



Renee Helbok Cone is one of the most accomplished swimmers in the history of the Kingston High School Girls swimming program. Her dedication and competitive drive helped her to accomplish many of her goals such as competing in the NYSPHSAA Girls Swimming Championships and swimming competitively in college. During her high school swimming career for the Tigers, Renee was an accomplished three-time NYS qualifier.

As a sophomore in 1992, Renee qualified in the 200-yard freestyle but did not place. She again went to States as a junior in 1993 where she medaled by placing second in the 50-yard freestyle and swimming to a sixth-place finish in the 100-yard freestyle. Renee returned to the states for the last time in her senior year in 1994 and again competed in the 50-yard freestyle, medaling once again by earning a fourth-place finish. She finished her highly successful high school career by placing seventh in the 100-yard freestyle.

During her KHS swim career, Renee set individual records in the 50, 100 and 200-yard Freestyle, the 100-yard Backstroke and was member of the record setting 200-yard Medley Relay team.

In the spring, Renee played Varsity Softball in 1993, 1994, and 1995. As a sophomore in 1993 she helped the Lady Tigers, along with Kingston Hall of Famer Kerry Purvis, to capture the OCIAA (Orange County Interscholastic Athletic Association) American Divisional Title. Her play earned Renee second team Kingston Daily Freeman Softball All-Star honors as an outfielder. As a senior, Renee once again was a second team Freeman Softball All-Star selection, this time as a pitcher. She was the recipient of the prestigious American Legion Most Outstanding Female trophy as the KHS Female Athlete of the Year.

Renee took her talents to Ithaca College where she led the team in scoring for four consecutive years (1996, 1997, 1998, 1999), a remarkable feat at that level. For the 1998-99 season she was elected captain of the Women's Swim Team. Some of her individual accomplishments included setting new Ithaca swim records in the 200-yard Freestyle, 500-yard Freestyle, 1000 Freestyle events, 100-yard Fly and the 200-yard Fly. Currently, she still holds team records in the 200 and 500 Free as well as the 200 Fly.

In conference competition, she was a nine-time NYSWCAA individual champion and a member of thirteen champion relay teams. She was named the NYSWCAA swimmer of the meet in 1996 and 1999. Renee was a member of the All-Academic team for the years 1998 and 1999. She held the Association Record in the 200-yard Freestyle in 1996 and 1999.

Renee was chosen as the 1999 recipient of Ithaca's prestigious Iris Carnell award as the top female athlete in her class. She was a 27-time All-American in swimming & diving (only one

Bomber has earned more honors), At the Division III Championships, she swam to a second-place finish in the 200-yard Freestyle in 1996 and 1999. She also placed third in 1996 in the 100-yard Freestyle and the 200-yard Fly in 1999. Renee reached the pinnacle of her career when she won the program's third NCAA title by placing first in the 500-yard Freestyle as a senior. Helbok helped Ithaca to a pair of top-10 finishes at the national championships won a total of 22 state titles. At the state championships, she was named NYSWCAA Swimmer of the Meet twice (1996, 1999). Renee received the highest honor that an athlete can achieve at the college level when she was inducted into the Ithaca Athletics Hall of Fame in 2009.

Renee graduated Ithaca College in 1999 with a degree in B.S. Clinical Science and received her M.S. in Physical Therapy in 2000. She is married to Stephen Cone, a Naval Officer in the Medical Service Corps. and has four children.

An All-American Banner with her name proudly hangs on the wall in the Kington High School Swimming Complex in her honor. It continues to provide motivation to both the boy's and girl's swim teams by reminding them that they too can accomplish their dreams through hard work and dedication.