ATHLETICS NEWSLETTER

855 HEARTHSTONE DR. CATHOLICHIGH.ORG @CHSBRATHLETICS



Bears in the Bright Lights

This month's Bear in the Bright Lights is senior runner Bradyn Wilkerson. A four-year runner. Bradyn is true leader for the Big Orange Wave. As a senior, he has taken on an even bigger role and shared his thoughts on his experience. (See Pg. 2)

UPCOMING EVENTS

November

Monday, November 2nd

Football 9th vs Prairieville 6PM

Wednesday, November 4th

Soccer (9th) @ East Ascension 6PM

Wrestling (V) vs Live Oak 6PM

Friday, November 6th

Cross Country (JV, V) 8AM-12PM

Football V vs Legacy, TX 7PM

Saturday, November 7th

Soccer (V) @ Mandeville & St. Paul's Jamboree (Time TBD)

Wrestling (V) @ Warrior open

Wednesday, November 11th

Soccer (9th) vs Baton Rouge High 6pm

Wrestling (V, JV) @ Zachary 6pm

Sunday, November 14th

Basketball (V) Hall of Fame Game

Wrestling (JV) @ Kick off at the Coral 8AM

Wrestling (V) @ Brusly Tournament 8AM



CURDOG FOOTBALL ON A ROLL

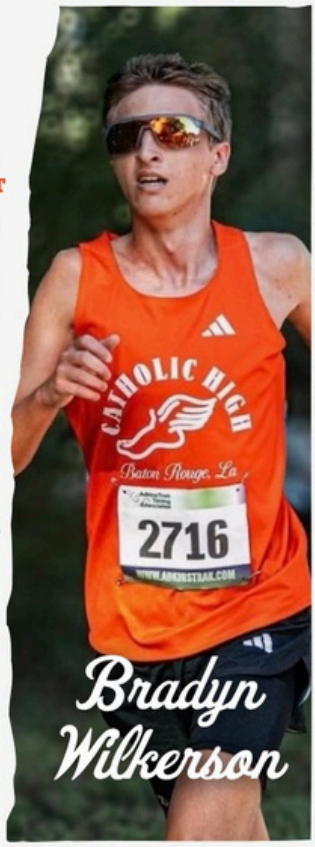
After a tough loss to Ruston, the Bears fell to 1-3 on the season and were searching for answers. Since then, the team has responded, winning five straight games and capturing their eighth consecutive district title. The Bears have found their rhythm on both sides of the ball and have proved their ability to compete at the highest level. The streak began with a huge road victory over MRA, a team that handed the Bears a loss last season. The Bears followed that up with a definitive win over Liberty at Olympia Stadium. Next was a trip to Zachary, where Jay Miles put on a show, once again, scoring six touchdowns. Miles has now scored 13 touchdowns in his two career games at Zachary. The Bears then returned home for the homecoming game against Central, where quarterback Camden Estep threw for five touchdowns in another decisive win. Lastly, the Bears closed out district play with another win over Woodlawn last Friday night. With the district championship in tow, Cur Dog Football looks to carry the same momentum into their last regular season matchup of the season with Legacy School from Texas coming into Memorial Stadium this Friday night.

Letter From The Athletic Director



As we head into November, the fall season is reaching its biggest moments. Our football Bears are getting ready to start the playoffs, and our cross country and swim teams are heading into the championship phase of their seasons. Whatever the season, the standard at Catholic High stays the same: give your best effort, take care of the details, and be on the line for the man beside you. Our coaches are building young men in body, mind, and heart, and our student-athletes are showing that every day. Thank you, Bear families, for filling the stands and supporting our programs. We'll see you at the games. Go Bears!

Bears in the Bright Lights



Q: HOW HAS BEING A LEADER ON THE CROSS-COUNTRY TEAM SHAPED YOUR ROLE AND THE WAY YOU SUPPORT YOUR TEAMMATES THROUGHOUT THE SEASON?
AS A LEADER ON THE TEAM, I WANT TO SEE THE GUYS PUT IN THEIR BEST EFFORT. BEING A PART OF THE BIG ORANGE WAVE ISN'T FOR EVERYONE, AND I GET THAT, BUT I WANT EVERYONE TO SHOW ME THAT THEY ARE WILLING TO WORK HARD. WORKING HARD DOESN'T NECESSARILY MEAN BEING WITHIN OUR TOP 7 OR 14, IT MEANS PUTTING IN EFFORT, STAYING DISCIPLINED, AND NOT TAKING SHORT CUTS.

