

2018  
NVSL DIVE  
ALL STARS MEET

AUGUST 5, 2018



HOSTED BY

OAKTON SWIM & RACQUET CLUB

# **Welcome to Oakton Swim & Racquet Club!**

On behalf of the OSRC membership and especially our dive team members and families, we welcome you to the 2018 NVSL Dive All Stars Meet! We are proud to be hosting the best divers from across NVSL for a great day of sportsmanship, competition, and celebration.

There is tremendous support for diving at OSRC, so we are pleased to be able to roll out the red carpet for this championship meet. We hope that you will enjoy our outstanding diving boards, comfortable pool area, beautiful surroundings, and of course, delicious food (much of it homemade) from the snack bar.

We are very fortunate to have such an amazing summer dive league in NVSL Dive. The wonderful opportunities provided to our divers are thanks to the generous contribution of time and talent from many individuals. Summer 2018 has been another great season – thank you divers, families, coaches, team reps, and officials!

Please make yourself at home at OSRC – we are glad you are here! If you need something, reach out to our meet co-chairs, meet volunteers, team reps, and lifeguards. We want everyone to have a safe and enjoyable experience.

Good luck divers!

Best,

Betsy Gurley and Jeanne Marie Corrado, Meet Co-Chairs  
Mark Klopfenstein and Lisa Vaughan, Team Co-Reps

# 2018 NVSL Dive All Stars

## Estimated Timeline

6:45	Doors open
<b>7:00</b>	<b>Check in for Freshmen only.</b> (Juniors may sign in at the start of the Freshmen events.)
7:00 – 7:40	Open Warm Up
7:40 – 8:00	Freshman Girls Warm Up
8:00 – 8:05	National Anthem – Liam Klopfenstein and Joe Mallone (OSRC) Sportsmanship Oath – Jim McHugh and Liam Klopfenstein (OSRC)
8:05 – 8:30	Freshman Girls
8:30 – 8:50	Warm Up
8:50 – 9:20	Freshman Boys
9:20 – 9:40	Warm Up
9:40 – 10:20	Junior Girls
10:20 – 10:40	Warm Up
10:40 – 11:20	Junior Boys
11:20 – 11:40	Warm Up
11:40 – 12:25	Intermediate Girls
12:25 – 12:45	Warm Up
12:45 – 1:30	Intermediate Boys
1:30 – 1:50	Warm Up
1:50 – 2:40	Senior Girls
2:40 – 3:00	Warm Up
3:00 – 3:45	Senior Boys
3:45	Estimated Meet End

*Note that these times are approximate.  
The meet may run faster or slower -- Please keep track of meet progress.  
Information will be available via the NVSL Dive Twitter feed, @NVSLDive.*

**Meet Manager: Vanessa Flory**  
**Meet Secretary: Mary Bowersox**  
**Technology Coordinator: Thomas Joyce & Debbie Perrault**

**REGISTRATION**

6:45-9:30	9:30-12:00	12:00-2:30
Debbie Perreault	Peggy Dinkel	Peggy Dinkel
Tanagra Cafferky	Tanagra Cafferky	Tanagra Cafferky

**JUDGING PANELS**

Freshman	Junior	Intermediate	Senior
*Mike Schaeffer	*Lynn Clark	*Russ Jeffries	*Lee Bowersox
Jessica Flinn	Lee Bowersox	Paul Rabe	Joe Di Scipio
Chris Cafferky	Jim McHugh	David Bloom	Russ Jeffries
Rob Carvajal	Sonya Marsden	Bob McKinney	Mike Schaeffer
Lisa Campbell	Bob McKinney	Susan Mitchell	Chris Cafferky
Rae Tran	Paige Schupp	Mark Klopfenstein	Lynn Clark
Paul Rabe	Jay Vasudevan	Scott Friedman	Robert Vroom

\*Referee

**ANNOUNCER**

Jim McHugh	Joe Di Scipio	Scott Mitchell	Paul Rabe
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**TABLE WORKERS**

