



HS track & field begins 2024 season with Harry Greschel Invitational

The high school track & field teams launched a new season last Saturday when it hosted the Harry Greschel Invitational, named after the late Kentucky High School Track and Cross Country Hall of Fame coach and Christian Academy teacher.

CAL welcomed 17 other teams from Louisville and the surrounding region with one of the first outdoor invitationals in the state of Kentucky of the season. The meet was also the first hosted on the Centurions' redone track.

Track & field is sometimes thought of as an individual sport. However, individuals earn points for their team and collectively can make a big difference, even if they don't win their race or field event. The top eight finishes in any event earn team points (first place = 10 points, second = eight points, third = six points, fourth = five points, fifth = four points, sixth = three points, seventh = two points and eight = one point).

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Varsity girls lacrosse runs win streak to three

The varsity girls lacrosse team had a strong week, notching victories over South Oldham and Ballard to improve to 3-1.

The Centurions opened the week on Tuesday with a high-scoring 16-10 win over the South Oldham Dragons at Centurion Field.

Captain Bree Emerson and Saibrin DeLessio scored four



goals each for CAL. Olivia Hall (three), Megan Mauzy (two),

Ella Hodge (one), Jenna Emerson (one) and Rachel Wedding (one)

also found the back of the net for the home team.

Emerson also played a significant role helping

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Social Media



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Varsity bass fishing off to strong start to 2024

The high school bass fishing team is off to a great start to 2024 through two events. The Centurion Anglers competed in the KBN West series tournament on Green River Lake on March 9. The boat of Nick Bischoff and Eli Toadvine brought fish to the scales, including a four-pounder. Elijah Laflin and Hayden Peck also had a strong finish.

CAL also had two teams qualify for the Battle of the Border at Dale Hollow Lake on March 16. The top 100 high school teams in Kentucky were invited to face the top 100 teams from Tennessee.

CAL's teams of Peck and Laflin as well as Cade Howard and Kyle Gladieux helped Team Kentucky bring home the title over our neighbors

to the South! Peck and Laflin had strong days, placing in the top 25 against the best from both states.

As a bonus, Zachary Castillo caught this 11 1/2 pound flathead catfish (below) while practicing at Guist Creek earlier this month!



Register for 2024 Golf Classic!

Tickets to participate in the 12th Annual CAL Athletics Golf Classic are now available for purchase.

The event is set to take place on May 13 at Persimmon Ridge Golf Club and includes breakfast, prizes and more for participants.

Book your spot as

an individual or a four-some or learn how your business can support the event today

at <https://caschools.us/2024/02/06/2024-cal-golf-class-registration-now-open/>



6th girls lacrosse wins at Collegiate

Sixth grade girls opened up their season with a 12-3 win at Collegiate on March 7.

The Centurions will be back in action this Thursday at Kentucky Country Day.



Verse of the week

“Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man.”

- Proverbs 3:3-4



Varsity baseball wins home opener

Varsity baseball began its season last week with four contests, going 1-3 with a tight win and a pair of narrow defeats.

The victory came by a final score of 7-6 over Fern Creek in the Centurions' home opener on Thursday night.

CAL jumped out to a lead in the first inning after Jackson Watkins opened the frame with a single and scored off a Nathan King home run.

After consecutive walks and stolen bases by Kaden Crawford and Cobe Ross, Crawford scored on an error to extend the lead to 3-0.

Fern Creek put two runs on the board in the top of the third inning, but CAL responded with four runs in the fourth inning. Trey Tipton followed a Logan York single with an RBI double, then King clubbed his second homer of the night to give the Centurions a commanding 7-2 lead.

CAL withstood a late threat to escape with a 7-6 win.

Drew Harned started on the mound and delivered 4.2 strong innings, surrendering three earned runs off four hits to go with two strikeouts to earn the win for the Centurions. Patrick Snider came on in relief during the fifth inning to escape a threat.

Payton Helmerich tossed the final 1.2 innings, giving up no runs or hits while striking

out three to collect the save.

Earlier in the week, CAL traveled to Lexington Catholic and battled on the road.

Combs doubled to right-center field, and courtesy runner Schaaf stole third and scored on an error to give CAL 1-0 lead in the first inning.

