



JOHN APPLE SWIM FUND
Supporting Swimmers. Accelerating Goals.

2019 NEWSLETTER

VOLUME 5 ■ JOHNAPPLESWIMFUND.ORG

Greetings! I hope 2019 is off to a strong start and your new year's resolutions are in full swing.

As I get older, I become wiser with my resolutions. I've found that making attainable goals are much more satisfying. This year, I've decided I need more water. The idea was sparked from Wallace Nichols' book, *Blue Mind*, which explores the surprising science that shows how being near, in, on or under water can make you happier, healthier, more connected, and better at what you do. In an age where more and more children prefer screen time to play time, I am glad to be a part of an organization encouraging the activities that make for happier and healthier young adults.

Six years ago we established the Swim Fund to honor my dad's legacy with two scholarships for Lancaster swimmers. Our accomplishments have allowed us to increase both scholarship values to \$1,000. We have fully endowed the one, and we are well on our way of achieving this with the second.

In addition to our annual scholarships, this past year we introduced a new financial aid program made available to USA swimmers and their families. It was developed to encourage more swimmers to either begin or continue participating in a sport we value. The Swim Fund had the opportunity to assist five swimmers with their team fees. It was only with your generous support that we were able to do this.

As advocates for swimming, our organization will continue looking for ways to work water into the lives of our young athletes. And in our days of hustle, bustle and devices, I challenge all of us to unplug and get our toes wet!

Thank you for your continued contribution to the John Apple Swim Fund. We look forward to seeing you this year!

Mindy Apple Ascosi

Getting to know our 2018

John Apple Memorial Scholarship Recipients



Nathan Heisey

Nathan Heisey is currently in his freshman year at Monmouth University where he is majoring in Business Administration (five year MBA program) with a minor in Finance. In addition to working for Varsity Club at Monmouth, Nathan is a member of the men's swim team, Financial Planning Club, and Accounting Society. Nathan graduated from Hempfield High School in 2018 where he was captain of the swim team. He was a member of Five Star Swim Club, a district and state qualifier for PIAA Swimming, and volunteered for the Boys and Girls Club and Schrieber Pediatric.

Best part about college swimming?

The team atmosphere. You are around your teammates more often than you were in high school, so you create greater bonds with them. Your teammates will become almost like family and you will create relationships that will last a lifetime.

What are your favorite swimming events?

My favorite swimming event is the 200 Individual Medley. I like being able to train all of the strokes because it keeps training and meets interesting.

What are some of your goals for 2019?

In 2019, I am striving to make an A or B final at our championship meet and I would also like to be on the Dean's list.

Any advice for high school students getting ready for college?

I believe it's important for High School students to start working on their time management and study skills. They should also start working towards being an independent learner. For some courses, you will have to spend time outside of class reading content and trying to learn the information on your own. These skills are essential to create success at the college level.

What do you miss most about home?

I really miss my two dogs...and my family. Home-made food is much better than dining hall food.

What is your favorite vacation spot?

My favorite vacation spot is Pigeon Forge, Tennessee. I like the various activities that are offered there. My family typically goes hiking, ziplining, and white-water rafting.



Katie Carrasco

Katie Carrasco is currently in her freshman year at Grove City where she is majoring in Biology Health. Katie is a member of the women's swim team, track and field, Discipleship and Pre Health Society. Katie is a graduate of Cocalico High School where she managed a tutoring program for students and was actively involved in Advisory Team, Student Government and Symphonic Band. In addition to her many activities, Katie swam for Five Star Swim Club.

Best part about college swimming?

My teammates. I am so blessed to have amazing teammates that are supportive of everything I do here—from homework to getting a ride to church.

What are your favorite swimming events?

My favorite swimming events are the 1650, 1000, and the 500 (I swim these A LOT).

What are some of your goals for 2019?

My goals for 2019 in swimming/school are to get lifetime bests in the 500 free, the 1000 free, and to make a 4.0 GPA.

Any advice for high school students getting ready for college?

Pressure to choose a college makes it very stressful. Try to find moments of peace and relax. Getting into or not getting into your first choice of a school is often not the end of the world. I ended up at Grove City, which is somewhere I did not think I would be, but found that it is an incredible blessing that I am here.

What do you miss most about home?

I miss the people back home. My family, teammates, and coaches especially.

What is your favorite food?

My favorite food is crab cakes.

2019 SCHOLARSHIPS

The John Apple Swim Fund will offer two scholarships this year to graduating seniors. Awards will go to a male and female Lancaster County Swimmer.

