



**JOHN APPLE SWIM FUND**  
Supporting Swimmers. Accelerating Goals.

# 2020 NEWSLETTER

VOLUME 6 ■ [JOHNAPPLESWIMFUND.ORG](http://JOHNAPPLESWIMFUND.ORG)

I've always admired swimmers' determination and work ethic. It's no surprise that many of the high school swimmers in our area rank highest among their class academically. I see it all the time with the scholarship applications we receive each year. Swimming helps young people develop excellent time-management skills, goal-setting, self-discipline, and the ability to overcome adversity. It's traits like these that can apply to almost any area of swimmers' lives and help propel them forward to be successful later on. This is especially true in the workplace.

My day job involves managing a small group of creatives. For the past six months, we've been on the hunt for a quality individual to join our team. As I sift through hundreds of resumes, I must admit that I'm drawn to those with athletic backgrounds and will always pull their resumes aside for further review.

This isn't a new phenomenon; many employers will agree they prefer hiring athletes regardless of their experience level. Hiring the right person is a long process. It's costly and time-consuming. Employers are looking for loyal team players with mental toughness—people they can groom to be strong leaders. Swimming programs help develop those essential leadership and teamwork abilities.

The John Apple Swim Fund is an avid supporter of our local athletes. It's been our mission to recognize swimmers for their achievements and dedication, in addition to encouraging swimming through financial assistance. Over the past six years, we've been able to provide \$16,500 in awards and support. We could not have done this without your faithful contributions! We intend to continue growing and improving each year. For the year ahead, I'm confident that we'll be able to reach our next goal of endowing the second John Apple Memorial Scholarship.

Years of training have taught swimmers more than just skills in the pool. They have taught swimmers how to set and achieve goals, perform under stress, and tackle challenges. I have yet to see a swimmer's resume come across my desk for my company's open position, but when I do, I will happily welcome that applicant in for an interview and, hopefully, a place at our table.

On behalf of the John Apple Swim Fund, we're grateful for your support and thank you for keeping our mission alive and making a difference in the lives of local athletes. We look forward to seeing you at our next fundraiser in June!

*Mindy Apple Ascosi*

# Getting to know our 2019

## John Apple Memorial Scholarship Recipients



**Oliver Lance**

Oliver Lance is currently in his freshman year at Carnegie Mellon University where he is majoring in Information systems with potential Minor/Majors in Computer Science and/ or Business Administration. Oliver is a member of the men's swim team and the CMU Explorers Club. Oliver graduated from Warwick High School where he was Senior Class President and captain of the swim team. He was a member of Five Star Swim Club, and a district and state qualifier for PIAA Swimming.

### Best part about college swimming?

My favorite part about college swimming is the team. My coaches and teammates make going to practice everyday so enjoyable. While I absolutely love the swimming aspect as well, the people make it that much more fun.

### What are your favorite swimming events?

My favorite events are 100 Back, 200 Back, and 100 Fly.

### What are some of your goals for 2020?

My goals for the year are to possibly make it to NCAA's in one of my events. I also want to keep my grades up and get involved in more clubs around campus.

### Any advice for high school students getting ready for college?

My advice for students getting ready for college is to not stress too much about the whole process. During your last year of high school, have fun. While you should keep your grades up, make sure you are hanging out with friends and are enjoying your Senior year.

### What do you miss most about home?

The things I miss the most are homemade food and my family and friends.

### What is your favorite vacation spot?

My favorite vacation spot is anywhere that has access to the outdoors. I love going on hikes and being in nature. If I had to pick, probably somewhere up in Maine or Vermont would be my favorite places to go on vacation.



**Lauren Nedrow**

Lauren Nedrow is currently in her freshman year at University of Pittsburgh where she is majoring in Neuroscience. Lauren is a member of Pitt's club swim team and American Medical Student Association (AMSA). She is also involved in MEDLIFE, an organization that partners with low-income communities in Latin America and Africa to improve their access to quality healthcare, education, and a safe home. Lauren is a graduate of Conestoga Valley High School and swam for Five Star Swim Club.

### Best part about college swimming?

My team. I've met some of my closest friends on the swim team. Everyone is very supportive and friendly, creating a lot of close connections at such a large college.

### What are your favorite swimming events?

My favorite swimming events are the 100 and 200 backstroke or the 500 freestyle.

### What are some of your goals for 2020?

I hope to qualify for and compete at the College Club Swimming Nationals meet this spring. Academically, I plan on getting involved in research on campus. I have also continued to stay active in my Scouts BSA Troop and aim to earn my Eagle Scout award by August 2020.

