday, March 9th
Bowling (V) @ Central
Baseball (JV & 9th) vs Dunham
Golf (Team A) Dumbwaiter Invitational
Tuesday, March 10th
Golf (Team A) Dumbwaiter Invitational
Baseball (V) vs Terrebone High School
Wednesday, March 11th
Golf (Team B) vs Brusly, Central, & Live Oak
Bowling (V) @ Liberty
Baseball (JV & 9th) @ Brusly
Thursday, March 12th
Bowling (JV) vs St Michael
Baseball (V) vs Mandeville
Lacrosse (JV) @ Holy Cross
Friday, March 13th
Bowling (JV) vs SJA
Baseball (V) @ Mandeville
Baseball (JV & 9th) @ Barbe
Saturday, March 14th
Tennis Scrimmage @ STM
Baseball (V) @ Mandeville
Monday, March 16th
Bowling (V) vs Baton Rouge High
Bowling (JV) vs East Ascension
Baseball (JV & 9th) vs STM
Tuesday, March 17th
Track (JV) @ Denham Springs JV Meet
Golf (Team B) vs Central, Dunham, Live Oak, & Parkview
Baseball (V) vs Belle Chase
Wednesday, March 18th
Golf (Team A) vs Denham Springs, Episcopal, & U-High
Baseball (JV & 9th) vs Dunham
Lacrosse (JV) @ Southside
Thursday, March 19th
Liturgy
Track (V) Zachary High School Invitational
Bowling (V) vs St Amant
Baseball (V) vs South Beauregard



INDOOR TRACK WINS 2ND CONSECUTIVE STATE TITLE

The Catholic High Track and Field Team competed in the LHSAA Indoor Track and Field Division 1 State Championship on February 22nd and ended up taking the first-place trophy! This is the second consecutive indoor state title for the team and the sixteenth indoor state championship all time for CHS. The State meet was highlighted by a first-place finish in the 4x200 relay, as well as multiple second place finishes in the 4x800 relay, 400m, and pole-vaulting.

This season saw team members breaking four different school records. William Decuir broke the 1600m record, Jack Torrance broke the shot-putting record, Henry Mensman broke the 400m record, and Gus Juneau broke his own 3200m record. Now that the Indoor season has wrapped up with a State Championship win, the track and field bears will begin preparing for their outdoor season, which starts in College Station on March 6th.

Letter From The Athletic Director

Things are busy on Hearthstone Dr. these days! It is a joy to watch our young men compete everywhere from the basketball court to the bowling alley. As we reach the final stretch of our school year, I invite all parents, alumni, and friends of CHS to attend some of the events you see on the left side of this page. Come see for yourselves the great work our student-athletes and coaches are doing day in and day out.



Bears in the Bright Lights

This month we asked Freshman Channing Briggs some questions about his time at Catholic High and his experience with the Basketball program.



Q: As a freshman on Varsity, what challenges do you face and how do you react to them?
A: The challenges I face are slim to none because I'm used to playing on this level, as I was playing varsity during my 8th grade year.

Q: What is the most important attribute you work on to help you become a better basketball player?
A: The most important attribute I work on is my leadership and my energy and effort towards the team.

Q: Who, throughout your basketball career, has been the biggest in your support system in helping you succeed
A: I would say my family has been my biggest support system, my coaches as well.

This Month in Pictures


Ethan Cook '28


William Hardie '28


William McDaniel '26


Patrick Dawes '28

BBN BRUIN BROADCAST NETWORK ON rumble VSN

BRUIN BROADCAST NETWORK STREAM UPDATE

DO YOU WANT TO SEE SPORTING EVENTS LIVE FROM WHEREVER YOU ARE? THEN FOLLOW THE BRUIN BROADCAST NETWORK ON RUMBLE.COM.

TO WATCH LIVE/PREVIOUS EVENTS:

SEARCH RUMBLE.COM ON YOUR DEVICE AND THEN SEARCH INSIDE THE RUMBLE PAGE "CATHOLIC HIGH SCHOOL".
YOU CAN ALSO WATCH EVENTS ON VARSITY SPORTS NO. WE DO OTHER EVENTS SUCH AS CHOIR CONCERTS AND CATHOLIC HIGH SCHOOL'S SENIOR GRADUATION CEREMONY

UPCOMING LIVE STREAMS:

- MARCH 12TH: CHS BASEBALL VS. MANDEVILLE @5:00PM *(LIVE COVERAGE STARTS @ 4:45/4:50PM)*
- MARCH 17TH: CHS BASEBALL VS. BELLE CHASSE @ 5:00PM *(LIVE COVERAGE STARTS @ 4:45/4:50PM)*
- MARCH 19TH: CHS BASEBALL VS. SOUTH BEAU @ 5:00 PM *(LIVE COVERAGE STARTS @ 4:45/4:50PM)*
- MARCH 26TH: CHS BASEBALL VS. CENTRAL @ 5:00PM *(LIVE COVERAGE STARTS @ 4:45/4:50PM)*
- MARCH 31ST: CHS BASEBALL VS. ST. MARTIN EPISCOPAL @ 5:00PM *(LIVE COVERAGE STARTS @ 4:45/4:50PM)*
- *MAY 18TH: CHS CLASS OF 2026 GRADUATION CEREMONY

(BEFORE DATE, DENOTES NON-SPORTING EVENT)*

Upcoming Events (Cont.)

