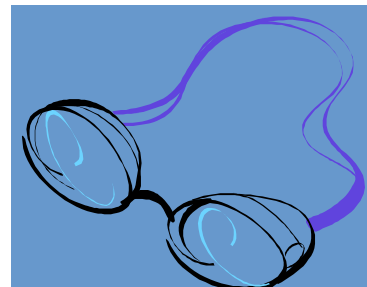


LIAC ALUMNI

www.LongIslandSwimming.com



A Letter From the Coach

"I swam for LIAC several years ago, and as a matter of fact, I even swam on LIAC before it was LIAC. "Adelphi Aquatics," we were back then. I suppose I swam for Dave for about six and a half years. During those years we swam out of Adelphi, SUNY Old Westbury, Garden City, Syosset, Christopher Morley, and probably several other places I can't recall. But it really didn't matter where we swam or what we were called - it was neither the pool nor the name that defined us. Home was where you hung your goggles."

-Jon Guljord LIAC 92

Welcome Long Island Aquatic Club Alumni. September 2004 marks the 25th anniversary of our program that has grown from 30 age group swimmers at Adelphi University into one of the finest swimming teams in the country. Over the past 25 years we have trained in more than a dozen facilities in Nassau County. We actually erected and dismantled a building over one, (Christopher Morley) five times. For the last six years we have trained at the Nassau County Aquatic Center located in Eisenhower Park.

Over the years more than a thousand swimmers have swum for LIAC. The persistent efforts by the swimmers over the years has won us recognition locally, (most Sr Met titles over the last 15 years), regionally, (4 straight Northeast Section championships) and nationally, as high as 4th at nationals in the team championships and 12 straight years of having swimmers final at nationals.

I believe the friendships made and the experiences we shared while at LIAC have left an indelible mark on who we are and what we have become. Over the years I have seen and heard from many of you and look forward to seeing you in the future. It is exciting to hear where you have been and what you have done since you left LIAC. Inevitably, when we get a chance to talk, the conversation turns to have you heard from so an so. It is my hope that this alumni group, being organized by Jessica Foschi (LIAC 98 and still swimming), will allow you to find old teammates and provide a time and place where we can get together. As the people who have worked towards creating the successful tradition of Long Island Swimming, we hope you all check out what has become of our team.

We look forward to hearing about what you are doing now, and if you know of others who swam with us please help us get in contact with them. We are planning a 25th reunion of some type and your help will make it a success.

Dave Ferris



Dave at Christopher Morley Park (1996)

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Dan DeMarco named US Swimming 2003 Open Water Swimmer of the Year

Throughout LIAC's twenty-five year history, there have been several athletes who have made an impact on the national scene of swimming. Dan DeMarco (Great Neck HS '98, University of Virginia '03) has certainly added his name to that group. Dan joined LIAC in 1994 and started out in the back of the distance lane. Over the years, and after lots of hard work, Dan's improvements invited attention from major college coaches. He qualified for the national championships before shipping off to UVA to begin his college swimming career.

At UVA, Dan established himself as one of the top distance swimmers in a program with a great distance-swimming tradition. He was a four time All-American in the 1650yd freestyle while at Virginia, and was one of just a handful of UVA swimmers to ever break the fifteen minute barrier in that event. He was also a many-time finalist at the ACC conference championships. Dan graduated from UVA last spring with a degree in Psychology.

Outside of his collegiate competitions, Dan has also become one of the premier Open Water swimmers in the nation over the past few years. He is the reigning National Champion at both the 5K and 10K distances. Due to his performances in those races, he was named to the US Open Water World Championship Team last summer. At the World Championships, held in Barcelona, Dan finished 12th in the 5K and 23rd in the 10K. His 5K finish was the top American finish in the race.

As a tribute to all of Dan's successful performances last year, he was named the 2003 US Open Water Swimmer of the Year. This award recognizes the top overall American performer in Open Water races over the course of the entire year.

Dan will continue to swim for Dave and LIAC this summer in the hopes of making another open water national team and to compete in more long-distance races all over the world. Since his return to LIAC, and in addition to his training regiment, Dan also coaches one of the junior groups in the program.

Congratulations to Dan on your accomplishments and for being a wonderful ambassador for LIAC.



