

## Where are they now?

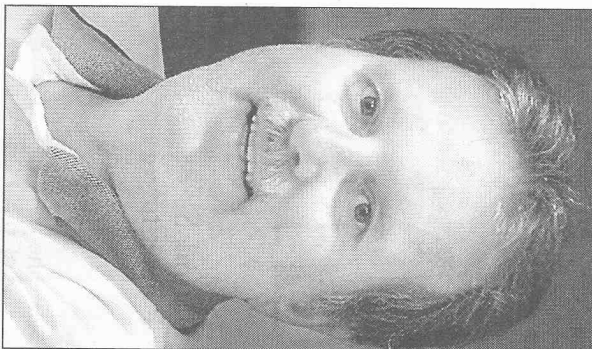
THEN

**High school:** Council Rock (Class of 1971)

**College:** University of Florida, Temple University (liberal arts degree in 1978), Trenton State College (health and physical education degree in 1989)

**High school athletic career:** Won six gold medals and two bronze medals in an era when swimmers were allowed to compete in only two events per year. He won the 200-yard freestyle and 400 freestyle three times apiece. As a senior, he broke the state record in the 200 freestyle. A Churchville native, he traces his success to the training he received at the former Philadelphia Aquatic Club on Grant Avenue in Northeast Philadelphia.

**College athletic career:** Was an All-American swimmer at Florida on teams that twice finished seventh at the NCAA championships and placed 10th another year. A teammate, Tim McKee, a Malvern Prep graduate, won three Olympic silver medals.



Frank Lichtner

NOW

**Age:** 51

**Lives:** Warrington

**Family:** Wife, Jennifer, a former field hockey player at William Tennent; sons Gregory, 18, and Graham, 11; daughter Daphne, 8.

**Works:** As a health and physical education teacher at La Salle High School

**Coaching career:** Was working for a paper company when he decided to go back to school to earn a teaching degree. He is in his 15th season as head coach of the La Salle High School swimming team. "I found my niche," The Explorers have won the Philadelphia Catholic League championship every year he's been there and are favored to capture the title this season. La Salle won five of the last nine National Catholic Swimming Championships. The Explorers last year won the Eastern Interscholastic Swimming and Diving Championships over powerhouses such as Germantown Academy and Peddie School (N.J.), with times good enough to win the PIAA Class AAA title. That team was ranked 19th in the nation. He's thankful for having smart, talented, hard-working and motivated swimmers and is grateful for everyone's help, from his assistants to team managers to parents.

### Catholic Nationals

Archbishop Wood's Megan Donovan finished ninth in the 500-yard freestyle in 5:25.08 at the National Catholic championships, held at Villanova University. She was 15th in the 100 breaststroke (1:14.11).

Jaclyn Smith was 12th in the 100 butterfly (1:04.93) and 100 backstroke (1:05.54).

Donovan, Christina Rios, Amy Finn and Smith were ninth in the 400 freestyle relay (3:55.27), Smith, Donovan, Nicole Lydon and Rios were 10th in the 200 medley relay (2:01.60) and Monica Cymeran, Lydon, Sharon Racine and Finn were 13th in the 200 freestyle relay (1:52.61).

Tom Whelan was 12th in the 100 breaststroke (1:04.28) and Billy Langlois was 16th in the 100 butterfly (58.98).

Brendan McGhee, Langlois, Jim Hurley and Whelan were 12th in the 400 freestyle relay (3:35.14), David Keller, Whelan, Langlois and McGhee were 15th in the 200 medley relay (1:49.71) and McGhee, Hurley, Keller and Whelan were 15th in the 200 freestyle relay (1:38.07).

### St. Joseph's Prep 59, Archbishop Wood 33 (at SJP)

**200-yard medley relay:** 1. SJP (Dan Pierson, Jim Penningham, Tom Harker, John McGrath), 1:49.83; 2. AW; 3. SJP.

**200 freestyle:** 1. Christopher Smith (SJP), 2:01.36; 2. Ryan Tipping (SJP); 3. James Hurley (AW).

**200 IM:** 1. Terrence Mahon (SJP), 2:14.71; 2. William Langlois (AW); 3. Colin Francesco (SJP).

## Swimming

**50 freestyle:** 1. Tom Harker (SJP), :24.47; 2. James McGlone (SJP); 3. Brendon McGhee (AW).

**100 butterfly:** 1. Peter Nolan (SJP), :59.54; 2. Pierson (SJP); 3. Hurley (AW).

**100 freestyle:** 1. Colin McKenna (SJP), :53.51; 2. Mashon (SJP); 3. Thomas Whelan (AW).

**500 freestyle:** 1. Eric Hager (SJP), 5:50.99; 2. Whelan (SW); 3. Tom O'Donnell (SJP).

**200 freestyle relay:** 1. SJP (Harker, Smith, McKenna, Mahon), 1:38.85; 2. AW; 3. SJP.

**100 backstroke:** 1. McGlone (SJP), 1:01.66; 2. McGrath (SJP); 3. Keller (AW).

**100 breaststroke:** 1. Langlois (AW), 1:07.93; 2. David Zarumski (AW); 3. Brian Gilligan (SJP).

**400 freestyle relay:** 1. AW (Whelan, Hurley, McGhee, Langlois), 3:46.40; 2. AW; 3. SJP.

**Records:** SJP (N/A); AW (0-3).

**Fondest memories:** Council Rock built a pool in 1970, and the Indians went undefeated to win the Lower Bucks County League his senior year. His younger brother, Steve, was on the squad, which had a lot of depth. "We had a very nice team. Swimming for my high school was the most important thing. That was my school." He was also ranked in the top 25 in the world in three events and competed at the United States Olympic Swimming Trials. "I fell a little short."

**People who had the greatest impact:** Will Reeser, his high school coach. Reeser also encouraged him to become a teacher and a coach, and Lichtner was a student teacher under his former coach. "He taught me the idea of team, which is my No. 1 philosophy at La Salle. Nobody is bigger than the team, including the coach." Dick Shoulberg, the legendary Germantown Academy swimming coach whom Lichtner assisted for a year. Eddie Reese, the University of Texas and 2004 U.S. Olympic swimming coach who was an assistant when Lichtner was at Florida. And Mike Burton, a three-time Olympic gold medalist who coached him at the Philadelphia Aquatic Club.

Tom Waring