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## Laps of love

Swimmers complete thousands of yards to raise funds for cystic fibrosis patients.

**ANDREW BISHOP | Seton Student Correspondent**



Courtesy photo

Rose Remington celebrates as her favorite song comes on during Splash-for-CF.

On New Year's Eve, the Seton School community started a new tradition in its efforts to fight cystic fibrosis (CF) with its first "Splash-for-CF" swim.

Splash-for-CF was held at the Freedom Center in Manassas. Each member of the Seton swim team swam laps while friends and family gave donations. Coach Jim Koehr challenged the swimmers to complete 200 laps each (5,000 yards) and raise at least a \$50 donation.

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them," said Robin Given, event sponsor.

More than 46 swimmers participated in the event, and most finished in between an hour and a half and two hours. Freshman Kimberly Rector completed 200 laps the fastest, followed closely by freshman Brian Koehr. They both finished in one hour and 17 minutes, just seconds apart.

"It was really tough swimming that much but definitely worth it," said sophomore Maria Zambrana. The event raised more than \$6,000.

"Those suffering with CF desperately need our help, especially those families who do not have enough money to pay for their children's treatment, and this money will go to support

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According to the Cystic Fibrosis Foundation, the illness is inherited and affects about 30,000 people in the United States. It is caused by a faulty gene that leads to infections in the lungs and an inability to break down food. As recently as the 1950s, the life span of cystic fibrosis patients was very short. They rarely lived past 6 years old. Over the years, doctors have found ways to increase the life expectancy to the late 30s.

Advances in medicine help cystic fibrosis patients live close to normal lives. They thrive at work and school as well as play sports and spend time with friends.

“I still live my life and do a sport every season; I love swimming and physical activities that are good for my lungs,” said Allison Given, an eighth-grader at Seton living with cystic fibrosis. “When I’m at home I don’t even notice it, except for nightly treatments, which aren’t that bad.

“It’s sometimes challenging,” she added, “because I can’t do things at night like other people and I have to spend a lot of time at the hospital.”

But Allison has a positive attitude and doesn’t let her illness bring her down. “Seton does such an amazing job at helping people,” she said.

The money donated during Splash-for-CF goes directly to helping patients at Johns Hopkins

#### Keywords

[swimming](#)



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