

# Ave Angels Multi-Sport Club

*God gave us faculties for our use; each of them will receive its proper reward. Then do not let us try to charm them to sleep, but permit them to do their work until divinely called to something higher. -Saint Teresa of Avila*

Farewell to Kateri who helped all the swimmers with her great coaching ! God Bless her in the new endeavors of her life.



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## We present our new coach Mary Kate:

Hi, my name is Mary Kate Waldow. I moved to Ave Maria in 2016 to work as a Residence Director for AMU. Before moving here, I was a high school English teacher. I started swimming at the age of 7 and swam through college. I've coached high school, club, and summer league teams, and I have a passion for swimming that I can't wait to share with the Ave Angels. In my free time, I enjoy going to the beach, reading, working out, and spending time with my husband and son, Peter.

## We welcome back Brianna:

Hi, my name is Brianna Hougham and I am a sophomore at Ave Maria University. I come from a family of 5 children and I grew up in New England. My favorite things to do are hiking, running and swimming. Swimming has always been part of my life because I started at 3 years old! In High school I volunteered as an assistant coach and instructor at the local YMCA and later became a Red Cross certified WSI. Last year I taught level one lessons for the Ave Angels Club. This year I am coaching level 3 Swim Team along with my level 1 lessons. I am looking forward to this coaching and teaching swim season.



## Fall's Tentative Schedule



SESSION	DAY	TIME
1A	Mon/Wed/Fri	3:55-4:25pm
2A	Mon/Wed/Fri	4:30-5:00pm
1B	Mon/Wed	5:20-5:50pm
2B	Mon/Wed	5:55-6:25pm
1C	Tue/Thur	5:20-5:50pm
2C	Tue/Thur	5:55-6:25pm
Level 3	Mon/Tue/Thur	4:30-5:15pm
Level 4	Mon/Tue/Thur/Fri	5:00-6:00pm
Level 5 / 6	Mon/Tue/Thur/Fri	5:00-6:30pm



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**Ave Angels Swim Club won 3<sup>rd</sup> place  
At the regional conference competition !**



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The regional swim meet was an exciting day for the team although it had to be shortened because of weather conditions. Ave Angels Club then organized a home competition to enable swimmers to improve personal time records.

	Silver	Gold	1+ Strokes
	Platinum	Diamond	4 strokes
3	>10%	>20%	
4	>10%	>20%	
5	>7.5%	>15%	
6	>5%	>10%	
Grad	>2.5%	>5%	

**GRAND SLAM AWARD:**  
Significant improvement on all  
4 strokes

**IMPROVEMENT AWARD:**  
Significant improvement on any stroke

GRAND SLAM AWARD						IMPROVEMENT AWARD					
Diamond			Platinum			Gold			Silver		
First Name	Last Name	AGE	First Name	Last Name	AGE	First Name	Last Name	AGE	First Name	Last Name	AGE
Derba	Boivin	12	Joseph	Adames	12	Francis	Adames	16	Edmund	Burke	7
Elizabeth	Burke	10	Maximilian	Allen	9	Gianna	Adames	14	William	Burke	5
Olivia	Burke	15	Mita	Boivin	8	Joshua	Koon	9	Marie	Hegele	6
Justin	Calderon	9	Joseph	Burke	12	Theresa	Leung	17	Claire	Koon	7
Matthew	Clark	11	Lillian	Burke	14	Joseph	Martinez	8	Mary	Martinez	10
Rachael	Clark	9	Martha	Burke	9	Xavier	Martinez	5	Yhadnel	Monfiston	8
Sophia	David	12	Jhoan	Calderon	8	Dhael	Monfiston	16	Miriam	Valle	6
Dominic	Leung	14	Kailie	Kent	12	Gemma	Niewald	7	June	VanHeusen	7
Gemma	Leung	9	Benedict	Leung	11	Sebatian	Niewald	12			
Athanasius	Niewald	10	Brandon	Martinez	8	John	Scheck	16			
Benedict	Niewald	14	Alexandra	McManus	10	Matthew	Scheck	11			
Aidan	Raiger	10	Declan	McManus	13	CJ	VanHeusen	8			
Coleman	Raiger	12	Scholastica	Niewald	11						
Sarah	Raiger	11	Ellie	Raiger	8						
Peter	Traver	13	Peyton	Rowe	10						
			Sarah	Rowe	8						
			Anne	Scheck	14						
			Benedict	Valle	9						
			Clement	Valle	8						

