

# Ashley Lightcap



## **Top Events / Times**

100 Butterfly – 1:01.49  
200 Butterfly – 2:17.50  
200 Freestyle – 2:08.62  
200 IM – 2:25.00

**Full Name:** Ashley Marie Lightcap  
**Birthdate:** September 15, 1987

**SOPHOMORE** from Pottstown, Pennsylvania  
**Height:** 5' 5"

Chose LHU because of the academic programs and the swimming team.

## **Currently Hold Spots on the LHU All-Time Top 5 Performance List**

200 Butterfly (5<sup>th</sup>)

## **Career Description:**

**FRESHMAN** ... PSAC relay qualifier...point scoring performances at PSAC's were 400 medley relay (11<sup>th</sup>) and 200 medley relay (8<sup>th</sup>)...top 3 individual performances on the season were 200 butterfly (3<sup>rd</sup>) @ Clarion Fall Classic, 100 butterfly (3<sup>rd</sup>) vs. Limestone, 100 freestyle (3<sup>rd</sup>) @ Mansfield, 100 butterfly (1<sup>st</sup>) vs. Juanita, 100 butterfly (2<sup>nd</sup>) @ California, 100 butterfly (2<sup>nd</sup>), 200 freestyle (3<sup>rd</sup>) vs. Millersville, 100 butterfly (2<sup>nd</sup>) @ ESU invite.

**HIGH SCHOOL** ... Graduated from Pottstown Senior High School where she was coached by Kathy Cook...team captain as a senior...4 year district meet qualifier...was also a member of the cross country & track teams...also represented the Pottstown Family YMCA coached by Kathy Cook...qualified for the YMCA national championships 3 times.....won a scholar-athlete award at the winter 2006 YMCA National Championships...awarded the sportsmanship award in 2004.

## **Personal Background:**

Daughter of Russ and Mary Ann Lightcap...has one sister, Jessica (25) a graduate of Bloomsburg University where she was a member of the cross country and track teams...majoring in Sports Administration...had two unnamed beta fish and a dog named Bruiser...chose LHU over East Stroudsburg, Lebanon Valley and Widner.

## **Personality:**

Dream Job is to work for the Phillies or Flyers.

3 words that Ashley uses to describe herself are (1) Loving (2) Adventurous (3) Trustworthy  
Hobby outside of swimming is reading and talking to friends.

Lucky number is 20.

## **Favorite...**

Part about swimming is competition and fun practices.

Holiday is Christmas.

Food is Ice Cream.

Ice Cream Flavor is Phish Food.

TV Show is Grey's Anatomy.

Movie is 300.

Actor/Actress is Ryan Gosling and Kate Beckensal.

Book is Harry Potter.

Magazine is Glamour.

Zoo Animal is the Penguin.

Cartoon Character are the Care Bears.

Color is Teal.