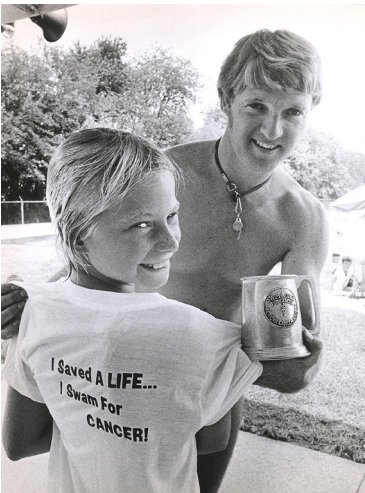




**JOHN APPLE SWIM FUND**  
Supporting Swimmers. Accelerating Goals.

# 2023 NEWSLETTER

VOLUME 9 ■ [JOHNAPPLESWIMFUND.ORG](http://JOHNAPPLESWIMFUND.ORG)



My dad was never short of ideas...big or small. He spent his entire life around aquatics and was passionate about sharing his knowledge with everyone. For 10 years, we have been celebrating his contribution to competitive swimming through scholarships and financial aid to those pursuing their passion in the sport of swimming.

As we look toward the future, we see an opportunity to celebrate another aspect of my dad's life in aquatics, while helping the community more broadly. **We have decided to expand the mission of the Swim Fund by getting involved with water safety.**

On his first day as a lifeguard at Maple Grove, my dad saved a life. He was the face of Lancaster's Save-A-Life Swim for Cancer campaigns. He received "outstanding volunteer" awards from the American National Red Cross and taught seminars on survival swimming. His contributions to our community extended beyond instruction for competitive swimming. He was a true ambassador for water safety and learning to swim.

This past year, Lancaster was faced with a major shortage of lifeguards. As a result, many pools in the area struggled to open full-time, if at all. If pools don't open, children lose the chance to swim in a safe environment. This lack of access limits opportunities for children to explore competitive swimming and for families to enjoy summer activities. But most importantly, it increases the danger for children around water, including the risk of drowning.

I'm always taken by surprise when I read aquatics statistics. It's a sobering reminder of how dangerous water can be. Drowning is still the second leading cause of unintentional death for children under 14. And it's completely preventable. Over 50% of Americans either can't swim or lack basic water safety skills. Meanwhile, simply taking formal swim lessons can reduce the risk of drowning by 88%. Access matters, and we want to help with that.

This year we will be contributing to the Lancaster County Parks & Rec's newly developed "Rescue Ready" program. The goal of the program is to recruit and train students from the School District of Lancaster to take the Lifeguard Certification course. Those who pass the course will be committed to lifeguarding at the County Pool over the summer and the YMCA over the winter.

Our Swim Fund is also looking at ways to partner with the Lancaster Recreation Commission. We will be helping to fund water safety and swim lessons for all summer camp participants. This will reach roughly 200 children.

None of this is possible without your support. I am so grateful for your help in honoring my dad over these past 10 years through scholarships and assistance to swimmers in struggling families. As we grow our mission, we hope to contribute to saving lives and that is something I know my dad would be proud of.

Sincerely,

Mindy Apple Ascosi

# Getting to know our 2022

## John Apple Memorial Scholarship Recipients



Ethan Shonk

**ETHAN SHONK** is currently in his freshman year at Seton Hall University, where he is majoring in criminal justice and is a member of the men's swim team. Ethan graduated from Donegal High School and swam for Lancaster Aquatic Club. He was a district and state medalist for PIAA swimming.

### Best part about college swimming?

The best part of college swimming is the bond and friendship with every single guy on the team.

### What are your favorite swimming events?

Favorite events are 100 and 200 backstroke.

### What are some of your goals for 2023?

My goals are to maintain dean's list throughout the year. I hope to grow as a team and aim for a chance at the Big East championship.

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

Always try your best at practice and never take anything for granted.

### What do you miss most about home?

The things I miss most about home are family, friends, and most of all, my dog.



