Oswego State’s Swim Team Takes on the Hour of Power

Oswego State’s swim team brought a whole new meaning to the phrase “power hour” as they teamed up with 8,000 swimmers worldwide to support the mantra: cancer sucks.

The swim team participated in the seventh annual Ted Mullin “Leave it in the Pool – Hour of Power” Relay for Cancer Research in Lee Hall Pool on Tuesday, Nov. 13.

The event is used to raise money for cancer research in honor of Ted Mullin, a Carleton College swimmer, who passed away in 2006 from sarcoma. Funds are used to support research at the University of Chicago. The event has spread across the country with 160 teams participating in 2011, according to Carleton.edu.

Despite Oswego’s decision to not raise funds, Oswego State’s swim coach Michael Holman opted to participate in the worldwide event for the fourth consecutive year. The event not only helps to support the fight against cancer, but also works as a bonding event for the team, Holman said.

“We try to focus on being a family and community,” he said. “Participating, whether through fundraising or just being a part of the "spirit" of the event, helps foster that feeling.”

Third year swim team members Ben Palais and Matt Pilo support their coach’s enthusiasm and participation in this worldwide event.

“It’s the right thing to do,” Palais said. “A lot of people know someone who has cancer. It shows we care.”

Each swimmer showed they cared in their own way. Decorating their skin with the event’s mantra, cancer sucks, helped to solidify their cause. Going further, each member personalized the rally against cancer. For example, Palais, being of Jewish descent, wrote “Cancer ain’t kosher” on his stomach, while a ZBT member scribbled, “ZBT hates cancer.”

“Being a nationwide event, it shows there is a whole support system,” Pilo said.
“The relay is with five people and we cycle through for an entire hour,” he explained of the relay. “We push each other to keep going. People with cancer have to fight constantly, but they have a support system behind them.”

Swim team members look forward to the event each year to help in the fight against cancer.

“Cancer sucks,” Pilo and Palais said in unison when asked their final thoughts on the event.