Application online: johnappleswimfund.org

John Apple Memorial Scholarship \$1,000

Available to swimmers in their senior year of high school who plan to pursue college swimming.

>>> **Deadline: April 22, 2019**



FINANCIAL AID PROGRAM for USA Swimmers is now available. Visit our website for more information.



Swimming Pool Coin Toss



Musicians: Tish Brown & Andrew Ascosi



Swim Coaches Volunteer at Copper Hill Fundraiser

2018 FUNDRAISERS

This past year the Swim Fund incorporated two additional fundraisers: dinner night at Caruso's and guest bartending at Copper Hill. It was great seeing so many familiar faces come out to support us! We plan to do another guest bartending event this year. Look for updates on our facebook page.

We returned to Woodridge Swim Club for our 6th annual Apple Palooza. It was a day for celebrating Nathan and Katie, our scholarship winners, enjoying live music, winning cool raffle prizes and participating in several pool activities. We are grateful for all of our supporters that made the day possible. A special thank you to Woodridge, our volunteers, donors and sponsors: Lancaster Toyota, Lititz Family Chiropractic, Edward Jones, A&J Family Locksmith, and 551 West.

Apple Palooza will be held on a SUNDAY this year. We hope to see you on June 9, 2019 at Woodridge Swim Club!

SAVE the DATE

Apple Palooza

SUNDAY, JUNE 9, 2019

Woodridge Swim Club—Lititz, PA

Interested in getting involved?

We are looking for event day sponsors and raffle donations.

Please contact Mindy Ascosi at mindy@johnappleswimfund.org

Sponsorship Package

\$200

Admission for 4, Media Recognition, Logo on JASF website, flyers, emails, and event signage.

2018 Benefactors

Marathon (\$1000 to \$3000)

Skyline Swim Team

Long-Distance (\$500 to \$999)

Dommel Family
Peter O'Dunne
William & Catherine Goodrum

Middle-Distance (\$200 to \$499)

Andrew Beal
Dan & Linda Jennings
Debra Apple
Design & Integration
Five Star Swim Club
George & Pam Speidel
John & Louise Miller

Keith & Susan Lauderbach
Lancaster Neuroscience &
Spine Associates
Leonard & Donna Ascosi
Ready Training, Inc.
Universal Leaf Foundation

Sprint (\$100 to \$199)

Andrew & Mindy Ascosi
Arlen & Linda Greiner
Bob Lee & Maggie Knox-Lee
Chris & Heather Jenkins
Daniel Butler
Daniel & Kathryn Tomanio
Donald & Sharon Hines
Doris Vorndran
Emily Lunde-Habash
Flynn & Elizabeth Stewart-Severy
George Eiwen
Gordy & Wendy Kautz

Jeff & Mindy Lawrence
Jesse & Justina Ellis
Jerry & Darla Swope
John & Nancy Jenkins
Justin & Kaley Miller
Kathy Evans
Leslie Lemonick
Mark Daum
Michael Orstein
Michael Porter
Michael & Ruth Beltz
Steven & Ava Waugh

Team (\$10 to \$99)

Alfred & Rebecca Stamp
Barry Van Leer
Bill Rogers
Brandy Basile
Brendan Hohman
Carole Campbell

Daniel & Ann Mekeel
Dana Wile
Dean & Mary Anne Keeler
Dick & Marge Trout
Jack & Ann Fulton
Jack & Deborah Horner
James & Sally Oatman
Jennifer Ascosi
Judi Sturge
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Michael & Gail Hauck
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Ted & Bonnie Fitzgerald
Thomas & Carol Ludwig
Thomas Musselman



JOHN APPLE SWIM FUND

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The John Apple Swim Fund was founded in memory of swim coach, John Apple. Visit our website for more information on the history of Coach Apple. Have a story about Apple that you'd like to share in the Remembering John section? Email us at info@johnappleswimfund.org.

MISSION STATEMENT

The John Apple Swim Fund encourages Lancaster County swimmers to pursue their dreams by awarding scholarships to those in need of financial support.

2019 CALENDAR

April 17 Guest Bartending Fundraiser, Copper Hill

April 22 Deadline, John Apple Memorial Scholarship Application

June 9 Apple Palooza Fundraiser, Woodridge Swim Club

CORPORATE SPONSOR



MAKE A DONATION! Use the envelope inside this newsletter to send a check or donate online. The John Apple Swim Fund is an all-volunteer non-profit 501(c)(3) organization. All donations are tax deductible. 100% of every dollar goes directly to the expenses of meeting our mission.

CONTACT US

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