



JOHN APPLE SWIM FUND
Supporting Swimmers. Accelerating Goals.

2021 NEWSLETTER

VOLUME 7 ■ JOHNAPPLESWIMFUND.ORG

Hope.

Nothing signifies the emergence from 2020 like hope. After a year of challenges, hope feels like the best response to move us forward. With hope, we can find the strength and confidence to face the next chapter of life as we put the pandemic behind us.

It's been a year since COVID-19 shut us down and masked us up, but with adversity comes opportunity. We all dug down to find resiliency as we adapted to changing circumstances. Our swimmers and coaches were no different. Coaches became master problem-solvers—locating alternate facilities, developing new practice schedules, and figuring out new procedures to run meets safely. Swimmers, faced with limited training and frequent cancellations, remarkably maintained a positive attitude throughout quarantine. It was a difficult season, but the community made the best of it.

We were disappointed to cancel our annual Apple Palooza celebration, but contributions did not decline thanks to your generosity. Though we were unable to honor our scholarship winners at our annual event, the John Apple Swim Fund adapted, too. We created a video to recognize our remarkable scholars, Hailey Fry and Jake Houck of Donegal High School. If you have not had a chance to see the video, please take a minute to visit our website. It's worth watching!

There were successes to celebrate in the last year. In addition to reaching our endowment goal of \$40,000—thus safeguarding our two memorial scholarships in perpetuity—we had a record number of student-athletes apply to the scholarship last year. Friends, family, and the local swim community helped us turn this idea into a reality, and it truly warms my heart.

In 2021, we will continue to play it safe and put our annual fundraiser, Apple Palooza, on hold for another year. Instead, we are coordinating a swim challenge that will be ideal for master swimmers but open to all ages. Stay tuned for more info!

One of the chief functions of the John Apple Swim Fund is to assist dedicated swimmers who have a desire to compete in local swim clubs, but need financial assistance. These swimmers remain top of mind, and we are here to help. Please reach out if you would like to apply for assistance or know someone who would.

Thank you for being a loyal supporter. Thank you for your continued kindness and generosity.

Stay healthy and hopeful. We look forward to seeing you this summer.


Mindy Apple Ascosi

Getting to know our 2020

John Apple Memorial Scholarship Recipients



Jake Houck

JAKE HOUCK is currently in his freshman year at Penn State University, where he is majoring in Kinesiology and swims for the men's team. After an impressive performance in his debut meet at PSU, Jake was named the Men's Swimming & Diving Big Ten Freshman of the Week. Jake graduated from Donegal High School and swam for Elizabethtown Aquatic Club. He was a district and state qualifier for PIAA swimming and named to the Lancaster-Lebanon League All-Star Team.

How has Covid-19 affected your College experience?

Covid has affected my semester quite a lot. Typically in a normal year I'd be learning in person rather than learning on my computer in my dorm room. From the swimming side of things, a lot has been affected. The team trains in very select groups, so we are not able to interact as one team that much. We also did not have a training trip over break between semesters.

Best part about college swimming?

The best part about college swimming is being on a team with a collective mindset to make each other better each and every day.

What are your favorite swimming events?

My favorite events to swim are the 50 and 100 Free as well as the 100 Fly. Although the most fun event by far since I've gotten here is the 200 free relay.

What are some of your goals for 2021?

My goals for the 2021 year include keeping up a high GPA for my team. For swimming, I have plenty of goals that I'm working toward, which are all very long-reach goals that will be putting me in a good spot to be competitive at NAAs this year.

Any advice for high school students getting ready for college?

Be ready for anything. One thing that is for sure is that not everything is very concrete and almost everything can be up in the air, especially during these times. The most important thing is to take everything moment by moment and just be flexible.

What do you miss most about home?

The thing I missed most about home was spending time with my family and friends.



