



# POOLSIDE

Volume II, No. 1

The Newsletter For The Friends of Harvard Swimming & Diving

November 2001

## From the Captains...

Hello Friends and Alumni!

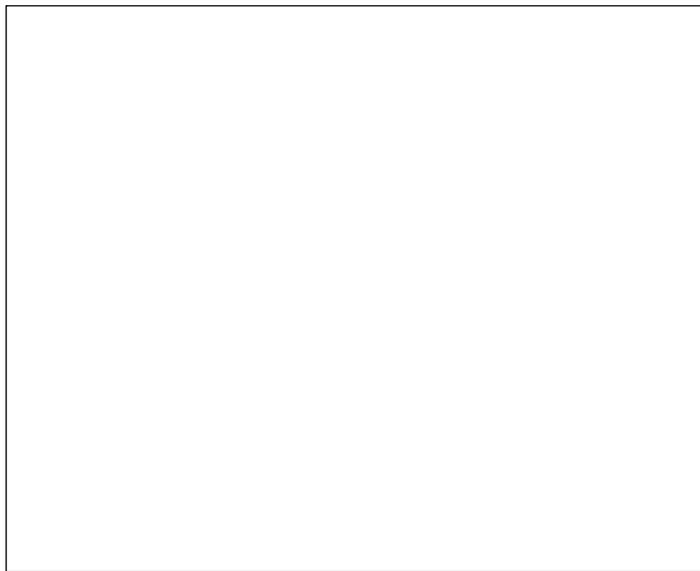
We're surprised we even have the energy to write this letter—Steph and Katherine are working us so hard! But we love every second of it, especially racing in lactate sets and jumping rope. We welcome fourteen bubbly freshmen who keep us very entertained! Overall, our team is close, enthusiastic and determined to win an Ivy Title.

Our annual team bonding trip took place the last Sunday in September and was a complete success. We all went to Thompson's Island Outward Bound School, in Boston Harbor, and completed a ropes course. The day included various trust and team building exercises, culminating in the scaling of a 65ft obstacle tower. Our team was very inventive about finding ways to the top and left feeling that not only was it a great experience, but we were truly united.

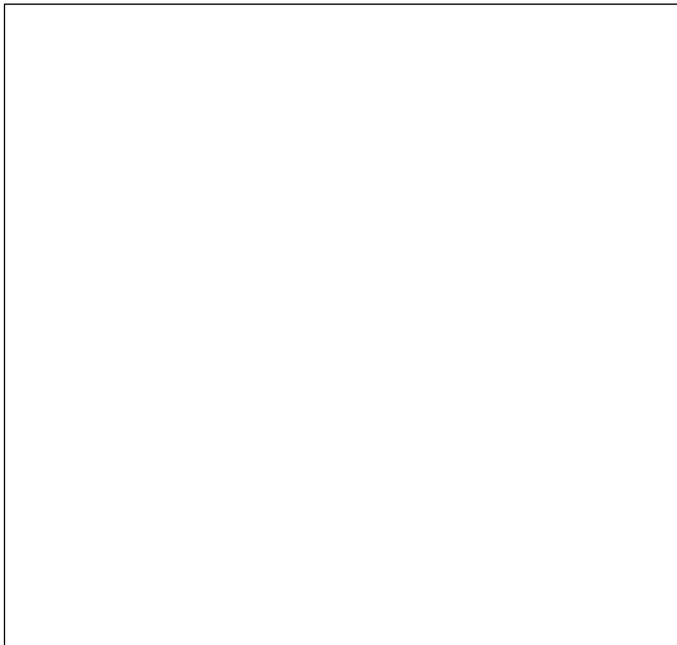
In the pool, the coaching structure of our team is a little different this year. Katherine has taken over the distance group and Steph runs sprint and mid-distance. Luckily for us, they switch it up once in a while so we never start to miss either one of them too much. Emily Wang, our Volunteer Assistant, is still helping out in the mornings, and Keith, as always, is in charge of the boards.