Greg Mone, Jessica Foschi, Michael Ferris, Tom Zanetti, Joe Davidoff, Ken MacFadyen, Ben Rosen, and Dave take a break while on a training trip to Florida (1994)

Save the Date!

Please join us for our kickoff reunion **Saturday, June 19th** at the Garden City Casino (51 Cathedral Ave, Garden City, NY 11530) from 7PM until 11PM. The cost will be \$25 per person (includes Dinner and Open Bar). Reconnect with old friends and meet other alums while enjoying a wonderful evening—we would love to see everyone! Kindly RSVP to Jessica Foschi at: jfoschi@longislandswimming.com by **June 5**. Feel free to include spouses, fiancés, etc.— the more, the merrier!

Contact Us

Please send your current contact information (e-mail address, mailing address, phone number) to Jessica Foschi at jfoschi@longislandswimming.com.

Include an update on your life including, but not limited to, your school/year/major, your employment information, major events (weddings, babies, etc.). The best part of this whole thing is to hear what everyone is doing these days. We would love to hear from as many as possible!! Also, spread the word to other alums that you might see.

LIAC : “Make It Happen” (a resurrected team slogan)

I have now been a member of LIAC for over a decade, and I have been able to witness some dramatic changes to the team during that time. Some aspects of the team will never change—Dave will always want you to be at every single practice, there will still be chatty high school gossip in the locker rooms, inevitably kids will get caught hooking up in hotel rooms at away meets, and there will always be a lot of hard work taking place in the pool.

On the flip side, some things must change and have changed. The biggest change that has taken place during my time on the team has been LIAC’s move into the Nassau County Aquatic Center in 1998. Anyone who swam for the team in the years prior to this move had a much different experience than those who have only known the aquatic center as their training facility.

I’m sure many of you will never forget the frigid mornings at Syosset/Woodbury or the hot, unventilated air of the crowded “dungeon” at Adelphi, or of course, the construction and destruction of the “shed” we used to erect over the pool at Christopher Morley park in the mid-1990’s. We were scrappy—willing to put up with terrible conditions in order to get in the training that was needed.

The Aquatic Center is a palace compared to the countless pools all over Long Island that LIAC has trained in at one point or another. Looking back, however, especially to the team’s five-year stretch at Morley, the goals of the team were always made a priority. The need for a place to train actually led to a group of high school kids erecting a huge steel structure over a 50 meter pool in order to get year-round long course training. Led by Dave, we got around the barriers of not having our own



permanent training facility and we “made it happen”.

And barriers there have been. In every instance, our training schedule has been at the whim of whatever municipality oversees the pool the team is swimming in at that moment. Even now, our practice times, lane space, and course type are all determined by what the Aquatic Center has available. In order to be the type of team that we have the potential for, we can no longer afford to be without that control.

Long Island Swimming, a Not For Profit corporation formed last

year, is currently spearheading a project that will result in the construction of a pool. This pool will be specifically for training and will allow LIAC to train long course all year round. The facility will also have offices, training rooms for dry land use, locker rooms, a small teaching pool to run the Long Island Swim School out of, and study rooms.

It is the hope of all involved in this project that this pool will be the end of the shuffling, the end of the last-minute schedule conflicts,

the end of the political debates, and most importantly, the beginning of the future for LIAC.

There have been tremendous athletes that have come through the LIAC program and there are tremendous athletes currently in the program today. I believe that everyone in the LIAC community—swimmers, parents, coaches, and alumni—has an interest in providing the opportunities for that talent to reach its potential. Let’s “make it happen” . . . Again.

-Jessica Foschi

For more information on the pool project and ways that you can help, please visit www.LongIslandSwimming.com and click on “We’re Racing to Build Our Pool”

Upcoming . . .

Here are a couple of things we would like to set up in the near future:

*An online alumni database

Find fellow alumni's contact information and update your own as it changes

*An Alumni Page on the LIAC website

Find updates on the current team as well as stories about other alumni

*Reunion Events

Now that we know where you are and what you are doing, we would like to plan some events to get everyone together face-to-face. See the "Save the Date" section (page 2) for information on the kickoff reunion event coming this June 19th!

If you have any ideas/questions/comments for us (since we are just getting started with all of this) let us know!!

Quick Stats

LIAC has had:

National Champions, NCAA Champions, National Open-Water Champions, World University Games Team Members and Coaches, National Junior Team Members, U.S. Open Champions, All-Americans, Scholastic All-Americans, New York State High School Champions and record-holders, Junior National Champions and record-holders, and many more to come!!