Hailey Fry

HAILEY FRY is currently in her freshman year at Clarion University, where she is majoring in Digital Media Communications and swims for the women's team. Hailey graduated from Donegal High School, where she was a multi-sport athlete, participating in swimming, track & field, and tennis. She was actively involved in many clubs, including Mini-Thon, Booster Club and Friends of Rachel Club. Hailey swam for Elizabethtown Aquatic Club and was a district and state qualifier for PIAA swimming.

How has Covid-19 affected your College experience?

My first semester was definitely a weird start to college. All of my classes were online and there weren't many students on campus, so it was tough meeting new people outside of my teammates. Anyone had the option to go on campus and I was very thankful that we also got to train with the team even though we weren't technically in-season.

Best part about college swimming?

My favorite part of college swimming is definitely the team dynamic. While this semester has been tough and we didn't get to spend as much time together as we wished, we all continued to push each other and lift each other up, and I think that helped us to create an even stronger bond.

What are your favorite swimming events?

My favorite events are the 100 and 200 Breast.

What are some of your goals for 2021?

While I am not entirely sure yet of how our PSAC Championship meet will be running this year, my goals as of right now are to just improve my techniques and times and become more confident and stronger while doing so.

Any advice for high school students getting ready for college?

One of my biggest pieces of advice is; if you are struggling to focus on doing your schoolwork from your dorm, utilize your school's library whenever you can. I promise you will get a lot more work done than you think!

What do you miss most about home?

What I missed about home the most was my bed and my cat for sure! I also really missed my two closest friends, but we managed to keep good contact with each other, which was really nice.

SAVE *the* DATE

Apple Swim Challenge

SUNDAY, JUNE 13, 2021

Woodridge Swim Club—Lititz, PA

Join us for our first Apple swim challenge, where proceeds will be donated to the John Apple Swim Fund. To raise money, swimmers will receive pledges and donations from family members, friends, and local businesses.

We are planning a virtual option as well. More details will be shared soon via website and email.



Become a Corporate Sponsor / \$500

Logo on website, newsletter, emails, and event signage.
Contact mindy@johnappleswimfund.org

CLINT FRONTZ STEPS DOWN

Maurice Clint Frontz, who has served the Lancaster community for 58 years as a PIAA swimming and track & field official, is retiring. Although 1968 was the year he registered as a PIAA official, Frontz's involvement with officiating goes back to the days of the Lancaster Officials Club, which disbanded when PIAA began registering officials in all high school sports. Since then, he has officiated high school, summer league, and college swimming in the Lancaster and Lebanon county area. He has served faithfully as starter, meet referee, and diving referee at the local, district, and state level.

Frontz has also held the post of assignment secretary for the Lancaster and Lebanon chapters of swimming officials. With the assistance of his computer-savvy wife Mary Ann, he has had the job of assigning officials to all high school swimming meets for the Lancaster-Lebanon Swim League, a task requiring hours of additional dedication beyond the pool.

It is rare in this age for an official to dedicate so much of his life to his craft. His knowledge and expertise will be missed.

By Ted Fitzgerald

2020 Benefactors

Marathon (\$1000)

Bill & Catherine Goodrum

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

Chris & Melissa Apple
Debra Apple

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

Andrew & Mindy Ascosi
Carvell Family
Chris & Heather Jenkins
Dan & Linda Jennings
Design & Integration
Leonard & Donna Ascosi

Michael & Ruth Beltz
Michael Porter
Flynn & Elizabeth Stewart-Severy
George & Pam Speidel

Sprint (\$100 to \$199)

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Team (\$10 to \$99)

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Jennifer Ascosi
Joseph & Joan Schram
Judi Sturge
Lynne Bonser
Michael & Gail Hauck
Richard Frerichs
Robert & Donna Norris
Ryan & Amanda Funk

2021 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

John Apple Memorial Scholarship \$1,000

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

>>> **Deadline: April 26, 2021**



JOHN APPLE SWIM FUND

487 Letort Road
Millersville, PA 17551

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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.

2021 CALENDAR

April 26 Deadline, John Apple Memorial Scholarship Application

June 13 Apple Swim Challenge, Woodridge Swim Club & Virtual

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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