Friday, March 20th
Baseball (V) @ St. Aug
Baseball (JV & 9th) @ STM
Lacrosse (V) @ Newman
Lacrosse (JV) vs St. Stanislaus
Saturday, March 21st
Golf (Team A) Rapides Parish Invitational
Track Meet Pete Boudreaux Invitational
Baseball (V) vs Liberty
Sunday, March 22nd
Golf (Team A) Rapides Parish Invitational
Grandparents Day
Monday, March 23rd
Golf (Team B) vs Southern Lab, St. Amant, & Central Private
Baseball (JV & 9th) @ Parkview Baptist
Tuesday, March 24th
Track Meet (JV) @ Prairieville High School
Golf (Team A) vs Dunham, Episcopal, & U-High
Baseball (V) @ Liberty (Traction)
Wednesday, March 25th
Lacrosse (JV) @ Newman
Baseball (JV & 9th) @ Central
Thursday, March 26th
Tennis @ McGill-Toolen Invitational Tournament
Friday, March 27th
Tennis @ McGill-Toolen Invitational Tournament
Challenge Day
Track (V) Meet @ FSU Relays
Baseball (JV & 9th) vs Central
Saturday, March 28th
Tennis @ McGill-Toolen Invitational Tournament
Track (V) Meet @ FSU Relays
Baseball (V) @ Central
Lacrosse (9th, JV, & V) @ St. Paul's
Monday, March 30th
Golf (Team B) vs Brusly, Dunham, & Episcopal
Baseball (JV & 9th) vs Zachary
Tuesday, March 31st
Track (V) Meet @ Geo. W.M. Rueff Invite @ Dutchtown
Baseball (V) vs St. Martin Episcopal



CHS Varsity Baseball Q&A

We asked the baseball team some common questions about the team here are their responses...

1. **What describes the team's vibe this season?**

60% of the team said Locked in and Serious vibes

2. **If you had to switch positions for one game, what would you choose?**

40% of the team said they would play catcher for a game

3. **If you could have a walk-up song at every game, what would it be?**

60% of the team said a rap song to get them hyped for the game

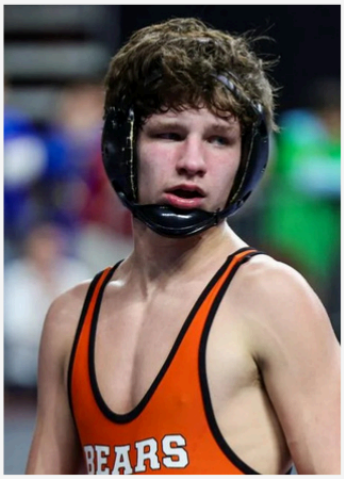
4. **Who Motivates you to do your best?**

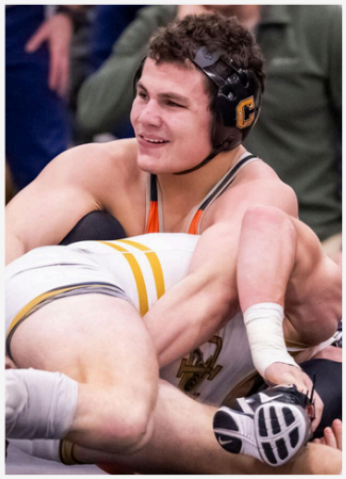
It was a 50/50 Between God and their parents



BASKETBALL BEARS UPDATE

The CHS Bears basketball team went 20-12 this season with a record of 3-2 in district play. The Bears (according to max preps) finished ranked top 15 in the state of Louisiana. In the first round of the LHSSA playoffs, our Bears defeated St. Paul's 68-53 at home. The Bears then went on to travel to Lafayette to face Teurlings Catholic in the second round. The Bears pulled off a resounding upset as they beat Teurlings 55-37 using a total team effort. The Bears made 6 threes in the first quarter and 11 overall to help their cause. On March 6th, the Bears traveled to Lafayette once again and beat No. 4 STM 54-51 to advance to the semifinals. They play John Curtis in Lake Charles on March 11th.