What Can You Do?

There are several things that you, as a team alum, can do at this point to help the future of LIAC:

*Personal Donations

There are two ways that you can donate:

- send a check to Long Island Swimming (42 Merrick Ave, Merrick, NY 11566)
- keep checking www.LongIslandSwimming.com to find out how you can make a donation directly onto your credit card via E-commerce.

In addition, check to see if the company that you work for matched donations to non-profit organizations so you can, in effect, double your donation.

*Help Us Spread the Word

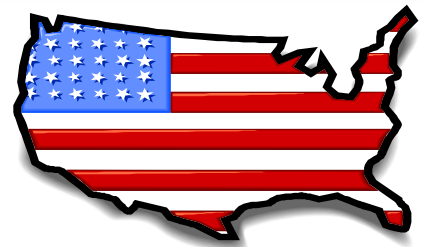
We will be doing a lot of corporate fundraising as part of our effort. If you have any ideas or information through your own company or clients to help this effort, please contact our Chairman of Fundraising, Steve Festa, at steve@longislandswimming.com.

*United Way Contributions

Since LIS is a non-profit organization, we have registered with United Way. If you currently work at a company that donates to United Way, simply name Long Island Swimming on the United Way form as the organization that you wish to donate to. At the same time, ask your co-workers to name LIS on their forms as well.



Jen Jaeger, Danielle Litt, Amy Taylor, Meghan Sullivan, Jessica Foschi, Kim Rolls, Ben Rosen, Chris Taylor, Tom Zanetti, Ken MacFadyen, DJ Gallagher, Tammy Lyons, and Mark Biegluk at Junior Nationals in Ann Arbor, Michigan (Spring '94)



LIAC Alums Serving Our Country

Matt Lynch graduated in '97 from high school and went on to swim at Duke University ('01) for four years. Following his graduation, he entered the United States Marine Corps. After a tour of duty in Kuwait last year, he was recently deployed for a second tour in Iraq. He is currently in Falluja, Iraq and will be there for the next several months.

Matt's older brother, Tim, also served in the USMC on deployments to Afghanistan and Iraq. Tim finished his service last October and is two months into FBI training in Virginia. Tim is getting married this May to his

girlfriend of eight years.

Brian Valenza (US Naval Academy '99) became a US Navy SEAL after his graduation. He has served on several deployments since becoming a SEAL. Due to the nature of his position, his exact whereabouts are unknown, but he is sure to be wherever the action is.

Katie Costello (US Naval Academy '03) graduated last June and began Marine Corps basic training in Quantico, Virginia in September. She will graduate from that program on July 9th and receive further assignment from there.

We salute all of you for your bravery and thank you from the bottom of our hearts for your courage.

Matt has said that he is willing to share some of his experiences with us (to be included in the next newsletter). In the meantime, please keep Matt, Tim, Brian, and Katie and all of their comrades in your thoughts and prayers.

****Note**** There may be other alums on active duty that we are currently not aware of**

Ginny Nussbaum, Associate Head Coach

LIAC alum Ginny Nussbaum (formerly Ginny Gardner) has coached with the Long Island Aquatic Club for fourteen years and has been the Associate Head Coach for the last five years. Before that, Ginny served as the Director of the Adelphi University learn to swim program for 4 years. Over this time, she has worked to improve the prominence of the club from a national perspective.

Ginny has been the director of many of the world-class swimming meets that have been hosted at the Nassau County Aquatics Center since it's opening in 1998. In this capacity, she has worked closely with many staff member of United States Swimming. Recently USA Swimming asked Ginny to

serve as the Chairperson for the National Club Development Committee which makes recommendations and introduces programs to develop swimming in the United States. Through her hard work, Ginny has greatly contributed to LIAC's growing success. Ginny and her husband, Paul Nussbaum (LIAC '84), have two adorable children—Kerin (8) and Tyler (7).

Where's Kenny?

Always illusive, no one seems to have heard from Kenny (Ken MacFadyen) in quite some time. Special recognition will be accorded to anyone who can find him or provide information on his whereabouts. Last anyone heard, he was serving in the US Coast Guard . . .



