



POOLSIDE

Volume III, No. 1

The Newsletter For The Friends of Harvard Swimming & Diving

November 2002

From the Women's Team Captains

Coming off of last year's successful season, we are excited to carry that momentum into our upcoming season. Enthusiasm abounds and we were anxious to dig in and start training on October 1st! The freshmen bring great personality and energy to the team. Through team bonding events and meetings, these frosh women have shown great attitude and cultivated an even greater excitement for the possibilities of this season. The sophomores and juniors provide a solid core for the team, acting as supporters and leaders. We are looking for them to play an important role in the development of a team that runs itself from within.

The senior class consists of eight women devoted to making our last season here the most unforgettable. We believe that will happen as the team continues to have fun with the sport and with each other.

The coaching staff, in our humble, unbiased opinion, proves the best in the Ivy League. Harvard can only improve under their direction. Steph and Katherine's devotion to helping us grow as a team and as individuals not only in the pool, but in our personal and academic lives as well, is unwavering. We are also excited to have Jess Stokes to offer input as someone with a different background and perspective.

It's going to be a great year! We are so excited that our team has already started to come together. And as captains, we would like to thank all of the Friends on behalf of the team. Your support goes toward exciting opportunities, such as a travel meet to UNC with the men's team and a training trip to

Continued on Page 3



2001-02 Women's Swimming & Diving team on their training trip to the Bahamas.



2002-03 Senior Co-Captains Dan Shevchik (top) and Cory Walker (right) looking to lead the Crimson in another successful season.



From the Men's Team Captains

The 2002-2003 Harvard Men's Swimming and Diving team begins its new season with one goal solidly set, to avenge last season's loss to Princeton and return the Eastern title to Blodgett. A strong incoming freshman class—swimmers Dave Cromwell, Billy Gray, Bill Cocks, Mark Knepley, John Hastrup, Stephen Norberg, and Victor Bicalho, along with diver Danil Rybalko—will join 25 returning varsity letterwinners in that effort.

The season got underway, unofficially, with the team's annual preseason trip. Held this year in Connecticut, we'd like to say thanks to the Shevchik and Lawler families, as well as to our manager Catherine Gyllerstrom and her family, who all opened their homes to us during the trip.

The tone for the season was already becoming clear earlier in the summer as Crimson swimmers showed up strong at US Nationals in Ft. Lauderdale. The highlight of the meet was national champion John Cole's victory in the 800 meter freestyle. Other notable swims included his 6th place finish in the 1500 freestyle, and 11th place finish in the 400 freestyle; David Cromwell's 19th place finish in the 100 backstroke and 23rd place finish in the 200 backstroke; James Lawler's 20th place finish in the 200 butterfly

Continued on Page 3

From the Women's Coach...

Following a breakthrough 2001-2002 season in which we finished with a strong Ivy Conference performance and set six Harvard College records, the team returned in September and was eager to build on last year's success. Under the leadership of co-captains Jane Humphries and Rachael O'Beirne, the team is confident, enthusiastic and focused on their end of the year goals of winning the 2003 Ivy League Championships, breaking school records and qualifying individuals and relays for NCAA's. With the addition of nine swimmers and one diver, our team of 37 women has strength and depth. Not only are they working hard in the weight room and in the water, but they are also having fun.

I am pleased that Katherine Veazey has returned as our Assistant Coach and the Head Distance Coach. Her coaching knowledge and overall support for the women is a tremendous asset to our program. Keith Miller returns for his 12th year to lead our talented diving squad, and we also welcome Jessica Stokes as our Volunteer Coach. Jessica is a 1999 Williams College graduate and a NCAA Division III Champion. She is using this year to determine if coaching as a profession is for her and we are extremely fortunate to have her on deck daily.

As many of you know, the Harvard Athletic Department is asking for all Friend's Groups to pay a greater percentage of the cost of travel, recruiting, video equipment, etc. Thanks to your continued financial support, we were able to purchase an underwater camera for each team. Combined with the TIVO system, the camera is an invaluable tool providing us with the opportunity to give immediate tangible feedback on their strokes, starts and turns.

