



POOLSIDE

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The Newsletter For The Friends of Harvard Swimming & Diving

May 2002



John Cole '04 finished second in the 1650 free and third in the 500 free at NCAAs



Winning 400 Medley Relay Team: Erica DeBenedetto, Anna Fraser, Janna McDougall and Molly Ward (New School Record 3:45.41)

From the Men's Coach...

It has been an interesting and challenging year. Let me back up to last spring to begin my summary. The spring started out with the election of two junior captains, Cory Walker and John Persinger. We had a productive spring working on stroke technique, general conditioning, and team dynamics. The summer sent guys in all directions to work, train, and compete. Harvard had 5 guys competing at US Nationals in August. John Cole was busy with organic chemistry and getting ready for the World University Games in Beijing, China in August and I was selected as an Assistant Coach with the USA Swimming delegation that went to China. John earned a well-deserved bronze medal in the 1500m.

September brought a group of new freshman faces and enthusiasm that would play a major role during the year.

- Andrew Krna from Boca Raton, Florida
- Nick Langan from Toronto, Canada
- Scott Metcalf from Moraga, California
- Cameron Moccari from Cary, North Carolina
- David Ni from Edina, Minnesota
- Alex Siroky from Matthews, North Carolina
- Ryan Smith from Blue Bell, Pennsylvania
- William Van Der Touw from Altadena, California
- Brian Zingale from Sudbury, Massachusetts

Our meet schedule started out with a tri-meet with Columbia and Army in New York. It turned out to be a very emotional day. We had the opportunity to visit Ground Zero at the World Trade Center disaster site. John Persinger's father hosted lunch for us on the 54th floor of the Chase Building two blocks over from the WTC. He gave us a recollection of his day in NYC on September 11th. We then were escorted to the observation deck at Ground Zero to view the disaster site. Words cannot express the overwhelming emotions that ran through our group for the 15 minutes we observed where the WTC once stood. From there we headed over to a local fire station to honor the service of the 15 firefighters they had lost. After dropping off some gifts for their children and giving them a hearty cheer we headed up town for our first meet of the season. Our meet started with some very good swims but soon gave way to what became a very long day. I shared with the group that sometimes there are more important things than swimming fast on a given Friday night in NYC. We had spent the day observing the fragility of life to the celebration of our gifts from God. A day few of us will ever forget.

From there we were off to the Texas Invitational to face some of the best teams in

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From the Women's Coach...

It was a pleasure to see many of you at the HYP meet and Ivy Championships. I thank you for your support and am encouraged that you were able to share in our success this season.

Our team's talent and depth was evidenced early in the season in a relay scrimmage versus the University of Michigan. The Harvard swimmers and divers swam fast and dove well, and although we did not win as many events, our team's depth won the meet. The excitement and enthusiasm from that experience carried us through the rest of our early season meets and into training trip. Our divers accompanied the Men's team to Acapulco while the swimmers were fortunate to travel to the Bahamas. Not only did they train hard for seven days, but they also truly united as a team during the trip.

As a team, we had to pick our goal for the season. Although dual meets are important, we were not willing to taper and shave the entire team for a dual meet when the Ivy title is decided at the championships. As a result, our plan was to divide and conquer. By choosing the Ivy team early, the remaining swimmers have the opportunity to shine at HYP and focus on the dual meet win. Unfortunately, we fell short of the win, but the enthusiasm of the team was strong and the meet yielded many individual successes.

This year the Ivy League experienced the closest women's championship in conference history. The excitement was palpable during the meet and our team out-swam the others on the final day of competition with thirteen people in finals and seven in consolations. We finished 3rd on the heels of Princeton and Brown, a mere 50 points out of first place. Highlights of the meet included six team records and eight NCAA "B" consideration times. We also had two individual champions, freshman Molly Brethauer in the 200 back and junior Anna Fraser in the 100 fly. The 400 Medley Relay team of Janna McDougall, Erica DeBenedetto, Anna Fraser and Molly Ward was also victorious and broke the previous team record set in 1988 by three seconds. The confidence gained this season is already evident in spring training and the 2002-2003 Harvard Women's Swimming and Diving team will continue to strive toward the Ivy Championship title.