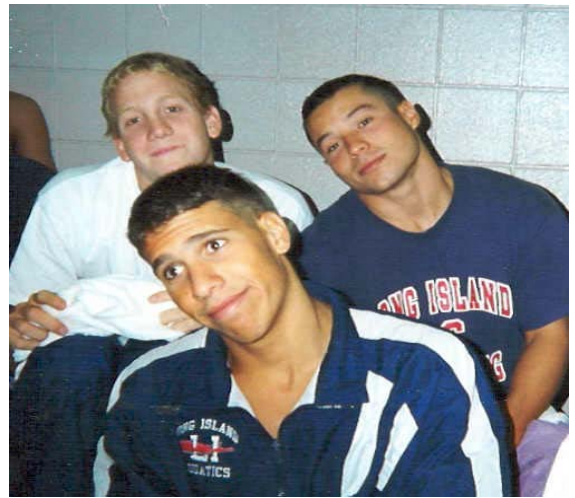
LIAC swimmers: Amir Rozwadowski, Darren Milun, Ryan Semels, Dennis Chang, and Adam Shaw "represent" at the Alamo Challenge meet in Ft. Lauderdale.

Alumni Updates

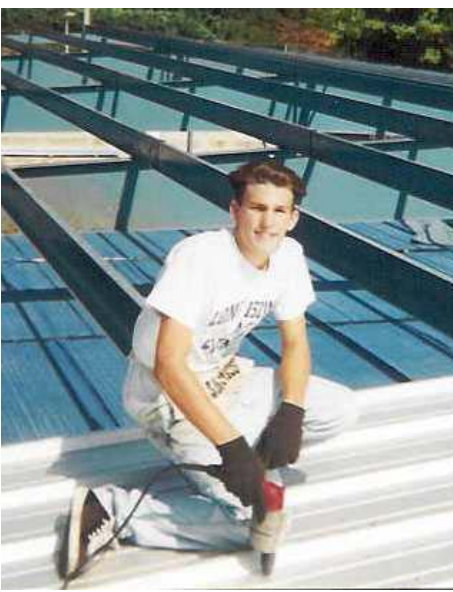
Here's what some of your fellow alumni have been up to . . .

After majoring in Political Science with minors in Economics and Philosophy at Duke, **Ed Eng** (Duke '03) now lives and works in Manhattan. He is working in international equities at First New York Securities, a proprietary trading firm. His classmate, **Matt "Meathead" Mailloux** (Duke '03), a Civil Engineering and Economics major, now lives and works in Washington, DC. He is currently enjoying his job at Clark Construction in Bethesda, MD. Another Duke alum, **Lauren Afflixio** (Duke '03) also graduated last May with Ed and Matt. Lauren is working as a Sales Associate at Morgan Stanley. **Adam Shaw** (Harvard '01) and **Dennis Chang** (Princeton '01) are currently room mates in Manhattan. Dennis works for Reuters while Adam has worked for JP Morgan since graduating with a Psychology degree, but will soon be changing jobs. After traveling for a few weeks to Costa Rica, Cancun, and Belize, Adam will be moving to DC to work for Thayer Capital. Dennis and Adam still see a lot of **Ben Oren** (University of Pennsylvania '01) who lives with his girlfriend, Paige, in NYC. Ben graduated from Wharton where he majored in finance, legal studies and management, and is now working at UBS as an investment banker/bond trader. **Livia Mello** (Boston College '02)