In the second inning, Crawford singled and scored off a double to right-center by York to make the score 2-0.

Combs started on the mound for the Centurions and gave up just two earned runs in 4.2 innings off five hits and seven strikeouts.

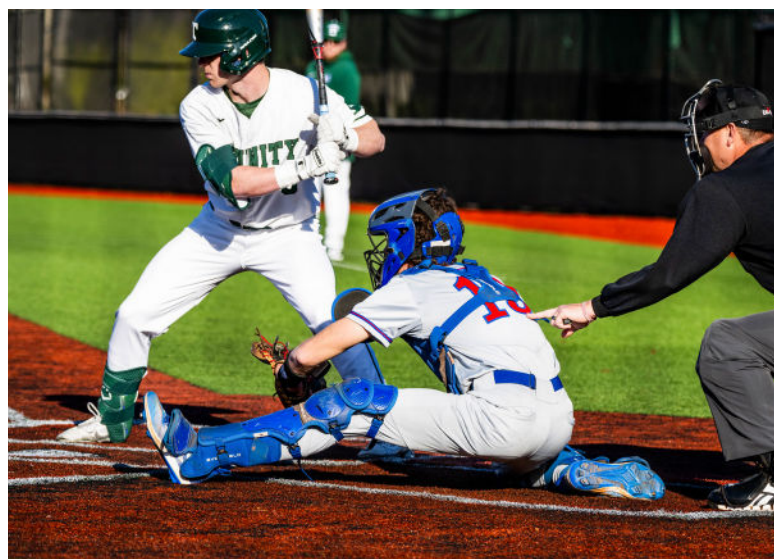
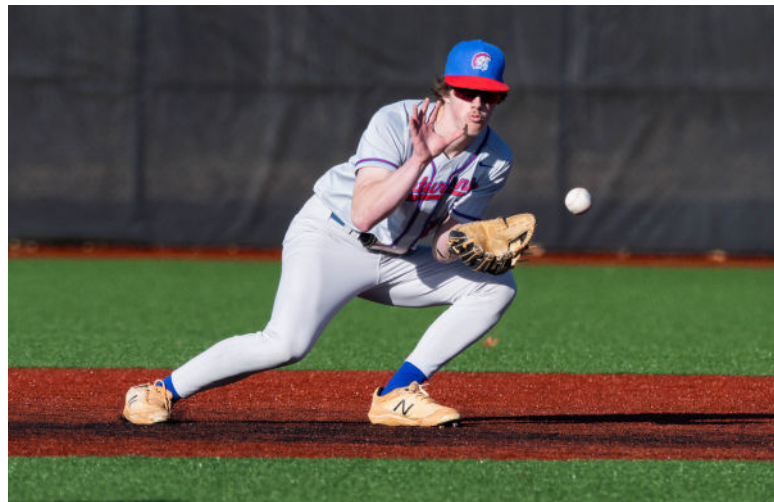
Lexington Catholic took the lead with a couple runs in the fifth inning, and CAL offense could not push across any runs late in a 4-2 defeat.

On Saturday, CAL hosted Desales in the 2A Section Three tournament.

DeSales scored twice in the first inning, but CAL would get one run back in the bottom of the frame when Watkins scored on a sharply hit single by Crawford.

In the bottom of the second inning, Tipton drove in Eli Schaaf and Watkins to push CAL ahead 3-2, but DeSales tied the score at 3-all in the third inning.

Hits by King, Crawford and Ross put CAL back in front, then a bunt Schaaf followed by an error plated



two more. Schaaf scored on a line drive single to left field by Mason Wilt to put the Centurions ahead 7-3.

DeSales scored two runs in both the top of the sixth and seventh innings to push the game into extra innings. This marathon game ended in the eighth inning, as DeSales scored a run that CAL could not answer and left with an 8-7 triumph.

Tipton started on the mound for CAL and pitched 5.1 innings, giving up five earned runs off two hits while striking out 10.

This week, CAL will host North Oldham on Monday



before traveling to Kentucky Country Day on Tuesday and Shelby County on Friday.

JV baseball walks of DeSales

CAL JV Baseball hosted DeSales on Saturday night. After a scoreless opening frame, DeSales took a 1-0 lead in the top of the second.

