

WESTSIDE OF THE VALLEY ATHLETIC NEWS

Volume 1, Issue 1

WC Athletics Bi-Monthly Newsletter



**VISIT OUR WEBSITE
FOR UPCOMING
EVENTS 9/24-10/5**

grwestcatholicsports.org

**ATHLETIC DEPT.
FUNDRAISERS**

Craft Show
December 1

To Assist Contact:

meganpittman@grwestcatholic.org

**SPIRIT STORE
HOURS**

Friday's 3-4

For further information contact:
adamantor@grwestcatholic.org

**WINTER
ATHLETES - IS
YOUR PHYSICAL
ON FILE?**

SWAAG GROUP

WHAT IS SWAAG?

In sending the inaugural athletic department newsletter, I wanted to introduce an amazing student-led group formed to increase cultural awareness, sportsmanship and improve our culture.

A couple of weeks ago the executive members of our Students of West Athletic Advisory Group (SWAAG) attended the OK-Conference Sportsmanship Summit. The focuses of the summit were on the core values of an athletic department, sportsmanship/culture and cultural awareness.

Our SWAAG team meets every other Friday and has many goals. We determined our main priorities to be: to develop student-athlete leadership skills by providing tools; to enhance school spirit by recognizing and celebrating all of our student-athletes and programs; to provide continued community outreach and to promote social and cultural awareness. One important part of our work was defining what "culture" meant to a high school student-athlete and we discussed ways to improve and enhance the overall experience.

In an effort to align our school and athletic department, we worked on our values for the athletic department. We chose the acronym, RISE UP. As we went through words for each letter we had a deep discussion on the meaning and how each word relates to our faith and athletics. Our next action item is displaying this and best practice in promoting.

Respect
Integrity
Sacrifice
Excellence
Unity
Passion

GO WEST!

Denny Krynicki

SENIOR SPOTLIGHT-DANA WILA

What sports do you participate at WC?

Softball, Volleyball, Basketball.

What coach or teacher has made a positive impact on your life?

All of my coaches have made a positive impact in some way.

What are your favorite subjects at WC?

Biology and Anatomy.

What teachers have been your favorite at WC?

Mr. Hyland and Mrs. Check.

Describe one of your favorite memories playing at WC.

Beating CC at home in volleyball in three sets

What are your hobbies?

Camping and jamming to Usher.

What are you favorite sports teams?

Detroit Tigers and UofM basketball team (Jordan Poole is my boy)

"Don't forget to
enjoy it and have
a good time."

—Dana's advice
to incoming
athletes



SENIOR SPOTLIGHT-MITCHELL DOYLE

What sports do you participate at WC?

Football, Basketball, Baseball

What coach or teacher has made a positive impact on your life?

Darren Smith (Football Defensive Coordinator). He called me out on the first day of varsity football practice, during the first drill. It was that failure which was the fuel to improve my skills. Failure happened often in the beginning of that season. Although failure is discouraging anytime in life, it's inevitable. You begin to ask yourself how bad do you want to be successful? That practice was the turning point in my sports career at WC because I learned that nothing would ever be given; you have to earn it. Coach Smith's constant motivation and encouragement at practice to perfect your technique, over communicate, and to never take a play off is what makes him a great coach.

What are your favorite subjects at WC?

Business Management, Pre Calc, and Sports and Leadership

What teachers have been your favorite at WC?

Mark O'Toole, Brett Lynch

Describe one of your favorite memories playing at WC.

My favorite memory was last year in the state championship game against Swan Valley when our defense got a big stop on fourth down.

What are your hobbies?

Playing video games with my friends and working outside

What are you favorite sports teams?

Detroit Lions, Tigers, and Red Wings

"Get in the weight room as soon as possible and make sure school comes before Athletics"

—Mitch's advice to incoming athletes





COACH'S SPOTLIGHT

Varsity Boys Tennis - Mr. Lynch

How long have you been involved in coaching?

I have been teaching tennis since high school, and started coaching at the high school level in 2014.

Why do you coach?

I grew up in a tennis family. Tennis has given a lot to my family and I and this is my way of giving back to the sport. I love getting kids that would otherwise never pick up a tennis racket to play the sport the correct way.

Describe one of your favorite coaching memories.

Winning regionals in 2017 with the girls. They worked so hard for three years to get to where they needed to be. Seeing the excitement on their faces made all the hard work worth it. I also cherish every day I get to coach alongside my mentor, Lori Shymko. She was my coach in high school and is the secret to all of our success here at West.

MR. LYNCH FACTS

High School
Port Huron

College
GVSU

Hobbies
Platform Tennis
Hiking
Camping
Fishing

Sports Team
Go BLUE!
Red Wings
Tigers