

MVP Featured Athlete

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CJ Fredrick

Covington Catholic High School



One of the best basketball players in the state of Kentucky and a future Iowa Hawkeye, Covington Catholic senior CJ Fredrick is a three-year varsity starter at point guard and shooting guard for the powerhouse Colonels.

CJ, with teammate Aiden Ruthsatz, form one of the most prolific backcourt duos in the state, with CJ averaging about 21 points per game and Aiden averaging about 16 points a game.

CJ has had numerous big scoring games this season, including, scoring 35 points vs. NCC, 34 vs. Bowling Green, 30 vs. Franklin Simpson, 28 vs. Louisville Central, and 27 points each against Cooper, Florida Prep and Oak Hill, Indiana.

Battling injuries his junior year, CJ still managed to average 21 points-3.2 rebounds-2.6 assists per game. He helped the Colonels to a 29-6 record and a third straight 35th District title. He was 1st team NKAC Div. I for the second time, 1st team all-NKY (Enquirer) and honorable mention all-state. He also was named MVP of the 35th District tournament.

Active in community service, CJ's favorite athlete and most-like-to-meet is LeBron James, favorite entertainer is Drake, favorite book is Night by Elle Wiesel, and favorite movie is Radio.



NAME: CJ Fredrick

GRADUATING YEAR: 2018

SCHOOL Covington Catholic

GREATEST ACHIEVEMENT:
Signing Letter of Intent to play for U. of Iowa

INFLUENCE: Dad (Chuck), Uncle Joe

HEIGHT/WEIGHT: 6'4"-180 lbs.

BIRTHDATE: 7/10/99

PARENTS: Chuck & Laura

FUTURE GOAL: Play pro basketball or be a college coach

"CJ is one of the hardest workers I've ever had the opportunity to coach. He is constantly in the gym and is a great role model of how hard work and perseverance pays off. He has a complete game and what makes him so special is his unselfishness. He has been a great pleasure to coach."

– J Scott Ruthsatz, Basketball Coach

January 30, 2018