As a team, we've got more of an edge than in the past. Practices are more intense with a focus on racing. We're trying to maximize our competitive spirit and create a "cocky" attitude. Our first chance to practice our racing strategies was at our Intrasquad Meet on Friday, October 12. After three straight years of defeat, Janna led the Black team to victory over Catie's Crimson squad. Not only were fast times posted, but the meet proved very exciting

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*Women's team during their Outward Bound trip on Thompson Island.*



*Cory Walker '03 will co-captain the Men's Swimming team.*

Dear Friends of Harvard Swimming and Diving,

Welcome back to another exciting year of Harvard Men's Swimming and Diving. Despite the graduation of nine a valuable seniors, there promises to be no drop-off in the excellence that has become a staple of this program. Our freshmen class features nine young men who, along with a talented group of returning swimmers, will continue to carry on the traditions and values that have been so greatly instilled in this program.

The summer was another productive period of training. Many individuals used the summer to experience life outside of Cambridge. The contingent that participated in this summer's USA Swimming's National Championships was Dan Shevchik '03, Andrew McConnell '03, Cory Walker '03, Brad Burns '04, and Rasan Grant '04. Dan finished 4th in the 200 back and 5th in the 400 individual medley. Andrew had a strong swim in the 5K with a 9th place finish. Cory led off Circle C Swimming's gold medal 800 free relay. Along with competing in the 50 free's Bonus Final, Brad swam on Little Rock Dolphins' 6th place 400 free relay. Rasan won the Consolation heat of the 100 breaststroke. Enrique Roy '04 represented Harvard Diving with a 29<sup>th</sup> place finish on the 1 meter at this summer's 2001 Speedo National Outdoor Diving Championships. The highlight of the summer was the World University Games in Beijing, China. Coach Murphy served as one of the USA's assistant coaches while John Cole '04 represented the US in the distance freestyle events. In the 1500 meter freestyle, John culminated an incredible race by touching out a Japanese swimmer for the bronze medal. We believe the successes of our summer will carry over to a successful season.

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## From the Women's Coaches...

Dear Harvard Swimming and Diving Alumni and Friends,

The 2001-2002 Harvard Women's Swimming and Diving Team has started the season with high expectations. After rebounding from a series of injuries and illnesses last year, the returning swimmers along with eleven freshmen swimmers and three divers are determined to make their alumni proud and win the Ivy League Championships in February.

For the past four years, I have been extremely fortunate to have Katherine Veazey as my Assistant Coach. As we enter our fifth season together, she has also assumed the responsibility of Head Distance Coach. With eight women in her squad, the environment is supportive and conducive to fast swimming as indicated by our Intrasquad Meet on October 12. In addition, the meet served as a terrific motivator and reward for everyone's hard training and the overall excitement and enthusiasm on pool deck was great indicator for an auspicious season. For results, please visit our website at <http://www.hcs.harvard.edu/~swim>.

As our season progresses, our schedule will provide ample opportunity for our women to distinguish themselves as national level competitors. On October 26, the University of Michigan will travel to Harvard where we will compete in a relay meet and from November 29-December 1 we will participate in the US Open to be held on Long Island. Within the league, Brown on November 16 and Yale/Princeton on February 2-3 will provide the most exciting dual meet competitions. Since Harvard is host to the Ivy League Championships held February 21-23, 2002, I hope that many of you will take the opportunity to see us compete.

We realize that the strength of Harvard Swimming and Diving is due in part to the involvement of our alumni and friends. The contributions to our program enable us to continue the tradition of success that you began. Encountering stronger out-of-league competition, traveling to the Bahamas for training trip and purchasing an underwater camera to help swimmers become more efficient are just a few things made possible with your support. We are grateful for your generosity and hope that you will continue to assist us in the future.

Sincerely,



Stephanie Wriede Morawski  
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### Letter from the Women's Captains, *Continued from front*

as it came down to the last relay. For full results, please visit our website at <http://www.hcs.harvard.edu/~swim>. Consider this a sneak preview for how incredibly fast we will be this season.

The sophomores and seniors are currently involved in another year of swim school, and we all look forward to tackling breaststroke this Saturday morning! It's great to have fundraisers like Swim School to help offset the costs of training trip, but we do realize that more assistance is necessary to travel to out of league meets. We'd like to take this opportunity to thank you all for your previous donations as you have all significantly contributed to our success. This year, we feel fortunate to travel to the US Open in New York, and with your help, we hope to continue traveling to high quality out-of-league meets in the future.

We can't wait for our first Ivy meet versus Dartmouth and Cornell on November 10. Bring on the Ivy League!