Your generosity also enables both teams to travel to North Carolina the first weekend in November to swim a tri-meet with UNC and Minnesota. Not only is this a great way to begin the season, but every opportunity that we have to swim against competition outside the Ivy League raises the caliber of our team and prepares us for racing at the end of the season.

Our Ivy competition begins in the middle of November with a home meet against Cornell and Dartmouth on November 16. The following weekend, we are at Brown on Friday, November 22 at 5:00 PM. Since many of you will be in town for the Harvard/Yale football game and Alumni meet and barbecue on Saturday, we would love to have your support in Providence. It promises to be a closely contested match and one of the best dual meets to watch this fall.

Our training trip this year is in Key Largo where we will be able to train both 50 meters and 25 yards. At the end of our trip, we will travel north to swim the University of Miami. The winter trip continues to be an integral part of our training and the swimmers and divers return to Harvard in January ready to race Pittsburgh on January 4 and Yale and Princeton on January 31-February 2, 2003. Since Harvard hosts the HYP meet, I hope that many of you will take the opportunity to see us compete. For results and a full meet schedule, please visit our web site at <http://www.hcs.harvard.edu/~swim/>

I would also like to thank Jeanne Downs and Jeff Peltier for their guidance and the organization of our Friends leadership team, which includes Adrienne Leight, Ann Wilson Gilbert and Dave Schwartz. These alumni volunteer their time to help our programs grow stronger and increase alumni involvement.

To all our Friends, we are grateful for your contributions and encourage you to reconnect with your team experience by also attending meets and participating in our mentor program. I look forward to seeing you on our Alumni Weekend or in the stands cheering.

Sincerely,

Steph Wriede Morawski '92
Harvard Women's Swim Coach
(617) 495-1989

From the Diving Coach...

This year the divers return a very strong squad for both the men and women. All five of the returning divers scored at our Ivy or Eastern Championships last year, and four of them were finalists (top eight). Tom Crahan, Renée Paradise and Enrique Roy, all Juniors, will lead the way this year. Ricky has already qualified for the Senior Nationals once, and we hope to see continued improvement from him.

Sophomores Coral Day Davis and Anne Osmun are also expected to have another strong year. Coral has switched hurdle legs, which is comparable to throwing with the other arm, but it seems to be working well, and has alleviated a nagging injury. Anne is working harder than ever and all of the divers are doing a new weight program that's likely to have a huge impact this year.

We are very fortunate to have two strong freshmen joining us. Danil Rybalko is from Skokie, IL, (originally from Kazakhstan) and Alexa von Tobel is from Jacksonville, FL. Alexa has a strong list on both boards, and Dan was a finalist at the JO West National Championships last spring.

I can already see a big improvement in terms of the work ethic and team spirit this year. These divers are eager, and it shows. We all look forward to the positive results that their enthusiasm is sure to bring.

Keith Miller
Harvard University Diving
617-496-8790

From the Women's Captains, Continued from Page 1

Key Largo. These experiences will help bring us closer within our own team and with the men's team as well. They will also help us reach peak training in order to kick butt come the season's end. We are aware of and truly grateful for your awesome contributions.

The team would also love to see some of you at our meets. Please come cheer us on! And we're looking forward to meeting some of you at the Alumni Meet in November!

Thanks again,

Jane Humphries '03 and Rachael O'Beirne '03

From the Men's Coach...

Harvard Men's Swimming is entering its 73rd year of official competition. I'm entering my 5th year as Head Coach and my assistant Sean Schimmel is entering his 4th year. Kevin Tyrell will be our volunteer assistant this upcoming season. We have had a good deal to be proud of over the last couple of years. Our captains, Dan Shevchik and Cory Walker have stated the team goal clearly and precisely this year. We will be bringing in some new faces and making some changes to the program.

We start off the year with a trip to UNC to scrimmage the Tar Heels along with Minnesota. Then Columbia, with out alumni meet the Saturday morning of the Harvard vs. Yale football game. We are looking forward to seeing some familiar faces as we highlight the class of '62 team, who will be having their reunion that same week-end. The Texas Invite is again on our schedule. We will travel to Austin with a small group to test the waters with the best teams in the country. The desert of Arizona State will be our training trip sight this year. Upon our return to school we have our annual meet with Navy, followed by a visit from the Pitt Panthers. We will be hosting the HYP meet this year and we will look for a nice alumni voice in the crowd. If you are not aware yet, the Eastern Championships will be held at the World University Games pool in Hemstead, Long Island.