Kendall Eby

**KENDALL EBY** is currently in her freshman year at Providence College, where she is majoring in biology. She is a member of the women's swim team and a member of orchestra, where she plays the violin. Kendall graduated from Warwick High School, where she was an active member of swim team, cross country, orchestra, vice president of Tri-M Honor Society and a Link Crew leader. Kendall swam for Five Star Swim Club and was a district and state qualifier for PIAA swimming.

### Best part about college swimming?

The best part of college swimming is the people that inspire me every day to be not only a better swimmer, but also a better person in the real world. The camaraderie amongst my teammates and the level of competition we are faced with each dual meet make all the early morning swims and lifts worth every hour of sleep lost.

### What are your favorite swimming events?

This year, my favorite events to swim at college meets are the 100, 200, and 500 freestyle.

### What are some of your goals for 2023?

With the Big East conference meet coming up, I am hoping to put all of my hard work and training toward the final meet of my season. As swimming winds down for the year, my goal is to take the time to take care of my mind and body while maintaining my GPA.

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

Embrace the emotions and the big life changes that you are about to make! Remember...as "put together" as everyone seems, everyone else is just as afraid of the leap into college life as you are. The more wholeheartedly you embrace your community, the more wholeheartedly they will accept you as their own! No matter how hard it may seem at the time, make the most of both your limited time at home and at college. And, of course, make sure you always text your mom!

### What do you miss most about home?

The top three things that I miss are my mom's homemade dinners, my cats, and the fields that make Lancaster County home.

## 2023 SCHOLARSHIPS

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

**John Apple Memorial Scholarship \$1,500**

**DEADLINE: APRIL 21, 2023**



**Watch the highlight video on our Scholarship Winners**

[johnappleswimfund.org](http://johnappleswimfund.org)

Special Thanks to our  
CORPORATE SPONSOR



**DESIGN & INTEGRATION**  
Audio Visual Technologies

WE'RE **EXPANDING** OUR MISSION  
to include **WATER SAFETY**



Funding programs through the Lancaster REC and Lancaster County Parks & Rec.

# 2022 Benefactors

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Megan Warren  
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Lee Williams  
Matt & Jenny Zubey

# APPLE'S SWIM A BRIDGE



*Cody Potter, TOP FUNDRAISER*

## 2022 PARTICIPANTS

### TOP 5 FUNDRAISERS

**Cody Potter \$980**

**Bill Goodrum \$700**

**Mike Fish \$575**

**Lisa Terrell \$355**

**Lindsay Texter \$300**

### TOP TEAM FUNDRAISER

**Ascosi Relay: \$1,095**

Andrew, Emma, Leo & Mindy

Ginny Ackiewicz

Chris Apple

Heather Apple Jenkins

Leonard Ascosi

Lauren Beal

Hope Farley Edwards

Cece O'Day

Edward Payton

Melanie Payton

Anne Robinson

Caroline Zubey

Charlotte Zubey

Eby Relay: Hayden & Kendall

Pusey Relay: Adelaide & Scott



## JOHN APPLE SWIM FUND

487 Letort Road  
Millersville, PA 17551

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).

# SAVE *the* DATE

## Apple's Swim a Bridge Challenge

SUNDAY, JUNE 11, 2023

Woodridge Swim Club—Lititz, PA

Join us for our annual fundraiser, Apple's Swim a Bridge Challenge. To raise money, swimmers will receive pledges and donations from family members, friends, and local businesses.

There will be a team and virtual option as well. Visit our website for more information.

### BRIDGE OPTIONS

0.5 mi Brooklyn Bridge

1.0 mi Wrightsville Bridge

1.7 mi Golden Gate Bridge

3 mi Pensacola Bay Bridge *New*

4.4 mi Chesapeake Bay Bridge

6.8 mi 7 Mile Bridge

**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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[www.johnappleswimfund.org](http://www.johnappleswimfund.org)