

CHRISTOPHER M. AMES - Class of 1949

Athletics/Humanitarian - Inducted 2002

Post High School Achievements and Distinctions

Received 8 varsity letters at West Chester State Teachers College in swimming, track.

Placed second for three years in the Middle Atlantic Diving Championships. Diving champion: State YMCA and Middle Atlantic AAU, 1950. Pole Vault Champion of All-State Teachers College - 1953.

Appeared with Olympic Champion Joe Verdeur in the "Joe Verdeur's Aquacade" throughout the Middle Atlantic States, 1956 - 1968.

Placed 1st in Long Distance National Championships, in 1996-1997.

Received The United States All-American Masters Swimming Certificates for achievement in 1996 and 1997.

Recipient of numerous medals for swimming championships in the "Senior Games" held annually in Shippensburg, PA.

For seven years, he has sponsored and raised money for benefit causes or for a person who may be severely handicapped or suffering from a serious illness by "doing what he loves" - SWIMMING!

High School Activities

President, Vocational Society, 1949; Home Room Vice President, 1947; Home Room President, 1949.

Swim Team Varsity member, three years; member of District Relay Team; League Diving Champion, 1949; 3rd place in District Diving, 1949; 2nd place in Regional Diving, 1949; finalist in State Diving, 1949.

Member of District Championship Track Team as pole vaulter, 1949

Post High School Education and Activities

Graduated with a B.S. Degree in Education, West Chester State Teachers College, West Chester, PA - 1953.

Professional/Personal

Retired Physical Education Teacher, 32 years, Norristown Area High School where he also coached swimming. Hobby is cabinet making.

Served in the Naval Reserve from 1949-1953; the United States Army, 1953 - 1955 where he also competed in Army Service competition and received numerous awards.

He has collected for the Red Cross; worked at Habitat for Humanity; a 17 year volunteer at Montgomery Hospital in Norristown, PA. Qualified and completed Philadelphia and Boston Marathons, 1979; participated in first Continental Iron Man Marathon Swim (1993) from Mt. Clare to the Delaware River - total of 32 miles for charities.

Member of the Norristown Area High School Alumni Association.

He and his wife Constance Ann have four children, Cheryl Ann, Cindy Marie, Christopher and Chad Jason, and reside in Cedars, PA.