We would like you to visit our website and check the schedules for meets you might be able to attend. The team and coaching staff always appreciate your support at home or away meets. Once again, Jeff Peltier and Jeanne Downs will be heading the Friends of Swimming and need your support. All our out-of-league competition are sponsored by the Friends. My hopes for the program are to:

- Open each season with an out-of-league competition (essential to compete nationally and recruit top student athletes),
- Travel to a National level invite each December (face NCAA level competition and possible shave meet),
- Have at least one other out-of-league competition during the year, be abl to offer a championship meet for all the team members (for individuals not on the Eastern Team),
- Continue to purchase equipment for training and dry-land necessary for our program,
- Build on the Harvard Men's Swimming tradition of success within the conference and the National level,
- Have a 75th reunion celebration with all the Harvard Swimming Alumni (2 years away- we'll need alumni to help organize!)

The time, effort, commitment and dedication of each individual and team deserves these opportunities. Your contributions an support allow these things to happen. We look forward to the challenges and opportunities that a new year brings. It is once again my honor and pleasure to serve as the Head Coach of Harvard Men's Swimming.

GO CRIMSON!



Tim Murphy, Harvard Men's Swimming, (617) 495-2268

2002-03 Men's Swimming & Diving Schedule

NOVEMBER

Fri. 1-2 at North Carolina (Scrimmage w/ Minnesota) 12/6 p.m.
 Fri. 22 vs. COLUMBIA 6 p.m.

DECEMBER

Thu.-Sat. 5-7 at Texas (Invitational) TBA
 Fri.-Sun. 13-15 at Brown (Calamari Invitational) TBA

JANUARY

Sat. 4 vs. NAVY 1 p.m.
 Sun. 5 vs. PITTSBURGH 1 p.m.
 Sat. 25 at Brown 12 p.m.

FEBRUARY

Sat. 1 vs. PRINCETON (Tri-meet with Yale) 6 p.m.
 Sun. 2 vs. PRINCETON (Tri-meet with Yale) 1 p.m.
 Sat. 8 vs. CORNELL (Tri-meet with Dartmouth) 12 p.m.
 Sat. 15 at Pennsylvania 1 p.m.

MARCH

Thu. 6 vs. TBA (EISL at Nassau County Aquatics Center)
 Fri. 7 vs. TBA (EISL at Nassau County Aquatics Center)
 Sat. 8 vs. TBA (EISL at Nassau County Aquatics Center)
 Thu.-Sun. 13-16 vs. TBA (U.S. Swimming Sectionals at Long Island)

From the Men's Captains, *Continued from Page 1*

and 24th place finish in the 100 butterfly; and Mark Knepley's 22nd place finish in the 100 freestyle.

Action gets underway for the Crimson with a scrimmage at UNC on November 1 and continues with the first conference dual meet at home versus Columbia on the 22nd. We hope to see many alumni in the stands and look forward to joining them in the pool for the second bi-annual Harvard Swimming & Diving alumni meet, to be held the following day.

Thank you for your continuing support.

Go Crimson!

Sincerely,



Cory Walker '03



Dan Shevchik '03

Full Meet Results for both the Men's & Women's team is available on the web at:
www.hcs.harvard.edu/swim

2002-03 Women's Swimming & Diving Schedule

NOVEMBER

Fri.-Sat. 1-2 at North Carolina w/Minnesota 12/6 p.m.
 Sat. 16 DARTMOUTH & CORNELL 12 Noon
 Fri. 22 at Brown 5 p.m.

DECEMBER

Sat. 7 at Pennsylvania with Columbia 1 p.m.
 Sat. 14 NORTHEASTERN 12 Noon
 Fri.-Fri. 27-3 Training Trip (Key Largo)

JANUARY

Thu. 2 at Miami 3:30 p.m.
 Sun. 5 PITTSBURGH 1 p.m.
 Fri.-Sun. 31-1 YALE & PRINCETON 6 p.m.