CAL responded with a Trevor Daugherty RBI single to plate Carson Hahn and tie

the game.

DeSales took another lead in the top of the fourth, but Jackson Burke singled to center with the bases loaded to score Daugherty at 2-all.

CAL opened the bottom of the fifth inning with a

Hudson Overstreet double to center, then Daugherty hit a walk-off single to left field to send CAL to a 3-2 win.

Trevor Daugherty took the start and threw four strong innings, giving up one earned run on one hit

while striking out five Colts. Alex Daugherty pitched the fifth inning and allowed no runs or hits and while punching out one.

'V track & field'

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The CAL girls team notched an overall third place performance behind Male and Collins. CAL point scorers included sophomore Ava Moore (100m), Bailee Duck (100m), Anabelle Plummer (1600m), Kinsley Cordrey (3200m), Katherine Kelly (3200m), Maggie Hydes (high jump, discus), Bethany Lorenz (discus), Kristen Schlater (long jump, triple jump) and Ella Mast (long jump, triple jump).

All four girls relays also earned points for the CAL, including the 4x800m (Wearsch, Ward, Neher, Cordrey), 4x200m (Moore, Duck, Turoso, Besemann), 4x100m (Besemann, Duck, Hydes, Moore) and the 4x400m (Turoso, Mast, Steagall, Hydes) teams.

The CAL boys team battled to a seventh place finish behind point-scoring efforts from Ethan Fitzgibbon (400m), Samuel Herbig (800m, 1600m), Lincoln Noltemeyer (high jump), and Ryder Peralta (triple jump).

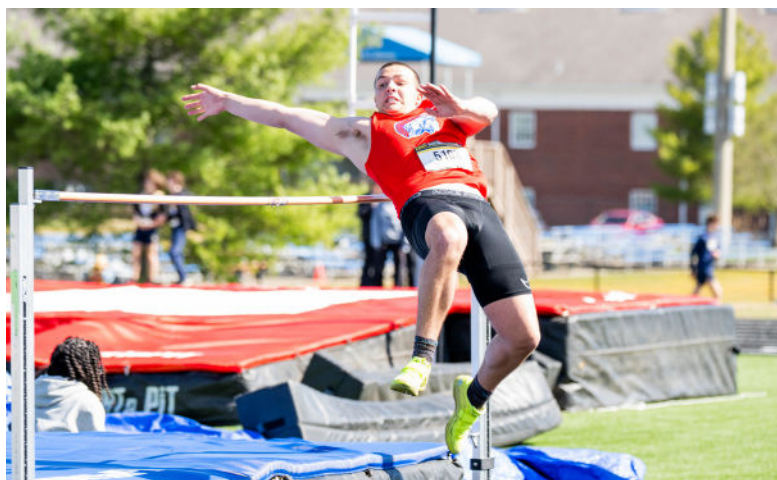
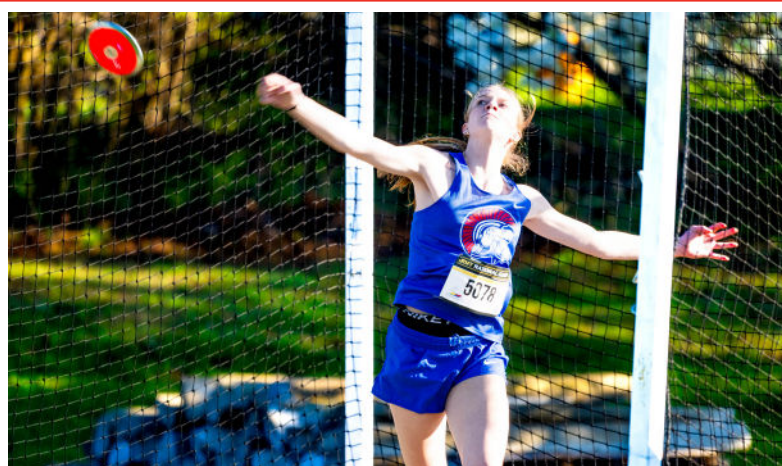
Addison Page also had a strong outing, winning the unified 100m, as well as

the unified 2x50 and 2x200 relays with his teammate Hooper Briggs.