worked for Pricewaterhouse Coopers in NY for a year after graduation, but has since moved to Charlotte, NC for a job in investment banking with Bank of America. **Shannon McKinley** (Harvard '05) is currently a junior at Harvard and majoring in Classics. Shannon recently spent a semester abroad in Ireland. **Sarah Daly** (SMU '07) is finishing up her freshman year at SMU. She recently competed at her first NCAA championships and will be attending this summer's Olympic Trials with LIAC. **Bryan "Turtle" Kahner** (University of Delaware '02), a Biology major/Chemistry minor, is now working towards his PhD at Temple in Philadelphia . . . can you say Dr. Turtle? **DJ Gallagher** (UVA '98) is living in NYC and has his own graphics design company. Check out his work at djgallagher.com. **Mike Jozkowski** graduated from Penn State with a degree in Mathematics and is now a Graduate Fellow in the Applied Research Laboratory. **Kendel Fiorentino** (University of South Carolina '07) is almost done with her freshman year at USC and is majoring in Sport Management. **Zachary Goldman** (Harvard '05) is currently studying History at Harvard. **Jayme MacKinnon** (Lafayette '04) is finishing up her college career at Lafayette and graduating with a degree in English. **Nicole Florio** (Emory '04) will graduate this year with a degree in Anthropology and next is off to Temple Dental School. **Scott DeMarco** (UVA '05) is still going to school and swimming for Virginia. He will be a senior in the fall. His older brother, **Dan DeMarco** (UVA '03) is currently still training and now coaching at LIAC. After an All-American career at UVA, Dan was named USA Swimming Open Water Swimmer of the Year in 2003! After graduating from Georgetown last spring, **Bryan Evangelista** (Georgetown '03) is currently working in the marketing department of a restaurant software company in DC. **Karen Tellekamp** (Boston College '06) is a sophomore and majoring in Human Development in the Lynch School of Education at BC. **Greg Mone** (Harvard '98) has been busy since graduating. He spent some time out in San Francisco during the dot com era before attending NYU School of Journalism. He published his first book last year entitled *The Wages of Genius* and is now Editor at Popular Science magazine in NYC. **Judy Ronis** (Fordham '03) graduated last spring with her degree in Mathematics and now works at a Pension Actuarial Firm in Roslyn. **Juliet Paradine** (Boston College '07), a political science major, will be completing her first year at BC this spring. After swimming four years at Seton Hall, **Diana DiLorenzo** (Seton Hall '03) graduated with a degree in Criminal Justice and Psychology. She will most likely be attending graduate school in the fall to get her Masters in Education. Her younger brother, **Steve DiLorenzo** (Washington University '05) is a junior at Wash U in St. Louis majoring in Physics and Economics. **Robby Cullen** (Lynn University '03) is now an Account Manager for a high-end undercounter refrigeration company called U-line after graduating last May with a degree in communications. **Mike Sabala** (Harvard '02), after graduating with a degree in Anthropology, is now teaching at Metropolitan Montessori School in



Ben Rosen, Darren Milun and Brian Valenza at a summer Buffalo meet in '94



Chris Miller works on the roof of the "shed" at Christopher Morley Park.

Alumni Updates (continued)

