



**ST. JOHN'S
2025
JEUX DU
CANADA
GAMES**

GOLDFINS AT THE GAMES

SHINING THE SPOTLIGHT ON GOLDFINS SWIMMERS
WHO WILL BE COMPETING AT THE
2025 JEUX DU CANADA GAMES
AUGUST 10 - 16, 2025

Avery Houle

TRAINING GROUP: G3N

HIGH SCHOOL: HOLY CROSS
HIGH SCHOOL

AGE: 15

CANADA GAMES EVENTS:

50M BREASTSTROKE
100M BREASTSTROKE
200M BREASTSTROKE
100M FREESTYLE
200M INDIVIDUAL MEDLEY

2024 - 2025 Season Highlights

- 67.5 Individual Points Contribution to the Goldfins 2025 March Man/SK Senior Provincial Top Overall Large Club Title
- Bronze Medal - 200M Breaststroke - 2:45.73 - March Man/SK SC Championships - 03/06/2024
- 18th Place - 50M Breaststroke - 34.59 - Mel Zajac JR International - 05/16/2025
- 2.2% Improvement - 200M Individual Medley - 2:32.03 - March SC Man/SK - 03/06/2025
- 2.8% Improvement - 50M Fly - 32.52 - 2025 Man/SK LC Championships - 07/10/2025
- Grand Prix du Quebec QT's: 100M Breaststroke JP Fiset - 12/12/24 & 200MBreaststroke Bridge City -04/10/25

TOP TIMES (SCM):

| Event | Time | Date |
|-------------------|---------|-----------------------|
| 100M Breaststroke | 1:14.87 | JP Fiset - 12/12/2024 |
| 200M Breaststroke | 2:44.02 | JP Fiset - 12/12/2024 |
| 50M Breaststroke | 34.34 | JP Fiset - 12/12/2024 |

TOP TIMES (LCM):

| Event | Time | Date |
|------------------------|---------|--|
| 50M Breaststroke | 34.59 | 2025 Mel Zajac JR International - 05/16/2025 |
| 100M Breaststroke | 1:16.40 | Bridge City Spring Classic - 04/10/2025 |
| 200M Individual Medley | 2:33.84 | Man/SK LC Champs - 03/07/2024 |

PERSONAL



FULL NAME: Avery Houle

PARENTS: Carey Hodgson & Mark Houle

GRADE: 11

SWIMMING EXPERIENCE: 6 Years

FAVORITE EVENTS: 50M & 100M Breaststroke

MOST MEMORABLE SWIM EXPERIENCE:
My 100 Breast last year that qualified me for Westerns and CSC

FAVORITE COMPETITION VENUE: Toronto Pan Am Sports Centre

FAVORITE BRAND OF SUIT: Arena

WHICH STRENGTHS DO YOU BELIEVE YOU HAVE THAT MAKES YOU A GREAT ATHLETE? Competitiveness and determination

GET UP EARLY, OR STAY UP LATE? Early!