

ST. AMANT HIGH SCHOOL ● 12035 HIGHWAY 431, ST. AMANT, LA 70774 ● ISSUE 7 ● OCTOBER 2024

STA Swim: Ascension Parish champs

BY: JAILYN MARTIN Gata Data Reporter

The St. Amant High School swim team has shown its ability to achieve its goals through determination. St. Amant won against Dutchtown, Prairieville, Ascension Catholic, Ascension Christian, and our known rival East Ascension, leaving them victorious in the Ascension Parish swim meet. With this outstanding performance, they are now considered the number one

"Swimming is not just about winning. It's about meeting your individual standards, beating your time, and doing your best," said Head Coach, Jessica Kling. Over the course of this season, the team has made drastic changes to their performance. Most of the swimmers have improved their individual swim times and have achieved at least one personal best throughout the season.

Star players Libby and Emmy Wilkinson as well as Ava and Lia Ostendorf (who are a senior and sophomore respectively). got first place in Ostendorf (who are a senior and sophomore respectively), got first place in their events. The swimmers who placed first in the 200 freestyle relay were Emmy Wilkinson, Emilee Becnel, Ryder Latiolais, and Kelan Dupont. St. Amant placed second in the 200 medley and 400 freestyle. "Swimming has taught me perseverance, I'm always thinking about what I can do to improve my personal record, no matter if I add time I'm still thinking about what effort and technique I put in, so at practice I know what I need to work on," said Libby Wilkinson. While swimming is a team sport the individual swimmers do not heavily rely on each other at meets, giving them the opportunity to showcase their own abilities.

opportunity to showcase their own abilities.

Swimming can prove that having individual goals for events helps the team in the future because it teaches them perseverance and goal setting. "If they don't reach their goals or if a setback takes place they can ask themselves "what do I need to do to fix it?" Swimming teaches them problem solving as

The main goal we try to tell them is to beat your time and do your best. Hopefully, they'll score points but if not, as long as you improve

yourself," said Kling. Swimming is both an individual sport and a team sport. Coach Kling speaks of the team as a fantastic community to be around. With others supporting their peers it shows how a little encouragement can go a long way.



PHOTO CONTRIBUTED BY STA SWIM ON FACEBOOK STA Swim team posing before the Ascension Parish swim meet at Jambalaya Park on Wednesday, October 2.

Faculty Feature: The new faces of STA

BY: MICHAEL MUMPHREY

Gata Data Reporter

Due to the opening of the new Prairieville High School over the summer, multiple teachers left St. Amant to teach at the new institution. As a result of the departures, many new teachers have been recruited at St. Amant to fill in the gaps. Look below to meet some of them!

Sean Bray: Biology teacher and husband to St. Amant Choir director Sara Bray, Sean Bray began teaching four years ago at Galvez Middle School. Before that, he worked various other jobs and thought teaching would be "a new challenge" for him. Due to his experiences teaching middle schoolers, he believes that teaching high school Biology I is no different. When asked about how he has been adjusting to the changes from middle to high school, such as a semesterly to the changes from middle to high school, such as a semesterly schedule, Bray takes it one step at a time. "I'm not here just to get done with my day," Bray stated, "I'm here to make sure that my students are getting what they need.'

Keller Kishneck: Originally a Music Education major, Mr.
Keshnick dropped his previous degree to pursue English Education. "A lot of which you work in in the high school and middle school setting with music has to do with just the basics of how to play the instrument," said Keshnick. "I was a lot more interested in the creative aspect of music. You can't really get to that aspect without those fundamentals. With English, you have the opportunity to still do some really creative things." Keshnick affirms that in his time at St. Amant, the faculty and students have been nothing but supportive of his tenure. He especially enjoys listening

supportive of his tenure. He especially enjoys listening to his students, a majority of which in the Jumpstart program, talk about their passions. "I have so many that are so smart, you can listen to them talk about the mods that they wanna do on their cars, their trucks, fixing up machinery. That's all super difficult stuff that not just anybody can do, and they all know so much about it.

