



The Gata Data

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Gymnastics team flips into a new season

BY: ALEXANDRA TOSTE
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St. Amant's Gymnastics team competed at their first meet at Baton Rouge High on March 7. The girls tried their hardest even though they had many tough competitors. Junior Alon Washington competed level 4 and reached a great score of 9.75 on bars and also achieved a 9.5 on vault. Sophomore Gracie Amedee competed as a level 3 and scored 9.7 on vault and 9.5 on beam. Natali Aucoin, sponsor of the gymnastics team said, "I am super proud of the girls for getting through the first meet. The girls now know what to expect for the next meet and they are able to reflect and make adjustments to perform even better next time," when asked about their performance this past weekend.

The girls have been preparing for this meet since their tryouts in September. They have one practice a week on Thursdays for an hour and a half. However, March 5 set the reality for these girls, "this final practice before the first meet was a major practice for everyone, as we ran that practice as if we were competing, this allowed everyone to have an idea on where they stood for the competition on Saturday," said junior Paige Gomez. Each girl excels in



different skills and events, however each girl has their own weakness. "Level 3 excels on vault but struggles on bars. Level 4 excels on bars and vault and struggles on floor," Aucoin says. The girls each have something to work on individually to boost their scores.

However, for their team scores, they have to work together and build each other up. "The team can be mentally and physically stronger, we have a higher chance of performing better when everyone's energy levels are on the same page," says Gomez. Their coaches emphasize the little things like sticking every landing, straight lines with pointed toes and hitting every pose with good presentation. Since gymnastics is a sport where the girls have to be judged individually from their performances, they can ease their mind. Junior Celia Piazza says, "I handle the pressure by distracting myself by talking to my friends." However some use the pressure to perform, "I let the nerves charge my body during the routine. I always tell myself that I can only control myself so I do not worry about my competition's performances," says Gomez.

The girls have their next meet March 28 at Baton Rouge High School and we wish them good luck as they continue through their season.

Stress less: FFA's way to decrease stress at STA

BY: HAYDEN LOUPE AND ALLY MECHE
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March can be known as a busy and stressful time for many students and faculty, as it comes with Midterms, ACT Testing, grade finalization and many more deadlines.

Stress can bring many risks and conflicts, for example, according to PubMed Central, chronic stress can weaken the immune system, making the body more vulnerable to infections. It can also have a major impact on relationships, school performance, and someone's overall well-being. Another danger of stress is that anyone and everyone is susceptible to it, and avoiding overall stress or anxiety can be hard, especially in adolescence.

According to the National Institute of Health, stress is one of the largest factors that makes students doubt themselves. As students start doubting themselves, the worse their mental health becomes and shows more in their school work. Academic stress is a huge reason for why many students fall behind, as pressure builds up it becomes too much and can seem like there is a never ending pile of work to do. Students not only

struggle with academic stress, but they also stress over other various things that do not include their academics. Students are expected to show up to school for seven hours, have all work in class finished on time, have homework, and are still expected to have a social life. This can seriously affect teens. Students' brains aren't fully developed, yet they still are expected to behave and function as if they are a full grown and developed adult. While students struggle with tons of stress, so does the faculty. The faculty is working 40 hour weeks and often spend time at home finishing grades and lesson planning, while also having things of their own personal lives to manage. Teachers have the stress of getting everything done for their hundreds of students and also having to take care of their own families. Balancing both can be difficult since a lot of work goes home with them causing a lot of stress.

Stress can feel overwhelming and unbearable, which is why St. Amant High faculty focuses to provide various outlets and events for students who are struggling, such as counselors to assist with academic and personal issues, as well as clubs like Gator to Gator.

This week, St. Amant FFA hosted their second annual "Stress Less" event, featuring their very own companion animals for students to visit and interact with, including goats, chicks, rabbits, and a dog. This event started last year, and was brought



back this year because of its success and support, and experienced a 20% increase in participants. "Last year we had a lot of seniors on the FFA leadership team..when we talked to them about it they wanted to help our students, staff, and relax." FFA sponsor Mandy Delaune says.

Students at the Stress Less event were also presented the opportunity to make bracelets, with colors representing personality traits, as well as stress toys for the week. "Our goal is to have an outlet for students and staff, and we hope that they utilize these events, and we hope to be able to host it for longer than a day next year." Delaune says.

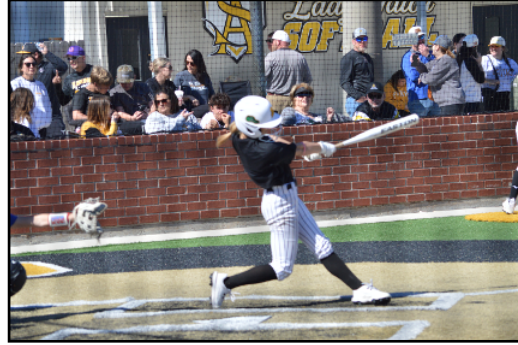
Lady Gators knock a few wins out of the park

By: RAEGAN ELISAR
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The Lady Gators softball team had an exciting week on the field, earning two wins with powerful hitting, strong pitching, and solid defense. The team first won against Destrehan in a 16-1 game before following it up with a 6-3 win over Prairieville.

In the game against Destrehan, the team finished the night with 16 runs and 15 hits, putting up one of their strongest offensive performances of the season.

Junior Olivia Johnson got three hits and five RBI's. Two of those hits were home runs, which helped get a lead. Sophomore Devin Tanner also had a great game offensively, hitting two home runs and getting 4 RBI's. Senior Brooke Rabalais went a perfect three for three at the plate with four RBI's. Sophomore Kaydi Landry finished the game two for two at the plate. Sophomore Madeline Stevens recorded three hits in three at bats and



scored two RBI's. While the offense helped the scoreboard, sophomore Kyndall Landry took care of the rest in the circle. "It was definitely a

little more competitive knowing it was a district game and I always want to win for my team."

The Lady Gators carried the same energy into their next game against Prairieville, where they also had an early lead. Senior Bailey Ducote had a base hit and Rabalais hit her in for the first run. Johnson also stepped up to the plate and hit a home run.

In the second inning, the Lady Gators added another run when Ducote hit Kenley Triche home to make the score 4-2.

Johnson then hit her second home run of the game followed by Tanner later getting on base, and Kaydi Landry hitting her in making the lead 6-2.

Kyndall Landry once again had a great performance in the circle, striking out 12 batters to secure the win.

The Lady Gators are a very well rounded team and are becoming a tough competitor this season and we wish them the best of luck.



A snippet of Film and TV Production

By: GRACE AVANTS
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Are you interested in creating short films, learning editing, or watching and analyzing movies? If you are, a great class for you to take is Film and Tv Production taught by Mr. Gilmore, who is also the teacher of Gator Nation News (GNN). Film class lets you explore how the camera works and learn different types of camera shots. Not only do you get to create your own short films throughout the class, you also watch movies and analyze the methods behind shots in the film. If you are intrigued or enjoy watching movies and would like to go further into depth this class does it all, "I got drawn into taking this class because everyone watches movies and I wanted to know what happens behind the scenes," Brody Clift said.

Throughout a semester in film class you create numerous short films including a silent film, an interview, a documentary, a music video, and many other types of videos. A silent film is a film with no speaking throughout it, Liam Wilkinson said, "my silent film has been my favorite, it was our first project we had and it just means the most." The class really prepares you for if you are interested in creating films out of school as

well. Many students who have taken film or who are currently in film have gone on and created their own films, "We learn a lot from Mr. Gilmore's class so it would be easy to make a short film," said Jerry Magee.

Taking film is also a good way to prepare yourself if you are interested in joining GNN for rising junior and seniors, but it is not required or necessary to take this class for you to be accepted into GNN. Taking Film and Tv Production gives you skills that carry on into GNN due to your prior background of camera and editing skills. "Students who have taken my film class have come into GNN with skills and it helps them a lot," Gilmore said. If you want to go further than GNN, film and tv production provides skills to set up a successful ride for going



into college for film or a job in pursuing a career in film. "It's just a sampling of what the whole industry has to offer and you can kinda learn if it's something you want to pursue in college," Gilmore said. Overall Film and Tv production is a fun educational experience that can make you fall in love with the art of film.

Gator Baseball takes down 2nd-ranked Zachary Broncos

By: BRYCE LONIDIER AND BROOKE PIERCE
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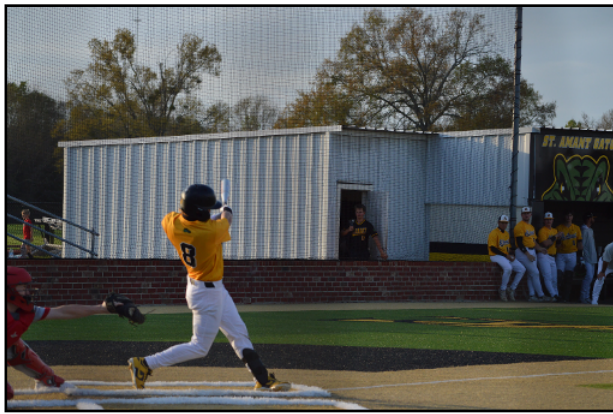
On Monday March 9 the St. Amant High School Gators baseball team beat the second-ranked, Zachary High School, with a 4-2 victory. In previous games, the Gators have been struggling. However this game proved that the Gators are improving and continuing to grow as a team. After falling behind early in the game against Zachary, the team stayed focused and worked to shift the game in their favor. Around the 4th inning the Gators began to find their rhythm and start to score runs. The team's energy and determination helped them hold off Zachary and secure the win. Senior Layton Delaune said that this game was a great way for the Gators to get back into the winning column.

The game against Zachary was a team effort by the Gators. Delaune states, "I think we finally came together as a team and made big time plays." By learning



from past games, the Gators were able to make improvements in their performances and become victorious over Zachary. "It felt good getting a win against a big team after losing a bunch of close games," Junior Cohen Robert said. Although some players felt that they could have done better, overall the team worked together to secure this win.

In the last inning of the game, Senior Landon Blanchard came out to pitch. Blanchard struck out the first batter and then got two more outs. Blanchard plays shortstop and doesn't pitch much, but when he did some would say it was pretty clutch. "Doesn't really pitch much and he had the opportunity to close out the game and get us a win," Delaune comments.



St. Amant's future educators compete at Nicholls State University

By: ALYSE DUPUY
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St. Amant's EdRising students went to Nicholls State University to showcase their skills within an atmosphere filled with other future educators. Many students placed exceptionally well within their chosen categories. Students competed in categories such as the EdRising Moment, Creative Literature, Interactive Bulletin boards and Public Service Announcement.

Students prepared in various ways for the conference. Before the process could begin, students first had to choose what category they would compete in. Ed Rising teacher, Mrs. Morgan Green says, "Students researched, found an issue in education, created an outline, wrote a speech, created a visual, then practiced and then said their speech." After students chose their desired topic to discuss, students had to go through a realistic process of "going through the rubrics, looking through the criteria and gathering materials," according to Mrs. Green.

This trip gave students and others the insight of the complete devotion that teachers must undergo in order to make sure the needs of their students are being fulfilled. "A lot of people believe that teaching is just easy, but they don't see what happens behind the scenes," Junior Kian Delhommer says. With all of the hard work and dedication put forward, the conference also taught students how to be confident within themselves. "I

learned that I really should be more proud of my work. I managed to create an entire children's book by myself within about one to two weeks," says Junior Sam Manuel.

Students thoroughly enjoyed the trip. There were plenty of ways to interact with other future educators. "Doing the little projects they had like making bracelets and clipboards was very fun!" according to Manuel. By connecting with others along the way, the trip was extremely inspiring, says Delhommer. The conference also allowed students to connect with current educators. This allows for more networking within the education aspect, which is "extremely important," stresses Delhommer. Networking within the field of education is a strong foundation for a future career. Mrs. Green says that she is very proud of her students' hard work, and plans to take future Ed Rising members to the trip next year as well.

