



Swimming star John "Jay" Fox, '53

Jay Fox from the Class of 1953 was elected to the Washington and Lee Sports Hall of Fame where he was a four year letterman on the W&L swim team.



While at AMA, Jay was the Virginia State Breaststroke Champion.

He placed first in two meets each against Randolph Macon... VMI... and Virginia.



He swam the breaststroke in the medley relay which AMA won against all opponents in the 1952-53 season.

Fox was named to the All-American Prep School swim team.

At W&L, he was swim team captain his senior year.

Jay Fox set a new W&L breaststroke record

He holds the school record in the butterfly and the breaststroke at all distances.

Jay Fox set numerous pool records during his four seasons at W&L.

Jay was a member of the 400 yard medley relay squad which won the 1955 Southern Conference title.

He was also the Southern Conference breaststroke champ in 1955... and was on the 400 yard freestyle team that set a new Southern Conference record.

Fox also holds the record in the 200 yard individual medley at Washington and Lee.

