

# Calvin Braun



## ADVICE FOR YOUNGER SWIMMERS:

It doesn't get easier; you just get more used to the pain.

## FAVORITE PRACTICE QUOTE: "Rip It"

**SWIMMING REFLECTIONS:** I started swimming for Pittsford Varsity in 8th grade after Coach Rick reached out stating he needed another breaststroker for his team. From that point on I have swum for this team and this team only for the last 5 years. I have achieved many awards such as first team all-county, all greater Rochester, and an All-American last year. I have made state cut times in the 50 and 100 Free, as well as the 200 IM and 100 Breast. There are many people that have impacted me on this team, swimmers and coaches, but none greater than Coach Rick. He was there for me from the start, and never gave up on me, even when I gave up on myself. I swim for Pittsford, for the team, and for its legacy.

## FAVORITE EVENT: 200 IM

**PLANS AFTER GRADUATION:** Attend Alfred State for Motorsport Technology

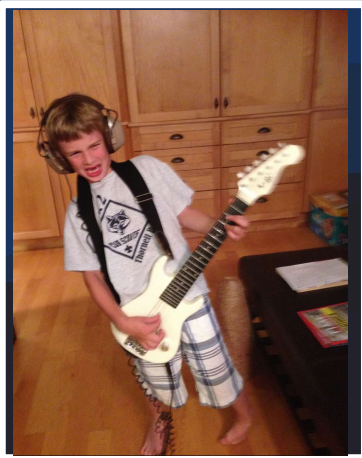
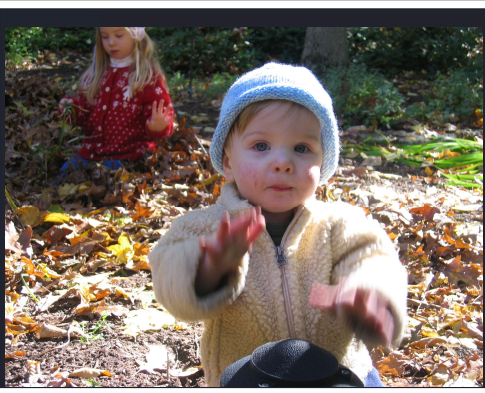
**I AM GRATEFUL** to be a part of an incredible team, and to have been taught by the best coaches.

**ADDITIONAL SPORTS/HOBBIES:** Racing (Cars/Go-karts)

# Calvin Braun

Dear Calvin,

So many emotions are swirling around as I reflect on the past 11 years of your swimming career, this is a bittersweet moment as you are the last of the "Braun Trilogy" of swimmers! I am so proud of you and all of your accomplishments. It has been a privilege and an honor to be part of your swimming journey. Building on your start with the YMCA Sharks, the past five years on the Pittsford swim team has given you the foundation to learn commitment, hard work, doing your best, camaraderie and so many other valuable life skills. You are a decorated athlete and have so much to be proud of! Not only have you accomplished many swim milestones and personal achievements, you have built character, and learned the value of perseverance, dedication, team-work, courage, leadership, integrity, spirit and positive attitude. I know you will accomplish great things, and I will always be here to love and support you! So much xoxoxos! mom





# Gage Van Quekelberg



## ADVICE FOR YOUNGER SWIMMERS:

No matter how hard it gets or when you think you can't, keep pushing yourself. At the end of the day, you will always feel better knowing you did your best and left it all in the pool. Even though some of the things on a practice seem tedious and annoying (BC 5, 4 DK off walls, etc.), do them. In the end they will make you better. Lastly, enjoy your time on the team. It goes faster than you may think.

**FAVORITE PRACTICE QUOTE:** "What is your malfunction!?!"

**SWIMMING REFLECTIONS:** Like a lot of us, I began swimming in elementary school. I remember my first practice. It was horrible; I wanted to quit. This desire to quit didn't set well with my parents, considering they had just paid for the full season. I was forced to return the next day. Little did I know, swimming would follow me all the way through my senior year and turn into so much more than I could have ever imagined.