# Ave Angels Multi-Sport Club

*As gifts increase in you, let your humility grow, for you must consider that everything is given to you on loan*

Over 100 swimmers participate in our summer swim program. The more children can swim, the less drowning incidence. Let's keep swimming!!!

~ St. Pio of Pietrelcina



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## Saint Teresa of Kolkata's Quote

*"If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are"*

Level 1 Graduates	Level 2 Graduates	Level 3 Graduates	Level 4 Graduates	Level 5 Graduates	Level 6 Graduates
Maia Salazar John Barbosa Lydia VanHeusen Joseph Davy Gabriel Carter Krystiana Leung	William Burke CJ VanHeusen Miriam Valle Gemma Niewald	Elizabeth Burke Martha Burke Kailie Kent Sophia David Maximilian Allen Aiden Raiger Peyton Rowe Sarah Rowe Benedict Valle	Gemma Leung Declan McManus Athanasius Niewald Benedict Niewald Scholastica Niewald Sebatian Niewald Matthew Scheck Lillian Burke Anne Scheck	Benedict Leung Peter Traver	Olivia Burke Joseph Adames Derba Boivin Dominic Leung Gianna Adames John Scheck Theresa Leung



## USA Swimming/ASCA Motivational Time Standard

Age group time standards are designed to encourage swimmers to improve their swimming to the next level.

Two swimmers met this standard the 1<sup>st</sup> year, twelve swimmers did reached this level in the last season.

Set goal, work hard, push your limit, help each other = Ave Angels Swimmers



Age	First Name	Last Name	B	BB	A
12	Joseph	Adames	Breast	Front	
15	Gianna	Adames		Front	
16	Francis	Adames	Front		
8	Mita	Boivin	Front, Back, Fly		
12	Derba	Boivin		Breast, Back, Fly, IM	Front
9	Martha	Burke	Front, Back		
15	Olivia	Burke		Front	
9	Gemma	Leung	Fly, IM	Front, Back, Breast	
11	Benedict	Leung	Front		
14	Dominic	Leung	Breast	Front	
18	Francis	Leung		Front	
10	Athanasius	Niewald	Front, Back		
16	John	Scheck	Front		
12	Peter	Traver	Breast		

## Character Formation is the ultimate goal of training athletes

There is nothing more important than developing virtues and characters of young athletes. Helping them to become role models and leaders in the future is the mission of our club. Congratulation to the following outstanding young athletes who demonstrated their leadership qualities this year.

AWARD	RECEIPIENT
Leadership	Olivia Burke
Charity	Kailie Kent
Discipline	Gemma Leung
Perseverance	Peter Traver
Best Swimmers	Olivia Burke
	Dominic Leung
Rising Star	Sophia David
	Athanasius Niewald
Most Improved	Matthew Clark



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Ribbons, trophies, medals, and certificates: physical and moral efforts are acknowledged and rewarded. Thanks to our coaches Angela, Agnes and Francis, the team is stronger.



## Swimmer's Quote

"There is no such thing as overnight success. No matter what the endeavor, you have to put the time and effort. If you stick with it, you will be surprised at what you can achieve. The reality is that you are more capable than what you think."

Nathan Adrian



**THANK YOU TO THE  
LEUNG FAMILY FOR  
THEIR VISION AND  
DEDICATION.**