Catie Lee and Janna McDougall 2001-2002 HWSD Captains

## From the Diving Coach...

We are excited to be starting a new year with Harvard Swimming and Diving! The divers are ready to go, and a young, but talented team appears to be one of the strongest in recent years. The divers will be led by our only senior, Erik Frost. Also returning are sophomores Renée Paradise and Enrique Roy, both returning scorers at last year's conference championships. Enrique also trained here during the summer and qualified for the US Senior Nationals for the first time. Tom Crahan and Laura Cowen, also sophomores, are back again, and both were strong at dual meets last season.

The returning divers are joined by Danielle Brown, Coral Day-Davis and Anne Osmun, who have all been working hard and are very busy learning all the cheers from across the pool! Anne and Coral have been very successful nationally and both are competitive on springboard as well as platform, so it should be an exciting and successful year.

We're looking forward to starting things off against Michigan, which will bring a strong diving squad here in late October. We'll follow that with our annual Halloween diving practice (me, too!), and then we'll know that the season has really begun!

I hope we'll be seeing lots of alumni at meets this year, so look at the schedule and start making your plans!



## Letter from the Men's Captains,

*Continued from front*

Our official dual meet season begins on Friday, November 16<sup>th</sup> (Harvard-Yale weekend) when we travel to New York City for a double dual meet against Columbia and Army. The first weekend in December features our return trip to Austin, Texas for the University of Texas Invitational. Last year our fifth place finish among numerous top 25 swim programs proved to be a herald of our potential for national prominence. This year should feature another strong performance from the Crimson. As we begin the new year, January features an away meet at Navy (Saturday the 5<sup>th</sup> at 12:00 noon) and a home meet against Brown (Saturday the 26<sup>th</sup> at 1:00 p.m.). The first weekend in February is, once again, host to the legendary Harvard-Yale-Princeton Tri-meet (Friday the 1<sup>st</sup> at 7:00 p.m. and Saturday the 2<sup>nd</sup> at 1:00 p.m.). This season's meet, which will be held in New Haven, will see the Crimson avenge last year's close loss to Princeton while continuing to run up our string of victories on Eli's Bulldogs. Other meets in February include swimming at Dartmouth, with Cornell, (Saturday the 9<sup>th</sup> at 12:00 noon) and hosting the University of Pennsylvania (Sunday the 10<sup>th</sup> at 1:00 p.m.).

The end of February brings the end of our dual meet schedule and the beginning of the always exciting championship season. This season's Eastern Interscholastic Swim League Championships will be held at our own Blodgett Pool on the weekend of February 28<sup>th</sup> to March 2<sup>nd</sup>. This is an incredible opportunity to visit Cambridge, while rooting your Men's Swimming and Diving Team to their 11<sup>th</sup> consecutive EISL championship. We plan on carrying our success from Eastern's into the NCAA Championships, which are being held in Athens, Georgia. As always, our goal is to send as many individuals and relays to this championships. We have no doubt that Harvard's finest scholar-athletes will show that they have the physical capabilities to compete victoriously against the world's greatest.

Everyone is excited about the new season. Lofty goals have been set, both individually and as a team. We realize that our goals would be unattainable without your generous and consistent support. For this support, we cannot thank you enough. We hope that you will continue to follow and support our program as the years go on. For those of you unable to cheer us on to victory in person, you can follow our success at <http://hcs.harvard.edu/~menswim/>

Sincerely,

John Persinger and Cory Walker 2001-2002 Co-Captains

## From the Men's Coach...

Friends of Harvard Swimming and Alumni,

Men's Swimming at Harvard enters its 72<sup>nd</sup> year. We take a great deal of pride in continuing a history of excellence within the Ivy League, Eastern Conference, NCAA Swimming, and International swimming world. Our student athletes have proven year in and out that you can combine the highest academic pursuits with athletic achievement. We are coming off a tremendous 2000-01 season. The Harvard Men won their 6<sup>th</sup> consecutive Eastern championship establishing 9 new team records. We sent 6 athletes to NCAA's and freshman John Cole earned a bronze medal for the USA at the World University Games in Beijing, China. In May we graduated a class of nine 4-year swimmers. We will miss their leadership both in and out of the water. The team has added 9 freshmen that we will need to make an immediate impact. We have set our goals high and have an exciting and challenging year ahead.