Mary Bowersox	Mary Bowersox	Mary Bowersox	Mary Bowersox
Peggy Di Scipio	Peggy Di Scipio	Debbie Perreault	Debbie Perreault

## 2018 ALL STAR DIVERS

### FRESHMAN GIRLS

*(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate*

	Freshman Girls	Team	All Star Score
Division 1	Claire Dobrydney	SR	
	Jessica Buechler	WG	
	Karly Proulx	SR	
	Caitlin Christesen (A)	MHC	
	Reagan Cervenak (A)	LG	
	Camren Knicely (A)	VW	
Division 2	Maura Leonard	T	
	Cici Yen	O	
	Brooke Fellow	DL	
	Izzy Eisenberg (A)	O	
	Sadie Buckley (A)	F	
	Addie Hans (A)	AF	
Division 3	Jaida Schramm	PC	
	Samantha Shuster	OAK	
	Taylor Ralph (A)	M	
	Evelyn Kennedy (A)	OKM	

## FRESHMAN GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Freshman Girls	Team	All Star Score
Division 4	Cate Fleck	LV	
	Ella Decker	GF	
	Olivia Berik (A)	HS	
	Lulu Ax (A)	DH	
Division 5	Addie Bates	SHB	
	Clare Reif	SHR	
	Dani Rothman (A)	CH	
	Sophie Pinkston (A)	WC	
Division 6	Greace Whitehouse	R	
	Catherine Dunn	HSC	
	Brianna Wang (A)	HSC	
	Anamarie Harrison (A)	RH	
Division 7	Megan Barrie	PAR	
	Ami Bernard	NS	
	Bethany Tellaria (A)	OH	
	Beatrice Sultanaeva (A)	CSC	
Division 8	Elizabeth Bryan	IC	
	Tessa Gross	SB	
	Darcy Telleen (A)	FS	
	Lilla Wilbur (A)	FS	

## FRESHMAN BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Freshman Boys	Team	All Star Score
Division 1	Rem Turatbekov	THA	
	Lincoln Novy	SR	
	Madison Worthington	THA	
	Joseph Mangan (A)	THA	
	Dylan Kalinock (A)	VW	
	Asher Lanthier (A)	WG	
Division 2	Alex Hans	AF	
	Billy Hans	AF	
	Jaiden Saran	T	
	Justin Upp (A)	T	
	Mikey Stechl (A)	F	
	Brady Davies (A)	CP	
Division 3	Alex Valencic	CB	
	Jon Anthony Montel	OAK	
	Sam Johnson (A)	HF	
	Boden Brauer (A)	OKM	
Division 4	Ryan Wells	CCC	
	Logan DiBenigno	DH	
	Luke Jolley (A)	DH	
	Cy Coons (A)	KG	

## FRESHMAN BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Freshman Boys	Team	All Star Score
Division 5	Luke Goodson	WC	
	Seamus McNamara	WC	
	Max Hutoron (A)	CH	
	Elijah Garces-Foley (A)	SHR	
Division 6	Jack Pritchard	HV	
	Roman Braswell	RFD	
	Caleb Hoover (A)	W	
	Becket Lanier (A)	RH	
Division 7	Evan Vink	PAR	
	Mason Waterfield	G	
	Lucas Jones (A)	G	
	Will Leyhe (A)	NS	
Division 8	Cristiano Garcia	S	
	Charles Schuppin	FS	
	Chase Jackson (A)	SB	
	Carlo Vella (A)	SB	



## JUNIOR GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Junior Girls	Team	All Star Score
Division 1	Mari Kodrowski	VW	
	Isabella Readyhough	VW	
	Meghan Shivik	SR	
	Madison Cervenak (A)	LG	
	Kiran Blanton (A)	VW	
	Alyssa Proulx (A)	SR	
Division 2	Greer Dempster	F	
	Alexa Haynie	F	
	Charlotte Weir	AF	
	Annie Madden (A)	AF	
	Augusta Teter (A)	CP	
	Libby Moir (A)	O	
Division 3	Sania Dhond	OKM	
	Sarah Beach	CB	
	Ally Nolan (A)	M	
	Emily Weber-Lampela (A)	HF	
Division 4	Jocelyn Brooks	KG	
	Kate Li	KG	
	Erin Wills (P) (8)	HS	
	LB Macaranas (P)	LV	

