

CASCADE ATHLETICS

ALWAYS COMPETE | EXPECT VICTORY | WIN CHAMPIONSHIPS



Cascade High School

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www.gocadets.com

Twitter: @Cadethletics

Facebook: Cascade High School Athletics

THIS WEEK IN SPORTS

Monday 9/24/2018

JV Volleyball @ Mooresville	5:30pm
JV Football @ Owen Valley	6:00pm
Varsity Volleyball @ Mooresville	6:30pm

Tuesday 9/25/2018

Boys Soccer @ Bethesda	5:30pm
JV Volleyball vs Beech Grove	5:30pm
Varsity Volleyball vs Beech Grove	6:30pm

Wednesday 9/26/2018

Girls Soccer vs Plainfield *Senior Night	5:30pm
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Thursday 9/27/2018

Girls Soccer @ Speedway	5:30pm
JV Volleyball vs South Putnam	6:00pm
Varsity Volleyball vs S. Putnam *Senior Night	7:00pm

Friday 9/28/2018

Varsity Football @ Indian Creek	7:00pm
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Saturday 9/29/2018

Cross Country @ WIC (S. Putnam)	10:00am
JV Volleyball @ Brown County	10:00am
Varsity Volleyball @ Brown County	11:00am

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RESULTS

CROSS COUNTRY

9/19 Jon Mitchell Invite (Boys 7th Place / Girls 4th Place)

9/22 Shelbyville Invite (Boys NP *only 4 runners / Girls 10th Place)

FOOTBALL

9/21 Owen Valley (WIN 61-0)

GIRLS GOLF

Season has ended

BOYS SOCCER

9/17 Southmont (WIN 5-1)

9/19 Northview (LOSS 5-0)

9/22 Northview (LOSS 2-1 in OT)

GIRLS SOCCER

9/19 Northview (LOSS 10-1)

9/22 Sullivan (LOSS 2-1)

VOLLEYBALL

9/19 Decatur Central (LOSS 3-2)

9/20 Tri-West (LOSS 3-0)

2018 - 2019 ATHLETIC BUSINESS PARTNERS



2018 - 2019 ATHLETIC BOOSTERS

CHAMPION LEVEL (\$100)

Terry & Carla Short

CADET LEVEL (\$75)

BLUE LEVEL (\$50)

BLACK LEVEL (\$25)

IHSAA TIP OF THE WEEK

While watching NFL football this last week, it brought to mind a quote I saw in USA Today a few years back.

Gary Kubiak, a former NFL head, coach, speaking about those players that report for the first day of practice and whether they are prepared or not.

"Smart players, they know what to expect the first day of practice....You can see the difference in their preparation."

High school athletes, and especially the ninth and tenth graders, could have tryouts up to three times a year. Getting physically and mentally ready for those tryouts can be challenging. Get ready for the grind and keep your mind focused on your goal, that of making the team. You can worry about positions and playing time after that final cut!



ATHLETIC STAFF

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 - Kelsie James

Softball - Robert Dowhen

Swimming & Diving - Paul Williams

Track & Field - TBD

Volleyball - Miranda Maners

Wrestling - Adam Metzger

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

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

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



