

# 30TH ANNIVERSARY NEWSLETTER

January 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. Beginning this month, we will be producing a monthly newsletter showcasing a few great people or achievements from the last three decades. We are also planning to host a few social events that 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!



## 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.



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?

Each month, we want to highlight one person or achievement from each decade.

For our first newsletter, we are beginning with our most recent alumnus, class of 2022, and two other "life long" Dawgs.



## SREEYA PITTALA

(pictured left)

What was your last year with DST?

My last year with DST was my senior year of high school, the 2021-2022 Winter Season.

How many years were you a part of DST?

I've been a part of DST since I was in 6th grade, so I guess I was a part of it for 6 years. Woah!

Where are you now? (living/ doing/ etc.)

I'm currently a freshman at Dartmouth College in Hanover, New Hampshire.

How did swimming/DST help in your development as a person?

Swimming and being on a swim team like DST helped me build quite a few lasting friendships. The people really made the team feel like a team and although swimming is an individual sport, it built teamwork. The community was also super supportive and something that I didn't get anywhere else.

Any advice to current DST swimmers?

Cherish the community that you are in. You spend so much time with these people, so get to know and appreciate them. Hanging out with my friends always left me in a good mood and I would often find myself looking forward to the next practice. Sometimes it can be hard to find motivation to go to practice, but when in doubt, just go! You'll feel refreshed.

## SAVE THE DATES!

- SPRING - WILMINGTON BLUE ROCKS/ HAPPY HOUR
  - (TIME/LOCATION TBA)
- SEPTEMBER 9TH - KICK OFF PICNIC!
  - (TIME/LOCATION TBA)
- DECEMBER 23RD - 30TH ANNIVERSARY CELEBRATION
  - (TIME/LOCATION TBA)

WE PLAN TO ADD FUN STUFF THROUGHOUT THE YEAR!

IF YOU HAVE IDEAS/SUGGESTIONS, PLEASE REACH OUT!

## 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](https://www.instagram.com/delawareswimteam)]

Facebook - Delaware Swim Team [[deswimteam](https://www.facebook.com/deswimteam)]  
Delaware Swim Team Alum [[search group on FB](#)]

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## WHERE ARE THEY NOW?

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### CHRISTY THOMSON (WILLIAMS)

What was your last year with DST?  
2008 after the Olympic Trials



How many years were you a part of DST?  
16 Years

Where are you now? (living/ doing/ etc.)

I live in Wayne, PA with my husband and two kids. I teach kindergarten at Holy Child School at Rosemont in Pennsylvania.

How did swimming/DST help in your development as a person?

Swimming played such a huge role in my life as a child/teen growing up, and these benefits continue to positively affect my adult life as well. I have met friends through swimming who I am still close with now as an adult. I developed a strong work ethic which I continue to practice daily through my job, parenting, and hobbies. I learned to manage my time and prioritize different tasks. I learned to lead a healthy lifestyle through various exercises and balanced nutrition. While I was always a competitive child, swimming helped me to channel my competitiveness in a healthy way. I had so many amazing coaches who taught me to be resilient and persistent and to always strive for my own best. And being part of a team helped to build respect, trust, and positive communication skills with others. I am so grateful for my time as a swimmer, especially as a DST Dawg!

Any advice to current DST swimmers?

My advice is to do your own best and make it fun! There are definitely hard moments in swimming: early morning practices when it's freezing outside, when your times aren't dropping, or you have an injury...just to name a few! Do your best with what you have in that moment and know that things are going to get better. Lean on your friends and your coaches and find the true reason you started the sport: because you love it! I would also say make sure you are taking care of yourself outside of the water as well. Cross training, safe weight lifting practices (when you're the right age!), nutrition, and prioritizing mental health are all super important to become a well-rounded athlete!

### CLIFTON GORDON

What was your last year with DST?  
2010-2011 season



How many years were you a part of DST?  
1995-2011 (Swim School up to National Group) 16 years

Where are you now? (living/ doing/ etc.)

Coaching for Nation's Capital Swim Club in DC area

How did swimming/DST help in your development as a person?

DST helped me grow relationships with teammates and coaches that I still have to this day. Some of my best friends were my club teammates. DST also helped provide an avenue for me to swim at and attend UNC Chapel Hill, where many other opportunities can't necessarily get you that far.

Any advice to current DST swimmers?

The work is hard, but keep grinding. All the coaches want you to reach your highest potential. Make sure to keep your family and your friends close, as they will help you through the process when you're not in the water. Good luck Dawgs!

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!