Betsey Baldwin: Coach Bestey Baldwin was inspired to teach through a program she was in during her high school career at STA called "Teacher Cadets" (known today as "EdRising"). When asked her adjusting, Coach Baldwin said that the student body and faculty have made her transition easier. "I definitely think the student body has been welcoming and my colleagues have made the transition very nice." commented Baldwin. When asked about the differences between high school and middle school,
Baldwin cites the differing needs. ""I think high
school brings a different set of needs that middle
schoolers don't have because they are further enough
in their adult lives." explained Baldwin.

Kristen Avocato: An English teacher at St.

Amant, Kristen Avocato was inspired to teach due to the efforts of two teachers she had in her junior year of high school. Before that point, Avocato was "one of those kids who had a new dream career every couple of months." The two teachers helped her in various

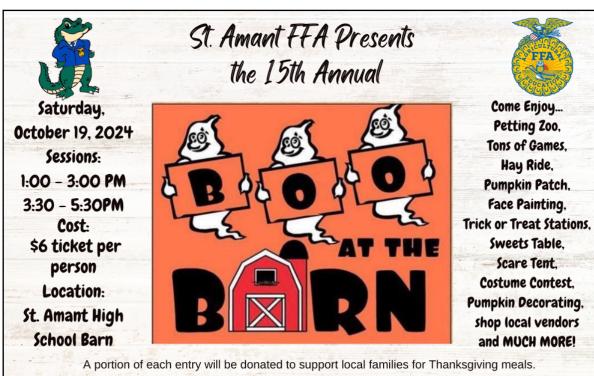
ways. One helped her realize her imperfections and room for improvement. "It was the first time I realized that I'm not perfect and I'm not the best at this, I can improve. The second teacher inspired her to use her positive attitude to change lives. "The two together was like a yin-yang thing," Avocato affirmed, "and they combined and inspired me." The effect of the teachers can be seen in Avocato's teaching methods. "I want to challenge those kids." but I also know that at the methods. "I want to challenge those kids...but I also know that at the end of the day, the content is not the most important thing. The most important thing is to love the kids..." Avocato said.

Evan Rainey: English II teacher, Mr. Evan Rainey, started as a restaurant manager of multiple establishments throughout Baton Rouge. After COVID rendered the hospitality industry unworkable, Rainey used his experiences with English to get him a teaching position. The transition has not been easy for Rainey, however, considering he is a Gator alumnus, and his sister is English teacher Morgan Green, he says, "It feels like coming home, in a way." One thing that is still weird for Rainey to get used to is the fact that some of his coworkers are the same people who taught him not long ago. "Many of the teachers here did teach me and it is very strange for them to ask you to call them by their first name or talk to them or go out to dinner with them"

first name or talk to them or go out to dinner with them."

Along with these teachers, a few other new teachers have recently joined the St. Amant family. Look out for their bios in a future

issue!

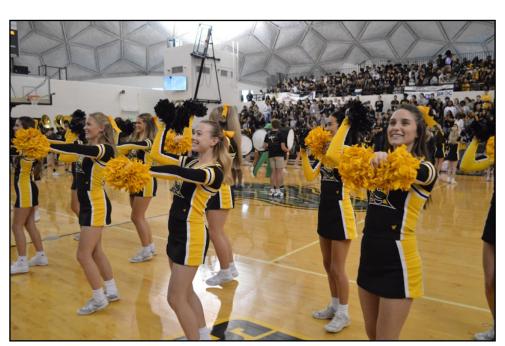


Issue 7 October 2024 Page 2





St. Amant High School held their first st. Amant High School held their first pep rally of the 2024 football season to prepare for their big game against Dutchtown on Friday, October 4th. The pep rally consisted of students gathering in the Gold Dome with fun games and activities, along with spirit from our Gatorettes, Cheerleaders and Colorguard members. The Spirit stick competition, a contest as to which class level can be the loudest ended with a senior victory. loudest ended with a senior victory.



Pep Rally Photo Collage



STAFF PHOTOS BY MICHAEL MUMPHRE