## JUNIOR GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Junior Girls	Team	All Star Score
Division 5	Helen King	SHB	
	Lucy Silverstein	CH	
	Sarah Manson (A)	CH	
	Ocean Archambault (A)	SHR	
Division 6	Angela Witt-Leiva	W	
	Brianna Hawthorne	HV	
	Jillian Champlin (A)	R	
	Elizabeth Bell (A)	W	
Division 7	Morgan Milman	NS	
	Tess Maxwell-Bundy	SRA	
	Isabel Smith (A)	PAR	
	Charlotte Moore (A)	NS	
Division 8	Elisabeth Rockefeller	FS	
	Elizabeth Weatherbee	FS	
	Paige Diller (A)	FS	
	Devyn Telleen (A)	FS	

## JUNIOR BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Junior Boys	Team	All Star Score
Division 1	Noah Wanzer	VW	
	Dylan Paci	VW	
	Alex Way	LG	
	Bryce Donovan (8)	SR	
	Aidan Smith (A)	WG	
	Mack Scadron (A)	SR	
Division 2	Camden Petree	DL	
	David Alves	AF	
	Matthew Turner	DL	
	Adam Crossin (A)	F	
	Patrick Drummond (A)	F	
	Nate Crescioli (A)	O	
Division 3	Beckett Brauer	OKM	
	Jonathan Belt	HF	
	Henry Levi (A)	M	
	Jackson Ward (A)	PC	
Division 4	Ryan Mitchell	LV	
	Sean Memon	KG	
	Gavin Simpson (P)	DH	
	Joseph Nixon (A)	DH	

## JUNIOR BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Junior Boys	Team	All Star Score
Division 5	Caden Guy	HP	
	Jordan Grabo	WC	
	Jack Reed (A)	DR	
	Sam Martin (A)	SHB	
Division 6	Walter Maull	HSC	
	Max Shaffer	R	
	Griffin Brown (A)	RFD	
	Quinn Dastur (A)	R	
Division 7	Christopher Kereris	G	
	Daniel Belloni	PAR	
	Daniel Cate (A)	PAR	
	Daniel Boman (A)	SRA	
Division 8	Nathan Tran	A	
	Trey Telleen	FS	
	Mirel Sandulescu (A)	S	
	Brian Tran (A)	A	

## INTERMEDIATE GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Intermediate Girls	Team	All Star Score
Division 1	Maggie Di Scipio	LG	
	Ava Dunn	THA	
	Devon Babcock	SR	
	Amanda Stalfort (A)	SR	
	Maggie Tallagnon (A)	MHC	
	Jessica Fritsch (A)	VW	
Division 2	Danielle Falcon	CP	
	Elsa Marsden	DL	
	Ava Smialowicz	AF	
	Nika Spoomaker (A)	F	
	Ella Hendrix (A)	F	
	Olivia Morgan (A)	O	
Division 3	Lucille Porter	HF	
	Sally Harrington	M	
	Gabrielle Sasson (A)	HF	
	Molly Estes (A)	OAK	
Division 4	Claire Vroom	GF	
	Micaela Wells	CCC	
	Michele Mickelwait (A)	KG	
	Lauren Gagermeier (A)	CCC	

