

# HAWKS!

Ella



# 2019-2020 YEARBOOK

Cover Design by Ella LaPolt

# Congratulations



HAWKS 2019-2020 Swim Team

Dear Team,

Wow, what can I say? For those who can remember the 2014-15 season, I think this year tops that. We started 2019-20 with the resignation of former board president, Hillary Wilson as she moved with her family to California. It was smooth sailing until we lost practice days in February due to the New Paltz Village water crisis, in the height of championship season, when practice matters most. And then Coronavirus in March - cancelling Golds, Zones and Speedo Sectionals. And ultimately, the cancellation of our awards banquet. I remember having a conversation with Paul Benkert after our January Board meeting, where he said, 'You've had a pretty easy season for your first year as President.' Paul, I think (know) you jinxed me.

Coaches, thank you for caring so much for our swimmers. When I get the chance to be on the deck, I enjoy working alongside you. I might be biased, but I feel like this year's staff was one of the very best in Hawks history. Erin, Liv, Maddie, Jane, Doug, Tom, Lindsay and Leo - your efforts show in the success and smiles of our swimmers day in and day out.

Board of Directors, it is my pleasure working with you all. Nancy Lischinsky - Vice President; Jane Farrell - Secretary; Nancy Lewis - Treasurer; Allison Lucchesi - Registrar; and members-at-large, Paul Benkert, David Murphy, Michele Napoli, Michael Otis, Karen Psilopoulos, and Brian Santos. Your dedication and time to this team is invaluable and appreciated. I can't thank you enough. There is no way the Hawks would be the team we are without your continued efforts to make this the best experience for our swimmers and their families.

Officials, we had a big hole to fill this year with Kirk Reinhardt taking a new job which limited his time to volunteer. Add this to the year of 2019-20 hiccups. Our reliance on families to make our organization run smoothly is most evident when we lose them due to various reasons. However, Danielle, Karen and Jane, thank you for stepping up and filling that hole without hesitation. Because of your dedication and tireless effort, we were able to keep our pool deck staffed for three home meets this year. A tremendous thanks to each of you.

Last but not least, many thanks to our parent volunteers, taking on jobs including but not limited to timers, concession workers, raffle sales, meet marshals, ribbon writers, hall monitors, setup and breakdown crews, and committee members. Your help makes my job that much easier.

I couldn't wrap up a season without congratulating our graduating seniors; Orla, Toni, Fin, Megan and Ava. It has been great getting to know you all over the years and working with you as your coach. I am deeply sorry that your last year with the club didn't finish the way you all imagined. The future has great things in store for you. I look forward to seeing you all back at the pool when you are on break from school.

And lastly, to each and every one of our swimmers, lanes 1 through 6. Keep trying your best in everything you do, and you will reap the rewards of your hard work. You are missed. I don't know when we will all be together again, but I, for one am looking forward to that day. The HAWKS will soar again!

Kevin Saunders  
President

Dear Team,

It's September. There's that anticipatory feeling that always comes in fall. The temperature drops, the leaves are ablaze. It's a time of newness and hope and unbridled optimism. It's a fresh start. We've dusted off the summer, our tan lines are beginning to fade, and while there's a brush of sadness in the return to school and the final flares of summer fun there's also a sense of relief, almost happiness because of the promise the year ahead of us holds.

Swimmers are thinking, "maybe I'll get moved up a group. Maybe I'll learn to do a dive off the blocks. Maybe I'll be in a lane with my friends. Maybe I'll finally get a legal breaststroke down, or put together a solid 200IM. Maybe I'll get that Golds cut in the 50 backstroke or qualify for Eastern Zones or make it to State Championships, MIT, finals at our home meet, or Speedo Sectionals or Olympic Trials. It's going to be 2020!"

Their goals could be less competitive and more holistic, like being committed to a sport that they know makes them feel stronger, more fit, healthy and happy. They could love swimming because it helps ease a physical injury, possibly an emotional injury, or they could be thinking about how if they work hard, they're parents will take them to a hotel in Albany with their friends, and they can decorate posters, stay up to late and eat pizza.

Regardless of the manifold reasons and thoughts and goals and dreams that passed through these athlete's minds, they were the ones that dove into that pool at the SUNY Athletic Center night after night after night, chasing a black line, streamlining their way into an aquatic state.

Before we can blink, it's October and there's a large flock of Hawks at the RAVENNA AUTUMN BREEZE meet, the first official competition of the season. For our newbies they're often swimming their first 25-yard breaststroke, for our returning Hawks they could be competing in their first 200-yard backstroke or 100-yard butterfly. It's a gorgeous day and everyone is having fun and there's excitement in the air because heat winners are being handed out, relays are cheering each other on, races are coming down to the last stroke. The swim train is out of the station and going full steam ahead. It's slated straight to championships in March, full-steam ahead!

There's a group of younger swimmers under Coach Madison and Coach Jane's care. They're getting stronger every practice, strokes are coming together, dives are morphing from glorified jumps to belly flops to bodies poised as if in an upside-down prayer. Each night there is such an earnest desire to get better and to learn the strokes from Mary, Giuliana and Rezia and Cadence and Maggie Ziegler. Grace and Cameron and Alex and Theo, and Una and Camille and Willow and Ella Lapolt are all learning their flip turns and Coach Jane gets so excited when one of them completes a bonified backstroke turn that she calls over the lanes to me. "Coach Erin, look at this!"

Coach Doug and Coach Olivia have the middle lanes rocking and rolling with a strong group of young boys—Omar, Rowan, Caden, Nick, Mark, Kyle, Jonathan, Stephen, Paul Easton and Trent, to name a few. There's a large hole left by Tate Wilson who has moved to California and they miss him but they're swimming through it and getting all fired up about possible relay line-ups and who should lead the lane during which stroke and when it's time to use the flippers. They're like a series of firecrackers ready to be launched at any moment and Doug and Olivia have to keep that unrestrained energy moving forward, knowing that if they do, these boys' intensity and talent could take them as far as they wanted to go.