FEBRUARY

Thu.-Sat. 27-1 at Ivy Championships (at Princeton) All Day

MARCH

Thu.-Sat. 13-15 NCAA Zone Diving All Day
 Thu.-Sat. 20-22 NCAA Zone Diving All Day

Home meets in CAPS, Home meets held at Blodgett Pool

From the Friends...

Harvard Swimming and Diving is off to another fantastic year! As you can tell from the coaches' and captains' letters, there is LOTS of enthusiasm at Blodgett Pool.

From the Friends side of things, we are happy to report two big accomplishments:

- Implementing our new Friends leadership structure
- Meeting our fundraising goal last year

This year both teams are travelling to North Carolina to take on UNC and Minnesota...a trip that is only possible with the generous contributions of the alumni. This out of league meet is a great opportunity for both teams to swim some other fast teams and to help recruiting efforts by getting the Harvard name out there. It is our hope that the Friends group can fund even more of these out of league meets in the future!

As you may know, the teams themselves do a great deal of fundraising with the teaching of swim school and the running of various Masters and US Swimming meets. It is amazing how much time they put into these fundraising efforts! The Friends group helps the teams in their efforts with alumni gifts. In addition to out of league travel, the fundraising supports the teams with the purchase of equipment, the funding of the Christmas training trips, and the sponsoring of alumni events. Our goal this year for the Friends group is to raise \$50,000...a reasonable goal based upon last year's alumni gifts!

We hope that you will support Harvard Swimming and Diving this year whether it is with a monetary gift or cheering in the stands! If you are like us, Harvard Swimming and Diving had a big impact on our lives...and it is great to give something back!

Hope to see you all at the alumni meet and barbeque!

Jeanne Floyd Downs '84
Jeanne_downs@aimint.org

Jeff Peltier '88
jeffrey.peltier@lehman.com

2002 Harvard Swimming and Diving Alumni Weekend

Please join us the week-end of November 23-24, 2002 for the second (recent) bi-annual Harvard Swimming and Diving Alumni Week-End. This is the weekend of the Harvard-Yale football game, which takes place at Harvard Stadium this year. Again this year, events will feature an Alumni vs. Varsity competition, again with time handicaps for alums. Two years ago, alumni beat the varsity team, 162-77. We had well over 200 people here for the week-end, and over 40 alums participated in the alumni competition.

See below for preliminary information about the weekend, accommodations, football tickets, and other information:

PRELIMINARY WEEK-END SCHEDULE:

Friday, November 22, 5:00pm Harvard Women compete at Brown University

Friday, November 22, 6:00pm Harvard Men compete against Columbia University at Blodgett Pool

Saturday, November 23, 10:00am (subject to change) Alumni vs. Varsity Meet 25s, 50s, 100 IM, and relays with time handicaps for alums

Saturday, November 23, after the alumni meet Tailgate on Blodgett Beach

Saturday, November 23, 12:30pm Kick-off: Harvard-Yale Football Game - Harvard Stadium

Other events may take place on Saturday evening and/or Sunday morning.

FOOTBALL TICKETS:

We have reserved a block of tickets to the Harvard-Yale football game with the Harvard Athletics Ticket Office. To purchase tickets from the block, please contact the Harvard Ticket Office (617-495-2211 or 877-GO-HARVARD). Please ask for tickets from the Harvard Swimming and Diving Alumni block. Please purchase your football tickets by NOVEMBER 1.

HOTEL ACCOMODATIONS:

We have a number of hotel rooms reserved at the DoubleTree Suites (400 Soldiers Field Road, Boston, on the river) for the nights of Friday, November 22 and Saturday, November 23. Rooms are \$149 per night, and include two beds and a living room with a pull-out sofa bed. To reserve a room, please contact the DoubleTree directly at 617-562-4117, and request a room in the "Persinger/Harvard Swimming and Diving Alums" block. Please reserve a room by OCTOBER 23, as the block will be released on that date.

OTHER QUESTIONS:

For other questions, please contact Jamey Waters '01 (waters01@post.harvard.edu, 203-918-1038) or John Persinger '03 (persing@fas.harvard.edu, 617-571-6445).