## INTERMEDIATE GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Intermediate Girls	Team	All Star Score
Division 5	Rowan Nolen	SHR	
	Ginger Richards	SHR	
	Ellie Simmons (A)	DR	
	Erica Schroeder (A)	SHB	
Division 6	Victoria Wang	HSC	
	Nicole Perkins	RH	
	Melinda Hauda (A)	HSC	
	Samantha Dell (A)	W	
Division 7	Kate Barrie	PAR	
	Sayde Pritt	NS	
	Maddi Ross (A)	SRA	
	Mandi Kendrick (A)	SRA	
Division 8	Abby Bangs	S	
	Pilar George	S	
	Caroline Smith (A)	IC	
	Nuhamin Haile (A)	IC	

## INTERMEDIATE BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Intermediate Boys	Team	All Star Score
Division 1	Zack Peng	WG	
	Luke Shivik	SR	
	Jacob McCabe	SR	
	Carter Struck (A)	WG	
	Joshua DeVille (A)	MHC	
	PJ Moyer (A)	WG	
Division 2	Rishi Vasudevan	DL	
	Ben Cabalu	O	
	Connor Walsh	CP	
	Ethan Heard (A)	F	
	Connor Scinto (A)	DL	
	Justin Un (A)	T	
Division 3	Spencer Dearman	OAK	
	Rohan McCarthy	M	
	Thomas Hughes (A)	OKM	
	Josh Shipley (A)	OAK	
Division 4	Evan Brown	KG	
	Will Fleck	LV	
	Matteo Vasiliadis (P) (8)	GF	
	Luke DiBenigno (P)	DH	
	Dan McGaughey (P) (8)	GF	

## INTERMEDIATE BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Intermediate Boys	Team	All Star Score
Division 5	Jackson Bertman	HP	
	Kenny Judson	DR	
	Jake Goodson (A)	WC	
	Ethan Stodgel (A)	SHB	
Division 6	Rylan Yeatman	W	
	Connor Dastur	R	
	Wade Hayes (A)	R	
Division 7	Boede Offringa	SRA	
	Caeden Beavers	PAR	
	Luke Portofe (A)	G	
	Michael Getsey (A)	NS	
Division 8	Mason Du	A	
	Brendan Waterval	SB	
	Cameron Meyer (A)	FS	
	Mason Naumovich (A)	SB	



## SENIOR GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Senior Girls	Team	All Star Score
Division 1	Miah Fisher	MHC	
	Hailey Fisher +	MHC	
	Madison Grosz	VW	
	Lindsey Butchko + (A)	THA	
	Kaila Burgess (A)	THA	
	Reilly Blanton (A)	VW	
Division 2	Hannah Karlin +	O	
	Kyleah Harbort	CO	
	Annika Creedon	O	
	Ellie Shriver (A)	F	
	Laine Stoker (A)	O	
	Riya Saran (A)	T	
Division 3	Sarah Gurley	OAK	
	Emma Bulger +	PC	
	Alexandra Halla (P) (8)	CB	
	Agnis Alessandrino (A)	PC	
Division 4	Sarah Wood	KG	
	Ellie Smith	GF	
	Samantha Simon (A)	HS	
	Abigail Brooks (A)	KG	
	Alaanah Bhanji (A)	KG	

## SENIOR GIRLS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Senior Girls	Team	All Star Score
Division 5	Rachel Shogren +	SHR	
	Olivia Rummel	WC	
	Julianne Feuchter (P)	CH	
	Teresa Capuano-Rizzo (A)	CH	
Division 6	Anna Vogus +	R	
	Ainsley Buckner	HV	
	Silver Harris (A)	RFD	
	Violet Harris (A)	RFD	
Division 7	Aurora Carle +	OH	
	Lauren Schloegel	OH	
	Madison Flinn (A)	CSC	
	Rachel Dinkel (A)	SRA	
Division 8	Grace Haataja +	S	
	Kate Summers	IC	
	Rachel Tran (A)	A	
	Lucy Parente (A)	FS	