***200 back**—New team record: Molly Brethauer 2:00.54. Jessi Walter 2:02.24. (In the prelims, both Molly and Jessi Walter tied with a 2:02.37 and broke the school record.) Both swims were under NCAA B consideration times.

***100 fly**— New team record to Anna Fraser, 55.49, and NCAA B qualifying time.

***100 free**— New team record to Molly Ward 51.11, and NCAA B qualifying time

***100 back**— New team record to Janna McDougall 56.68

***200 Free Relay**— New team record 1:34.33 Ward (23.78), Fraser (23.78), Walter (23.78), McDougall (22.9)

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From the Women's Coach (Con't from Page 1)...

***400 Medley Relay** – New team record 3:45.41 McDougall (56.6) DeBenedetto (1:04.0) Fraser (54.6) Ward (49.9), and NCAA B qualifying time

***200 fly-Anna Fraser** 2:02.41, Kate Nadeau 2:02.79 and Whitney Henderson 2:02.97 were all under the NCAA B qualifying time. Kate's time was from earlier in the season.

Graduating our senior class is always difficult as they give more to the team than just strong swimming performances. Their leadership and ability to unite all four classes is crucial. Although we will miss the Class of 2002 greatly, their legacy will live on through the team as they join the ranks of our alumni. Next year's freshmen class is a talented group and up for the challenge of filling the gaps the senior class leaves behind.

Harvard Women's Swimming and Diving Class of 2006:

Michelle Bright	Flemington, NJ	Back
Jane Evans	Madison, WI	IM
Joanna Lee	Toronto, Canada	Breast
Kim Linsenmann	West Chester, PA	Free
Erin Mulkey	San Antonio, TX	Free
Kim Ono	Honolulu, HI	Fly/Back
Jenna Shoemaker	Sudbury, MA	Free
Jen Thompson	Birmingham, MI	Free
Alexa von Tobel	Jacksonville, FL	Diver
Elizabeth White	Ormond Beach, FL	Free

There is a lot that goes into organizing and running a successful program and I am thankful to have a wonderful coaching staff. In addition to her Assistant Coach duties, Katherine Veazey also took on the responsibility of the Distance group this past season. She is a tremendous asset both to the team and to me and we are fortunate that she will be staying for another season. Our Volunteer Coach, Emily Wang, will be around next year, but her time is restricted with her increased studies at the Graduate School of Design. Next year's Volunteer Coach, Jessica Stokes, is a 1999 graduate of Williams College and we are looking forward to having her join us.

Although there have been changes to the program over the years, Harvard Swimming and Diving is or has been an important part of our collective experience. The legacy *you helped build* can grow stronger with increased alumni involvement and we encourage you to reconnect with your team experience. This can be done by attending our meets, making a donation, participating in our mentor program, etc. We look forward to hearing from more of you in the near future and seeing you cheering in the stands.



Steph Wriede Morawski
Head Women's Swimming Coach
morawski@fas.harvard.edu

Team Awards

Alice McCabe Award

Honoring the most improved team member whose performances in all areas reminds us of the ideals set forth by Coach Alice McCabe.

The 2002 recipient is **Erica DeBenedetto '04**

Spirit Award

Honoring the team member whose contributions to the program in spirit, energy and enthusiasm most emulate that of Coach Maura Costin Scalise '80.

The 2002 recipient is **Christin McConnell '03**

Nancy Sato Award

Honoring the senior whose action and attitude over the years reflect a strong commitment to the improvement of Harvard Swimming and Diving as demonstrated by Nancy Sato '75.

The 2002 recipient is **Lauren Fabian '02**

Dr. Mary Ellen Mangano Award

"Unsung Heroine"—Awarded to the person whose dedication, hard work and overall pursuit of excellence emulates those of the late Dr. Mangano '80.

The 2002 recipient is **Anna Fraser '03**

Coach's Award

Honoring the member of the team whose all-around attitude & contributions stand out to the coaching staff.

The 2002 recipients are **Jane Humphries '03 & Catie Lee '02**

Outstanding Freshman Award

Honoring the freshman whose outstanding talent and contribution to the team throughout the season perseveres, so that she may reach her goals and has helped the team surpass theirs.