Next to them we have an equally talented and vivacious group of girls led in most part by Ella Murphy in one lane and Emma Scout in the other lane, letting everyone know what the interval is, what stroke they're doing, how to execute the drill so Coach Doug, who is partially deaf from his former life as a drummer in a rock band, doesn't have to repeat himself more than three or four times. There are new faces and returning faces to soak in each night. Jack has returned and often enters or leaves practice on his skateboard. Our talented gymnast sisters Addie and Jojo Laurie have re-entered the aqua-fold. I love to see the smile on Sarah Vondra's face when her buddy Maron shows up and they go down the lane kicking together as if headed towards some sort of sunset that only they can see. Soon we have Chloe join with her adorable rescue pug, Pearl and they quickly become part of our team. One of my favorite points, during any night, is when Emma Scout, Taylor Burdick, Isla D'Angelo and Abbie Forstell come out of the locker room with their hair wrapped in towels, their pajamas on, crock-footed and talking a mile a minute, pausing only to let me give them a quick hug goodnight.

In the older kids' lanes, I have many girls who have already swam a 2-hour Varsity practice and are now suited up again for a second, 2-hour practice. I lay out granola bars and bananas, fruit snacks and waters, hoping that they'll grab something before they re-enter the water. The sets can be brutal, the pace intensifies, and the banter and laughing and groaning and cajoling never stops. There's a tribal feel to the practice and although everyone is going against the clock, they're part of the same water, the same practice, the same team, the same tribe. There are the grunts and the bargaining attempts and Toni Demassio's eye roll when she sees the set and Ava Rosen's "Er-In!" There is Ashley who is almost always in a good mood, but can't see well or hear well so is oblivious to the sets on the board and tries to get some clarification but has a hard time getting a word in edge wise as Luke is telling another story about a fight that took place in his school earlier that day. Zoe and Orla and Megan and Ash and Peyton are trying to catch up on the latest gossip or "tea" during warmup and Alexandra is trying her best to keep everyone on task, like a den mother of 20 kids. Alex Demis is engaged in a lengthy, pre-practice stretching routine while Brady comes out of the locker room in an American-flag speedo that looks like something Evil Knievel would wear if he were a stunt swimmer. Logan has any number of football injuries that require some rest every third lap and Finn, when he's not logging in hours as a volunteer firefighter is ready to take on any set even if there are points when he starts to sink. But when these boys move, they move fast and no matter how strong and "buff" they get I can see them all as these adorable 8-unders but in bigger, over-sized bodies.

If they start to puff up their feathers, all I have to do is whisper, "you may be fast, but you're still not as fast as Ashley."

Lane 6 always seems to grow and swell and Katie S tries not to smack her wrist on the wall and Andie P does smack her wrist on the wall as they wait for Jules to return from a kick set. Jules can swim a 200 butterfly faster than she can a 25-yard kick. Magdalena and Jules and Andie often have matching Jolyn's and Hanah R rolls her eyes and says, "I think my sister has every Jolyn suit ever created!"

There's that 13-14 crew that are fast and kind and humble. Riley, Charlee, Grace Lang, Becca Danae, Katie Otis, and our new recruit, Reghan B, just keep growing and getting faster. While they barely make any waves as they swim there's a tidal pool created by Andrew Kassian and Chris Lekaj who are joined by Campbell and Will D and of course, Phil Dobosh who has a weekly tale of a bike accident or snowboard accident with videos and bruises to help narrate it. These are only a few names, but they're part of this cast of characters, ones that like the long-running show, "The Office," you come to love and adore as each one is so unique and has their own idiosyncrasies and strengths and they each have a role in this team. Nightly practice can feel like orchestrating a ballet or classical concert when there is a build-up, sometimes a few notes off-key, small intermissions, then this crescendo that has the entire pool electrified before it's time for the lights to dim and the curtain to fall. Bed time or homework or food are calling, mostly the food.

It's December and we're at MIT and everyone is on fire, Ashley, Katie S and Caden making it to finals and Jules getting a PB in the 100FLY and Zoe crushing the 400IM and Andie making Zones and a new team record and the boys (Brady, Luke, Logan and Alex) doing a dynamic stretching routine behind the blocks before their relay could beat any "Dancing with the Stars," routine. Their splits are fast, their mojo is coming back but most of all this random group of kids from the Hudson Valley are together and happy, competing at a high level in the midst of a city with one of the highest IQ's per capita in the world.

We're at our Candy Crush Distance meet and Taylor Burdick is swimming a 200IM, Emma Scout a 200Backstroke, Becca Lucchesi decides that she might be a mid-distance swimmer after all and the entire team cheers and sings Happy Birthday to little Lena, 7 years old, who not only does her first 200 freestyle, but does a flip turn off of every wall! These kids are blowing my mind and then there's the clean-up crew cheering for Alex Demis as he swims his first 400IM, alone, like some aqua version of the "Last Call." I'm tearing up because, once again, this team has heart. Hawks Trials and Finals come and all of our older kids get together and make posters for the younger kids and Valley Central is just dripping in blue and orange team spirit and our kids are swimming out of their minds. Dave Murhpy is on the mic, Nancy and Mike Otis are at the computers and Kevin is standing with his hands behind his back, leading that army of white officials into battle. Dawn is running around with duct tape and results and back up watches and Paul Benkert is in perpetual motion seemingly everywhere at one time. Riley breaks the 30 second barrier in the 50fr, Charlee makes it to Golds in the 200 yard backstroke and Magdalena Katie O, Reghan Bonagura, Grace Lang, all make cut times, in the 100 yard backstroke and Katie S keeps slicing time off of that 50 breaststroke to make Eastern Zones and Lil O, in his debut swim makes Zones in the 100 yard backstroke as a 10 year old. Stephen is dropping time in EVERY RACE, like some sort of thoroughbred chasing a rabbit. Andrew K is blowing up the pool with his races and Emma Scout rips through the backstroke so fast that she not only wins, but makes a Golds cut time and is sniffing at a Zones cut time and her backstroke is actually FASTER than her freestyle. "I just sit back and say, "God, do I love this team," because you just never know what's going to happen."