## SENIOR BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Senior Boys	Team	All Star Score
Division 1	Max Flory	SR	
	Nathan Holt	MH	
	Kevin Kotowski +	LG	
	Matthew McKenzie+ (P)	THA	
	Craig Erwin (8)	THA	
	Chris Suppa (A)	SR	
Division 2	Max Powell	CP	
	Matthew Warren	DL	
	Neil Murray	AF	
	Jonathan Teitelbaum (A)	O	
	Justin Clark (A)	AF	
	Liam Delahunty (A)	F	
Division 3	Liam Klopfenstein +	OAK	
	Gavin Bergen-Hill	HF	
	Logan McLaren (A)	HF	
	Jacob Wilusz (A)	OKM	
Division 4	Seth O'Dea	LV	
	Jake Mitchell	LV	
	Alex Conley (A)	CCC	
	Sina Naeemi + (A)	KG	

## SENIOR BOYS

(+) Graduating Senior, (P) Qualified on Points, (8) Qualified as 2017 top 8 finishing as first alternate; (A) Alternate

	Senior Boys	Team	All Star Score
Division 5	Peter Fleckenstein	DR	
	Ryker Stokes	SHR	
	Erik Sahlgren + (A)	CH	
	Owen Collins + (A)	WC	
Division 6	Sean Krysinski	HV	
	Matt Larson	HV	
	Nils Herfindahl (8)	RH	
	Troy Young (A)	R	
Division 7	Kevin Dinkel	SRA	
	Hugh Gannon	G	
	Wesley Green (A)	G	
	Tyler Jackson (A)	CSC	
Division 8	Ari Snow	S	
	Mark Murray	IC	
	Jacob Hodges (A)	SB	
	Ryan Payne (A)	SB	

## **2018 NVSL DIVING GRADUATING SENIORS**

### **KEVIN KOTOWSKI (LEE GRAHAM)**

Kevin began his NVSL career with Vienna Aquatic swim team at age 8. After two years there, he moved pools and joined the Lee Graham swim team. At the same time, he joined the Lee Graham dive team. By the age of 14 he became a serious diver and chose dive over swim.

Kevin's favorite memories at NVSL are diving at the Wally Martin 3 meter meet, helping coach the younger divers at Lee Graham, and enjoying dive team events such as formal night and the end of season lock in.

While continuing with NVSL summer league, Kevin also dove with winter clubs, starting with Mason Dive Academy under Dennis Ceppa and then moving to Alexandria Dive Club under Tim Fisher.

In addition to dual meets with NVSL, Kevin has competed in Wally Martin, Divisionals, and All Stars. During the year he has competed in USA Regional and Zone meets, and this year competed at the AAU Red, White, and Blue National Meet.

On June 9, Kevin graduated with an Advanced Diploma from Ad Fontes Academy in Centreville. Kevin will attend JMU in the fall, planning to double major in Computer Information Systems and Intelligence Analysis. Although JMU does not have a men's dive team, Kevin has already been in touch with the women's dive coach, John Wolsh, and they are talking about starting a dive clinic and perhaps a men's dive club.

### **HAILEY FISHER (MANSION HOUSE)**

Hailey is a three-time Virginia State Champion and two-time All American (Top 100) Diver. Hailey has been the head coach for Mansion House Dive Team for the last two years and is excited to be diving for NC State in the Fall.

### **LINDSEY BUTCHKO (TRURO)**

Lindsey has been a dedicated force on the Truro team since being recruited at age 7. With her twin sister, they both caught Rob's radar for the Truro Dive team. Their first summer, in 2007, Christina won the Cracker Jack meet out of a field of 50, and Lindsey placed 3rd in the Freshman All Star Meet. Lindsey went on to spend ten summers diving for Truro while the soccer field called for Christina's passion.

Lindsey became an accomplished competitor in NVSL, VHSL, and USA Diving leagues. At Truro, she holds two Truro Scoring titles, is a two-time Wally Martin 3M Champion, and in 2013 was the All Star Champion for her age group. The team won Division 1 Championships all 10 years that she participated.

Between 2007-2013, she dove for Dominion Dive Club and Patriot Dive preparing her to compete at the high school and National Level. At Woodson High School, she placed in the top 12 in state competition each of her 4 years, earned the Scholar Athlete Award her Freshman through Senior year, MVP her Freshman and Junior year and won the Cavalier Award her senior year. She was honored to serve as team captain her senior year. At the National level, she dove in many qualifying events with her best showing in 2013, when she placed 4th in the USA Diving Age Group National 3M event.

She will miss cheering on the team, encouraging new divers, and most important, ice cream at Cold Stones. Lindsey's favorite memories are the fun times spent with fellow dive team members, as well as, the support she was shown overcoming some rough obstacles along the way. Her favorite dive is a forward 1 1/2 Pike.

She (and her sister) will be attending James Madison in the fall where Lindsey hopes to pursue a degree in Health Sciences. She will always treasure the incredible impact that Truro Dive had on her life.

### **MATTHEW MCKENZIE (TRURO)**

Matthew started diving at age 8 when then-Truro Dive Coach Rob saw him doing a front flip on the boards and asked him to come to a practice. Matt has been a NVSL summer diver since 2008, making this summer his 11th season. He was a member of the Woodson High School Varsity Dive Team for three years.

In summer 2017, Matt took over as Head Coach of the Truro Dive Team. He has received both the Truro Carvajal Award and the Woodson Cavalier Award two times. His favorite memories include mat wars after A meet wins. One thing that he will miss about diving in NVSL is having fun in the senior boys' event with Conor and Craig. He looks forward to attending James Madison University (JMU) as a computer science major this fall.

### **LIAM KLOPFENSTEIN (OAKTON)**

Liam has been swimming and diving with the Oakton Otters since 2010. Some of his accomplishments include swimming in All-Star relays twice and competing in Dive All-Stars twice. Liam has earned the most improved award for diving and the high point award multiple times, and he is now the assistant coach of the dive team. One of Liam's favorite memories is Coach Ken doing his crazy dives, like a front 3 ½ and his epic belly flops. Liam was Captain of the Oakton High School Varsity Dive team for the past two years and was a varsity diver for all four years of high school, competing in the conference and regional championship meets every year. Liam received the coaches award for Varsity Dive his sophomore year and was an honor roll athlete all four years. He also played a huge role in the Oakton Theatre Department, taking part in 14 main stage productions, with lead roles in 7 of them. Liam will be studying Theatre, at James Madison University in the fall.

### **EMMA BULGER (PINECREST)**

We would like to recognize Emma Bulger. Emma has been diving with Pinecrest for 13 years and has achieved many diving accolades. She set the Pinecrest pool record for Intermediate

Girls in 2014 with a score of 181.40, and the record for Senior Girls in 2016 with a score of 259.05. Emma has placed first in too many competitions to even list, but I will highlight a few. She was the Divisional Champion in 2014 and 2017, the All-Star Champion in 2014 and 2017, and the Wally Martin 3-meter Champion in 2015 and 2016. Emma also competed for South Lakes High School where she was the Virginia High School 6A State Champion in 2017 with a score of 402.60. Emma is currently diving for Montgomery Dive Club, and will be attending the University of Virginia on an athletic scholarship. Her favorite Pinecrest memory is coaching last summer and teaching the new freshman girls their back fall in. She will miss all of the kids on the team and her lovely Coach Bennett. Her fellow divers will miss all of the fun times traveling to different national meets, and of course her bright, positive smile that is so reflective of the wonderful person and role model she is. We will miss you, Emma!

### **SINA NAEEMI (KENT GARDENS)**

Sina has been diving since 2013. In his first summer he received the “Most Improved Award” and got first place at cracker jacks in the 13 and up division. The following summer Sina got first place at his first divisionals and went on to get 14th place at all stars. The same summer he received the coaches award and that following summer his passion for coaching was born. He went in to compete in two more all stars, placing 11th last year. His fondest memories are when one of the kids is struggling with a dive and they finally overcome their fears and complete the dive. In this case you can find Sina jumping up and down with joy. In the fall Sina will attend Virginia Commonwealth University where he will be studying psychology on a pre-med track.