CHS WRESTLERS SHINE AT STATE MEET

Senior Kristian Scott won again, securing his third straight individual state championship at the state meet. Kristian became the first CHS wrestler to reach four individual finals and joins Alex Knight as the only two Bears to ever win three titles. Sophomore Caleb Kirk also claimed an individual state championship, going back-to-back with his titles. He now has the chance to surpass Scott in individual state championships by his senior year.

Coach Tommy Prohaska:

It has been fun watching Kristian over the past few years reach to top of the mountain. It took a lot of work for him to achieve his success and be possible the best wrestler to ever compete for CHS.

Caleb did an outstanding job of continuing to work and believe in himself and the coaches to get his second consecutive state title. It shows that hard work and faith can lead you to success.





‹‹‹Captain of the Clipboards›››

NAME: COACH SION CAVANA

SPORT: SWIMMING

THIS MONTH'S CAPTAIN OF THE CLIPBOARDS IS SWIMMING HEAD COACH SION CAVANA. COACH CAVANA IS A CATHOLIC HIGH GRADUATE OF THE CHS CLASS OF 2018. HE IS IN HIS SECOND YEAR OF COACHING THE CATHOLIC HIGH SWIM TEAM. THIS YEAR HE LED THE VOCIFEROUS JUGGERNAUTS TO A BACK-TO-BACK-TO-BACK STATE TITLE. THIS IS THE SECOND TIME IN FRANCHISE HISTORY THAT THE SWIMMING BEARS MADE A 3-PEAT FOR THE TITLE. HE IS LOVED BY THE ATHLETES HE COACHES/MENTORS. HE ALSO HAS A PASSION TO LEAD THE SPORT IN AN EFFECTIVE WAY THAT BUILDS CHARACTER, TALENT, AND TEAMWORK IN THOSE HE COACHES IN AND OUT OF THE POOL.

WHEN INTERVIEWED, HE WAS ASKED THE FOLLOWING:

Q: WHAT IS YOUR ANALYSIS OF THIS YEAR'S SEASON?

A: "THIS SEASON WAS A CONTINUOUS BUILD WHERE WE GOT A LITTLE BETTER WITH EACH SWIM MEET. FACING SOME OF THE TOUGHEST COMPETITIONS WE'VE EVER SEEN IN SEASON, EACH MEET PRESENTED A CHALLENGE FOR OUR SWIMMERS SHARPENING THEM LIKE IRON WITH EACH RACE THEY SWAM. THIS EXTREMELY COACHABLE GROUP OF YOUNG MEN FINE-TUNED THEIR TECHNIQUE AND RACING STRATEGIES WHILE GROWING IN MENTAL AND EMOTIONAL MATURITY WHICH ALLOWED THEM TO GRADUALLY DROP TIME AS THE SEASON PROGRESSED UNTIL EVENTUALLY, THEY WERE ABLE TO PEAK AT STATE MEET."

Q: WHAT MADE THIS YEAR'S TEAM SO SPECIAL AND SUCCESSFUL?

A: "BROTHERHOOD. LEANING HEAVILY ON THE TRADITION OF CHS AND THE CHARISM OF THE BROTHERS OF THE SACRED HEART, OUR SWIMMERS ALLOWED BROTHERHOOD TO BE THE DRIVING FORCE BEHIND THEIR SUCCESS THIS SEASON. AS INDIVIDUALIZED AS A SPORT LIKE SWIMMING CAN GET SOMETIMES, EACH TIME THESE YOUNG MEN DOVE INTO THE POOL, THEY COMPETED NOT FOR THEMSELVES BUT FOR THEIR TEAMMATES. THEY PUT THEIR BODIES ON THE LINE, FOUGHT THROUGH INJURY AND ILLNESS, AND GREW IN LOVE FOR ONE ANOTHER WHICH PROVIDED IMMENSE MOTIVATION TO COMPETE TO THE BEST OF THEIR ABILITIES."

Q: WHAT IS YOUR FAVORITE MEMORY OF THIS SEASON?

A: "MY FAVORITE MEMORY IS EASILY THE 400-YARD FREESTYLE RELAY FROM STATE MEET. IT WAS A MICROCOSM OF OUR WHOLE SEASON. IT TOOK ALL FOUR BOYS AND THE WHOLE REST OF THE TEAM ON THE SIDE OF THE POOL DECK MAKING AS MUCH NOISE AS POSSIBLE TO WIN THAT RELAY. IT'S SPECIAL WHEN YOU HAVE ONE OR TWO SWIMMERS ON A RELAY GO WAY FASTER THAN THEIR PERSONAL BESTS, BUT WE HAD ALL FOUR OF THEM COME TOGETHER FOR A VERY SPECIAL SWIM. PLUS, THE JOY AND ENERGY FROM THE TEAMMATES CHEERING THEM ON WAS INSPIRING. YOU COULD REALLY FEEL THE BROTHERHOOD THE SWIMMERS SHARED AS THEY ALL REJOICED IN EACH OTHER'S SUCCESS."