Danae blows my mind by swimming the 200-yard butterfly for the first time, making it to finals and swimming it a second time and going even faster! Orla swims the 100FLY and we think she's on course for a best time but she hits that last 7 yards and her body seizes up. The effort was there, the will-power was palpable but there was just no forward movement! My corn-fed Iowa girl has had some great races and some fast races but this one was total grit with little forward movement. We laugh about it once she can actually catch her breath. Ashley is unhappy with her races as is Zoe and Luke and I remind them that swimming, like life, is not a straight, upwards trajectory. We need these times, as much as they can hurt, to rededicate ourselves and grow.

And back to the pool we all went to get ready for Silvers and Golds and Zones and Speedos and whatever else might come our way. Practices became more intense, there was a fever in the water and you could feel the sweat pouring off them even as it evaporated. There was a pep-rally with all kinds of crazy drag suits and carbo loading and sock and tutu wearing. We were getting locked and loaded. Silvers came like a fireworks show, with flares being sent up and applause erupting, sometimes tears because that edge between joy and heartbreak can feel as narrow of a margin as .01. And sometimes it just is.

We were 2/3'ds through our taper for Golds. I had worked them so hard and now it was time to lessen the volume but up the intensity. I had them working on relay starts and Doug was working on turns and all of our coaching staff was hammering home the importance of a good finish, tight turn, fast breakouts. The air was charged. We were only days away.

And then... blackout.

We know what happens next. Pools close, swim meets are cancelled, school's shutdown, SUNY New Paltz sends students home. We have nowhere to race, nowhere to train, no way of really seeing each other as we're put on "shelter in place" orders. There was no closure to our short course season, no wrap up, no final race to crown the months of hard work, no senior recognition, no banquet, no Golds, no Speedos, no Zones, no Olympic Trials no Olympics. But you know what there was? What remained throughout all of this? A team. I had to find new ways of reaching kids, via Zoom or virtual scavenger hunts. I'll never forget Camille literally doing handstands as Coach Jane and Madison and I talked with the younger kids on Zoom. Our older kids were so willing, even in their own sadness and loss to help put together a group bike ride, organize virtual scavenger hunts with their younger teammates, they went on hike and did dryland and kept their spirits buoyed despite having their seasons amputated. My favorite non-swim related memory of the entire season was taking groups of these kids on a hike after they hadn't seen each other in so long. It was just a simple walk, on a trail, A walk, towards a waterfall with the older kids leading the way. Seeing the pure, ecstatic joy of these kids plunging into a body of cold, mountain spring-fed water, with the sun beaming down on them after so many months in darkness, showed me that in the end, as Hawks, we will always soar well beyond what we thought possible.

It's been a time that has tested our faith, our resilience, our ability to think on our feet or on our fins. And now, for right now, which is all we ever really have, we're back in the water. I'm so grateful to see these swimmers in their natural element, albeit a bit further apart from one another than they typically like to be. But we made it through and we'll make it through whatever comes next.

## Post Script

A huge shoutout to Dawn Burdick for putting this yearbook together and to Kevin Saunders for being our President during some incredibly challenging times with Nancy Lischinsky as his second in command, and to Allison L for learning to do the registrar position and to Nancy Lewis for keeping our books in order and to Karen for her fundraising and to Jane for officiating and coaching and to all of our board members and officials and parent volunteers. Each one of you plays a valuable part in this organization. Thank you to everyone who kept that petition going to get our local pools open and although I can't mention everyone by name, I value every member of our team. This was kind of like a Coaches Letter/Banquet Speech but there is so much to celebrate, particularly because these times were so challenging. Most importantly, at the end of the day, I'm grateful for the health of our swimmers and their families. Thank you. Coach Erin

# Orla Clasby, 18

**Favorite Stroke:** Breaststroke

**Favorite thing about being a Hawk:** I love being surrounded by so many supportive and kind teammates!

**When I'm not at the pool I can be found:**  
Hanging out with my friends

**Person I admire:** My parents

**Favorite pump up song:** Pumpin' up the party by Hannah Montana

**What I want to be when I grow up:** Be doing something that I love

**Memorable Moment:** Exploring around the creepy little town by the cabins at Colgate

**Hawks Hashtag**#believeinyourself

Dear Hawks,

I would first like to thank all of my teammates for making these past four years on the team truly memorable! Thank you for always being supportive and filling every practice, meet, and team event with laughs! Thank you to the coaches for always pushing us to do our best! Erin, thank you for always cracking jokes during practices, and making everyone smile, no matter what. Thank you to my parents for driving me to every practice and meet, I wouldn't be where I am today without you guys. I can't wait to hear about all the adventures of the team to come and I wish you all luck!

Orla<3



# Antonia Demassio, 17

- Distance Free
- My favorite thing about being a Hawk is all the amazing people I have met and been able to swim with for the past 9 years
- In my room watching netflix
- I don't really have a person I admire...Never really thought about it
- My favorite pump up song is Light it Up by Marshmello, Tyga and Chris Brown
- I don't know what I want to be when I grow up...lol
- Memorable moment was speedos last year when Orla, Zofia and I got Five Guys after our last day of swimming
- #coronastaycation



Swimming on the Hawks has truly changed my life. I have spent over half my life being a part of this team and I wouldn't have wanted it any other way. I was not a big fan of swimming when I first joined Hawks, but I eventually made friends, started to get kind of good, and ended up at practice everyday.

My parents are a huge part of my swimming career. They brought me to practice everyday, encouraged me to keep working hard, and pushed me to my limits. They have been with me every step of the way. Without their push to swim, I would not be the swimmer or person I am today. They have been, or tried to be, at every swim meet I attended. My mom became an official my second year swimming and has officiated at countless meets. My dad has timed at a bunch of meets and it has been beyond great having them on deck. I cannot thank them enough for all they have taught me and all they have done for me. You guys have been such an amazing influence on me as a person, and I know I may not show it all the time, but I appreciate everything you have done for me and I am so grateful.