Q: WHAT DO YOU THINK MAKES THIS TEAM SO SUCCESSFUL, AND WHAT'S YOUR FAVORITE PART ABOUT BEING A PART OF IT?
THE REASON THIS TEAM IS SUCCESSFUL IS BECAUSE OF THE BROTHERHOOD THAT WE HAVE BUILT AMONG THE ENTIRE TEAM. THE CONNECTION WE HAVE PUSHES US TO WORK HARD, ENCOURAGE ONE ANOTHER, AND RACE FOR EACH OTHER INSTEAD OF WORRYING ABOUT INDIVIDUAL RESULTS. IT'S THE DEEPER CONNECTION THAT WE HAVE THAT MAKES CATHOLIC HIGH CROSS-COUNTRY A FUN AND WORTHWHILE EXPERIENCE.

Q: IF YOU COULD PERMANENTLY REMOVE ONE PART OF A CROSS-COUNTRY RACE OR PRACTICE, WHAT WOULD IT BE AND WHY?
THERE ISN'T ONE THING THAT I WOULD WANT TO REMOVE FROM A CROSS-COUNTRY RACE OR PRACTICE. WE PRACTICE AND RACE HARD FOR A REASON. PRACTICE IS MEANT TO CHALLENGE US MENTALLY AND PHYSICALLY; IT TESTS THE WILL OF THE RUNNERS SO THE COACHES CAN TELL WHO TO RELY ON FOR THE STATE MEET. THIS IS THE REASON I RUN, I WANT TO BE CHALLENGED AND SHOW MY TEAMMATES AND COACHES THAT HARD WORK PAYS OFF.

Upcoming Events (Cont.)

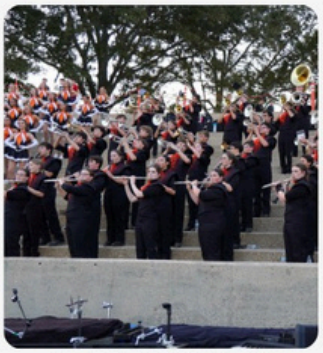
Sunday, November 15th
Bruin Bowl 10AM-7PM
Monday, November 16th
Cross Country (V) 8AM-12PM
Golf Orange and Black Tournament 11AM-4PM
Soccer (V) @ Pineville High 6PM
Wednesday, November 18th
Basketball Jamboree (JV, V)
Soccer (9th) @ St. Michael's 6PM
Wrestling (JV, V) vs St Amant 6PM
Thursday, November 19th
Soccer (JV) @ Baton Rouge High 6PM
Friday, November 20th
Soccer (9th, V) @ BOSH Tournament (Time TBD)
Swim (V) LHSAA Division I State Championship
Wrestling (V) @ Gulf Coast Clash 3PM

This Month in Pictures



Ben Tannehill '28


William Hardie '28


Joseph Robert '28



Patrick Dawes '28


Cade Guillory '28


Vance Arnold '28

STUDENT MEDIA TEAM

Ben Tannehill '28: @flixby.Ben
William Hardie '28: @shotbyhardie
Alex Williams '28: @flicksbyaussie
Patrick Dawes '28: @pattys_pics11
Cade Guillory '28: @cguillorypics
Ethan Cook '28: @cook.on.cam



JUGGERNAUT WINS 34TH CONSECUTIVE CITY TITLE, EYES STATE

The Vociferous Juggernaut opened October with another victory in a Capital City Swim League Cluster Meet. The Juggernaut then wrapped up their regular-season schedule with a win over the Jesuit Blue Jays in a dual meet hosted at Crawfish Aquatics. The Juggernaut came away with a 597-571 victory, finishing the regular season undefeated at 7-0.