The goals of the program are to provide a comprehensive program that will allow the team and individual athletes to achieve success at the highest level. Diving coach Keith Miller enters his 11<sup>th</sup> year as the Men and Women's Coach and Sean Schimmel begins his third year as the Men's Assistant. Our volunteer coach Kevin Tyrrell returns for his second year. Their work has been at the forefront of the program stability and success. I have the honor of beginning my fourth year as the Head Coach. We continue to look for ways to build upon the tradition you have established. Your support at meets, and financial contributions are vital to our continued success. Please visit our web-site to get the most recent team information, schedule, and results. I look forward to seeing and hearing from you throughout the year.

The next alumni meet will be held in 2002 on the weekend of the Yale vs. Harvard Football game. We had a wonderful turnout last year and hope you will plan to come again next year. The 75<sup>th</sup> reunion is slowly taking shape and we are looking for alumni to help organize what should be a tremendous celebration. I want to thank Jeff Peltier and Jeanne Downs for their continued efforts to organize our Friends of Harvard Swimming and provide the necessary support our team deserves.

Please join us



Timothy D. Murphy

## 2001 Hall of Fame Inductees

On May 18, 2002 John Pringle '64 and Dan Watson '86 will be inducted into the Harvard Varsity Club Hall of Fame.

John, in the 1962 Eastern Championships, earned a second place finish in the 200 yard breaststroke, even though he had not swum the event all year. That finish helped the Crimson beat Yale for the first time since 1938, only the second time Yale had been beaten in 220 consecutive dual meets. He was the winner of the 200 yard individual medley in the 1962 Eastern Championships and the 400 yard individual medley in the 1963 Eastern Championships. A two year All-American choice, Pringle set a Harvard record in the 400 yard individual medley, the 200 yard breaststroke, and the 200 yard backstroke.

Dan Watson '86 was an All-American selection in both 1982 and 1983. He is a Harvard Eastern Seaboard record holder for 1 meter diving and 3 meter diving and a school record holder for both 1 and 3 meter diving. Dan received a silver medal in the 1985 U.S. Platform Championships, losing only to Olympic Gold Medalist Greg Louganis.

Congratulations to both Dan and John!

# From the Friends...

*Kaune Downs      Jeff Pettit*

## 2001-02 Schedules

### Women's Swimming & Diving

<b>October</b>		
Fri. 26	MICHIGAN (Relay Scrimmage)	5PM
<b>November</b>		
Sat. 10	at Dartmouth w/Cornell	12noon
Fri. 16	BROWN	5PM
Thu 29-30	at U.S. Open (Long Island, NY)	TBA
<b>December</b>		
Sat. 1	at U.S. Open (Long Island, NY)	TBA
Sat. 1-2	at Princeton Diving Invitational (DeNunzio Pool)	All Day
Sun. 9	PENNSYLVANIA & COLUMBIA	1PM
Fri. 14 -22	Training Trip (Bahamas & Mexico)	
<b>January</b>		
Sat. 5	at Pittsburgh	1PM
<b>February</b>		
Sat. 2-3	at Yale w/Princeton	7PM
Thu. 21-23	IVY LEAGUE CHAMPIONSHIPS (at Harvard- Blodgett Pool)	11AM/6PM
<b>March</b>		
Thu. 14-16	NCAA Zone Diving Qualifier (at Navy)	All Day
Thu. 21-23	NCAA Championships (at University of Texas)	All Day

### Men's Swimming & Diving

<b>November</b>		
Fri. 16	at Columbia w/Army	7:00PM
Fri. 30- Dec. 2	at Texas Invitational (Swimmers only)	All Day
<b>December</b>		
Sat. 1-2	at Princeton Diving Invitational (DeNunzio Pool) (Divers only)	All Day
<b>January</b>		
Sat. 5	at Navy	12:00PM
Sat. 26	BROWN	1:00PM
<b>February</b>		
Fri. 1-2	at Yale w/Princeton	Fri. 7:00PM Sat. 1:00PM
Sat. 9	at Dartmouth w/Cornell	12:00PM
Sun. 10	PENNSYLVANIA	1:00PM
Thu. 28- March 2	EISL CHAMPIONSHIPS (at Harvard)	Prelims: 11:00AM Finals: 6:00PM
<b>March</b>		
Fri. 15-16	NCAA Diving Zone Qualifier (at US Naval Academy, Annapolis, MD)	All Day
Thu. 28-30	NCAA Championships (at Georgia)	All Day