I would also like to thank all the parents on the Hawks board. You have all done an incredible job, and the Hawks would not be the same without you. However there are two parents I would like to make a shout out to: Paul and Alison Benkert. Paul and Alison have been a part of the Hawks family longer than most. I know Paul stepped down from President this year, but he has still contributed and been a huge member of this team. He helps run the team and without him the Hawks would not be as big of a family as it is today. Alison Benkert is like the mother to the team. She devotes so much time and effort into the Hawks family and is a crucial member of our team. Not many people know this but a few years ago Alison became a coach for the Highland High School Girls Varsity Swim Team. Our team did not have a coach but Alison stepped up and did it so that we could have a swim team. She has been like a second mother to me. She has encouraged me to keep working hard and never give up. I know I can ask her for anything, talk to her whenever I need and she will always be there. Alison, I don't want to make you cry, but I have a feeling this will. I just wanted to make sure you know how much I appreciate everything you have done for me.

I have to thank all the coaches who have been a part of my 9 year long journey on this team. However, Coach Erin has made the biggest impact on my life. She has coached me in Golds for the past 5 years, and it has been HARD!! But no matter how hard the practices were, she always makes time to talk and laugh. We would share drama that was going on in school or at swim and we would always have a good laugh that got us a few extra minutes of rest. She has pushed every swimmer on this team to be the best they can be, and she makes this team a home and a family. She has been one of the best coaches I have had and I cannot thank her enough for all the hard work she does. She treats this team like a family, and it is a family I have loved being a part of. I have made some of my closest friendships through Hawks. I will never forget all the great times I had and all the wonderful people I have met. My fellow seniors: Megan, Fin, Ava, and Orla, are all examples of the friends I have made. I wish them all the best of luck at college and abroad. Ava, Zofia and Ashley have been a part of my life forever. We are literally a family thanks to swimming and I am so happy I have them. These 3 are some of the best swimmers on this team.

They have all worked incredibly hard to be the swimmers they are today. Although Ava and I will not be here next year, we are leaving the team in great hands with Ash and Zo. They are incredible women and that all the Hawks should look up to and aspire to be. I want to thank them for being great friends, and great team leaders. You 2 will do amazing next year and I hope your senior year is a great one.

The Hawks and the pool have been my home for the past 9 years. I am sad to be leaving but I know I will be back to visit and see my home sooner than I realize. Thank you to every member of this team. You make Hawks not only a team but a family, and I am incredibly proud to say I am a part of it.

Toni,

It is obvious how proud we are of you. You are top 10% of your graduating class, attending Clemson in the fall to study mathematics, an overall impressive student and teacher's pet (it's true, she is!). Not only has your academic success shaped who you are, swimming has been an integral part since you were 9 years old. When we took you to swim lessons at Marist College when you were 7 years old, the coach took me aside to suggest I put you on a swim team. He saw your potential even though at that time you were dancing 5 days a week. It took a couple years to get you there, but once you started on Seahawks in 2011, that was it, you were hooked.

You joined Hawks and quickly improved. By the time you were 11 you were competing at Gold Championships and have continued through your senior year (unfortunately your senior year Golds was cancelled). You were so dedicated, practicing 6-7 days a week, 50 weeks a year during those first years. Although a shoulder injury had to curb the intense practice schedule, your dedication to swim has not diminished.

There have been countless accomplishments of which you have handled with humility and grace. You are a beautiful swimmer and an amazing distance swimmer. We are most proud of the devoted teammate and friend you are to your (our) Hawk's family. We know that although you won't be swimming with them next season, you will be cheering them on.

We're so glad you will continue to swim and compete in college. Swimming is a part of you, and although it'll be a different team, we know you will bring your commitment and love of swimming with you. The Clemson team will be lucky to have you!

We love you,

Mom, Dad, Gianna, & Ava

# Griffin Goldleaf, 18

**Favorite stroke:** Breaststroke

**Favorite thing about being a hawk:** how close everyone is!!

**When I'm not at the pool i can be found at:** my house or the new paltz firehouse

**Person i admire:** coach Madison!

**Favorite pump up song:** For Whom the Bell Tolls by Metallica

**What I want to be when I grow up:** an officer in the Navy

**Memorable moment:** cheering on Alex Demis when he was the only one swimming the 400 IM at our home meet in December

**Hawks hashtag:** #flyhawksfly !!!



# Megan Loughran, 17



**Favorite thing about being a Hawk:** Having fun with all of my teammates Hanging out with my friends

**Person I admire:** My parents

**Favorite pump up song:** Pumpin' up the Party By Hannah Montana

**What I want to be when I grow up:** Happy and healthy

**Memorable Moment:** Headless horseman when we accidentally pushed coach Erin onto one of the beds in the haunted hotel.

**Hashtag:** #livlaughluv

**Favorite Stroke:** Freestyle

Hello Hawks

Thank you guys for being the best and most supportive teammates ever. Keep working hard and stay motivated I promise all of the hard work will pay off in the end! I would like to thank Coach Erin and every other coach who has worked with me these past 10 years and helped me become the swimmer I am today. To my parents thank you for sacrificing your time and driving me to every practice and meet I wouldn't be where I am today without you guys. Thank you everyone <3 #gohawks

# Ava Rosen, 17



Dear Team,

It feels like forever ago that I walked into my first Hawks practice, thinking “omg... what have I gotten myself into”. Almost eight years later, and I’m so glad I still get to be a part of this team. It feels like a part of me now, and without swimming I honestly don’t feel like myself. Early mornings, long practices and meets, cold water and relay teams will always be etched in my memories. Looking back, it went too fast. They say true swimmers are made of the pool, and I think that’s true. We sacrifice so much to be better, every day. We choose practice over parties with friends. We drink more water than we swim in. We spend hundreds on suits so tight it hurts to put them on. Some may argue swimming is an individual sport, but we all know that’s false. We are the cheers, the hugs, the Locker room pep talks, the relay teams that don’t let each other down.