After swimming for Sand Sharks, Sharks/GRAY, and Modified, I tried out for the infamous Pittsford Swimming and Diving. (Up to this point, my main goals were to make it through practice, have fun, and win the ribbons and little ducks at Y meets.) Pittsford hit me like a brick. I was confident I would make varsity my freshman year. After the first day of tryouts and those 10 x 100 on 1:20, I quickly realized that was unlikely. After a few practices with Marty and my first meet, I felt the need to be better. I wanted to improve, wanted to swim faster, and wanted to win. I began pushing myself, taking practice more seriously. Along with this came the lectures from Keating, the jokes during drylands and swimming times I thought would never be possible. When I made my first sectional cut, I was ecstatic. I began to set new goals. Swimming one event at sectionals became wanting to swim two, which then became making it to finals and this year, making long-awaited state cuts. Then all the sudden it came to an end. It was my last Pittsford swim.

As a senior I'm realizing how much this team really means to me, beyond the practices, the meets, the good and bad swims. It's a bittersweet season, my last first day of practice, my last Shen trip, my last sectional championship run and my first and last state meet. I am proud to have been part of this team. I will miss you all and the crazy memories, laughs, and shared pain that have come out of the last four years. It went faster than I ever thought it could.

**FAVORITE EVENT:** 50 Free

**PLANS AFTER GRADUATION:** I plan to attend college, focusing on Commercial Real Estate (haven't yet decided where) and will possibly continue swimming at club level.

**I AM GRATEFUL FOR** this team and the hard work and dedication it has taught me. Also for Coach Schmitt, Coach Keating, and Coach Corby for making me a better athlete, for their continued dedication to this program, and for always believing in us, even when we may not.

**SPORTS/HOBBIES:** I enjoy mountain biking, skiing, working as a lifeguard and at Aladdin's and working on my car

# Gage Van Quekelberg

Dear Gage,

Congrats to you and the team on another Section V victory in your senior year. A lot of hard work went into that feat. You started with a half-inflated beach ball stuffed under your swimming shirt about 11 years ago and have been getting faster ever since.

You tried other sports, but swimming seemed to be the only one that kept your attention (unlike soccer or especially T- Ball!). The pools and names have changed as you worked through Sharks, GRAY, PACK, Modified, JV and Varsity. Each one more intense, although these last years in Varsity seemed like a high point for that.

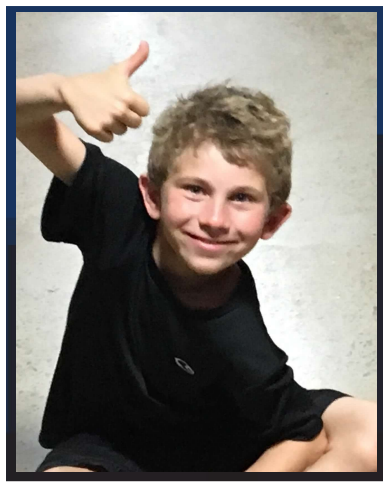
You have our utmost respect for getting up in the morning and jumping into a cold pool before school even starts, then doing it again after school. No other school sport has those kinds of demands and you've tackled them head on. Not to mention putting on a tech suit!

We've watched you get stronger and stronger, while being entertained at the dinner table with run-downs of each practice/torture session (oh, the stories!). It's so hard to believe we've come to the end of Varsity swimming, with just States ahead of us.

We're certain that your experiences in the pool (and out) will give you memories and stories to tell for years to come. The tales of Marty will be an entertaining sub-set and the comradery with your teammates unmatched. We're so proud of you for everything that you've endured and conquered in this sport. The programs and people have helped to shape you into the hard-working, determined individual that you've become and we've come to admire. The work ethic and grit will benefit you for the rest of your life!

We're very excited for you to enter your college years, and everything that comes after. We have faith that you will tackle it all with the grit and determination you've shown, while having fun along the way.

Love, Mom & Dad





# Andrew Shen



## ADVICE FOR YOUNGER SWIMMERS:

Having a good mindset makes practice way easier, and a lot of hard sets are easier to make than they seem.