The 2002 recipient is **Molly Ward '05**

John Walker Award

Honoring the outstanding diver whose contributions to the Harvard program in attitude, dedication, and

performance are modeled after those of John Walker.

The 2002 recipient is **Renée Paradise '04**

Sharon Beckman Award

Honoring the swimmer whose outstanding performance, dedication, qualities of leadership and promotion of Harvard Swimming emulates co-captain Sharon Beckman '80.

The 2002 recipient is **Janna McDougall '02**

First Team All-Ivy

Molly Brethauer—200 Back

Erica DeBenedetto—400 Medley Relay

Anna Fraser—100Fly, 400 Medley Relay

Janna McDougall—400 Medley Relay

Molly Ward—400 Medley Relay

Second Team All-Ivy

Alli Bates—200 Medley Relay

Erica DeBenedetto—200 Medley Relay

Anna Fraser—200 Free Relay, 400 Free Relay, 200 Medley Relay

Jane Humphries—400 Free Relay

Janna McDougall—200 Free Relay, 400 Free Relay, 200 Medley Relay

Molly Ward—200 Free Relay, 400 Free Relay

Jessi Walter—200 Back, 200 Free Relay

Academic All-Ivy

Janna McDougall

2001-2002 Varsity Team Records

Molly Brethauer—200 Back 2:00.54

Anna Fraser—100 Fly 55.49

Janna McDougall—100 Back 56.68

Molly Ward—100 Free 51.11

200 Free Relay—1:35.63 (Ward 23.78, Fraser 23.78, Walter 23.78, McDougall 22.99)

400 Medley Relay—3:45.41 (McDougall 56.68, DeBenedetto 1:04.0, Fraser 54.6, Ward 49.9)

From the Diving Coach...

With another season behind us, the divers look back on what was a successful year, and ahead to continued improvement for a squad that loses only one member to graduation. The lone Senior is Erik Frost, who unquestionably had his strongest year ever. In previous years Erik had been to the Easterns twice, but, lacking experience (Erik never competed for a club team in High School), he scored only a few points there.

This year, however, was a huge improvement for Erik. Not only did he raise his overall scores significantly, but he made the finals in both diving events at Easterns! Without Erik next year, we will return two strong divers (both Eastern finalists as well): Enrique Roy and Tom Crahan will both be Juniors, and we will be looking for another strong year from them.

The women's team this year was one of the deepest we have had in recent history. None of the women are graduating (in fact, we don't have any Juniors, either!), and we have got at least one addition coming in, so things are looking very good for the future.

Danielle Brown ('05) was perhaps the hardest worker on the team, and she improved steadily during the season. Laura Cowen ('04) had strong finishes as well, placing 3rd on both boards out of 12 against Boston University and Northeastern. Laura's 305C on 3 meter at that meet scored more than 53 points! Renée Paradise ('04), Anne Osmun ('05) and Coral Day-Davis ('05) all scored for us at Ivy's, despite Coral's high fever throughout the meet. Anne and Renée were both finalists (top 8) on 3 meter.

Our winter training trip to Acapulco was memorable and we will look to go back there when we can, but hopefully after they upgrade their facility! We had it all to ourselves, but with only 2 boards and a tattered platform, we had to be somewhat creative with our workouts. We also had more than a few harrowing taxi rides through narrow streets, crowded with cars, bicycles, people, animals and produce among other things. The divers all worked hard though, and we enjoyed the sun and culture before returning for reading period and exams.

Now, with the season over, we've begun our spring training and are enjoying the warming weather. Before you know it, though, we'll be done with the summer and ready to begin the 2002-2003 season. We hope to see many of our alumni at those meets to cheer us on!



Keith Miller
Head Diving Coach

From the Men's Coaches (Continued from Page 1)

the country. Although we did not have some strong performances and John Cole did get his NCAA cut in the mile. Our training trip took us to Acapulco, Mexico for a week of good training and good weather. Of course there was some fun mostly at the expense of the freshmen. It was the first time out of the country for a number of the guys. The sights and sounds of a foreign resort and third world country provided a sharp contrast to our homes back in the USA.

