



## SHAWMUT CELEBRATES 35 YEARS!!



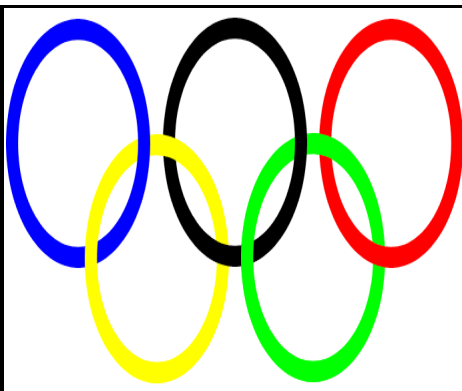
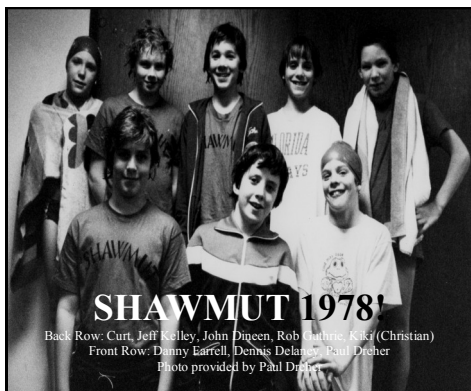
Welcome Shawmut Aquatic Club alumni! For those that I haven't met and haven't been in contact with, my name is Matt Craven and I began coaching at Shawmut in 2003. Susan Trainer and I both currently Head Coach the team and have had a lot of fun in our first 6 years at Shawmut.

We have put together an alumni database that includes over 300 former athletes and coaches. We are working hard to find everyone's contact information, and thanks to the help of many of you, we are almost there! We recently compiled many home addresses (including some from many years ago) in hopes of contacting more alumni. We've made lots of progress and are looking forward to completing the database as soon as possible.

This year marks the 35th anniversary of Shawmut. We are still swimming out of Keefe Tech in Framingham! Three years ago we added Dana Hall in Wellesley as a second practice facility for our team. We are the 16th largest team in New England with 125 swimmers. Shawmut was recently ranked as the top team in New England and as the 64th strongest team in the country.

The experience of every Shawmut swimmer and relationship built on this team over the past 35 years have very much shaped the team today. I hope that our alumni group will allow everyone to get back in touch with old friends. Many of you have expressed interest in having an alumni get-together. We are working on putting this together and we are thinking about an alumni swim meet!

We hope that you have a chance to check out our website, send us your contact information, and even drop by for a visit! We will keep you updated over the upcoming months and we ask that you keep us updated as well. The best part about this alumni project is hearing about what our alumni are doing now and about your experience when you were on Shawmut. As the people who worked towards creating the successful tradition of Shawmut Swimming that we have today, we hope that you all check out what has become of our team. - **Matt Craven**





I have been in contact with about 200 alumni since October 2008. For those that I have not been in contact with, my name is Joey Sementelli and I'm an assistant coach for Shawmut and also a former Shawmut swimmer. In my first year with Shawmut, I've had a lot of fun putting together an alumni database and I'm looking forward to completing it! Our future newsletters will be posted in the alumni section of team website, shawmutswimming.org. We have mailed this first newsletter out in an effort to get in touch with people that we do not already have email addresses for.

It's been great hearing from many alumni, helping alumni get back in touch with each other, and learning about what swimming on Shawmut was like throughout the past 35 years. Many of you have told me that you swam on SAC during some of the best years of your life, and throughout your middle school and high school years Shawmut was like

your second family. I had a similar experience while swimming on Shawmut. We still have that same sense of family and camaraderie at SAC, and we don't want any close relationships to end with high school graduation. We hope to get close friends back in touch with each other as soon as possible. Thank you to everyone who has helped me put together the alumni database.

A special thank you to: Paul Dreher, Rob Garron, Jennifer (Parnell) Minniear, Kurt Olson, Larry Parnell, Lauren Regal, and David Shedd.

We would like to complete our database as soon as possible. Please see below and help us find contact information for those listed. We are looking forward to an alumni day!

-Joey Sementelli



**Please help us find contact information  
for those listed below!**

Email Joey at [joeysementelli@gmail.com](mailto:joeysementelli@gmail.com) with any information.

