

# WESTSIDE OF THE VALLEY ATHLETIC NEWS

Volume 1, Issue 2

WC Athletics Bi-Monthly Newsletter

## EDUCATIONAL ATHLETICS

Coordinating Educational Athletics into West Catholic High School

The West Catholic High School Athletic Department views athletics as an opportunity to extend the school's mission onto the competition field. By forming Disciples of Christ through a dynamic, excellence-driven Catholic education, athletics continues to develop important values such as loyalty, self-sacrifice, team unity and unselfishness. Challenging young athletes in our programs to embrace these qualities, we achieve our goals in the classroom and during their athletic endeavors.

Athletic competition instills discipline and trust in one another. When athletes dedicate themselves to the unselfish trust that combines instinct with integrity and effort, they are ready to soar to new heights. Hard work and discipline are the best morale builders and success comes from using these builders on a regular basis. Teammates share no greater satisfaction than when they accomplish a goal because each individual put forth the effort to meet that goal.

Our programs continue to foster the work habits necessary to prepare student-athletes to reach their full potential. Dedication, discipline, responsibility and commitment are important characteristics that form true Disciples of Christ.

GO WEST!  
Denny



**VISIT OUR WEBSITE  
FOR UPCOMING  
EVENTS 10/8-10/19**

[grwestcatholicsports.org](http://grwestcatholicsports.org)

**ATHLETIC DEPT.  
FUNDRAISERS**

Craft Show  
December 1

To assist contact:

[meganpittman@grwestcatholic.org](mailto:meganpittman@grwestcatholic.org)

**SPIRIT STORE  
HOURS**

Fridays 3 p.m. - 4 p.m.

For further information contact:

[adamantor@grwestcatholic.org](mailto:adamantor@grwestcatholic.org)

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

## SENIOR SPOTLIGHT-NALLELY RAMOS

What sports do you participate in at WC?

Swimming.

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

Coach Trent has been a positive impact on my life. He has taught me how to push myself to be able to achieve my goals.

What are your favorite subjects at WC?

English and Anatomy.

What teachers have been your favorite at WC?

Mrs.Check, Mr.Nugent and Mr. Rolf.

Describe one of your favorite memories playing at WC.

The bus rides to our meets. We always listen to music and sing along; it's always a great time with them.

What are your hobbies?

Swimming and dancing.

What are you favorite sports teams?

Detroit Lions.

"Get involved with clubs or sports. It's a great way to meet new people and become great friends with them."

—Nallely's advice to incoming athletes



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## SENIOR SPOTLIGHT-LINDSEY REENS

What sports do you participate in at WC?

Golf.

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

My PGA professional Brandon. He's always taken the time with me to develop my full potential in the sport I love so much, golf.

What are your favorite subjects at WC?

English and Anatomy.

What teachers have been your favorite at WC?

Mr. Beaudoin, Mr. Lynch and Mrs. Check.

Describe one of your favorite memories playing at WC.

Participating in states in 2016.

What are your hobbies?

Camping, kayaking and spending time outdoors.

What are your favorite sports teams?

MSU, Green Bay Packers and Chicago Cubs.

“Work hard, set goals and most importantly have fun.”

—Lindsey's advice to incoming athletes





## SENIOR SPOTLIGHT-COLIN BACON

What sports do you participate in at WC?

Track and cross country.

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

Mr. Lynch has made a positive impact on my life. I've always enjoyed talking to him about music and the bands I'm going to see.

What are your favorite subjects at WC?

My favorite subjects are my STEM classes and any history classes I've taken.

What teachers have been your favorite at WC?

Mr. Lynch, Mr. Beaudoin and Mr. Nawrocki.

Describe one of your favorite memories playing at WC.

One of my favorite athletic memories was sprinting the final straightaway on the 3200m and looking over to see my dad sprinting along the bottom of the bleachers while cheering me on.

What are your hobbies?

Bass guitar, video games, reading, seeing live bands and painting.

What are you favorite sports teams?

I don't have a favorite sports team.

"Join a sport,  
because it offers  
good opportunities  
to meet new  
people in an  
unfamiliar school."  
—Colin's advice to  
incoming athletes



## SENIOR SPOTLIGHT-CHASE BSHOVEN

What sports do you participate in at WC?

Soccer, track and cross country.

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

Coach Duba, has made a positive impact in my life. She has been my coach for a few years now and she has really helped improve as an athlete and runner. When I started running, I did not see running as something I loved, I just saw it as a thing to help me get in shape for my other sports.

What are your favorite subjects at WC?

English, Art, Video Production, Health, Sports and Leadership.

What teachers have been your favorite at WC?

Mr. Lynch, Mr. Beaudoin, Mr. VanDyke and Mr. Dolci.

Describe one of your favorite memories playing at WC.

Running at Regionals for track. It is one of the times where the whole team is most excited to compete and everyone comes together to perform at our best. I just love when everyone is encouraging each other and all the parents are screaming during the race. When the stakes are higher is one of the best parts about running.

What are your hobbies?

Movies, video games, wiffle ball, exercising and basketball.

What are you favorite sports teams?

U of M, all Detroit teams and Real Madrid.

"Expand your horizons and just try different clubs and teams because you may find new interests." — Chase's advice to incoming athletes







## COACH'S SPOTLIGHT

Boys and Girls Cross Country, Boys and Girls Distance Track  
- Mrs. Duba

How long have you been involved in coaching?

I've have coached four years at the high school level and eight years at the junior high level.

Why do you coach?

I love this age group; want to give back anyway I can. I love this sport!

Describe one of your favorite coaching memories.

There are two times: once in high school cross country and once in junior high track. In each instance, a separate parent commented that they saw one of my runners (two different girls) who had finished her race and go back and finish again with a slower, struggling runner to help her finish. The empathy and compassion were commendable. This is how you make a sport that seems individual into a truly team sport, by supporting one another!

### MRS. DUBA FACTS

High School  
Greenville

College  
Butler  
Franciscan  
Michigan Tech  
Calvin

Hobbies  
Family  
Travel  
Biking  
Running  
Reading  
Hiking  
Volunteering  
Swimming

Sports Team  
MSU  
Michigan