**FAVORITE PRACTICE QUOTE:** “If you’re tired, everyone else is tired. Keep going!”

**SWIMMING REFLECTIONS:** : I learned to swim when I was 5, but I didn’t join the swim team, instead trying other sports like baseball and soccer. I joined the Crescent City Swim Club when I was 9, competed in my first swim meet when I was 11, and joined my school team in 6th grade. When I moved from New Orleans to Pittsford right before I started high school, I practically had to start my life over again. Joining the swim team helped me find new friends and find a place where I fit in. I really struggled at first, barely breaking a minute in the 100 free and making the sectionals cut for the 500 Freestyle by less than a second. But after working hard in practice every day, I’ve gradually improved, and have swum at sectionals every year I’ve been on the team. A huge difference I noticed between my old swim team and Pittsford was the work ethic and rigorous training. I also learned the importance of perseverance and discipline for success, both in the pool and in life. While I’ve had many tough times in the pool doing impossible practices and swimming thousands of yards on end, I’ve had many great experiences, racing for the best time, going to the Shen meet, and cheering on teammates to go faster. I look forward to seeing this team dominate Section V and will hold on to the memories I have made as I continue to college and beyond.

**FAVORITE EVENT:** 200 Freestyle

**PLANS AFTER GRADUATION:** I will be studying Engineering next fall.

**I AM GRATEFUL FOR** my teammates who challenge me to do better, my coaches who train me to be faster, and my family who have always been there for me.

**ADDITIONAL SPORTS/HOBBIES:** I like to ride bikes, build models, drive go-karts, and play video games.

# Andrew Shen

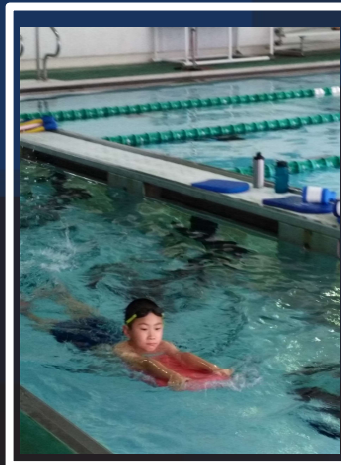
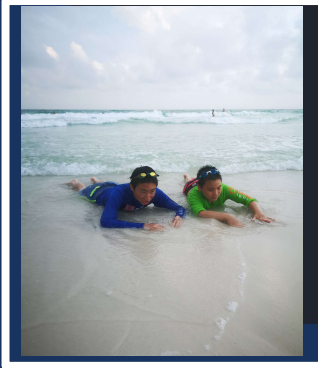
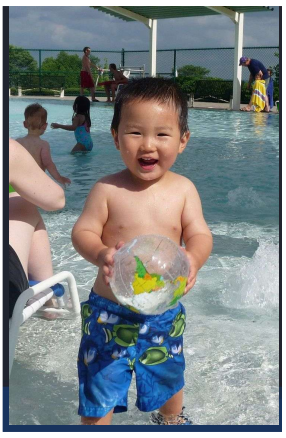
Dear Andrew,

Congratulations on completing the competitive swimming journey with the Pittsford Swimming and Diving team! We are so incredibly proud of you! Competitive swimming is not an easy sport, especially for competing in the 200- and 500-yards freestyles. We deeply admire your mental and physical strength, as well as the dedication you put into every swimming season. We can only imagine how you can get up before 5am and go to morning practice on freezing winter days and swim countless laps for 3-4 hours per day 6 days a week (you literally spend over 20% of your waking hours in the pool).

Over these years, all the sweat, sore muscles, pains, excitement, joy, laughs, and even tears you had with swimming have taught you perseverance, self-motivation, cooperation, discipline, teamwork, and leadership. As you are about to embark on a whole new chapter of your life, we hope all the virtues and skills you have learned in competitive swimming will stay with you for the rest of your life and help guide you through both the good days and the tough ones. It has been such a wonderful experience for us to be part of your swimming journey. We loved taking you to practices (even on those days when we all felt a little tired), cheering for you and your teammates at swim meets, watching you laugh and celebrate victories with your teammates and coaches, and meeting all the other caring, dedicated parents who support the team. Thank you for letting us share in this adventure!

Keep striving to improve yourself and remember we will always love you and support you. We look forward to witnessing your amazing achievements in the future!

With all our love and pride,  
Mom and Dad.





# Neel Stancampiano



## ADVICE FOR YOUNGER SWIMMERS:

Hard work beats talent when talent doesn't work hard.

**FAVORITE PRACTICE QUOTE:** "You can throw a horse into the pool but that doesn't make it a seahorse"

**SWIMMING REFLECTIONS :** I still remember my first time walking into the Mendon pool in eighth grade and being enamored by the brotherhood of Pittsford Swimming. I was a skinny little eighth grader and I had no idea what I was getting myself into. Now, as a slightly less skinny senior I can confidently say that joining Pittsford swimming was the most rewarding decision of my life. Dunkin runs after morning practice, bus rides to away meets, ice baths at Shen, and the constant chase for personal bests; this journey has been more than I ever could've imagined. In eighth grade I started out as a backstroker, swimming the 100 back at Sectionals as a freshman and sophomore before being switched to mid-distance as a junior and swimming the 100 and 200 free. I learned to do what was best for the team, even if it meant swimming "harder" events and suffering through an occasional 500. Every year, the seniors repeat the same phrase "enjoy the time you have on the team, it'll be gone before you know it" and every year I always shrugged it off thinking that I had plenty of time left. However, being a senior now I realize what they meant. Time really does fly by. Pretty soon, you'll be swimming your last home meet and a couple weeks later your last Sectionals. No matter where I go, my years on this team, its memories, and the many lessons learned will stay with and guide me for the rest of my life.

**FAVORITE EVENT:** 100 Freestyle

**PLANS AFTER GRADUATION:** I will be attending college and majoring in Applied Mathematics

**I AM GRATEFUL FOR** my teammates and their antics that both distracted and kept me going during never ending practices, Coach Schmitt and Coach Keating for bringing out the best in me, and my parents for making early breakfasts and late dinners, driving me to every practice no matter the hour, and always believing in me even when I didn't believe in myself

**ADDITIONAL SPORTS/HOBBIES:** I enjoy spending time with friends and family, watching football (Go Patriots!), and playing the piano.

# Neel Stancampiano



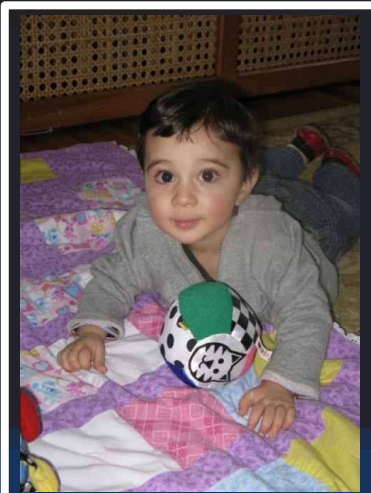
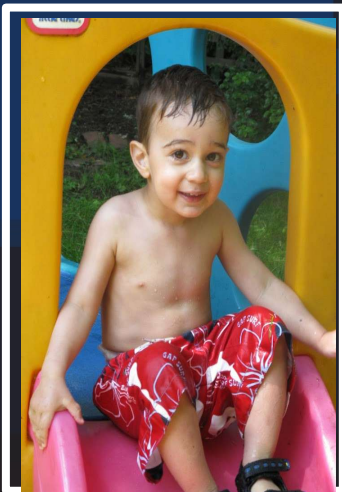
It truly seems like yesterday that we were on vacation in Maine and you saw the ocean for the first time and sprinted towards the waves screaming " Water!! Water!!" Although you were just two years old- it was a precursor of things to come, and you have never since turned your back on the water.

