

# CASCADE ATHLETICS

ALWAYS COMPETE | EXPECT VICTORY | WIN CHAMPIONSHIPS



## Cascade High School

6565 S. County Rd. 200 W.

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www.gocadets.com

Twitter: @Cadethletics

Facebook: Cascade High School Athletics

## THIS WEEK IN SPORTS

### Monday 9/17/2018

JV Football @ Greencastle	5:30pm
Boys Soccer vs Southmont *Senior Night	5:30pm

### Tuesday 9/18/2018

No Athletic Events

### Wednesday 9/19/2018

Coed XC Jon Mitchell *Senior Night	5:30pm
Girls Soccer @ Northview	5:30pm
JV Volleyball vs Decatur Central	5:30pm
Varsity Volleyball vs Decatur Central	6:30pm
Boys Soccer @ Northview	7:00pm

### Thursday 9/20/2018

JV Volleyball vs Tri-West	5:00pm
Varsity Volleyball vs Tri-West	6:00pm

### Friday 9/21/2018

Varsity Football vs Owen Valley	7:00pm
*Senior Night - Football, Cheer, & Band	

### Saturday 9/22/2018

Cross Country @ Shelbyville Invite	9:00am
Boys Soccer vs WIC Crossover	10:00am
Girls Soccer vs WIC Crossover	12:00pm

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# RESULTS

## **CROSS COUNTRY**

9/15 Avon Invite (Boys 9th Place / Girls 6th Place)

## **FOOTBALL**

9/14 Greencastle (LOSS 49-26)

## **GIRLS GOLF**

9/12 Monrovia (WIN 203-205)

9/13 Speedway (WIN 214-223)

9/15 IHSAA Sectional (Team Score 419)

## **BOYS SOCCER**

9/13 Danville (LOSS 3-0)

9/15 Owen Valley (WIN 3-0)

## **GIRLS SOCCER**

9/11 Mooresville (LOSS 11-1)

9/13 Danville (LOSS 10-1)

9/15 Owen Valley (TIE 3-3)

## **VOLLEYBALL**

9/10 Bethesda Christian (WIN 3-2)

9/11 Edgewood (LOSS 3-2)

9/15 Hendricks County Tourney

Tri-West (LOSS 2-0)

Danville (LOSS 3-0)

# 2018 - 2019 ATHLETIC BUSINESS PARTNERS



# **2018 - 2019 ATHLETIC BOOSTERS**

***CHAMPION LEVEL (\$100)***

***CADET LEVEL (\$75)***

***BLUE LEVEL (\$50)***

***BLACK LEVEL (\$25)***

# IHSAA TIP OF THE WEEK

Most fall sports teams have now gotten into their weekly routine with practices and games. Players know their positions and roles and the coaching staff knows the personnel. But remember, things can change in a split second.

Do you have a dominate or consistent role on your team, or are you a substitute trying to earn more playing time? Every player on the team is important, but sometimes the substitute or role player doesn't realize how valuable they are in the success of a quality team.

Just because you may not read about your performance in the newspaper or online publications doesn't mean that you aren't valuable to your team. I'm a true believer that every player on the roster has equal value. Those not starting need to have the mindset that they will challenge the starters every day in practice and be ready to perform when they are called upon by their coaches.

A good substitute is only one play away from entering any game and having an impact on the final outcome!



## ATHLETIC STAFF

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### Athletic Administration

Athletic Director

Scott Stevens, CAA

Trainer

Anastasia Berkley, ATC/L

### Coaching Staff

Baseball - Ty Foster

Boys Basketball - Chris DuBois

Girls Basketball - David Carpenter

Cheerleading - Ashley Moeller

Cross Country - Nick Puckett

Football - Steve Spinks

Boys Golf - Shawn Alspaugh

Girls Golf - Walter Marshall

Boys Soccer - Kevin Valenti

Girls Soccer - Michael Dorsey

Softball - Robert Dowhen

Swimming & Diving - Paul Williams

Track & Field - TBD

Volleyball - Miranda Maners

Wrestling - TBD

## ANNOUNCEMENTS

All Sport Passes are being sold in the High School Main Office. Passes allow entry to all home High School athletic events except tournaments. Family passes are \$165, Adult Passes are \$50, and Student Passes are \$30. More information at [www.gocadets.com/sports-passes](http://www.gocadets.com/sports-passes)

Want to stay up to date with current athletic schedules? Want to be notified of any weather changes to the athletic schedules? Sign up for Eventlink! You have the ability to select only the sports you wish to follow.  
[www.Eventlink.com](http://www.Eventlink.com)

Consider being an athletic booster! 50% of your donation will be applied to the sport(s) of your choice! More information at [www.gocadets.com/booster-club](http://www.gocadets.com/booster-club)



