

# 30TH ANNIVERSARY NEWSLETTER

March 2023

Delaware Swim Team

1993-2023



Over the course of this year, we are planning to celebrate and connect our 30 years of people and accomplishments. This month, we are unveiling our "DST 30" logo! The logo will be used throughout the year and incorporated into the current team swim caps and shirts! Our FIRST social event will be in May at the Wilmington Blue Rocks game and we would love to see ALL of our former and current members as possible.

Please feel free to share/send this newsletter with all your former teammates to help spread the word!

## STOP IN AND SAY HI!

We operate out of 3 pools during the school year and year round out of our facilities in New Castle and Pike Creek. If you are EVER driving past on 295/Delaware Memorial Bridge, we would love to SEE you!



## DELAWARE SWIM TEAM IS 30!

Thirty years of "Building children into champions one stroke at a time"

In 1993, DST was formed by owner Michael Ramone in Wilmington at the Pike Creek Fitness and Racquet Club. Over the last 30 years, the team has grown and evolved and achieved. Hundreds of young athletes have stepped on to the pool deck and worn a DST Swim Cap. Our goal has always been, and continues to be, to provide young people positive experiences through competitive swimming that will last a lifetime.



## LET'S CONNECT!

Do you have old DST shirts, parkas, caps?

Do you have photos or videos from your days with the club?

We want to see them!

Take a picture and email us or post it to our Alumni page!

# THREE DECADES OF DAWGS

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WHERE ARE THEY NOW?

THIS MONTH, WE WANT TO HIGHLIGHT ONE ALUMNUS FROM EACH DECADE.

LET'S CELEBRATE THESE "LIFE LONG" DAWGS.

## MIKE FORTMANN

What was your last year with DST? Summer of 1996

How many years were you a part of DST? 6 years

Where are you now? (living/ doing/ etc.) Living new Newark and Working as a Trust Officer at JTC Trust Company

How did swimming/DST help in your development as a person? it helped me develop the mentality that you have to put in the work if you want to succeed and that there are different measurements of success... especially in swimming.

Any advice to current DST swimmers? keep on working hard. Your fellow swimmers are family. Lift each other up during the difficult times and celebrate your successes together. Although swimming is gauged as an individual sport, it takes support from teammates, coaches and family to fully succeed.

## SCOTT CHAMPANGE

What was your last year with DST? 2004

How many years were you a part of DST? Roughly 6 years (1998-2004)

Where are you now? (living/ doing/ etc.) - Currently living in Delaware (Rockland) but I am in the process of relocating to Florida (West Palm Beach) as part of a new job opportunity with a firm in the financial services space.

How did swimming/DST help in your development as a person? At a macro level swimming has always been a key part of my life: keeping me mentally and physically fit, providing an opportunity for to pursue education and athletics at Duke University, and embedding a level of discipline which has directly influenced my success in (and out) of the pool. The Delaware Swim Team afforded me the chance to train at a best-in-class facility with the top coaches (and swimmers) across the region, while also facilitating/building friendships amongst individuals with shared values.

Any advice to current DST swimmers? Don't fight the current. Choose a route to the end result that allows the current to help you. Swim around obstacles, but keep swimming. Keep your head, and keep going. Your focus may get down to one stroke at a time, but still, keep going. If you need to stop and float awhile, do that. Then get started again.

## Meghan Jones

What was your last year with DST? 2016

How many years were you a part of DST? 6 years total

Where are you now? (living/ doing/ etc.) Currently living in Delaware while working as a recruiter for Medtronic

How did swimming/DST help in your development as a person? Swimming helped me become very goal oriented which taught me how to manage my time well to achieve the goals I set.

Any advice to current DST swimmers? Enjoy swimming and all the experiences that come along with it. Don't forget to have fun!!

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**SAVE THE DATE!**

**(FUN STUFF THROUGHOUT THE YEAR, IF YOU HAVE IDEAS/SUGGESTIONS,  
PLEASE REACH OUT!)**

**MAY 28TH**

**WILMINGTON BLUE ROCKS GAME/ IRON HILL HAPPY HOUR**

**SEPTEMBER 9TH**

**KICK OFF PICNIC!**

**(TIME/LOCATION TO BE ANNOUNCED SHORTLY)**

**DECEMBER 23RD**

**30TH ANNIVERSARY CELEBRATION!**

**(TIME/LOCATION TO BE ANNOUNCED SHORTLY)**



**KEEP UP WITH THE DAWGS!**

**KEEP IN TOUCH WITH US VIA SOCIAL MEDIA AND THE WEB!**

**WEBSITE -**

**[WWW.DELAWARESWIMTEAM.COM](http://WWW.DELAWARESWIMTEAM.COM)**

**INSTAGRAM -**

**DELAWARE SWIM TEAM [[@DELAWARESWIMTEAM](#)]**

**FACEBOOK -**

**DELAWARE SWIM TEAM [[DESWIMTEAM](#)]**

**DELAWARE SWIM TEAM ALUM**

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