The boys 4x100 (Hauser, Malloy, Nagy, Neuner) and 4x400 (Fitzgibbon, Peralta, Beardsley, Herbig) relays also earned points for their team.

Overall, the Harry Greschel Invitational was a promising start for Coach Andrew Lorenz's team.

This week, the Centurions travel to Oldham County High School on Saturday for the OC Kick-Off Classic. Two of CAL's distance runners (Samuel Herbig, Anabelle Plummer) will travel to Bardstown on Saturday for the highly-competitive KYTrackXC.com 5K Show-down.



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'V girls lacrosse'

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helping CAL maintain possession all evening with 13 draw controls.

Christiana Schroering helped stifle the Dragon attack with three saves in goal.

The Centurions won their third straight contest on Thursday with a 17-9 triumph over district foe Ballard.

Emerson poured in seven more goals to lead CAL. Mauzy (four), De-Lessio (three), Bella Osborne (two) and Rachel Wedding (one) provided more than enough support in the scoring department to help the Centurions roll.

Another strong defensive effort was led by goalies Carlie Alonso (five saves) and Schroering (three saves).

The Centurions continue an extended stretch of home games this week against Collegiate on Monday and Eastern on Thursday. Both games are set to begin at 6 p.m.

Then CAL will host the annual Ice Breaker Tournament – one of the larger events in the Louisville lacrosse scene – on Friday and Saturday.



Gallery: Varsity boys lacrosse season opener



This week in Centurion Nation (HS) - March 18-23

Monday

Baseball

V/JV vs. North Oldham
5:30/7:30 p.m. | CAL

Softball

V vs. Whitefield Academy
5:30 p.m. | CAL

Girls Lacrosse

V/JV vs. Collegiate
6/7:30 p.m. | CAL
FR vs. Oldham County
7 p.m. | CAL

Boys/Girls Tennis

V at Elizabethtown
4:30 p.m. | E-Town

Tuesday

Boys/Girls Tennis

V at KCD
4 p.m. | KCD

Softball

V/JV at Oldham County
5:30/7 p.m. | OCHS

Baseball

V at KCD
5 p.m. | KCD

Boys Lacrosse

V at Sayre
6 p.m. | SHS

Thursday

Boys/Girls Tennis

V vs. Oldham County
4:15 p.m. | CAL

Softball

V vs. Thomas Nelson
8 p.m. | CAL

Boys Lacrosse

V/JV at Ballard
6:30/8 p.m. | Ballard

Boys Lacrosse

V at Sayre
6 p.m. | SHS

Girls Lacrosse

V/JV vs. Eastern
6/7:30 p.m. | CAL

Friday

Girls Tennis

V at Shelby County
4 p.m. | SCHS

Baseball

V/JV at Shelby County
5:30/7:30 p.m. | SCHS

Girls Lacrosse

V at Ice Breaker
TBD | CAL

Saturday

Track & Field

V at Oldham County meet
TBD | OCHS

Girls Lacrosse

V at Ice Breaker
TBD | CAL

Boys Lacrosse

V at Lexington Catholic
1 p.m. | LCA

Up-to-date schedules are posted daily on Twitter @CenturionAD and Instagram @CALCenturions.

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Spring sports head coaches

Varsity Baseball.....Garrett McIntire
7th/8th Grade Baseball.....Andrew Viola
6th Grade Baseball.....Jesse Craig
High School Bass Fishing.....Thomas Peck
Middle School Boys Golf.....Greg Zimmerer
Middle School Girls Golf.....Matthew Feltner
High School Boys Lacrosse.....Alan Schwartz
7th/8th Grade Boys Lacrosse.....Dave Ernst
5th/6th Grade Boys Lacrosse.....Tor Helgeson
High School Girls Lacrosse.....Aimee Turner
7th/8th Grade Girls Lacrosse.....Sara McKechnie
5th/6th Grade Girls Lacrosse.....Sara McKechnie
Middle School Boys Soccer.....Trae Rick
Middle School Girls Soccer.....John Zutt
High School Softball.....Kyle Mullin
High School Boys Tennis.....John O'Bryan
High School Girls Tennis.....Trisha Pullen
High School Track & Field.....Andrew Lorenz
Middle School Track & Field.....Brian Gibson