RIDGEFIELD HIGH SCHOOL

ATHLETICS

Stay up to date on our RHS Athletics website



On Monday, 5/26 our Unified Volleyball team took on RHS Staff Members in our annual clash! Thanks to Coaches Kaley Kowarick and Megan Calderwood for the photo!

FCIAC PLAYOFFS

HOME GAMES

Boys Lacrosse

Friday, May 23rd, Tiger Hollow 3PM vs. Wilton FCIAC Semifinals 5/27, Finals 5/29 @Wilton

Girls Lacrosse

Friday, May 23rd, Tiger Hollow 5PM vs. Staples FCIAC Semifinals 5/27, Finals 5/29 @ Brien McMahon

AWAY GAMES

Softball

Friday, May 23nd vs. St. Joseph's FCIAC Semifinals 5/27, Finals 5/29 @Trumbull

Boys Volleyball

FCIAC Qtrs. Friday, May 23rd vs. New Canaan FCIAC Semifinals 5/27, Finals 5/29 @ Stamford

Boys & Girls Outdoor Track

FCIACs, May 24th @Danbury

Girls Golf

Thursday, May 29th @ Country Club of Fairfield

RHS ATHLETICS

STATE TOURNAMENT PREVIEW

most brackets to be released 5/28-5/30

Boys Rugby

State Qtrs. @ Ludlowe 5/22

Boys Tennis

CIAC First Round 5/30

Girls Tennis

CIAC First Round 5/30

Boys Volleyball

CIAC Play in Round 6/2 OR 6/3

Baseball

CIAC First Round 6/2

Outdoor Track

CIAC Class LL 6/2, State Open 6/7, New Englands 6/14

Softball

CIAC First Round 6/2

Girls Golf

CIAC Tournament 6/11

AT HOME:

Girls Lacrosse

CIAC First Round 5/31

Boys Lacrosse

CIAC Second Round 6/4



End of Year Reminders!

Summer workouts are coming up! Keep your eye on RHS
SportsYou team pages for dates and annoucements. If you are looking to get connected, email ascammon@ridgefieldps.net for an access code

Summer is the perfect time to schedule an annual physical!

Physical forms are required for RHS athletics participation.

Physical forms are good for 13 months from the date of exam and can be emailed to RHS Head Athletic Trainer,

Rachel Marino,

rmarino@ridgefieldps.net

or to the RHS Health Office rhsnurses@ridgefieldps.net



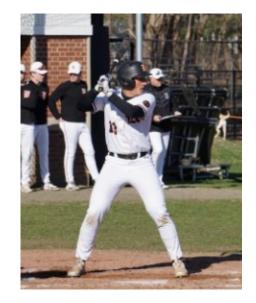
Attention Senior Athletes!

The Class of 2025 College-Bound Student-Athlete Photo will be taken in JUNF!

Further communication to come... check your emails and/or SportsYou!!

FCIAC SPRING EXEMPLARY SCHOLAR ATHLETES





Congratulations to Owen Dulecki and Peter Kaloutsos for being named RHS spring season FCIAC Exemplary Scholar Athletes!

More on Owen and Peter HERE





Unified Volleyball Staff vs. Students Game

Girls Tennis on their Senior Night!

Helpful Links



Team Schedules linked **HERE**



Be ready for postseason! CIAC Tournament Central Linked **HERE**

GO TIGERS!