January started off with our trip to Navy where the water was cold and the swimming was slow. The final stretch began with a win over Brown then on to defeat both Princeton and Yale at a very exciting HYP meet. Yale beat Princeton by 1 point for their historical 1000th win. We completed our undefeated dual meet season with wins over Cornell, Dartmouth, and Penn. Freshman Alex Siroky earned the Iron Man title and did a splendid job surviving the 16-event format.

Harvard was host to both the men and women's Eastern Championships this year. Unfortunately we did not finish off our winning ways coming in 2nd to Princeton by 28 points. Highlights included John Cole and Dan Shevchik winning 3 events each and qualifying for NCAAs. James Lawlor won what was probably the most exciting race of the championships going 1:37.57 in the 200 free. Senior Eric Frost capped off his diving career with 2 top eight finishes.

Our two NCAA representatives traveled to the University of Georgia's tremendous facility for the championships. Dan Shevchik finished 14th in the 200 Back and 11th in the 400 IM with a new team record of 3:46.15. John Cole set 2 new team records. He finished 3rd in the 500 free with a time of 4:16.9. John had a fabulous 1650 finishing 2nd and crushing his own team record by nearly 10 seconds with a time of 14:39.71. It was a great way to end our season finishing 17th in the team competition with just 2 athletes.

The team is back from spring break and next year's team is beginning to take shape. Our captains for the 2002-03 season will be Dan Shevchik and Cory Walker. We also say good bye to our 4 graduating seniors this year: Kyle Egan, Michael Sabala, Ryan Egan, and Erik Frost. We wish them all the best in their future endeavors and hope to see them at the next alumni meet.

While we did not meet all our goals the team can be proud of its effort and accomplishments. A few coaches at the Eastern Championship meet commented on the class and character our team displayed during what was a very difficult defeat. Our goal next year will be to continue to demonstrate that character while regaining our spot as conference champions.

On behalf of the team and coaching staff I would like to thank a number of people. Jeff Peltier and Jeanne Downs are to be commended for their efforts in leading the Friends of Harvard Swimming during the past year. We have worked together to restructure the Friends group to become more interactive with the alumni. The Friends group needs your talents and financial support. A good portion of our budget is solely dependent upon gifts to the Friends. We are working to make the training trip expenses covered by the swim school and other team fundraising events. The only financial support we will seek from the Friends is for financial assistance for an athlete who cannot cover the additional expenses. The Friends group does cover all our activities and competitions outside of the Eastern Conference. These competitions are crucial to the success of our program. We need to face the level of competition these meets provide our athletes. The last couple of years we have traveled to the Texas Invitational to race the top teams in the country. This exposure is crucial to recruiting the top student-athletes in the country to Harvard. Our recruiting budgets and special equipment needs are also solely dependent upon your support. I was able to make more home visits this year and believe it was crucial to our recruiting success. Your gifts have helped us purchase video equipment and our new record board. I thank each of you who have contributed in so many different ways.

We have some alumni events upcoming to mark on your calendars. The alumni swimming meet is back for another exciting and interesting year. The meet will be held the Saturday morning of the Yale football game. We will post the details on our team web-site. A 75-year celebration of Harvard Swimming is in the works for 2005. My hope is that every swimmer and coach who wore the Crimson will be able to join us for a historical evening. Start passing the word and please contact Jeff Peltier to help us in making this a very special occasion.

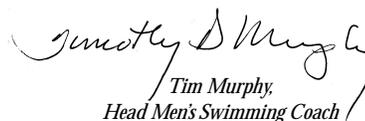
Thank you to all the alumni, parents, and families that were able to join us during the season. It is a pleasure to see and hear you throughout the year. Your efforts to attend our meets are truly appreciated by the swimmers and coaching staff.

Keith Miller will be leading our diving program into his 12th year. Sean Schimmel has completed his 3rd year as my assistant and Kevin Tyrell has gratefully given his time as our volunteer assistant for a second year. Our new manager Catherine Gyllerstrom provided a tremendous amount of time and effort in administrative support. Whatever success we have enjoyed this year has been because of their efforts and passion for Harvard Swimming.