The friends that I’ve made over the years are what makes this team, and my experience on it, so special. I want to thank some people that have made a difference. Coach Erin, and all other coaches continue to push us each day, and be there for us always. The swim parents and families are what make our world go round, and I cannot thank them enough. My friends Toni, Megan, Orla, and Fin will be attending colleges and swimming, and I’m so excited for them and to see where the future brings. Ashley, Zofia, Ava, Luke, and all other younger swimmers, I’m so excited for you all to do amazing next year and keep getting better.

This fall, I will be attending Aardvark Israel’s study abroad program, and I’m super excited. It’s a scary thought to be so far away from home, but I know this experience will help shape me and give me a better idea of myself and the world around me. I always thought I would go right to college and swim on a team, but something told me I wasn’t ready just yet, and that something else lies in store. I will miss swimming the most out of everything from home, and I hope when I come back I can keep doing what I love.

I want to wish everyone luck in the future, and thank you again for making Hawks a family. I will miss you all. Keep swimming fast. Go Hawks!

Ava Rosen



### Ashley Benkert, 17

**Favorite stroke:** Butterfly

**Favorite thing about being a hawk:** my favorite thing about being a hawk is the relationship I have with everyone on the team and being so comfortable.

**When I'm not in the pool I can be found:** shopping with my mom or making TikToks

**Favorite pump up song:** *Dreams and Nightmares*

**What I want to be when I grow up:** I'm not entirely sure, but I know I want to work with younger kids

**Memorable moment:** being section champ & MIT

**Hawks hashtag:** #waitwhat

I would like to say a special thanks to every coach but most importantly coach Erin, Thank you for pushing me to always do my very best no matter what, I'm so excited for next season!!

### Jack Bhalla, 14

### Rehgan Bonagura, 15

**Favorite Stroke:** Freestyle and fly

**Favorite thing about being a Hawk:** The support

**When I'm not at the pool:** at school or home

**Person I admire:** Coach Erin and Katie Otis

**Pump up song:** *Whatever it Takes* by Imagine Dragons

**What I want to be when I grow up:** I don't know yet

**Memorable Moment:** The silvers relay with me, Charlee, Riley and Katie  
#whateverittakes

### Kayla Cafaldo, 14

**Favorite stroke:** Butterfly

**Favorite thing about being a Hawk:** being part of a team

**What I want to be when I grow up:** Veterinarian

**When I am not at the pool I can be found:** Watching Netflix





## Maron Bruntill, 12

**Favorite Stroke:** butterfly

**Favorite thing about being a Hawk:** being with Sarah

**When I'm not at the pool I can be found:** doing gymnastics

**Person I admire:** Simone Biles

**Favorite pump up song:** ?

**What I want to be when I grow up:** Maybe a nurse or teacher.

**Memorable Moment:** making the time to get to Golds



## Taylor Burdick, 11

**Favorite Stroke:** Breaststroke

**My favorite thing about being a Hawk is** being able to see my friends and making new ones.

**I can be found** at the soccer field when not at the pool.

**I admire** all my Coaches.

**I have no clue what I want to be when I grow up.**

## Riley Burdick, 14

**Favorite Stroke:** Butterfly and breaststroke

**Favorite thing about being a Hawk:** hanging with friends and doing something I love.

**When I am not at the pool, I can be found:** on the soccer field or hanging out with friends.

**Favorite pump up song:** Don't have one.

**What do I want to be when I grow up:** Doctor

**Memorable Moment:** Silvers with all my friends.

**Hashtag:** #staysafeandstaystrong  
#hawksnation





**Hali Colabella, 21**

**Isaac Cordova, 11**

**Cameron Czajkowski, 10**

**Favorite Stroke:** Freestyle

**Favorite thing about being a Hawk:** The coaches and the way they teach and encourage us to be our best. I really like the games we play that make us better swimmers.

**When I'm not at the pool I can be found:**

Playing video games, outside looking for bugs or playing with my dog

**Person I admire:** Zach Smith, an Entomologist I met

**Favorite pump up song:** Counting Stars by OneRepublic

**What I want to be when I grow up:** An Entomologist Explorer

**Memorable Moment:** The very first time I swam with a team, I was afraid to get in the water – worried that I would drown. Now I can't get enough!

**Hawks Hashtag #KillaSwimmaCam**

**Benjamin D'Angelo, 11**

**Isla D'Angelo, 10**

**William D'Angelo, 15**





### Ava Demassio, 15

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:** The fact that it feels like a second family!

**When I'm not at the pool I can be found:**

Studying lol

**Person I admire:** My sister

**Favorite pump up song:** Animal by Neon Trees    **What I want to be when I grow up:** I don't know maybe a scientist

**Memorable Moment:** My 50 freestyle at MIT

**Hawks Hashtag#:** #Hawksnation



### Alex Demis, 17

**Favorite Stroke:** Freestyle

**Favorite thing about being a Hawk:** Having supportive coaches and teammates

**When I am not at the pool I can be found:** at the Gym

**Person I admire:** Caeleb Dressel

**Favorite pump up song:** Fine Day

What I want to be when I grow up: Something in the business field

**Memorable Moment:** Hawks Trials and Finals

**Hawks Hashtag:** #harderfaster

### Giuliana DiBenedetto, 13

### Philip Dobosh, 17

### Paul Easton, 11

### Peyton Goldleaf, 16

### Grace Lang, 12





### Emma Domitrovits, 11

**Favorite stroke:** Backstroke

**Favorite thing about being a Hawk:** You have fun no matter what.

**Person I admire:** Charlee

**Favorite pump up song:** CheeseBurger in Paradise by Jimmy Buffet

**Memorable Moment:** Playing games at silvers

**Hashtag:** #virtualhawks



### Charlee Domitrovits, 14

**Favorite stroke:** Backstroke

**Favorite thing about being a Hawk:** feels like family.

**Person I admire:** Coach Erin

**Memorable Moment:** Silvers

### Rezia Duignan, 10

**Favorite Stroke:** backstroke

**Favorite thing about being a Hawk:** swimming  
**When I am not at the pool I can be found:**  
drawing, reading, playing the piano and playing with my dog.