**1976:** Steve Chapin, Peter Gallagher, Paul Gallagher, Mark Luzak, Tom Novak  
**1977:** Scott Bernard, Sue Barrett (Eaton), Johnny Crisafulli, Jim Chiudioni, Kevin Hayden, Mark Hayden, Ned Mahoney  
**1979:** Anne Sullivan, Diane O'Connell, Jimmy Halliday, Robert Grant, Sarah Baumgardner  
**1980:** Bob Smith, Ann Doherty, Katie Heard, Ken Bernard, Rick Kane, Ted Polito  
**1981:** Chris Barrett, Lori Lloyd, Liz Clapper, Mark Kasevich, Mark Spratt, Mike Cohen, Mitchell Poole, Rob Baker, Scott Hayden  
**1982:** Jan Morrel, Scott Hayes, Chris Parsons, Cindy Parsons, Jennifer Bartel, Lauren Stetson, Leslie Thompson, Lisa Dunn, Steve Bartel  
**1983:** Joe Baum, Nancy Clapper, Jeremy Cohen, Kelly (Mitchell) Dailey, Maureen Diegnan, Greg Desmaris, Missy Hammond, Barbie Jones, Julie Lloyd, Charlie Long, Liz Tafuri  
**1984:** Charlie Case, Paul Crowley, John Dineen, Risa Fanger, Dana Guthrie, Rob Guthrie, Chris Halliday, Robin Halliday, Keith Hayes, Kathy Kolb, Jeanna Olivera, Julie Rhabani, Cindy Wexler, Jennifer White, Julie Wilkens  
**1985:** Carl Crowley, Cheri (Cohen) Levitz, Christian Rheault, Danny Farrell, Dennis Delaney, Jeff Kelley, Kathy Deignan, Michele Pinn, Roxanne Reardon, Chris Havel  
**1986:** Brent Farmer, Carolyn Desmaris, Heidi Freeman, Sean Baker  
**1987:** Gayle Pratt, Hiedi Cohen, Lisa Woolley, Liz Flemig, Todd Hayes  
**1988-2002:** Debbie Woolley, Anne Whitman, Patrick Reardon, Kim Whitman, Anne Behrens, Carmen Trombini, Michelle Cook, Tom Smith, Brianne Berger, Jen Darlington, Kali Horton, Lara Allard, Mike Malloy, Sarah Mamfeldt, Ed Cavallerano, Tim Hurvitz, Amy Stucchi, Kelly Bouchard, Jared Goldsmith, Joanne Cavallerano, Jan Van Benton



There are over 2,700 club teams in the country and Virtual Club Championships ranks every team based on performance. Shawmut consistently ranks in the top 100 and SAC was recently ranked as the 64th strongest team in the country!



Shawmut was the 4th team in the country to receive the level 4 club recognition status from USA Swimming. This is the highest level and it is based on organizational success, coach education, and athlete development and performance.



### GET CONNECTED!

Email Joey your contact information and let him know if you would like to get in contact with other alumni.

Check out our website:  
shawmutswimming.org



### GET INVOLVED!

Let us know if you're interested in:

- Advertising
- Coaching
- Fundraising
- Volunteering
- Marketing
- Graphic Design



### Alumni Checklist

- ✓ Check out the new alumni section on our team website: shawmutswimming.org
- ✓ Review all the names and let Joey know if you have contact info for anyone.
- ✓ Let us know how you're doing and what you are up to via the alumni contact page on the team website.
- ✓ Check us out on Facebook!
- ✓ Keep in touch! And get back in touch with others that you swam with.

Website: shawmutswimming.org

Contact us:  
joeysementelli@gmail.com

## SHAWMUT GEAR!!

\$25.00: Team T-shirt

\$50.00: Team T-shirt & Sweatshirt

\$75.00: Team T-shirt, Sweatshirt, Nalgene Water Bottle

Placing an order for Shawmut Gear will help us represent & fundraise. We will mail you your Shawmut Gear. Please fill out information below and mail in by December 20 with a check made payable to "Shawmut Aquatic Club".

**Shawmut Aquatic Club**  
**PO Box 318**  
**Hopkinton, MA 01748**

Name:

Mailing Address:

Email Address:

T-shirt Size:

Sweatshirt Size: