



# THE 9TH LANE

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## WELCOME TO THE 9TH LANE

### SWIMMERS FOR LIFE

Chances are, you've been on vacation somewhere, doing what you think is flopping around, and someone comments on what a beautiful freestyle you have. Don't deny it. You know that compliment makes you feel great! You decide to swim a few laps... not to show off or anything. The next thing you know you're reliving your glory days in the pool, racing past 7 year olds, and pumping your fist in victory at the wall! You even consider trying a little butterfly... Until that Charley Horse kicks in and you end up doggie paddling your way back, only to drag yourself out by the ladder.

One of the benefits of being a swimmer is that we can pick up our sport at any time. How many linebackers have you seen throw the old pad's on and head out to the field lately? Even if it feels a little ugly to you, to most non swimmers, you might as well have been training partners with Mark Spitz!

Whether we stay competitive, swim for fitness, or just enjoy that easy flop back and forth on vacation every once in a while, when we hit the water it all comes back.

There's no denying it. Once you are a swimmer, you are a swimmer for life.

FRIENDS OF TRIBE  
SWIMMING & DIVING  
NEWSLETTER

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# COACH'S CORNER

COACH NATE KELLOGG

Coach Kellogg recently shared his vision for the team with the Friends of Tribe Swimming Group. "My goal is to provide an unmatched experience for our swimmers. I want them to finish their career and think 'I would do that all over again,' without hesitation. This is the culture I want to create within our team." Between Covid and last year's cut, it's been a year of "surviving". Coach Kellogg he is excited for the program to start "thriving" once again.



**Coach Kellogg is enthusiastic about the future of the program, and so are we! GO TRIBE!!!!**



## FROM THE DECK

CORINNE DAVENPORT '24

It's hard to wrap up my first experience into a few short sentences because really there's just nothing like it ... The atmosphere was churning around the Tribe ladies ... At every turn, you could always find someone to talk to about nerves or someone to get you hyped up for a race.

It was so exhilarating; the feeling of having something to swim for other than yourself. This team has a certain family dynamic to it where everyone is supporting each other. It's something I've never had before, but also something that I know I'll be eternally grateful for.

Once at Christiansburg, it became clear that the competitiveness of CAAs was no joke. You know that every girl there was there to swim her heart out but I was no exception. I felt speedy and ready on the days leading up to CAAs ... I wanted IT not only for myself, but for my Tribe. However... being in this atmosphere that was so different from a club meet, my nerves started churning. Questions and thoughts were running through my head like "Did I train enough?", "Am I ready for this?" and "What if I let my team down?". These nerves very easily went to my head and started to almost turn into fear. Race by race... continuously, I picked myself up, stood behind my Tribe, and got ready for my next race.

I learned a lot about myself in the three long days that we were in Christiansburg. I learned that my body knows how to swim and that I need to trust it. I learned that no matter how I swim, my Tribe is always going to stand by me and support me. I learned that swimming is still swimming regardless of the meet or competition and that swimming is more than just how fast you can move your body, but how well trained you are from the shoulders up.

**" THIS TEAM HAS A CERTAIN FAMILY DYNAMIC... EVERYONE IS SUPPORTING EACH OTHER... IT'S SOMETHING I KNOW I'LL BE ETERNALLY GRATEFUL FOR."**



# SWAMMERS OF THE MONTH

## THE CLASS OF 2021

This month we highlight the accomplishments of our newest Swimmers! Please join us in welcoming these talented Student Athletes into our Tribe Swimming Alumni Family!

### MEGAN BULL



**Favorite Event:** 200 Breaststroke

**Major:** History

**Favorite Memory:** Last year at a team dinner distance group spontaneously decided to buy matching crocs for ourselves and Jamie. We thought the crocs would be pretty cheap at the outlets, so we split up riding in Chris and Norah's car and raced to the outlet store. I was in Norah's car and in an amazing come from behind finish, Norah, the world's slowest, most cautious driver cut Chris off and we beat them to the store. Unfortunately, the crocs at the outlets were not cheaper, but there was a Ben and Jerry's right next to it, so we all went there and got ice cream instead.

**Future Plans:** This summer I am continuing intern/volunteer work at the Fairfield Foundation, and from there I would like to find a job at a nonprofit.

### MADELINE HIGH



**Favorite Event:** Butterfly

**Major:** Neuroscience

**Special Accolades:** Madeline was honored as a CAA Scholar Athlete of the year Finalist for the 2020-2021 season. She is a 4 time Provost award honoree, achieving a GPA of over 3.5. She was named to the CAA Commissioner's Academic Honor Roll multiple times throughout her career.

**Future Plans:** Attend Medical School

### JAKE KEALY



**Favorite Event:** 200 IM

**Major:** Graphic Design & Media Studies

**Favorite Memory:** My favorite memory from William & Mary has to be my recruiting trip from my senior year of high school. I know this shouldn't technically count, but it was the first time I saw how special the swim team was. The familial aspect of the team was unparalleled to any other school I had visited, and it made me realize that this was the place I genuinely wanted to spend the next four years. Four years later, it's still the best decision I've ever made!

**Future Plans:** Pursuing a digital media or design oriented career

### CHRISTOPHER PFUHL



**Favorite Event:** 400 Free Relay

**Major:** Finance with a concentration in Management and Organizational Leadership

**Favorite Memory:** Joey Rento passed the towel cheer to me at CAAs my sophomore year. We did the towel cheer together right before the last event (400 fr relay) which was my first championship relay as a member of the Tribe.

**Future Plans:** Hopes to work in Consulting on the East Coast

### TESS RUONA



**Favorite Event:** 200 Backstroke

**Major:** Business Analytics

**Favorite Memory:** Driving home from the river swim sophomore year... I was smushed in the backseat with a bunch of other girls, the windows were down, the music was blasting and we were singing at the top of our lungs and dancing like maniacs!

**Future Plans:** Business Intelligence Consulting at RSM in Philadelphia

### TARA TIERNAN



**Favorite Event:** 200 Backstroke

**Major:** Marketing with a concentration in Business Analytics

**Favorite Memory:** My favorite memory is winning the 800 freestyle relay my freshman year with Megan Bull, Maria Ocegüera, and Morgan Smith. It was my very first race at CAAs ... and I can still remember breathing to my right while racing and seeing the entire team cheering me on as I swam! I was so happy to simply be a part of such a supportive team, let alone for us to win the race!

**Future Plans:** Digital Marketing Analyst with Red Ventures in Charlotte, NC

### DIANA TRAMONTANO



**Favorite Event:** 200 Backstroke

**Major:** Marketing with a minor in Psychology

**Favorite Memory:** My favorite memory at W&M was walking through the wren freshman year and seeing the whole team cheering on the sunken gardens for convocation.

**Future Plans:** Attending the Columbia Publishing Course this summer then pursuing a career doing marketing in a publishing house.



DO YOU KNOW A SWIMMING ALUM MAKING WAVES OUTSIDE THE LANE LINES?

WE WOULD LOVE TO SHARE THEIR STORY IN OUR SWAMMER OF THE MONTH COLUMN. USE THIS [LINK](#) TO SUBMIT YOUR NOMINATION

# FUNDRAISING

The Athletic Department recently launched a 3 year campaign to raise \$55 Million to sustain operations for William and Mary's 23 Division I Varsity Teams. The goals of the campaign are to increase engagement, participation and philanthropy. The athletic department defines the priorities as follows:

**Strengthening our Financial Foundation: Fund the most pressing priorities**  
**Reimagining a home for Athletics: Transform athletics Facilities**  
**Provide for our Future: Build lasting financial stability**

Each team has been given a set of fundraising goals for the duration of the campaign. Swimming's 3 year goal was set at \$1,221,000, and we are on our way to reaching that milestone!

**REMAINING**  
**\$430,200**

**CURRENT**  
**PROGRESS**  
**\$790,800**



The fiscal year will come to a close before our next newsletter comes out. If you haven't already made a donation this year please consider making even a small donation before June 30th. Every donation makes a difference!

**DONATE NOW**

## DIVE IN WITH THE TRIBE

**WE REALLY DO WANT TO HEAR FROM YOU!**



**LIFE EVENTS:** NEW PROMOTION? TYING THE KNOT? HAVE A FUTURE TRIBE SWIMMER JOINING YOUR FAMILY? TELL US YOUR GOOD NEWS AND WE'LL SHARE IT WITH THE TRIBE. [LINK TO GOOGLE FORM](#)

**GET INVOLVED:** JOIN US AS WE WORK TOGETHER TO ENGAGE OUR TRIBE SWIMMING COMMUNITY. HOST OR HELP PLAN A SOCIAL EVENT, SHARE YOUR PROFESSIONAL KNOWLEDGE, OR HELP SUPPORT OUR CURRENT ATHLETES. DON'T BE SHY, DIVE IN AND GO FOR IT! [LINK](#)



# CLUB TRIBE MASTERS SWIMMING: AN OVERVIEW AND AN INVITATION

CONSIDERING MAKING YOUR RETURN TO THE POOL THIS YEAR?  
CLUB TRIBE MAY BE JUST THE MOTIVATION YOU ARE LOOKING FOR!

Club Tribe Masters Swimming is a USMS-registered club formed by a handful of W&M Swimming alumni in 2014 out of a desire to reunite on relays at Masters meets. We currently have more than 100 team members (~60% W&M alums), we've raised more than \$22K for W&M Swimming, and we have become one of the premier Masters teams in the nation.

Club Tribe swimmers train independently or in small groups and are coached virtually by Rich Williams ('98), a former ASCA Level 5 coach who has had tremendous success helping busy adults achieve remarkable results on relatively low yardage and time commitment. We have significant training clusters in Arlington, Fairfax, Winchester, Richmond, and Southwest Virginia, with new groups forming organically as we grow.

Club Tribe is open to W&M alumni, family, friends, and anyone who wants to be a part of a vibrant, close-knit Masters team. We are known for vocally supporting each other on deck and for emphasizing social events to a much greater extent than most Masters teams. We have attracted swimmers who want the kind of swimming experience that can only come through truly investing in training, competition, and each other. Our teammates range in age from 22 to 87, and we welcome swimmers of all ability and fitness levels.

We are thrilled every time we see a new teammate register for Club Tribe, but when a W&M Swimming alum registers, we get goosebumps. We have fielded relays with Tribe legends from multiple generations, we have seen W&M teammates compete side-by-side for the first time in years or decades, and we have introduced different branches of the W&M Swimming family to one another. Names on Meet Mobile become teammates, superstars on those CAA livestreams become friends.

Our primary vehicle for raising money for W&M Swimming is the Club Tribe Masters Classic, a meet that we have held for five consecutive years at the William & Mary Rec Center Pool. We conceived this meet not only as a way to support the team financially, but as an opportunity for alums to spend an afternoon with the current W&M swimmers and coaches, who sacrifice several hours to host and run the meet. Every single year, we field a flood of post-meet e-mails from meet participants expressing gratitude to the W&M swimmers and remarking on how kind, energetic, smart and impressive they are.



And it's a really fun meet - we pipe in music throughout and we get rowdy (the Towel Cheer sometimes breaks out!). If you've been thinking about getting in swimming shape and taking it to the blocks, the Club Tribe Masters Classic is an ideal opportunity.

WE WANT CLUB TRIBE TO BE THE NATURAL AND UNDENIABLE HOME FOR EVERY W&M SWIMMING ALUM WHO SWIMS MASTERS



Club Tribe proudly swims under the Green & Gold banner, and we have made a lot of noise nationally in our brief history. Out of 3,000+ USMS clubs, Club Tribe has finished as high as 7th at USMS SCY Nationals and 10th in the SCY Mythical National Championships (based on nationwide top times). Club Tribe currently holds 9 of the 45 total SCY USMS National Relay Records in the three youngest age groups (18+, 25+ and 35+ / Men's, Women's, Mixed), as well as one FINA Masters World Record (Women's 200+ SCM 200 Free Relay).

In 2018-19 alone, 25 Club Tribe swimmers amassed 64 National Top Ten USMS Rankings in individual events, including 10 National #1s. That year, 26 Club Tribe relays achieved National Top Ten Rankings, with 12 National #1s.

We have aspirations to do more. Our primary competition goal is to win a USMS National Team Championship, with the next clear opportunities being Spring 2022 in San Antonio (SCY) and Summer 2022 in Richmond, VA (LCM). This is an audacious target, but one that we were poised to hit pre-pandemic; simply put, we will win Nationals if our usual trickle of new W&M alum Club Tribers turns into a flood. Many of you have the power to put Club Tribe over the top with just a few texts to teammates, so let's start putting those bands back together!

Our primary non-competition goal is to greatly augment the connective tissue between Club Tribe and W&M Swimming. For example, we recently launched a LinkedIn page (<https://www.linkedin.com/groups/12500231/>) that is intended to provide current W&M swimmers and young alumni direct access to a large group of alums who have achieved tremendous success in nearly every field and who are ready and willing to help in this uncertain economy. We are looking for other ways to bond with and serve the current swimmers and alumni and we are open to ideas.

Finally, we want to make one thing crystal clear: we want each and every W&M Swimming alum to join Club Tribe - we want to be the natural and undeniable home for every alum out there who swims Masters. We want you to know that you are welcome and wanted and we are here for you.

To learn more about Club Tribe, please visit our website at [www.clubtribemasters.org](http://www.clubtribemasters.org) and join our Facebook Group at [www.facebook.com/groups/ClubTribe1693/](https://www.facebook.com/groups/ClubTribe1693/). There you will get a sense of how we operate and find information about joining, training and competing. You will also see lots of great photos, race videos and event recaps. Please also feel free to reach out to us directly using the contact info below.

ONE TRIBE !!

Kyle Ahlgren '97  
General Manager  
[KRAhlgren@gmail.com](mailto:KRAhlgren@gmail.com) / 202-957-3936

Rich Williams '98  
Head Coach  
[RichWilliams40@hotmail.com](mailto:RichWilliams40@hotmail.com) / 757-319-6105

SAVE THE  
*date*

**HOMECOMING 2021**

**OCTOBER 7TH - 10TH**

[LEARN MORE](#)

**TRIBE SWIMMING  
REUNION WEEKEND**

**IN CONJUNCTION WITH THE RETURN OF THE  
RILEY CUP GOLF OUTING**

**COMING APRIL 2022**