

# ATHLETICS

- 13 KHSAA-sanctioned + 5 club/intramural sports
- Approximately 66% of students participate on one or more teams
- At least one "no-cut" sport each season

## ARCHERY

Archery is a KHSAA winter sport. The program, established seven years ago, is strong in numbers and results.

## BASEBALL

The baseball program includes Freshman, JV and Varsity teams. The Varsity has delivered 34 consecutive 20-win seasons.

## BASKETBALL

The Colonel Basketball Program, with Freshman, JV and Varsity teams, is consistently top rated in the state, and competes in tournaments in several other states.

## BASS FISHING

The newest KHSAA sport in the CovCath lineup, the Bass Fishing team has fished on Lake Cumberland and Kentucky Lake, with one team placing at the state tournament in 2019.

## BOWLING

A team of 8-12 bowlers competes against other area school teams in the NKHS Bowling League during the winter.

## CROSS COUNTRY

Open to any student dedicated to team and individual improvement for long distance running. They have daily practice and 1-2 meets per week (Mid-July to November).

## FOOTBALL

The Football Program, with Freshman, JV, and Varsity teams is consistently top ranked, with a long tradition of prominence. As many as 100 student-athletes are involved year-round, but may compete in other seasons' sports.

## GOLF

Approximately 20 players compete at JV and Varsity levels on great courses against top teams from across the state. Tryouts in July; season runs August through October.

## SOCCER

Almost 70 players play on the Freshman, JV, and Varsity teams, with no cuts at the Freshman level. Tryouts are in July and the season runs from August through October.

## SWIM & DIVE

Open to all students, the AquaColonels practice with 4 water workouts and 2 dry land workouts per week and 2 dive practices per week for divers.

## TENNIS

The Yung Family Tennis Complex is home to the JV and Varsity Colonel tennis teams who complete in the spring season with teams from across the region. Coaches are dedicated to the athletes having a positive experience.

## TRACK & FIELD

Students compete at the Freshman, JV, and Varsity levels at meets throughout the region in the spring.

## WRESTLING

Any student not involved in another fall/winter team sport is eligible to join the JV or Varsity wrestling teams.

## LACROSSE (Club Status)

This club sport has JV and Varsity teams that compete across the region and in a state tournament in the spring.



# INTRAMURALS

- Open to all students, of all skill levels
- Friendly but vigorous competition between grades

## BASKETBALL (IBL)

More than half the student body participates each year in grade-level leagues. These are student run and officiated.

## BOWLING

Students of all skill levels bowl one day per week after school.

## FRISBEE GOLF

Join Coach Kleier and Father Hennigen for frisbee golf once a week at a local frisbee golf course.

## WIFFLEBALL

Multiple tournaments are held each year. Anyone can participate, and players choose their own teams.

## DID YOU KNOW...

### COVCATH'S MANY TEAM ACCOMPLISHMENTS INCLUDE:

- 22 State Championships (Team)
- Football State Champions in 2017 and 2019; State Runner-Up in 2018
- Basketball State Champion in 2014 and 2018; Sweet Sixteen (Regional Champion) 5 times since 2014
- Soccer State Champion in 2015 and State Runner-Up in 2016
- The CCH Cross Country team has won 19 Regional Championships, 7 State Runner-Ups, and 2 State Championships
- The Baseball Colonels are the only Northern KY team to win a state championship in the last 58 years, and claim ten 9th Region Tournament championships and over 35 District Championships



Covington Catholic High School  
1600 Dixie Highway  
Park Hills, KY 41011  
(859) 491-2247



# COVINGTON CATHOLIC HIGH SCHOOL

## EXTRA-CURRICULAR

# CLUBS & ATHLETICS

## ACTIVITIES GUIDE



# GO COLONELS!

## WITH A SPIRIT THAT WILL NOT DIE!



# CLUBS & ACTIVITIES

- With dozens of diverse opportunities, most students discover and try something new at CovCath.
- Enduring traditions abound, including: the Braveheart March, Hawaiian shirt Wednesdays, Superhike, Ugly Christmas Sweater Contest, Senior Bike Day; and many .

## ACADEMIC TEAM

Four-person teams compete in Quick Recall in 5 subject areas: math, science, arts and humanities, history, & language arts. Teams compete across the region; top 10 in state.

## AMBASSADORS

Represent and promote CCH at events throughout the year, including grade school visits and the annual open house.

## ART CLUB

Open to all students. Encourages appreciation for all fine art disciplines via museum and gallery visits + movie and music outings. The club sponsors Wiffleball & Putt-Putt tournaments.

## BAND

Students who play an instrument or who want to learn a new one can earn 1/2 fine art credit. The CCH/NDA Band performs concerts as well as at school and athletic events.

## COLONEL BROADCASTING CLUB

Students produce, direct, and operate the cameras for the live video broadcasts of home football games and basketball games, for an audience of Colonel fans around the world!

## COLONELS FOR CHRIST

Sophomores are invited to join junior and senior leaders for dinners, camping trips, and weekend retreats to grow in relationships with one another and with God.

## CHESS CLUB

Open to all students, all levels, students meet weekly to have fun and hone their skills.



## B.U.G. Club

The Biology Users Group cares for dozens of animals including snakes, turtles, fish, rodents, and tarantulas before school. Upperclassmen serve as moderators.

## CORPS OF CADETS

This club is focused on military interest, leadership and citizenship. Cadets serve as color guard for CCH events, have "field exercises," visit military museums and events, learn from speakers, and lead a Toys for Tots collection.