Following their undefeated regular season, the Juggernaut secured their 34th consecutive CCSL City Championship with an outstanding 596 points. The team was led by Swimmer of the Meet winner Noah Vargas '27, who took championship finishes in the 100 Breaststroke and 200 Individual Medley, and John Kirk '27, who claimed championships in the 200 Freestyle and 500 Freestyle.

The Juggernaut will travel to Sulphur for the LHSAA Division I State Championship on November 20 (Prelims) and November 21 (Finals). Consider making the drive to cheer on the Juggernaut as they look to bring home another state championship!



BIG ORANGE WAVE TAKES METRO

Junior Gus Juneau's 1st place finish led the CHS Cross Country team to their third straight EBR Metro title this past weekend. The Bears had a whopping eight runners place in the Top 20 finishers.

Prior to Metro, CHS won the Pete Boudreaux '59 Invitational, where four runners finished in the top 20. The Bears followed that up with another 1st place place finish in the Waston HS Classic. Juneau also broke the school record at the Pete Boudreaux meet by running a 14:54.90. He then followed up that just a week later by breaking the record again when he ran a 14:47.10 5K.





COMING SOON

WRESTLING:
- **SEASON OPENER - NOVEMBER 4 VS LIVE OAK**
- **1ST AWAY EVENT - NOVEMBER 7 AT WARRIOR OPEN**
- **TRI MEET - NOVEMBER 24 AT PRAIRIEVILLE**

SOCCER:
- **SCRIMMAGE - NOVEMBER 11 AT ST. PAUL'S**
- **1ST GAME - NOVEMBER 16 VS PINEVILLE**
- **1ST TOURNAMENT - NOVEMBER 18,20-21 AT BOSH (NEW ORLEANS)**

BASKETBALL:
- **TIP OFF DINNER- NOVEMBER 5**
- **SEASON OPENER- NOVEMBER 23 AT SCOTLANDVILLE**
- **1ST HOME GAME- NOVEMBER 30 VS PARKVIEW BAPTIST**

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 AND VARSITYSPORTSNOW.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 VARSITY EVENTS ON VSN. JUST SEARCH "CATHOLIC HIGH SCHOOL."

UPCOMING LIVE STREAMS:

· NOVEMBER 2ND: 9TH FOOTBALL VS PRAIRIEVILLE
· NOVEMBER 6TH: VARSITY FOOTBALL VS LEGACY (TX)
· NOVEMBER 13TH: VARSITY FOOTBALL PLAYOFFS TBD



CAPTAIN OF THE CLIPBOARDS

COACH: CHRIS DAVIS
HEAD GOLF COACH

Q: WHAT HAS BEEN THE MISSION OF THE TEAM GOING INTO ANOTHER YEAR WITH THE PROGRAM?

THIS YEAR'S TEAM IS VERY YOUNG SO THE MISSION IN FRONT OF US IS TO DO ALL THE LITTLE THINGS RIGHT AND CHALLENGE OURSELVES TO FOCUS ON THE PROCESS OF IMPROVEMENT RATHER THAN OVERREACTING TO RESULTS.

Q: WHAT HAVE YOU SEEN FROM THIS GROUP THAT MAKES THEM DIFFERENT FROM TEAMS YOU'VE COACHED IN PREVIOUS YEARS?

I AM REALLY EXCITED ABOUT THE POTENTIAL OF THIS TEAM. SO FAR THIS FALL, THEY'VE SHOWN A GREAT DESIRE TO LISTEN AND LEARN, AND THE BEST TEAMS I'VE EVER HAD ARE GREAT LISTENERS AND LEARNERS.

Q: IF YOU COULD GIVE THE TEAM ONE PIECE OF ADVICE BEFORE A MATCH, UNRELATED TO GOLF, WHAT WOULD IT BE?

THE FINAL MESSAGE I ALWAYS TRY AND IMPART ON MY PLAYERS IS THAT, IRRESPECTIVE OF SCORE, WHATEVER THEIR BEST IS THAT DAY IS WHAT IS REQUIRED, AND THAT IS ALWAYS GOOD ENOUGH!