It has been a fantastic adventure. From swim lessons at the Newton Y , lessons at BC where we watched your poor swim instructor break her tooth teaching you how to dive off the block, joining the Newton Bluefish when you were in third grade, moving to Pittsford and joining the Pack and then finally being part of the legacy that is the Pittsford Boys High School team, you have embraced each step with unwavering passion and an always positive attitude.

You have worked so hard in the pool with amazing results, tackled challenges head-on, and celebrated victories with joy with your wonderful Pittsford swim teammates. It has been an honor to watch your swim journey evolve the past few years as you became a mentor for younger swimmers. As you hang up your goggles for the last time in high school , know that you've left a lasting impression on many- and for this we are so very proud of you.

Your hard work, dedication, and positive attitude are an inspiration. We are forever proud to be your parents, and we can't wait to see what incredible things you will achieve.

Love, Mom, Dad, Nick and of course, Van Gogh





# Will Straub



## Advice for younger swimmers:

Regardless of how hard or unmakeable a practice seems, don't get in your head about it. Instead, swim to the best of your abilities, and if that fails, just keep swimming; endurance is earned, not given

**FAVORITE PRACTICE QUOTE:** "The hardest thing to do is work hard when no one is watching" -Ray Lewis

**SWIMMING REFLECTIONS:** Over my 3 years of high school swimming, I have been both a witness and participant to the unmatched success of the Pittsford Swimming program. Aside from the sectionals and the all-county placements I have achieved individually, I feel that for me, Pittsford Swimming has been much more than medals and blocks; it has taught me the value of work, consistency, and discipline. Having done track my junior year instead of swimming, I discovered that the endurance provided to me through swimming served as the perfect aerobic base for running. This fall, I decided to try out for the cross-country team, seeking to use the season as one of conditioning for the impending swim season. Overall, I helped the Pittsford Mendon cross country team to not only a sectional victory, but a 2nd place podium finish at the state championships. I believe my experience serves as an example of the future success that the lessons learned through swimming will bring us. Whether this be in future academics, work, or even continuing athletics in college, Pittsford Swimming has taught me that achieving success takes meaningful effort; you can't merely show up and expect an award.

**FAVORITE EVENT:** 100 Breaststroke

**PLANS AFTER GRADUATION:** I plan on pursuing pre-med and/or pre-law, and continuing to run cross country at the collegiate level

**I AM GRATEFUL FOR** the support offered by my family allowing me to participate in athletic competitions. Whether this be hours of driving to practices and meets or buying me new shoes and spikes for running or new caps, goggles, or tech suits, the aid my family has given me has helped me immeasurably.

**ADDITIONAL SPORTS/HOBBIES:** Cross Country, Track, Guitar

# Will Straub

Congratulations on finishing out Senior year with a great sectionals win with your team and helping to build a lasting legacy with the Pittsford swim team.

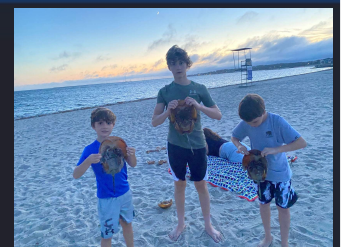
You showed an incredible work ethic and resilience throughout the season and were a great influence on your teammates as well as an inspiration to the us and those around you with your focus, dedication, positive attitude and care for your family and friends. You carried an extremely heavy academic load including taking after school college calculus at MCC in addition to your 4 AP classes. You made sacrifices which we know helped your team and will help your future career- whatever it may be!

We are especially proud that you made the decision to come back to swimming in your Senior year after stepping away to follow your passion for cross-country running. It is hard to step away from the familiar and try new things but as with everything you do you dedicated yourself to excellence. We were so proud to see you and your team at states in your first year. It was that strong belief in yourself and in your team that you brought into the swim season.

Whether it be doing pushups at every vacation spot we went to, fishing at 6 am every morning in the Adirondacks or running 10 miles everyday on our Greece vacation, we love that you are so well rounded and dedicated to your interests. We are impressed every day that you are able to "juggle" the different sports, classes and even find time to play that guitar! We know that you'll carry this work ethic forward in whatever you choose to pursue and can't wait to see where it brings you! Good luck in your track season and the final part of your high school career as well as onto your college journey- wherever that winds up being. We'll keep your room messy and your bed unmade for you for your many trips home and we can't wait to visit you often!. You've come a long way baby!