**Person I admire:** JK Rowling

**Favorite pump up song:** Gaston (from Beauty and the Beast)

**What I want to be when I grown up:** scientist

**Memorable Moment:** When I met my Best Friend Helen

**Hashtag:** #swimmingtime



### Chloe Gaffney, 10

### Christopher Lekaj, 14

### Mark Lekaj, 11



## Danae Evans, 14

**Favorite Stroke:** Butterfly

**When I am not at the pool** I can be found in front of my piano, or with a sketchbook in hand.

**Person I admire:** my Mom

**When I grow up I want to be** an Aerospace Engineer.



## Una Fine, 9

**Favorite Stroke:** breaststroke

**Favorite thing about being a Hawk:** they we get to do fun things.

**When I am not at the pool I can be found:** reading

**Favorite pump up song:** Rocket Man

**Person I admire** Rudolf

**When I grow up:** I want to be a spy, maybe.

**Hashtag:**

#dontstopswimminguntilyoureachtheend



## Abigail Forstell, 9

**Favorite Stroke:** Breast

**Favorite thing about being a Hawk:** swimming and Coach Erin

**When I'm not at the pool I can be found:** on my bike

**Person I admire:** Coach Erin

**Favorite pump-up song:** Who Runs The World

**What I want to be when I grow up:** a teacher

**Memorable Moment:** Swimming on my birthday

and Silvers

**Hawks Hashtag:** #HawksRule



### Campbell Heiz, 14

**Favorite Stroke:** Breaststroke  
**Person I admire:** Cody Miller  
**Memorable Moment:** making Golds

### Alexandra Kassian, 16

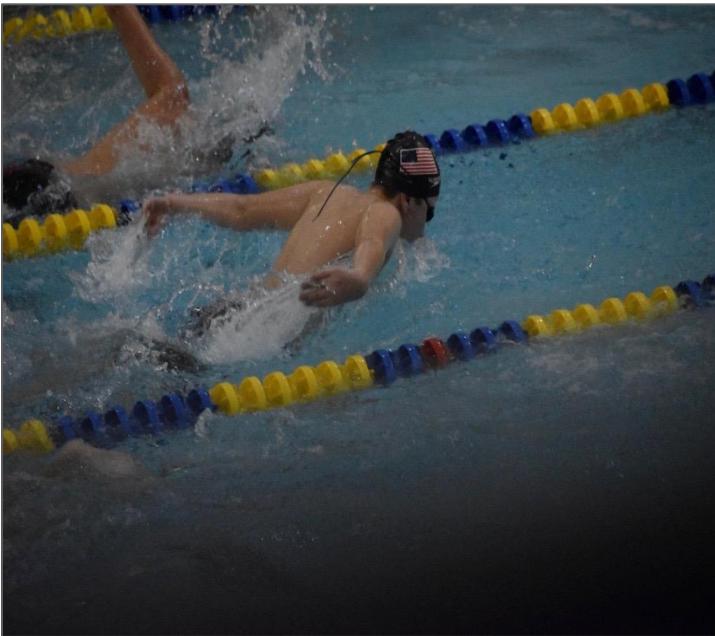
**Favorite stroke:** Breaststroke and Backstroke  
**Favorite thing about being a Hawk:** the team  
**When I am not at the pool I can be found:** at home  
**Person I admire:** my friends and family  
**Memorable moment:** making states



### Andrew Kassian, 15

**Favorite stroke:** Backstroke  
**Favorite thing about being a Hawk:** relays  
**When I am not at the pool I can be found:** playing video games  
**Person I admire:** my sister  
**Memorable Moment:** Sections

### Grace Lang, 12





### Ella LaPolt, 7

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:** That Coach Jane is my Coach.

**Person I admire:** The older girls on the team.

When I am not at the pool I can be found: playing piano, riding my bike and hiking with my family.