We would like to recognize Rick Osterberg for his continued technical support of the men's program. His love and passion for the team is easily seen in his attention to the slightest of details. I continue to enjoy the professional camaraderie of the Women's Team coaching staff. Stephanie and Katherine's support throughout the year is very much appreciated by the swimmers and coaches of the men's program. Our aquatic

director Rob Berry and his staff have taken care of our daily needs and help to provide a first class facility. We thank them for their concern of our safety and creating a pleasant working environment. Our media information department of John Veneziano and Lisa McEvoy have worked hard to spread the word of our accomplishments. I am also very excited for the future of Harvard Athletics under the new leadership of our Athletic Director Bob Scalise and Pat Henry.

Special thanks to those of you who have e-mailed, phoned, or written me during the course of the season. Your kind words of support and encouragement are greatly appreciated. I look forward to the exciting and challenging years ahead. I am completing my fourth year as the Men's Head Coach. The past 4 years have been a myriad of excitement, adjustments, learning, and pride. I continue to marvel at what a unique and special place Harvard University is. It is an honor for me to be the Head Coach of Men's Swimming at Harvard. My staff and I will continue to strive to provide the finest combination of athletic and academic opportunities in the country. Please join the Friends of Swimming and share your talents, energy, and financial support to continue our proud tradition.


Tim Murphy,
Head Men's Swimming Coach

TEAM AWARDS

Reid Jorgensen Trophy

Given annually to the junior who through perseverance, diligence, and untiring self-sacrifice, has most improved during his college career. The trophy was established by a number of valued friends from the class of 1935 in Jorgensen's honor.

The 2002 recipient is one of our captains John Persinger.

The William J. Brooks Trophies

Given annually to the swimmer and diver who contribute most to the success of the team. The trophies were established by William J. Brooks, Harvard's swimming coach from 1959 through 1971.

The 2002 award winners are Enrique Roy, John Cole and Dan Shevchik.

The Eugene B. Wyman Trophy

Given annually to the team member who scores the most points in dual meets. Eugene B. Wyman '04 established the trophy after the 1934-35 season. Wyman was Harvard Square dentist who had been officiating at Harvard swimming meets since the Indoor Athletic Building opened in 1930.

This 2002 recipient is Dan Shevchik.

First Team All-Ivy

Jan Cieslikiewicz—800 free relay
John Cole—500,1000,1650, 800 free relay
James Lawlor—200 free, 800 free relay
Ryan Parmenter—800 free relay
Dan Shevchik—200 back, 200 IM, 400 IM

Second Team All-Ivy

Brad Burns—50 free, 200 medley relay, 200-400 free relay
Kyle Egan—100 fly, 200-400 medley relay,
Kemi George—200 free relay
Rassan Grant—200-400 medley relay
Nick Langan—200-400 free relay
James Lawlor—100 free, 400 medley relay, 400 free relay
Scott Metcalf—200 medley relay
Ryan Parmenter—200-400 free relay
Dan Shevchik—400 medley relay
Ryan Smith—200 IM

All-American

John Cole—500-1650 free

Honorable Mention All-American

Dan Shevchik—200 back 400 IM

Eastern Championship Phil Moriarty High Point Winner

John Cole (2nd year) Dan Shevchik (3rd year)

2001 World University Games-Beijing China

Bronze Medal 1500m free – John Cole

2001-02 Varsity Team Records

John Cole—500 free 4:16.91, 1650 free 14:39.71

Kyle Egan—100 fly 48.91

Dan Shevchik—400 IM 3:46.17

2001 US Summer Nationals

Cory Walker—800 free relay 1st

Rassan Grant—100 breast 9th

Dan Shevchik—200 back 4th, 400 IM 5th

From the Friends...

It has been another very exciting season for the Harvard Swimming and Diving teams! Both teams were amazing at their respective championship meets with many school records broken and many points scored by Harvard. You just have to read the coaches' letters to see the enthusiasm they have about the season.

It has also been a very exciting year for the Friends of Harvard Swimming and Diving. We have raised \$40,000 so far this year and are coming into the home stretch...we have \$10,000 more to raise to meet our goal for the year ending June 30th and cover the team expenses we committed to in the fall. We are confident we can make it with your help!

