

Subject: Frank Koval  
Interviewer: Jack Borsi  
Topic: Role of Recreation in Creating and Maintaining Community  
5/29/2007

## Interview Transcript

Jack Borsi: So, how long have you lived in Reston?

Frank Koval: Since August 1<sup>st</sup> 1974. That's about...almost 33 years.

J.B.: I know that you are now a swim coach. Have you been involved in swimming the entire time you've lived here?

F.K.: Pretty much, since I started in high school. So, we moved here just before my freshman year. So, yeah.

J.B.: Can you tell me about the swim team you now coach?

F.K.: The swim team I now coach is a masters swim team, which is eighteen and above. My youngest swimmer is twenty years old and my oldest swimmer is seventy-six years old. It's a full service swim team. We have local meets and national meets and international meets.

J.B.: Can you tell me about the people in your swim group?

F.K.: In my swim group? ... We have people who are swimming for fitness, people who swim as competitors, and I have tri-athletes. So, a mix of everything.

J.B.: Are most of them from Reston?

F.K.: Most of them are from Reston. Some from out in Loudon County, some from Fairfax city, but most are from Reston.

J.B.: Do you spend time with the swimmers other than practice?

F.K.: We have after-workout get-togethers; we go to dinner afterwards. We have team parties a few times a year. Lot of time in the pool. Half an hour to two hours at a stretch, then we do a lot of traveling. We just got back from Seattle where there was a national championship there. So we spend a lot of time together.

J.B.: So, as a result of that, the swimmers get to know each other pretty well, and you get to know them pretty well...

F.K.: Pretty well. Yeah.

J.B.: Have you seen a lot of friendships form?

F.K.: Of course. And, before my time, there were even some marriages [laughter].

J.B.: About how long do people stay with the team? Could you tell me about some of the people that have stayed with the team the longest?

F.K.: There are the people who have been on the team since the late seventies when it first formed. There's a core group, as you could expect. They're perennial. Then there's the fringe element that kind of comes and goes. Mostly tri-athlete types. There's a hard-core group that swims.