

1969





Judi Norton (Hart) and Pam Beck (McGill) visiting me in Balcksburg after swimming in the 2022 summer nationals in Richmond, VA.

1968

# Recreation Department Swim Team Surges Ahead

Approximately five miles of strokes per week. "We work them hard, they burn their calories and then go home tired," said Abineri. But it's all worth it in the end as was evidenced at the AAU meet held at Lakewood High School last weekend. Out of 25 Lakewoodites participating, five swimmers qualified for the finals. They were Matt Woloshen, Jim Winegarner, Beth Ward, LuAnn Wargo and Bill Cassidy.

The competitive spirit was in the air at the meet. Swimmers cheered on their teammates and anxiously awaited the time they would climb the starting blocks.



**ENERGY** - Bob Benko, 1, 1463 Wayndotte, learns that swimming is all about energy. He munches a candy bar for instant energy and sits with a cotton ball in his ear to prevent infection.

"We encourage all boys and girls interested in competitive swimming to join our program," said Recreation Director Bob Jericho, "because we like to enter them in meets to

give them a chance to improve themselves."

The recreation department sponsors three AAU meets a year and many dual meets with other swim clubs and teams. It is a year

round program. The team practices at Foster pool in the summer months.

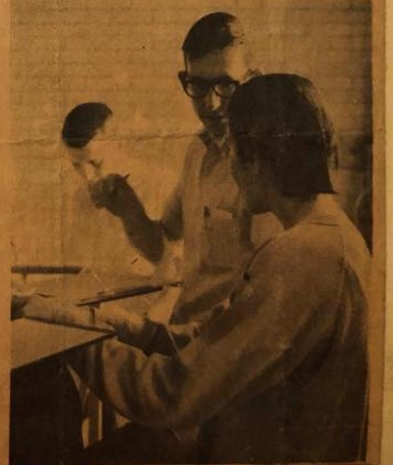
A new pre-competitive program will start soon and interested persons can sign up any Saturday at the pool. Membership is open to all.



**GO TEAM** - Team members are top row, left to right, Kate Maldonado, Shelly Brown, Mike Whelan, Bill Herringer, Joan Whelan. Second row, left to right, Pete Winegarner, Judi Hart, Helen Winegarner, Margaret Cain, Cindy Gakor, Colette Wargo, Kathy Clementz, Matt Woloshen, Jim Winegarner, Beth Ward, LuAnn Wargo, Bill Cassidy. Third row, left to right, Stan Mathay, Bruce Lane, Brian Burkinshaw, Scott Mesmer, Roberta Whelan, Bob Benko. Front row, Pat Scanlan and Peg Maldonado.



**REST TIME** - Catching a breather between swims is, left, Beth Ward, 14, 13980 Lake Ave., who qualified for the finals and Helen Winegarner, 14, 1640 Riverside Dr.



**INTENT** - Shelly Brown, 13, 21957 Avalon Dr., Rocky River listens intently to helpful hints by Coach Dave Abineri.



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