

# St. Ambrose Sports Buzz: CYO Newsletter



May 2015

## Message from the Board

Welcome to the first edition of the *St. Ambrose Sports Buzz*, the CYO newsletter. This monthly newsletter will provide information about the happenings in the CYO program.

This year has been a productive year. The CYO has launched two new programs: baseball/softball and soccer. The program has enrolled 179 athletes in its four sports programs: basketball, baseball/softball, cheerleading, and track (which includes fall cross country). To support our activities, we need our athletes, of course, but we also need active and engaged parents such as yourself.

As we near the end of the school year and plan for next year, we would love to hear your ideas and obtain your feedback. We encourage you to send us an email with your thoughts and suggestions to [saintambroseCYO@gmail.com](mailto:saintambroseCYO@gmail.com).

## Inside this Edition

Softball Hits  
St. Ambrose!

Running with  
Bee Pride:  
Track & Field  
Updates

Fall Soccer

**St. Ambrose 2015 CYO Banquet**  
**Saturday, May 30**  
9:00 a.m. – noon



**Greenbelt Marriott**  
**6400 Ivy Lane, Greenbelt, MD**

**\$25 per ticket**  
**(all CYO athletes and coaches attend free)**

Tickets must be purchased by May 21<sup>st</sup>

Contact [pluv316@hotmail.com](mailto:pluv316@hotmail.com)  
for more information

### St. Ambrose CYO Board

**Fr. Kennedy**  
Pastor

**Kwasi Irving**  
Athletic Director

**Barton Connor**  
Assistant Athletic  
Director

**Kevin Armstrong**  
Equipment

**Ron Cameau**  
Accountant

**Denise Wilkerson**  
Fundraising

**Stacey Polk**  
Secretary

**Marion Massaquoi**  
Treasurer

**"AJ" Wade**  
Basketball

**Renee Coles**  
Baseball/Softball

**Nnaya Bigelow**  
Cheerleading

**Dennis Henson**  
Soccer

**Alyce Walker**  
Track

## Running with Bee Pride

The CYO track and field season is underway, and we've been Running with Bee Pride! This year's team consists of a strong 87 students and 14 coaches who are determined to take home the CYO Track & Field Championship title and trophy once again, after earning the trophy and title in 2014, 2012, 2011, and 2010.

Although the first meet was cancelled due to inclement weather, the Bees have participated in five meets thus far and have represented St. Ambrose well. Many have earned ribbons in their events and have steadily improved their performance. Additionally, several athletes have broken St. Ambrose records this season.

Next week's meet is the Championship meet at Northwestern High School in Hyattsville, MD. Be sure to come out and support the team as it defends its title. Field events typically begin at 8 a.m. and running events at 9:00 a.m. Look out for an announcement in the *Beeline Buzz* for exact times.



### New St. Ambrose Track & Field Records

#### 7/8 Girls

- 4x100m Relay: **Nia Harrison, Jada Armstrong, Cydni Stephens, and Brooke Augustine** (1:10.22) broke the 2013 record (1:13.73)
- 800m: **Ashley Wilkerson** (3:13.03) broke **Taylor Grimes** 2009 record (3:19.15)

#### 7/8 Boys

- 1600m: **Cameron Mickle** (6:40.45) broke **Biruk Grimes'** 2013 record (6:50.83) and later broke his own record in meet #4 (6:34.79)

#### 9/10 Girls

- Discus: **Niya Crawford** (46'11") broke **Jourdyn Beverly's** 2008 record (41'8.5") and later broke her own record in meet #3 (47'10")
- 4x200m Relay: **Ryan Bigelow, Leia Washington, Saniya Simmons and Gertrude Massaquoi** (2:14.29) broke last year's record (2:17.72)

#### 9/10 Boys

- 1600m: **Quentin Elivert** (6:30.11-unofficial time) broke **Cameron Polk's** 2012 record (6:46.59)
- Discus: **Biruk Grimes** (52'4") broke his own record of 2014 (51'.0")
- Turbo Javelin: **Biruk Grimes** (86'0") broke his own record of 2014 (77'0")

#### 11/12 Girls

- 100m: **Tiffani Rae Pittman** (12.86) broke her own record of 2014 (13.06)
- 200m: **Tiffani Rae Pittman** (27.18) broke **Brianna Morgan's** record of 2008 (28.02)
- Turbo Javelin: **Amara Goeke-Morey** (72'3") broke **Carrie Goeke-Morey's** record of 2014 (69'10")

#### 11/12 Boys

- 800m: **Cameron Polk** (2:37.00) broke his own record of 2014 (2:38.68)

#### 13/14 Girls

- 100m: **Jewel Ofotan** (13.07) broke **Lindsay Lewis'** record of 2013 (13.12)
- 200m: **Jewel Ofotan** (26.75) broke her own record of 2014 (27.11)

## Softball Updates!

This season, St. Ambrose paired up with St. Mary's Assumption for softball.

The players, Bella Dwyer (14U), Karen Coles, Lindsay Cooper, and Gillian Lewis have made a splash in their league. Bella Dwyer has been a pitching sensation, and Gillian Lewis has mastered the art of being an all around player. Lindsay Cooper and Karen Coles have shown that St. Ambrose comes to play and excel at hitting and fielding the ball.

Lookout for upcoming games in the Beeline Buzz!

We hope to expand softball and baseball program at St. Ambrose and are looking for athletes and coaches for the next academic year. Those interested should contact Renee Coles at [reneecoles70@gmail.com](mailto:reneecoles70@gmail.com).



## New Spirit Wear T-shirts on Sale

\$10 for youth sizes YS, YM, YL and \$12 for adult sizes S, M, L, XL, XXL, and XXXL, while supplies last.

T-shirts will be sold at track practice on Mondays and Wednesdays at Elizabeth Seton from 7:15 p.m. – 7:45 p.m. and Thursdays at St. Ambrose from 6:45p.m.– 7:30 p.m.



## St. Ambrose Parents LOVE Spirit Wear!



Parents Malcolm and Lauren Augustine sporting their spirit wear at the May 2nd track meet.

## Soccer at St. Ambrose



Based on the high interest in soccer that was expressed in last year's CYO survey, we are working to implement the St. Ambrose soccer program. We know that many of our kids are involved in soccer programs external to St.

Ambrose. Let's leverage our talent at home and build soccer at St. Ambrose!

Fall presents a great opportunity for our kids to play soccer, and is also a means to pre-condition athletes who play other sports throughout the year. The fall soccer league begins in September soon after school starts. Therefore, we must begin registration soon. Before the end of the school year, we will host a Fall soccer interest meeting.

In order to determine which age groups we can offer, we need to assess interest. We also need soccer coaches. Please send an email to Dennis Henson at [dhenson@freestateelectric.com](mailto:dhenson@freestateelectric.com) letting us know of your child or children's interest in soccer along with their age.

## Coaches Needed

The CYO is looking for coaches to support a number of its athletic programs:

- Basketball**
- Baseball/Softball**
- Cheerleading**
- Soccer**
- Track**

Earn volunteer hours and contribute to the development of our kids.

We welcome all levels of Experience.  
Coaches must be Virtus trained.

## A few highlights from earlier in the year ...



**Email pictures of your busy Bees for inclusion  
CYO Banquet Photo Montage.  
We want to see all our Bees in action!**

**SaintAmbroseCYO@gmail.com**