**Favorite pump up song:** Can't Stop the Feeling by Justin Timberlake

**When I grow up I want to be:** a pop-star singer

**Memorable Moment:** The first night she practiced with fins-was awesome!!

**Hashtag:** #ellaloveshawks



### Adelynn Laurie, 13

**Favorite Stroke:** Breast

**Favorite thing about being a Hawk:** swimming and Coach Erin

**When I'm not at the pool I can be found:** on my bike

**Person I admire:** Coach Erin

**Favorite pump-up song:** Who Runs The World

**What I want to be when I grow up:** a teacher

**Memorable Moment:** Swimming on my birthday and Silvers

**Hawks Hashtag:** #HawksRule



### Josephine Laurie, 11

**Favorite stroke:** butterfly

**Favorite thing about being hawk:** hanging out with friends

**When not at the pool:** doing gymnastics

**Person I admire:**

**Favorite pump up song:**

**When I grow up:** doctor

**Memorable moment:** Hawks home meet

**Hawks hashtag:** #gohawks



## Stephen Lischinsky, 13

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:** friends

**When I am not at the pool I can be found:** playing Lacrosse

**When I grow up I want to be:** Aero Space Engineer

**Memorable Moment:** Cutting 7 seconds off backstroke and taking first place

## Claire Lischinsky, 14

**Favorite Stroke:** IM

**Favorite thing about being a Hawk:**

Teammates are like family

**Person I admire:** my darling Mother

**What I want to be when I grow up:** Algebra teacher and Coach

**When I am not at the pool I can be found:** playing Lacrosse

**Favorite pump up song:** All I Want for Christmas is You by Mariah Carey

## Rebecca Lucchesi, 13

**Favorite stroke:** Backstroke

**Favorite thing about being a Hawk:** being part of a team

**Person I admire:** my friend in and out of swim, Giuliana

**What I want to be when I grow up:** Biologist

**When I am not at the pool I can be found at home, in school, or in our own pool.**

**Favorite pump up song:** ACDC's Thunderstruck

**Memorable Moment:** The definitely rigged Frozen Trivia Game

**Hashtag:** #hawksfromhome





### Mary McIntyre, 10

**Favorite stroke:** Breastroke

**Favorite thing about being a Hawk:** Swimming with my friends at practice

**When I'm not at the pool I can be found:** Doing a puzzle or reading a book

**Person I admire:** The coaches

**Favorite pump up song:** anything

What I want to be when I grow up: An engineer

**Memorable moment:** At the first hawks meet I went to when I cut crazy time off of my seahawks times.

#gohawks



### Kyle Menezes, 12



### William Mergl, 13

**Favorite stroke:** Breastroke

**Favorite thing about being a Hawk:** Swimming with my friends at practice

**When I'm not at the pool I can be found:** Doing a puzzle or reading a book

**Person I admire:** The coaches

**Favorite pump up song:** anything

What I want to be when I grow up: An engineer

**Memorable moment:** At the first hawks meet I went to when I cut crazy time off of my seahawks times.

#gohawks



### **Eleanor Murphy, 12**

**Favorite stroke:** Breaststroke

**Favorite thing about being a Hawk:**

Swimming with my friends at practice

**When I'm not at the pool I can be found:**

Doing a puzzle or reading a book

**Person I admire:** The coaches

**Favorite pump up song:** anything

**What I want to be when I grow up:** An engineer

**Memorable moment:** At the first hawks meet

I went to when I cut crazy time off of my seahawks times.

#gohawks

### **Nicholas Napoli, 11**

**Favorite stroke:** Breaststroke

**Favorite thing about being a Hawk:**

Swimming with my friends at practice

**When I'm not at the pool I can be found:**

Doing a puzzle or reading a book

**Person I admire:** The coaches

**Favorite pump up song:** anything

**What I want to be when I grow up:** An engineer

**Memorable moment:** At the first hawks meet I

went to when I cut crazy time off of my seahawks times. #gohawks

### **Julia Napoli, 14**

**Favorite Stroke:** Fly

**Favorite thing about being a Hawk:** the support from my teammates and coaches

**When I am not at the pool I can be found:** reading, sewing and at the beach

**Person I admire:** my Mom and Dad

**Favorite Pump up song:** This is Me from The Greatest Showman

**When I grow up I want to be:**

Anesthesiologist

**Memorable Moment:** All the meets at the hotel with my friends #dreamBIG





### Sophie Nist, 13

#### Katie Otis, 13

**Favorite stroke:** Butterfly

**Favorite thing about being a Hawk:** My teammates and coaches

**Person I admire:** Katie Ledecky

**When I am not at the pool I can be found:** doing homework

**Memorable Moment:** Making new friends

#### Logan Pece, 17

#### Grace Perry, 10

#### Sidney Mayers, 12

#### Maya Pizzarello, 12

**Favorite stroke:** butterfly

**Favorite thing about being a Hawk:** seeing my friends at swim meets

**Person I admire:** my nana and my amma

**Favorite pump up song:** Take on Me

**What I want to be when I grow up:** a teacher

**Memorable Moment:** when I made Golds in the 200 free

#idontknowwhatputforthis

#### Alexander Preston, 9

**Favorite stroke:** freestyle

**Favorite thing about being a Hawk:** I get to see friends at practice and meets

**Person I admire:** Michael Phelps

**Favorite pump up song:** Courtesy Call, by Nightcore

**When I grow up I want to be:** soccer player

**Memorable moment:** Silvers because it was the last event I got to see my friends.





## Andie Psilopoulos, 14

**Favorite stroke:** Distance Freestyle

**Favorite thing:** our 13-14 relay

**When I'm not at the pool:** eating or sleeping

**Favorite pump up song:** fruit salad by the wiggles

**What I want to be:** college swim coach or teacher

**Memorable moment:** running club and creating our Erin Quinn relay cheer.

**Hawks hashtag:** #swimmoms



## Hana Regenauer, 17

## Magdalena Regenauer, 14

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:**

Fun coaches, great friends, and Mrs. Demassio's french toast

**When I'm not in the pool I can be found:** reading and watching TV

**Person I admire:** My Parents

**Favorite Pump Up Song:** Ave Maria

**What I want to be when I grow up:** Content

**Memorable Moment:** Coach Erin falling in the pool, the Golds party, and being at practice and meets with my friends.

**Hawks Hashtag:** #Family



## Rowan Santos, 12



## Camille Reid, 7

**Favorite stroke:** Breaststroke and Butterfly

**Favorite thing about being a Hawk:**

Swimming and the coaches

**When I'm not at the pool I can be found:**

Climbing my Cherry tree and sitting on top making a treehouse.

**Person I admire:** Kate Suchowiecki

**Favorite pump up song:** Do whatcha gotta do (Descendants soundtrack)

**What I want to be what I grow up:** A singer or an actor

**Memorable moment:** Hanging out with Maya and Kate and eating M&Ms at Silvers

#littlesthawk

## Lena Rizzuto, 8

**Favorite Stroke:** Backstroke

**Person I admire:** Bethany Hamilton and Nicole Dubord

**When I am not at the pool:** I'm on the dance floor.

**Favorite thing about being a Hawk** is having fun.

## Luke Roberts, 17

**Favorite stroke:** butterfly

**The team is his favorite thing about being a Hawk**

**When not at the pool:** valley central

**Person I admire:** Erin she's a great coach

**Song:** Waves by Kanye West

**When I grow up:** Medical Doctor

**Memorable Moment:** MIT

**Hashtag:** #swim





### Theo Salamone, 9

**Favorite Stroke:** Freestyle

**Favorite thing about being a Hawk:**

Swimming with friends

**When I am not at the pool I am on my hockey skates.**

**Person I admire:** my grandpa

**Favorite pump up song:** Light it Up

**What I want to be:** Engineer

**Memorable Moment:** When my goggles fell off but I still finished

#swimhardplayhard

### Caden Salamone, 11

**Favorite Stroke:** Breaststroke

**Favorite thing about being a Hawk:** Pep Rally

**Person I admire:** My Uncle Rembrandt

**What I want to be when I grow up:** Engineer

**Favorite Pump up song:** Sicko Mode

**Memorable Moment:** Breaking Hawks 50 yard breaststroke record at MIT and also PR'd in 100 Breast

#perfectpracticemakesperfect

### Omar Santos, 10

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:** being at practice and doing relays.