### Any advice for high school students getting ready for college?

Be open to new experiences. College has so much more to offer than what you were exposed to in high school. You don't need everything planned out right away, so don't be afraid to open your doors to new people and opportunities.

### What do you miss most about home?

I miss being with my family and our dog at home, especially with home-cooked meals.

### What is your favorite vacation spot?

My favorite vacation spot is Acadia National Park in Maine. There are a lot of beautiful places for outdoor activities, like hiking or going to the beach.

## 2020 SCHOLARSHIPS

The John Apple Swim Fund will offer two scholarships this year to graduating seniors, in addition to providing an ongoing financial aid program. Visit our website for more information: [johnappleswimfund.org](http://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 20, 2020**



Swimming Pool Soda Toss



Ted & Tom (Officials) Volunteer at Copper Hill



Kid Crafts at Apple Palooza

## 2019 FUNDRAISERS

We held another eventful Guest Bartending fundraiser at Copper Hill last spring. We had a blast reminiscing with several former swimmers that stopped by.

Last year we decided to change things up and held our 7th annual Apple Palooza on a Sunday afternoon. We had the entire day to celebrate and relax at Woodridge Swim Club. DJ Backdraft started the event off with upbeat tunes and games for the swimming crowd. We continued the festivities throughout the day with live music, relays, raffles, and honored our two scholarship winners—Oliver and Lauren. The hard work of our volunteers, Woodridge, donors and sponsors (Lancaster Toyota, Lititz Family Chiropractic, Penn Home Mortgage, and 551 West) made the event possible. Thank you all very much for another successful fundraiser! Mark your calendars for Sunday, June 7, 2020!

# SAVE *the* DATE

## Apple Palooza

SUNDAY, JUNE 7, 2020

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](mailto:mindy@johnappleswimfund.org).

### Sponsorship Package

**\$200:** Admission for 4, Media Recognition, Logo on JASF website, flyers, emails, and event signage.

# 2019 Benefactors

### Marathon (\$1000 to \$3000)

Skyline Swim Team

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

Carvell Family  
Five Star Swim Club  
Dommel Family

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

Chris & Melissa Apple  
Dan & Linda Jennings  
Debra Apple  
Design & Integration  
Flynn & Elizabeth Stewart-Severy  
George & Pam Speidel  
Justin & Kaley Miller  
Keith & Susan Lauderbach  
Leonard & Donna Ascosi  
Melissa Deiter Werner  
Michael Porter  
Penn Manor Class of '99

### Sprint (\$100 to \$199)

Andrew & Mindy Ascosi  
Arlen & Linda Greiner  
Bob Lee & Maggie Knox-Lee  
Brian & Carly Hanna  
Dan & Terri Griest  
Daniel & Kathryn Tomanio  
Dean & Mary Anne Keller  
Donald & Sharon Hines  
Doris Vorndran  
Emily Lunde-Habash  
Gordy & Wendy Kautz  
Jeff & Mindy Lawrence  
Jesse & Justina Ellis  
Jerry & Darla Swope  
John & Nancy Jenkins  
Kathy Evans  
Kelly Myer  
Leslie Lemonick  
Linda Valentino  
Mark Daum  
Michael Fish  
Michael & Ruth Beltz  
Peter O'Dunne  
Steven & Ava Waugh  
Yun Yang

### Team (\$10 to \$99)

Alfred & Rebecca Stamp  
Bill Rogers  
Daniel & Ann Mekeel  
David & Judy Hoover  
Dick & Marge Trout  
Doug & Lori Stevens  
Jack & Ann Fulton  
Jack & Deborah Horner  
James & Sally Oatman  
Jennifer Ascosi  
John & Peggy Sanbower  
Joseph & Joan Schram  
Judi Sturge  
Kelly Jacobs  
Larry & Marcia Lefever  
Lynn Schmidt Miller  
Michael & Cathy Day  
Michael & Gail Hauck  
Nicole Laska  
Richard Frerichs  
Robert & Donna Norris  
Romao & Melissa Carrasco  
Ryan & Amanda Funk  
Ted & Bonnie Fitzgerald  
Thomas & Leslie Musselman  
Tom Falk

Thank you!



## JOHN APPLE SWIM FUND

487 Letort Road  
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Supporting Swimmers. Accelerating Goals.



## JOHN APPLE SWIM FUND



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](mailto: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.

### 2020 CALENDAR

**April 20** Deadline, John Apple Memorial Scholarship Application

**June 7** 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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