

# Swimming



When most people think of swimming, they think of summer, hot weather, sun block and the beach. However, when I think of swimming, I think of chlorinated water, starting blocks and lane lines. It has been four years since I joined the St. Francis College Swimming Team, and in turn bid my free afternoons goodbye. Practices weren't always easy, and although I usually came home tired from them, I also came home with a feeling of accomplishment, of having pushed myself a little farther, made myself a little better.

However, the surprising thing was that, although I knew that being a part of a team would make me a better swimmer, I never realized how that was only one of the many benefits I would receive. I came in as a freshman thinking that a team was simply a group of people swimming in the same pool. Now as I leave, I know that a team is a group of people helping each other, cheering each other on, making each other laugh, and believing in each other, while swimming a few laps along the way.

As their captain, I tried my best to be a good leader, while in turn, they made me laugh with their crazy cheers, and made me proud with all their many wins, not to mention how they managed to break 17 school records in two years. They were the ones who were there, cheering and clapping whenever I was in a race. As I graduate, I have a lot to be grateful for, and so here I say:

Thank you to the Men's Swimming Team for supporting our (very small) Women's Team.

Thank you to the other half of the Women's Team, who had the spirit of 100 swimmers. Thank you to my Coach, for making me feel like Janet Evans even when I swam like Kermit the Frog.

Last, but not least, thank you to my fellow senior, Ryan Contino, who always swam every race like it was his last, and showed me what determination was really all about. Some people finish their swimming career with many medals to show for it. I have all the laughter and all the memories that my team has given me. One thousand medals would never be worth that.

Vanessa DeAlmeida



# Men's Track and Field

s for any athletic team at St. Francis College it is hard work to excel in both the classroom and on our respective playing fields, but we divide our time and remain dedicated to both our sport and school work. However, the difference between Track & Field and any other team here at St. Francis College is that we compete all year long.

Since the St. Francis College Track & Field team is not that large, it is not that difficult to keep our team together. We as a team realize that we must all work together to reach a common goal or push one another to achieve our best. Since we spend six days out of the week together we are always joking around and having a good time, but we know that once we step on to the track, runway or in the circle it is time to get serious and work.

We enjoy competing for St. Francis College and with all the recent changes favoring the athletes, it makes you feel proud to represent St. Francis College as one of its athletes. If there were one thing we, the athlete's, would like to see, is dorms. We know it's tough, but if one thing could bring the whole athletic program to the next level, that would be it.

Looking back on Track & Field, I think the one thing you never want to change is your time spent competing. You only get 4 years and no matter what the outcome, never regret the time spent as a Division 1 athlete here at the college, because you can never get it back and no one can ever take it away from you.

Anthony Kurtin