**Person I admire:** Abbie

**What do I want to be when I grow up:** An Olympic Swimmer

**Memorable Moment:** When Taylor Robey was in our relay

#swimfasthawks





### Brady Saunders, 16

**Favorite stroke:** Freestyle

**Best part about being a Hawk:** Swimming with friends

**When I am not at the pool** I can be found play video games.

Person I admire: Lebron James

**Favorite pump up song:** Dreams and Nightmares by Meek Hill

**What I want to be when I grow up:** teacher

**Memorable Moment:** When our relay team made States.

### Walden Steen, 14

**Favorite stroke:** freestyle

**Favorite thing about being a Hawk:** good exercise

Person I admire: My mom

**When I am not at the pool** I can be found: with my dog

**Favorite pump up song:** Happy by Pharrell

**What I want to be when I grow up:** Vet

### Jonathon Stoddart Sybliss, 13

### Trent Suchowiecki, 10

**Favorite stroke:** breaststroke

**Favorite thing about being a Hawk:** being friends with people I wouldn't know without this team.

**When I am not at the pool** I can be found playing video games or playing basketball

**When I grow up** I want to be a professional basketball player.

**Memorable Moment:** Swimming at MIT and playing with Nick in the hotel at Silvers





## Kate Suchowiecki, 12

**Favorite Stroke:** Breaststroke

**Favorite thing about being a Hawk:** getting diet Cokes for CoachErin

**When I am not at the pool I can be found:** playing basketball.

**Memorable Moment:** dropping time at MIT



## Willow Swan, 10

**Favorite stroke:** Breaststroke

**Favorite thing about being a Hawk:** good exercise and winter swimming

**Person I admire:** My Dad

**When I grow up I want to be a Lawyer.**

**When I am not at the pool I can be found:** reading



## Zofia Trzewik-Quinn, 17

**Favorite Stroke:** IM

**Favorite thing about being a Hawk:** I love the friendships created on this team, the constant laughs, and of course that swimming keeps me healthy and happy.

**When I am not at the pool:** I am with my friends and family.

**Favorite pump up song:** Man! I Feel Like a Woman by Shania Twain

**Person I admire:** Lady Gaga

When I grow up I want to fight corporate greed.

**Memorable Moment:** Exploring around Harvard Square with Luke and Orla at MIT and getting some delicious waffles. #hawknation



## Cadence Vigna, 11

**Favorite Stroke:** Backstroke

**Favorite thing about being a Hawk:** swim practice

**When I grow up** I want to be chef and singer.

**Person I admire:** my parents

**Favorite pump up song:** Dance Monkey

**When I am not at the pool** I can be found at home.

**Memorable Moment:** hanging out with friends at meets.

#keeponswimming

## Sarah Vondra, 12

**Favorite Stroke:** Freestyle

**Favorite part about being a Hawk:** being with friends

**Person I admire:** my parents

**When I grow up** I want to be a teacher.

**Favorite song:** Don't start by Dua Lipa

**When I am not at the pool** I am playing volleyball.

#lovetoswim



## Maggie Ziegler, 10

**Favorite stroke:** free and fly

**Favorite thing about being a Hawk:** Nice Coaches and fun with friends.

**When I am not at the pool** I can be found: climbing the lemon squeeze

**When I grow up** I want to be a zoo keeper.

**Person I admire:** Emma Watson

**Favorite song:** Harry Potter soundtrack

**Memorable moment:** Hanging at the hotel for championships.







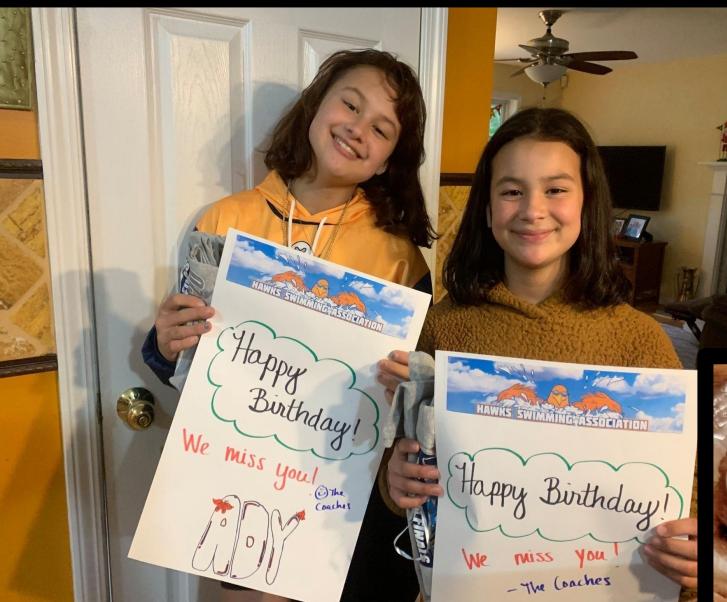


**WORK HARD  
BE KIND  
AND AMAZING THINGS  
WILL HAPPEN**





*In the middle  
of difficulty,  
lies opportunity*



## Silver Championships Sticker Board 😊



# Autographs

GO hawks!

Cover Design by, Camille Reid