

RIDGEFIELD HIGH SCHOOL ATHLETICS

[Stay up to date on our RHS Athletics website](#)



RHS Dance team won the Hip-Hop category and was named **Grand Champion**, achieving the highest overall score at the “Dancin’ in the Woods” competition, their **fifth consecutive championship title**.

Photo provided by Simon Mendez.

WINTER REGULAR SEASON RECORDS

as of 1/13

Boys Basketball: 6-2

Girls Basketball: 5-2

Boys Ice Hockey: 3-4

Girls Ice Hockey: 4-5

Boys Swim & Dive: 3-0

Wrestling: 6-0

(ranked second in latest [CT Wrestling Online poll](#))

RECENT RESULTS

Indoor Track

2026 Yale HS Classic

Results [HERE](#)

FCIAC Qualifying Meet

Results [HERE](#)

Ski Team

Girls Race Day 1 Results

[HERE](#)

Boys Race Day 1 Results

[HERE](#)

Nutrition Notes: Why Nutrition Advice for Athletes Has Changed (and Why It Matters to You)

Jenn Giles, MS RDN



I'm sure you have heard by now that the new food pyramid recommendations were launched. The nutrition advice you learned growing up has officially evolved. To be honest, most of it is the same, just simplified, and that's a good thing. The new recommendations move

beyond "MyPlate" and focus on real, whole foods, cutting back on ultra-processed options, and supporting performance through hydration, sleep, stress management, and smart supplementation. But what does this actually look like for a high school athlete balancing training, school, and recovery? In this [blog post](#), I break down what's changed, why it matters, and how I would redesign the nutrition pyramid specifically for athletes to help them train smarter, recover faster, and perform better. Read the blog post [HERE](#).

January Upcoming Events:

2026 Gary Tiger Ridgefield Wrestling Challenge

Saturday, January 24, 9AM, RHS Main Gym

Wrestling Senior Night

Wednesday, January 28, 6:30PM, RHS Main Gym



CIAC In-Season Rule

A student who is a member of a school team after the first scheduled tournament, meet or game in any season shall not practice or compete with an outside team, or participate as an individual in non-CIAC tournaments, meets, tryouts, skills assessment, showcases or games in the same branch of athletics.

Once a school plays their first game, any outside participation by a team member in the same sport is a violation.

After the first tournament, meet or game of the CIAC season, a student competing or practicing with a non-CIAC team or as an individual in non-team sports is not eligible to become a member of the CIAC team or squad in the same branch of athletics.

If a school has played their first game, no student athlete who has been competing or practicing with a non-CIAC team in that sport can join the school team.

Connecticut Association of Athletic Directors

NEW SCHOOL RECORD

Kieran Boyle, 55m: 6.41

Senior sprinter Kieran Boyle broke the RHS 55m record (previously held by Austin von Ohlsen set in 2009) at the North Shore HS Invitational with a time of 6.45. Just this past weekend Kieran broke the school record **again** clocking 6.41 at the Yale HS Classic and is currently the top ranked Class LL athlete in two events, the 55m and 300m.

RHS Indoor Track Records [HERE](#)



Photo provided by Sarah Pomposello



Photo provided by Lisa Moore



Photo provided by Gregory Vasil



Photo provided by Gregory Vasil

Helpful Links



All team schedules linked [HERE](#)



Home game tickets linked [HERE](#)

GO TIGERS!