The Friends group has also been working with the coaches to involve more alumni so that we can do more for both the current teams and alums. As a result, we have put together a new Friends leadership team:

Co-chairs	Jeanne Floyd Downs '84, jeannedowns@hotmail.com 508-358-0270 Jeff Peltier '88, jeffrey.peltier@lehman.com 212-828-9018
Events Coordinator	Ann Wilson Gilbert '86, awgilbert@attbi.com 978-475-7933
Major Gifts Coordinator	Jeff Peltier '88, jeffrey.peltier@lehman.com 212-828-9018
Network Coordinator	Adrienne Leight '00, adrienneleight@hotmail.com 415-922-1077
Newsletter Coordinator	Dave Schwartz '99, doschwar@hotmail.com 617-529-0687

It is great to have so many people involved and we look forward to a new era of the Friends of Harvard Swimming and Diving! Feel free to contact any of us...we would love to get your input!

Jeanne Downs '84

Jeff Peltier '88

WHERE ARE THEY NOW??

Jenny Swarsen Makunas '97 married Michael Makunas on Sep. 15, 2001. They are living in San Francisco. **Christen Deveney '99** started a doctoral program in clinical psychology at Harvard and is swimming with Cambridge Masters. **Pam Stone Ryan '82** and husband Mike have three kids: Rebecca (9), Matthew (7) and Emily (3). She attended John Walker's 60th party last summer and says that it was a great reunion of past divers. She is still working for Goldman Sachs. **Jenny Meyer Colman '90** completed her residency in psychiatry at UCSF. She and husband Bill have two sons Tommy and Sean and live in Mill Valley, CA. **Eva Romas Wilson '93** and husband Harry are parents of Alexandra Nicole who was born April, 22, 2001—almost 1 now. **Sheila Findley Olson '90** and husband David have relocated to NYC. They have a one year old son, DJ, and another on the way in summer 2002. They frequently see **Rob Plunkett '91**. **Becky Frank '95** is in her 2nd year of a dual degree MBA/MPH (masters in public health) at UC Berkeley. She is doing triathlons. **Karen Milkosky '01** is working for Compaq Computer and finishing up med school requirements. **Ali Shipley**

'01 lives locally in Brighton, MA and is working for a marketing firm in Waltham. **Whitney Rapp '92** is marrying Dave Bond on May 4, 2002. They live in Ottawa. **Kelty Whitworth '95** is marrying Elijah White on May 18, 2002. **Hilary Abramson '97** and Carlos de la Cruz Munoz are expecting a baby this spring. **Kirra Brandon '01** is finishing her first year of Med school at U. of Maryland. **Lillian Brown '01** is recently engaged to **Jon Samuel '99**. They are planning a December 2002 wedding. **James Zenuyh '99** is engaged with an October wedding planned. **Grege Wriede '99** is engaged to Michelle Hackmer. They will be married August 24, 2002. **Angie Peluse '01** is teaching at a boarding school in London and coaching crew. **Danielle Backes '01** is teaching in Switzerland and learning how to ski. **Pia Chock '01** is working in Shanghai for the Ritz Hotel. **Jenny Moyer '92** is living in Hong Kong with husband David and working for Goldman Sachs. **Deirdre Ryan Ley '93** has finished Tufts veterinary school and is doing a residency at Angel Memorial. Assistant Coach Katherine Veazey is engaged to Tom Morris and will be married in June of 2003.

A Look Back...by Jeanne Floyd Downs '84

I had the privilege of attending the women's team banquet this year and was overwhelmed with the memories it brought back of my own swimming career at Harvard. I felt like I was in college again listening to the season wrap-up, the Cosmo Queen awards (yes, Cosmo Queen still exists), the team awards, and the senior speeches (something we did not do in my time). The camaraderie of the team and the excitement they all felt about their accomplishments this year was so strong. The seniors really expressed what being on the team for four years had meant to them...something to which I could really relate. I left that night so happy that the experiences we all had as part of the Harvard team are experiences that are shared through generations of Harvard swimmers and divers. What a wonderful night!

Save the Date!

June 8, 11:00 am – Casual get together for swimmers and divers from all reunion classes at Blodgett Pool

November 23 – Alumni meet and barbeque at Blodgett Pool before the Harvard vs. Yale Game...stay tuned for more details!