In EdRising Moment, Junior Cara Waguespack placed first, Senior Isabella Hood placed fourth and Senior Esly Coronado placed fifth. In Creative Lecture, Junior Kian Delhommer placed first. In Interactive Bulletin Board, Junior Madeline Gautreau placed third. In Children's Literature, Junior Sam Manuel placed first. Lastly, in Public Service Announcement, Juniors Keegan Fricke and Britain Hernandez placed third. Congratulations to all who placed! Go Gators!



‘Leading the Change’ in Women’s History Month

By: KHLOE GUFFEY
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March is National Women's History Month and has been celebrated for 39 years beginning in 1987. Woman’s History Month began as Woman’s History Week, from March 2-8, in Santa Rosa, California and over time different communities began to adapt the celebrations. President Jimmy Carter was the first United States president to recognize the week in 1980, and through 1981-1986 Congress passed a legislation to make the week into a month. Each year a nonprofit organization called the National Woman’s History Alliance selects a theme for the month to honor the women who are creating the future of equity, justice and an opportunity for all. The theme for 2026 is “Leading the Change: Women Shaping a Sustainable Future.” This theme is meant to honor the women who are rebuilding and reimagining the system to help the long-term sustainability of the environment, economics, education and society.

History has been shaped by many women of different races, ethnicities and backgrounds. Some women who have shaped history include Kalpana Chawla, Katharine Graham and Ibtihaj Muhammad.



Kalpana Chawla was a NASA astronaut and aerospace engineer. She was the first American woman of Indian descent who made it to space. Chawla went to the University of Colorado Boulder and got a PhD in aerospace engineering, and in 1994 she was one out of 20 candidates selected out of 4,000 to be accepted into NASA’s astronaut program. In November 1997 Chawla went on her first mission, Chawla and crew went to space and went around Earth’s orbit 252 and returned in December 1997. On January 16, 2003 Chawla went on her second and last mission. The crew performed 80 experiments in just 16 days. On February 1, 2003 during landing a piece of the space shuttle fell off and struck the left wing killing Chawla and her whole crew. Chawla’s legacy is still honored today with a memorial at Kapana Chawla Hall and the atrium of Nedderman Hall. Chawla has been awarded the NASA Distinguished Service Medal in 2024 and the Congressional Space Medal of Honor. Chawla is important to Nation Woman’s Month because she has paved the way for generations of women who want to pursue a career in science and technology.

Katharine Graham was one of the first female publishers of a U.S. newspaper. From 1963 to 1991 Graham led The Washington Post. During her time at The Washington Post Graham published the Pentagon Papers and the Watergate investigation, because of this Graham shaped the nation’s political history and became one of the most influential women in U.S. history. Graham broke through barriers and became the first woman on the board of powerful media groups:

Associated Press and the American Newspaper Publisher Association. Later in life she received a Pulitzer Prize for her memoir, Personal History in 1998. In 1994 Graham became the third winner from the United States to receive the International Women's Media Foundation award. Graham has shaped her way into history by showing women that “anything is possible” and left her mark as a journalist, publisher and entrepreneur.



Ibtihaj Muhammad was the first American to wear a hijab in the Olympic competition during the 2016 games. Muhammad is an advocate for Muslim and African American women in sports as well as an entrepreneur. Muhammad inspires others to defy the limits that society has put in place for them. In 2010 Muhammad joined the U.S. national fencing team. During her time on team USA, Muhammad felt isolated by the other athletes on the team by being one of the few color athletes. In 2012 the Muslim Women’s Sport Foundation named Muhammad as International Sportswoman of the Year. Muhammad won numerous times over the years when she was on team USA, in 2014 she won gold at the World Championships as well in the 2011 and 2015 Pan American Games. She later earned her spot in the 2016 U.S. Olympic team. Muhammad also owns a women’s clothing line called Louella with her siblings. In 2018, Mattel released a Barbie that looked like Muhammad to inspire young girls, her Barbie was the first doll to wear a hijab. Muhammad has made a change in history by showing women that they should challenge the standards that society has for them; she serves as a sports ambassador with the U.S. State Department’s Empowering Women and Girls. Muhammad also advocates for many organizations like the Special Olympics, Athletes for Impact and Laureus Sport for Good.