NYC and swimming at AGUA. His sister, **Kristen Sabala** (NYU '05) is majoring in Early Childhood and Special Education at NYU. **Matt Lynch** (Duke '01) now lives in Southern California. He is a 1st Lieutenant in the USMC and currently deployed in Iraq. His brother, **Tim Lynch**, is two months into FBI training in Virginia after finishing his service in the USMC in October. Tim will be getting married this May. Read more about Matt and Tim on page 5. This spring, **Diana Alberti** (University of Massachusetts '04) will graduate from UMass with a degree in Exercise Science and a minor in Psychology. She is applying to grad schools in NY for her masters in Occupational Therapy, so hopefully will be living back on Long Island. This summer, she will be life guarding for her fourth year at Jones Beach. **Alexis Skelos** (William and Mary '06) is currently a sophomore at W&M majoring in Kinesiology and Elementary Education. **Stu Weiss** (Franklin and Marshall '02) graduated with degrees in Finance/Accounting and Music. He is now working in NY at Kaback Enterprises and moving into Manhattan this May. In December he got engaged to Laura Bushong F&M '04 and they have set the wedding for summer of '05. Congrats, Stu! **Neal Rubin** is here on Long Island training with LIAC while working and finishing his degree. Jon Guljord (University of Pennsylvania '97) graduated with a degree in Economics and now works for LinkShare Corporation in NYC. **Danielle Litt** is living on Long Island and has been teaching now for five years. Over the summers, she continues to lifeguard at Jones Beach. Her sister, **Debra (Litt) Bynum** (SUNY Farmingdale), recently celebrated her one year wedding anniversary. After graduating with a degree in Criminal Justice, she is now an Executive Administrative Assistant at a large Real Estate Firm that she has been with for five years now. Debra is the mother of one son named Christopher. **Brendan Neligan** (Michigan '05) is finishing his junior year up in Ann Arbor. He has had an outstanding swimming career there so far, but unfortunately suffered a torn ACL this year before his conference meet. He will be competing at Olympic Trials this summer before starting his final year at Michigan in the fall. Since graduating with a degree in Human Anatomy and Physiology, **Andreas Rostenberg** (University of Texas '96) started his own competitive swimwear company four years ago called H2O Velocity. Check it out at h2ovelocity.com. After an All-American swimming career at Texas, he is still competing in ocean races around the world. Andreas is part of the 6 man US National Lifeguard Team. After graduating, **Ben Rosen** (Harvard '99) worked in a Biology lab in Boston for several years. He has recently been traveling around the country and doing lots of rock climbing – his new hobby. His sister, **Katie Rosen** (Yale '01) worked in finance in NYC for a while after graduating. For a change of pace, she worked on a ranch last summer out in Wyoming had an amazing experience. She will be returning to the ranch this summer and will start at UVA Law School in the fall of '05. **Erica Gerlach** is now one of LIAC's fantastic coaches, primarily working with the Junior swimmers. **Katie Costello** (US Naval Academy '03) graduated in last May and began basic training with the US Marine Corps in Quantico, Virginia last fall. Read more about Katie and others serving in the military on page 5. **Chris Miller** (University of Pennsylvania '03) has been working for Judge Peter Skelos (Alexis and Daphne's dad) here on Long Island since his graduation from Penn last spring. **Darren Milun** (Florida State University '98) is engaged and will be getting married to his long-time girlfriend, Tenille, this Memorial Day weekend! **Michael Ferris** is now active in running the Long Island Swim School, a new branch of LIAC, which offers a learn-to-swim program and private lessons. **Joe Davidoff** (Hofstra '97) is living on Long Island with his wife, Amy. They have a son, Ryan, who is 20 months old, and are currently expecting a baby girl due July 13th. Joey graduated with a degree in Information Systems and now works as a Sales Executive at Cintra Software. **Meghan Sullivan** (Dartmouth '00) is currently the Clinical Research Coordinator in the Program in Nutritional Metabolism at Massachusetts General Hospital. After graduating from Dartmouth with a degree in Psychological and Brain Science, she got her masters in Nutrition at Columbia in '03. She will be starting medical school this fall at Albany Medical College. I recently saw **Jerry Foley**, who was in town for men's NCAA's in March. He is currently doing a fantastic job as the head coach of the swim programs at Bucknell. He and his wife, Beth, have two daughters—Emily (who is now 10 yrs old - ahhh, I remember when she was just born) and Caitlin. As for myself, I graduated from Stanford in 2002 where I majored in Political Science and minored in Human Biology. I moved to DC after graduation and worked for a year as a paralegal at Williams & Connolly, LLP. Having "retired" from swimming after college, I decided to make a mini-comeback last year and that is why I am currently back on Long Island swimming with LIAC – I am training to make this



Jerry Foley and Dave Ferris coach from pool-side at the Alamo Challenge Meet in Ft. Lauderdale, Florida (1994)



LIAC ALUMNI NEWS

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We're On The Web, Visit Us At:
www.LongIslandSwimming.com

Place Mailing Label Here

Alumni Checklist:

- Update us with any and all contact information
(jfoschi@longislandswimming.com)
- RSVP for the June 19th alumni reunion to Jessica Foschi by June 5th!!
- Visit the team webpage at
www.LongIslandSwimming.com
- Help us find other alums by passing on information and getting in touch with each other
- Donate to our pool-building effort!
- Look into matching funds and United Way donations at your place of work
- Let us know how we did with our first newsletter!!

Alumni Updates (continued)

summer's Olympic Team. While home, I have gotten involved with the team's effort to build a new pool and have been attempting to get this alumni project going. This fall I will be starting at Duke Law School. My sister **Pamela Foschi** (Boston College '01) got her masters from BC in 2002 in Reading Literacy and is engaged to be married this October to her long-time beau, Dan. My brother, **Christian Foschi** (US Naval Academy '06) is a sophomore down in Annapolis and swims for Navy. He wants to go into special warfare and become a Navy SEAL when he is done at the Academy. Our other brother, JP, who did not swim, just signed as a free agent with the New York Jets!!!

Thank you to everyone who got back to me. I have absolutely loved hearing how all of you are doing and what you are up to—it was certainly my favorite part of this whole process so far. Might I say that you are all a very impressive group of people! I know there are a lot more of you that I haven't heard from yet, so keep those responses coming.

Jessica Foschi

e-mail me at jfoschi@longislandswimming.com

Happy 25th Birthday, LIAC!