



## ATHLETICS

Dear Parents,

On behalf of the Athletic Department I would like to welcome you and your son to the Catholic High School Community. The Brothers of the Sacred Heart have set clear developmental priorities for all students who attend their schools. Our goal as a community is to immerse your son in a caring and respectful environment which will encourage him to grow Spiritually, Academically, and Socially. For many Catholic High students, athletics plays a major role in their social development.

The hope of the Athletic Department at Catholic High School is to give your son a positive athletic experience which reinforces the Catholic values that are the foundation of our school. Through prayer, service projects, and team fellowship our sports programs hope to develop self-respect, humility, and a high standard of integrity. Through practice, film preparation, and weight room training our teams hope to develop physically and mentally disciplined athletes who compete to their maximum potential, while modeling positive sportsmanship. The coaches at Catholic High School are required to model a high level of sportsmanship and correct immediately areas where it is not displayed. We recognize that you have the greatest influence over your son's disposition and ask for your support by in modeling the proper decorum while attending sporting events. The first opportunity that our coaches have to develop your son in an athletic environment is during our summer Strength and Speed program.

Catholic High School's summer Strength and Speed program is a major component in our past and future athletic success. The Strength and Speed camp is required for any student entering the 8<sup>th</sup> or 9<sup>th</sup> grade who wishes to compete in a school sponsored sport. The camp provides specific technique instruction for all athletes in the area of weightlifting, plyometrics, flexibility, and running form. The first week of the camp will be May 26<sup>th</sup> – May 29<sup>th</sup> and will meet from 3:00pm to 5:00pm in the CHS weight room. The remaining summer sessions will run from June 1<sup>st</sup> to July 10<sup>th</sup> and will meet from 7:30am to 9:30am on Monday, Tuesday, Thursday and Friday; training sessions will not take place July 1<sup>st</sup> – 3<sup>rd</sup> due to the July 4<sup>th</sup> Holiday. Please see the "Summer At CHS" link at [www.catholichigh.org](http://www.catholichigh.org) for details. Please contact Head Strength Coach Deuce Harrison at [dharrison@catholichigh.org](mailto:dharrison@catholichigh.org) for any questions.

Again, welcome to the Catholic High family, and we look forward to the opportunity to help your son grow spiritually, academically, and socially.

Sincerely,

J.P. Kelly  
Athletic Director  
Catholic High School  
[jkelly@catholichigh.org](mailto:jkelly@catholichigh.org)

# ATHLETIC INFORMATION AVAILABLE ONLINE

- Catholic High School Strongly Encourages Multiple Sport Athletes
- Summer Strength and Speed Course 1007 is required for all students interested in competing in a school sponsored sport

## FALL SPORTS

### FOOTBALL

Head Coach Dale Weiner

[dweiner@catholichigh.org](mailto:dweiner@catholichigh.org)

- 2014 District Champions
- Elite Football Camp (Course 4002)  
July 13-16 from 7:30am – 9:30am
- Summer Strength and Speed
- Lift-A-Thon June 15<sup>th</sup> at 5:30pm
- Team Meeting August 2<sup>nd</sup> at 3:30pm
- 1<sup>st</sup> Practice is August 3<sup>rd</sup>

### SWIMMING

Head Coach Doug Logsdon

[dlogsdon@catholichigh.org](mailto:dlogsdon@catholichigh.org)

- 2014 State Champions
- 2014 City Champions
- Summer Strength and Speed
- 1<sup>st</sup> Team Practice August 10<sup>th</sup>

### CROSS COUNTRY

Head Coach Pete Boudreaux

[pboudreaux@catholichigh.org](mailto:pboudreaux@catholichigh.org)

- 2014 City Champions
- Summer Strength and Speed
- Optional summer running on Mondays at 5:30pm and Thursdays at 7:00am starting in June
- First practice Aug 10<sup>th</sup>

### BASELINE CONCUSSION

#### TESTING at CHS

Athletic Trainer Brant Fox

[bfox@catholichigh.org](mailto:bfox@catholichigh.org)

- Strongly recommended for all athletes
- Testing June 6<sup>th</sup> and July 16<sup>th</sup>

## WINTER SPORTS

### INDOOR TRACK

Head Coach Pete Boudreaux

[pboudreaux@catholichigh.org](mailto:pboudreaux@catholichigh.org)

- 2015 5A State Champions
- Summer Strength and Speed

### WRESTLING

Head Coach Tommy Prochaska

[tprochaska@catholichigh.org](mailto:tprochaska@catholichigh.org)

- 2015 City Champions
- Summer Strength and Speed
- Team Conditioning starts September 9<sup>th</sup>
- 1<sup>st</sup> Team practice is October 5<sup>th</sup>

### SOCCER

Head Coach Josh McReynolds

[jmcreynolds@brsoccer.org](mailto:jmcreynolds@brsoccer.org)

- 2015 District Champions
- Summer Strength and Speed
- Team meeting for freshman in September
- Tryouts in October

### BASKETBALL

Head Coach Mark Cascio

[mcascio@catholichigh.org](mailto:mcascio@catholichigh.org)

- 2015 District Champions
- Elite Basketball Camp (Course 2002) June 8–11 from 3:00pm – 5:00pm
- Summer Strength and Speed
- Incoming 8<sup>th</sup> and 9<sup>th</sup> Grade Open Gym June 1<sup>st</sup>, 3<sup>rd</sup>, 17<sup>th</sup> 6:30-7:45pm
- Freshman tryouts in October

## SPRING SPORTS

### BASEBALL

Head Coach Brad Bass

[bbass@catholichigh.org](mailto:bbass@catholichigh.org)

- 2014 District Champions
- Summer Strength and Speed
- Elite Baseball Camp (Course 3001)  
May 18-21 from 3:00pm – 5:00pm
- Tryouts are in Late December

### OUTDOOR TRACK

Head Coach Pete Boudreaux

[pboudreaux@catholichigh.org](mailto:pboudreaux@catholichigh.org)

- 2014 State and City Champions
- Summer Strength and Speed

### BOWLING

Head Coach Robin Deck

[rdeck@catholichigh.org](mailto:rdeck@catholichigh.org)

- 2014 City Champions
- Tryouts Mid November
- Practice starts late November

### TENNIS

Head Coach Kyle Jackson

[kjack762@gmail.com](mailto:kjack762@gmail.com)

- 2014 Regional Champions
- Tryouts in November

### GOLF

Head Coach Patrick Dulaney

[pdulaney@catholichigh.org](mailto:pdulaney@catholichigh.org)

- 2014 District and Metro Champion; 3<sup>rd</sup> in State
- Tryouts in September

### LACROSSE

Head Coach Tyler Gray

[tylerpgray@gmail.com](mailto:tylerpgray@gmail.com)

- 2015 District Champions
- Summer Strength and Speed
- Elite Lacrosse Camp (Course 9003) July 6-9 from 5:30pm – 8:30pm