Love Mom, Dad, Alex and Anderson

Thanks again to Coaches Rick, Marty and Kim for years of training and dedication to excellence of the Pittsford Swim team. He'll always be proud to be an alumnus of the program! Thanks also to the Pittsford swim families that have made us feel like an important part of the community and good luck to all the athletes —Keep on winning!!





# Merick Weisman



## Advice for younger swimmers:

Never sell yourself short, you get in what you put out. Swimming is an extremely tough sport mentally and physically. So, push yourself and see what you can accomplish because you are strong and powerful. Consistency is key to swimming. So be the one to show up to practice early, ask coaches on how to become faster, and push yourself to the limits. Even if you are not the fastest, tallest swimmer, showing up and being present is what counts. You will get the recognition you deserve. Swimming is such an incredible sport so stick with it, you got this!

**FAVORITE PRACTICE QUOTE:** "Come on, sometime this week"

**SWIMMING REFLECTIONS:** I started swimming when I was 8 years old on the Sharks Swim Team. I moved up to Pittsford Varsity Swim Team in 2020 as a pushed-up 8th grader for sectionals. I remember it being one of the more special achievements I've made. My set focus was more set to distance freestyle events such as the 200 Free and 500 Free. I started doing these events when I started as a JV swimmer. When I was a young kid, I always dreamed of being on a varsity swim team. I am most proud of the hard work and dedication I've put into swimming for over 10 years. I was able to make sectional finals for both the 200 and 500 Free. This pushed me to work hard and push myself further. I most enjoyed the team dinners, ice baths at Shen, and bus rides home to say, "LET'S HEAR IT FOR THE BUS DRIVER!" It was an extreme pleasure to be a part of this team which I can call family.

**FAVORITE EVENT:** 200 Freestyle

**PLANS AFTER GRADUATION:** I will be attending Alfred State College for Motorsports

**I AM GRATEFUL FOR** my family and friends as well as my fellow swimmers

**ADDITIONAL SPORTS/HOBBIES:** Working on my car, spending time with family and friends, working as a coach for the TCR swim team and working at Mercedes-Benz of Rochester.

# Merick Weisman



Dear Mooks,

It can't believe we are writing you a senior tribute... It seems like just a few years ago that we decided to sign you up for Sharks swim team. You were swimming at Josh's house and every time I would come to pick you there was no getting you out of his pool. From that point on swimming became a huge part of your identity, your passion, and also you developed an extended family. The friendships you forged through countless hours of practice and the life lessons you learned will be invaluable as you continue your journey. "If you're not early, you're late!" Coach Keating has become an icon in our house and his quotes and invaluable knowledge has made an indelible mark on you. Coach Rick has also taught you lessons that will carry over to all facets of your life! Your whole family is beyond proud of you for the tremendous devotion you have shown for your sport and the perseverance and love you continue to show for your career, friends, and family.

Looking back, our family memories are countless. Your love of going to the land, fixing (and probably racing) cars, and all the family trips to Florida. We have so many flashbacks of you as a baby playing with, and sometimes eating the wheels of, every die-cast car on the market, dumping tubs of legos out on the floor to find one little wheel, homemade go-carts, camping, and hanging with your core friends from first grade on. Your loyalty to your friends and family is admirable and a tribute to the compassionate, sensitive and 'wise beyond your years' young man you have become. You have excelled in your school's automotive program and in your work at Mercedes Benz, and we know you will continue to do so at your program at Alfred State in Performance Motorsports and Business. What a reward to see you follow a passion you have had since you were a baby! We can't wait to see how you will revolutionize the car industry, look out Elon, and are hoping for free cars for life! We all love you beyond words and our pride is immeasurable.

Love,

Mom, Dad, Zoey, Peri, and Kenley

