

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.

~ St. Teresa of Avila, Doctor of the Church

Amazing finish for the Summer

We surprised the other teams and ourselves on our result this year. With about a little more than half the size of the winning teams, it was amazing that we got so close in scores. We credited the great result to three reasons: 1) Coach Kateri, Angela, and Agnes have done excellent jobs developing the swimmers characters and techniques; 2) The hard work that all the swimmers put in throughout the year; 3) The advice that we received from Coach Day of the Monterey team. He has been so nice and even gave us tips and advice on how to run the team. We are very grateful that our team has done well this year. When Coach Day told us that we were tied after about 3/4 of the day on the Championship meet, we were totally surprised.



Phone: (239) 867-4831

info@aveangelswimming.com

Challenge Yourself !!

We have a record breaking number of swimmers receiving improvement medals and Grand Slam Trophies. The result this year is extraordinary. Thanks to the hard work of swimmers and coaches. We are a much stronger team than a year ago. Great job!



Grand Slam

Improve on all 4 strokes significantly!

Improvement Medals

Improve significantly on any stroke.

Name	Grand Slam Award
Anne Scheck	Diamond
Athanasius Niewald	Diamond
Benedict Leung	Platinum
Benedict Niewald	Diamond
Claire Tamisiea	Diamond
Derba Boivin	Diamond
Dominic Leung	Diamond
Gemma Leung	Platinum
Gianna Adames	Platinum
John Paul Tamisiea	Diamond
John Scheck	Diamond
Joseph Adames	Diamond
Joseph Burke	Platinum
Lillian Burke	Platinum
Matthew Scheck	Platinum
Mita Boivin	Platinum
Olivia Burke	Platinum
Peter Traver	Diamond
Sebastian Niewald	Diamond
Theresa Leung	Platinum

Name	Improvement Awards	
Aiden Raiger	Gold	Silver
Alexandra McManus	Gold	Gold
Brandon Martinez	Silver	
Coleman Raiger	Silver	
Declan McManus	Silver	Silver
Elizabeth Burke	Silver	Silver
Elizabeth Koon	Gold	Silver
Francis Leung	Silver	
Gianna Tamisiea	Gold	Gold
Grace McQuade	Gold	Silver
Hope McQuade	Gold	Silver
Isabella Yarbrough	Gold	
Jhoan Calderon	Gold	Gold
Joseph Martinez	Gold	Silver
Joshua Koon	Gold	Silver
Justin Calderon	Gold	Gold
Liam McQuade	Silver	
Maria Buccheri	Gold	Gold
Martha Burke	Gold	Gold
Mary Martinez	Gold	Silver
Michael Martinez	Gold	Gold
Sarah Raiger	Gold	
Scholastica Niewald	Silver	
Xavier Martinez	Silver	

Saint Teresa of Kolkata's Quote

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

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

~ St. Pio of Pietrelcina

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



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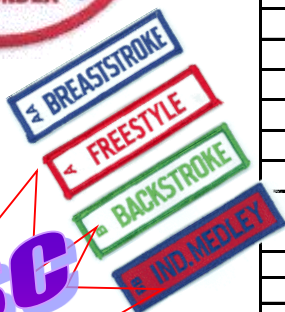
Level 1 Graduates	Level 2 Graduates	Level 3 Graduates	Level 4 Graduates
Brogan McQuade	Brandon Martinez	Anne Scheck	Benedict Leung
Isabel Jahnke	Emily Graham	Athanasius Niewald	Claire Tamisiea
June Vanheusens	Laura Ospina	Benedict Niewald	Peter Traver
Magdalen Jonas	Liam McQuade	John Paul Tamisiea	
Maria Lucia Rodriguez	Paul Jahnke	Joseph Burke	
Matthew Graham	Sophia Buccherri	Lillian Burke	
William Burke	Sophie David	Matthew Scheck	
	Xavier Martinez	Mita Boivin	
		Scholastica Niewald	
		Sebastian Niewald	

USA Swimming/ASCA Motivational Time Standard

Age group time standards designed to encourage age group swimmers to step their swimming up to the next level.

We started with 2 swimmers meeting the standard the first year to 12 this year.

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



AASC TEAM

First Name	Last Name	Age	B	BB	A
Martha	Burke	8	Back		
Gemma	Leung	8	Front, Back, Breast		
Benedict	Leung	10	Front, Back, Breast		
Joseph	Adames	11	Fly	Front, Breast	
Derba	Boivin	11		Back, Fly	Front, Breast
Claire	Tamisiea	11	Front, Back		
Dominic	Leung	13	Front, Breast		
Gianna	Adames	14		Front	
Olivia	Burke	14	Front		
John	Scheck	15	Front		
Theresa	Leung	16	Front		
Francis	Leung	17	Fly, Breast	Front	



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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 demonstrated their leadership qualities this year.



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AWARD	RECEIPT
Leadership	John Scheck
Charity	Claire Tamisiea
Discipline	Dominic Leung
Best Swimmer	Derba Boivin
Rising Star	Anne Scheck
	Sebastian Niewald



Triathlon and 5K Race is coming soon. Start training Today!



Upcoming Events

FALL SCHEDULE (TENTATIVE)

FALL	Mon @ Water Park	Tue @ Water Park	Wed @ Water Park	Thur @ Water Park	Fri @ Immokalee
Guppy	(A) 5:15pm - 5:45pm		(B) 5:15pm - 5:45pm		
Seal	(A) 5:15pm - 5:45pm		(B) 5:15pm - 5:45pm		
Dolphin Jr	5:15pm - 6:15pm		5:15pm - 6:15pm		5:30pm - 6:45pm
Dolphin Sr.	5:50pm - 7:15pm	5:15pm - 6:30pm	5:50pm - 7:15pm		5:30pm - 6:45pm
Shark	5:50pm - 7:15pm	5:15pm - 6:30pm	5:50pm - 7:15pm	5:15pm - 6:30pm	5:30pm - 6:45pm

Michael Phelps's Quote

"You can't put a limit on anything. The more you dream, the farther you get."

#1: 5K Run/Walk

#2: TRI-FOR-ALL Event

Swim or kick with board for 25 meters
Bike (2 or 3 wheelers) - 1.25 mile
Run/ Walk - 400 meters

#3: OPEN Triathlon Event

Swim 75 meter
Bike - 2.75 miles
Run - 1.25 mile

http://aveangelswimming.com/2016_5k_triathlon_race

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