

Congratulations to the Fox Valley Swim Team Graduating Seniors
Classes of 2020 and 2021



Elaine Carroll
Megan Cieczak
Anthony Crudele
Alexander Dunn
Alexis Emmens
Tim Karubas
Lauren Lee
Teagan Michalek
Mark Menezes
Rohan Nagori
Nick Reid
Collin Sell
Emma Taylor
Evan Villeneuve

We are so proud of our classes of 2020 and 2021. Through the years, they have shown tenacity, resilience, an incredible work ethic, the ability to manage their time, and a keen appreciation for team and friendships. They are champions and we are so proud of them.



Elaine Carroll
Neuqua Valley High School
Class of 2021

I started swimming when I was five years old.

My first swim team was Ashbury Alligators.

I joined Fox in 2010 when I was eight years old.

My favorite events are 100 fly and 100 free.

My favorite swimming memory is when the high school girls team won state junior year.

Notable achievements: Academic All-Conference (every year); IHSA Individual and Relay State Qualifier; IHSA Relay & Team Sectional Champion; Fox National Team 2020; AP Scholar with Distinction; National Merit Finalist; Indian Prairie Scholar; Math Honor Society; 2021 Celtic Service Award recipient; 2021 Summa Cum Laude graduate

Plans after graduation are to attend The University of Notre Dame to study Economics and Data Science, to join club swim and continue with flute ensembles.

Words of wisdom, “Swim fast and have fun!”



Megan Cieczczak
Neuqua Valley High School
Class of 2021

I started swimming in 2008 at age five.

My first swim team was Ashbury Alligators.

I joined Fox in 2009 at age 6.

My favorite events are 50 and 100 free and 100 back.

My favorite swimming memories are end of the season meets, especially spring NCSA. Meeting my best friends!

Notable achievements are state records in age group, high school and senior club swimming, team leader on club and high school teams, and academic and athletic scholarship to Kentucky.

Plans after graduation are swim for the University of Kentucky studying Nursing...and then become a TROPHY WIFE!

Words of wisdom, "Have fun in everything you do otherwise it is not worth it."



Anthony Crudele
Homeschooled, with some classes at
Waubonsie Valley High School
Class of 2021

I started swimming in the summer after I turned 13.

My first swim team was Neuqua Otters.

I joined Fox in the fall of 2016.

My favorite events are 100 breaststroke, 200 breaststroke, and 100 freestyle.

My favorite swimming memories are swimming at meets like Indy and the Speedo Sectional meet. I have also really enjoyed training with my teammates and getting to know them more.

Plans after graduation is to go to Calvin University and to swim there.

Words of wisdom, “Work hard, listen to your coaches, and support your teammates.”



Alexander “Alex” Dunn
Neuqua Valley High School
Class of 2021

I started swimming in 2014, my 5th grade summer.

My first swim team was Tallgrass Lightning.

I joined Fox in 2014, the fall of 6th grade.

My favorite events were long distance until I got into my high school swim career then I really began to enjoy 50 free.

My favorite swimming memories was when we swam Senior Champs in the Winter of 2020. I thought this was a good meet of mine and I had a lot of fun swimming and being around all of the people.

Notable achievements include the honor of being on an All American Relay my Junior year. It was an honor to be named All American.

Plans after graduation are to study Aerospace Engineering, I am deciding on my University.

Words of wisdom, “Work Hard, Have Fun, and enjoy every moment. You never know when your swim will be your last.”



Alexis Emmens
Neuqua Valley High School
Class of 2021

I started swimming generally in fall 2003 - 6 months old & competitively in summer 2008 - 5 years old.

My first swim team was Ashbury Alligators.

I joined Fox in the fall of 2008.

My favorite events are 500 yd free and 800 m free.

My favorite swimming memories are winning the 200 yd Free my Junior year at DVC with a time of 2:02.97; Winning the York Varsity Invite my Junior Year and being named Swimmer of the Meet for that Invite; Moving up 3 seeds to place 8th in the 100 yd Breaststroke at Regionals when I was 12 years old.

Notable achievements are winning the 200 yd Free my Junior year at DVC with a time of 2:02.97 and being named an IP (Indian Prairie) Scholar.

Plans after graduation: I plan to attend Wingate University in Wingate, NC. I plan on “double majoring” in Accounting and Pre-Med. After Undergrad, I plan on taking the MCAT and going onto Med School to be a Sports Orthopedic. I am also committed to Wingate University as a Triathlete. This is the sport’s first year being recognized by the NCAA, so I will be the founding class.

Words of wisdom, “No matter how difficult things get or something may seem to be, never give up. Keep pushing forward, you’ll be thankful you did.”



Lauren Lee
Waubonsie Valley High School
Class of 2020

I started swimming at six years old.

My first swim team was White Eagle swim team at age 7.

I joined Fox in 2013 at age 11.

My favorite events are 100 free, 200 free, and 50 free.

My favorite swimming memories are team dinners at NCSA, actually any time we ate together after a meet or practice! Hanging out at meets. My senior year high school sectional meet.

Notable achievements in the pool: National team 2017-2020; IHSA individual and relay state qualifier, WV 200 free team record holder and MVP. DVC All Conference; Out of the pool achievements include: Summa cum laude graduate; 36 ACT; WV and Elgin Youth Symphony Concerto Competition winner, ILMEA All-State Honors Orchestra 2018-2020; National AP Scholar; Founder of Team Tutors volunteer tutoring program.

Plans include majoring in biology on a pre-med track at Northwestern University. I will join their club swim team and orchestra there.

Words of wisdom, "Trust the process."



Teagan Michalek
Neuqua Valley High School
Class of 2020

I started swimming at age six.

My first swim team was Mudrats.

I joined Fox in 2011.

My favorite events are 100 and 200 back.

My favorite swimming memories are goofing off with my friends in Indy.

Notable achievements are winning IHSA State two years in row and receiving a swimming and academic scholarship to Florida Southern College.

Plans include attending Florida Southern College and completing my degree in Math/Secondary Education.

Words of wisdom, "Through swimming's ups and downs, you need to trust the process and all your hard work and determination will give you the results you want to see at the end of the year."



Evan Villeneuve
Waubonsie Valley High School
Class of 2021

I started swimming in 2007.

My first swim team was El Dorado Sharks, McKinney TX.

I joined Fox in 2012.

My favorite events are 500 free and 200 back.

My favorite swimming memories are going out to breakfast with the team.

Notable achievements are IHSA State Qualifier, Indian Prairie Scholar, All District Chamber Choir, National French Exam Honorable Mention

Plans after graduation are Management Fellows Class of 2025 at DePauw University.

Words of wisdom, “Don’t let a setback define what happens next.”