## CULTURE CLUB

Students get exposed to different cultures via eating at ethnic restaurants, seeing foreign films, hearing speakers and attending lectures.

## DRAMA CLUB

Participation includes acting and crew positions for the CCH/NDA productions. Three shows annually are presented in the NDA Performing Arts Center.

## DRUG FREE CLUB OF AMERICA

All CCH students are members of the Drug Free Club of America. Through education, testing, and rewards, the club promotes and rewards healthy decisions.

## EUROPEAN TRAVEL CLUB

This club organizes an annual all-inclusive, educational, summer trip to Europe (with EFTours). The 2022 trip will visit the Alps and Mediterranean.

## FILM CLUB

This club is for anyone with an interest in any part of the filmmaking process. Members collaborate by sharing equipment and brainstorming ideas in order to make films that may even be submitted to film festivals.

## GAME CLUB

Students play board games, card games and video games one afternoon weekly. Its relaxed, always a good time!

## GREEN AMBASSADORS CLUB

Leads campus recycling efforts and raises awareness of environmental issues on both a local and global scale.

## GRIEF SUPPORT GROUP

Provides a supportive forum for students and staff who are dealing with illness or death of a loved one.

## LITERARY MAGAZINE

This annual publication, which includes a variety of work from the student body: short stories, poems, artwork and photography, is produced by select NEHS members.

# Campus Ministry

The Campus Ministry program brings support and energy to a variety of events and opportunities for fellowship, worship, and faith formation, such as: "Sports and Adoration" nights, with Frisbee or volleyball, followed by confessions and adoration; a Senior (faith-based) Leadership Conference; multiple retreats; a mentoring program; and more.



# Marian Sodality Club

Games, food, and faith-based conversations are led by Junior leaders to help underclassmen get to know each other.



## MOCK TRIAL

Students use critical thinking, teamwork and public speaking skills to play the parts of trial lawyers and witnesses, and they are judged on their ability to argue their side of the case.

## NATIONAL HONOR SOCIETY (NHS)

Juniors and Seniors with a GPA of 3.55 or higher and a record of service, leadership and strong character (with exemplary discipline) are inducted into this honor society.

## NAT'L ENGLISH HONOR SOCIETY (NEHS)

Sophomores, Juniors and Seniors with a GPA of 3.5 and English GPA of 3.5 plus community service are eligible. The CCH chapter leads a Veterans' Day Assembly, sponsors grade school writing competitions, attends author lectures and book signings, conducts a monthly pancake breakfast, and sponsors a Coffee House where students share writing and other talents.

## OUTDOOR PURSUITS CLUB

Members grow in faith, brotherhood, and self-awareness through experiences in the wilderness: backpacking, hiking, camping, rock climbing, and survival skills. 50-80 members are involved.

## PHOTOGRAPHY CLUB

Students learn by doing; they take photos of school events, test their skills with field trips to interesting venues for photos, and sponsor an annual photo contest.

## RESPECT LIFE / MARCH FOR LIFE

The mission is to educate, inspire, and engage students in activities which advance the respect for life. Members are eligible to attend the March for Life in Washington, D.C.

## ROBOTICS/ENGINEERING

Students design, build, and program robots to compete as small teams in VEX robotics competitions at state, region, world levels. Open to all; design/build times are flexible.

## SKATE CLUB

The Skate Club meets at CCH and at local skate parks to socialize and skateboard together.

## SKI CLUB

With over 100 participants, this club has group outings to Perfect North four times per year plus an annual ski trip to Winter Park, CO, over President's Day weekend.

## SPANISH CLUB

This club is dedicated to spreading awareness of the Spanish language and culture via fiesta day celebrations and activities for Foreign Language Week.

## SPIKEBALL CLUB

Weekly competition after school; Players of all skill levels are encouraged to come play some games with their friends and make new ones.



# House System

With CCH students from over 50 different grade schools, the House System provides a structure to help each student find his place as a member of one of six "Column" groups, as well as one of the smaller, multi-grade and bonded "mentor groups" within the Columns. Group members get to know each other (and the Mentor Teacher) well when they discuss current events, play games or have competitions! The main goals are interaction, camaraderie and support. Each Column earns points by member participation in "Marquee" events. One of the most noteworthy Colonel traditions, the Braveheart March, reflects the House System as marchers paint themselves in blue war paint and carry the Column crests. The "Colonel Classic" is a school-wide Column competition involving skills like Colonel cheers, pie-eating, wheelbarrow races, and tug of war. The Colonel House System benefits from strong student leadership, provided by multiple elected positions in each Column and Mentor Group. These leaders are responsible for motivating and role modeling for their group's members, and serving as liaisons to school administration.

## SPIRIT CLUB

CovCath is known for its "Crazy" spirit at athletic events and school functions. Open to all grade levels, this group plans game themes and pep rallies, makes spirit posters, and leads the cheer section. Follow @CCHSPIRITCLUB

## STOCK AND BUSINESS CLUB

The goals of this club are to understand the stock market, improve financial literacy, and build business networks.

## T.E.A.M.S.

T.E.A.M.S. (Tests of Engineering Aptitude, Mathematics and Science) is an annual hands-on competition involving practical applications of math and science. Members are selected based on grades and aptitude.

## CCH YEARBOOK - BLUEGRASS

Managed by the Journalism class, dozens of students contribute to the annual yearbook publication, via writing, editing, photography, design, and business record-keeping.



# Chamber Choir

The Chamber Choir represents CCH through concerts, community events, recording projects, all-school liturgies and graduation. The Select Choir learns about choral music in a fun, supportive atmosphere. Both have collaborated with university groups, including UK/UofL male choruses.