

RIDGEFIELD HIGH SCHOOL  
**ATHLETICS**

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

**FREE CARDIAC SCREENING FOR  
RHS ATHLETES  
TOMORROW APRIL 3RD  
RHS STUDENT CENTER**

**PRE-REGISTRATION IS REQUIRED**

**Register [HERE](#)**

In A Heartbeat, a CT based nonprofit organization, will be providing free cardiac screenings (EKG's) on Thursday April 3 from 3pm-7pm at Ridgefield High School (Student Center). [CLICK HERE to learn more about In A Heartbeat.](#) EKG screenings can detect many (although not all) heart conditions which if untreated can lead to sudden cardiac arrest. If detected, the goal is to get them treated and get kids back to their lives. The 14 point screener and EKG can identify risk factors of sudden cardiac arrest (SCA). The event will be staffed with volunteer technicians who answer any questions you may have. Parents will receive EKG results from "In A Heartbeat" within two weeks.



In A Heartbeat



## All-State Recognition

**Jaden Brandt** named to  
**All-State Fencing Team**

for the second year.

Congrats!

## SPRING HOME OPENERS

### **Softball**

April 5<sup>th</sup> 11am vs. Mercy

### **Outdoor Track**

April 8<sup>th</sup> 4pm vs. Fairfield  
Warde

### **Baseball**

April 8<sup>th</sup> 4:30pm vs. Staples  
(Governor's Park)

### **Boys Volleyball**

April 9<sup>th</sup> 5:45pm vs.  
Danbury

### **Girls Lacrosse**

April 10<sup>th</sup> 4pm vs.  
Greenwich Academy

### **Girls Tennis**

April 14<sup>th</sup> 12pm vs.  
Bridgeport Central

### **Boys Tennis**

April 15<sup>th</sup> 4pm vs.  
Westhill

### **Girls Golf**

April 23<sup>rd</sup> 3pm vs.  
Newtown (Ridgefield  
Golf Course)

### **Next Up: Boys Rugby**

April 4<sup>th</sup> 5:30pm vs.  
Greenwich

### **Next Up: Girls Rugby**

TODAY April 2<sup>nd</sup>  
6:30pm vs. Simsbury



# GO TIGERS!

# HELPFUL LINKS



Team Schedules Linked [HERE](#)



Home lacrosse (boys and girls) game tickets available now on GoFan [HERE](#)

## FREE CARDIAC SCREENING EVENT



### In A Heartbeat

**WHEN ?**

Thursday, April 3, 2025  
3PM - 7PM

**WHERE ?**

Ridgefield High School,  
Student Center

**WHO ?**

Ages: 8-25

**WHY ?**

- An ECG is quick, simple, and painless
- An ECG can detect possible heart disease

In A Heartbeat, a CT based nonprofit organization, will be providing free cardiac screenings (EKG's). The In A Heartbeat Cardiac Screening Program is designed to help prevent death from sudden cardiac arrest by helping detect potential heart disease in children, teens, & young adults.

**PRE-REGISTRATION IS REQUIRED.**

[www.inaheartbeat.org](http://www.inaheartbeat.org)

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**CLICK HERE TO  
LEARN MORE**



**CLICK HERE  
TO REGISTER**