### **SAMANTHA SIMON (HIGHLANDS SWIM)**

Sam joined dive team at Highlands and became a Whomping Turtle when she was in 4th grade after being encouraged by many of her gymnastics team friends who all did summer dive. Why not right, because if she can flip and twist on the floor, she can flip and twist into the water. It's pretty much the same skill set so thus began many years of fun and friendships on the Highlands Dive team while continuing her gymnastics club team every year as well.

As a young freshman diver, Sam dove up in many meets in the junior category and received the Above & Beyond Award in 2010 as well as a Dual Meet Points trophy.

In 2011, Sam was the Junior Girls Age Group Champion and placed 2nd at the Divisional Championship meet.

In 2012 Sam received trophies for Highlands Club Champion, Intermediate Girl Dual Meet Points and was the 2012 MVP of the Highlands Dive team. She also placed 2nd at the Divisional Meet that year.

In 2013 Sam was the Intermediate Girls Champion and placed 3rd at Divisionals.

In 2014 Sam was the Girl Club Champion, Intermediate Girl Champion and placed 3rd at the Divisional meet.

Throughout Sam's diving career at Highlands, she also qualified for and attended several All-Star meets. Sam began coaching at Highlands the summer after seventh grade and continued coaching and diving the summer after eighth grade until she moved to Colorado for her ninth and tenth grade years. While in high school in Colorado, Sam dove her 10th grade year for

Cherry Creek High School and made it to States. After returning to McLean her junior year, she dove for McLean High School also.

Sam finishes up her senior year at Highlands as a coach and team member with several first place finishes at regular season dive meets and will be diving at Divisionals. Sam graduated from McLean High School in June with an above 4.0 GPA and won numerous awards including the Outstanding Athlete/Female Athlete of the Year award both her junior and senior years as well as being named as a Washington Post First Team All Met for Gymnastics both her junior and senior years. After the dive season ends, Samantha will be headed to Penn State, which she has grown up loving with both parents who are alums as well as a grandfather and three cousins who currently attend.

### **RACHEL SHOGREN (SLEEPY HOLLOW RECREATION ASSOCIATION)**

Rachel Shogren graduated from Annandale High School with the class of 2018 and has been on the Sleepy Hollow Rec (SHRA) dive team since 2010. After being on the team for several years, she became a coach in 2015 and has been one ever since. In addition to diving for SHRA, she did Gymnastics for 9 years and she was on the Forest Hollow Swim Team for 14 years and was in both swim and dive all stars on several years. She has also coached the Forest Hollow Swim Team for the past two summers. In high school she was on the swim and dive team all four years and was Captain her senior year and qualified for the regional meet. She was also on the Varsity Cheerleading team, an editor for the school newspaper, and a member of the National Honor Society. Outside of school she was on several club swimming teams and in the Alexandria Dive Club. Leaving NVSL is going to be hard, Rachel will miss the team spirit of swimming and diving and hanging out with all of her teammates. Rachel has really enjoyed her swimming and diving career with the NVSL and plans to attend the University of Delaware to pursue a career in Physical Therapy. Rachel would like to thank both her swim and dive coaches for always supporting her and helping her train hard. She would also like to thank her mom for driving her back and forth to endless practices, coaching her, volunteering for meets and always being there for her.

### **OWEN COLLINS (WAKEFIELD CHAPEL)**

Owen Collins is a graduate of WT Woodson high school. He has dove in the NVSL since his home team of Wakefield Chapel started a dive team in 2008. This summer he is the Head Coach of the team that raised him and inspired his love of dive. He dove for Woodson for two years in high school and played ultimate for three. He has participated with all of the "big 3" year round dive programs in the Northern VA area, finally settling in with Mason Dive Academy under coach Zack Hawley, whom he admires greatly, has been positively influenced by, and has learned great positive coaching skills from. He also has to credit his own formative summer coaches for helping him to develop his skill, confidence, and coaching qualities; Sean McKinney, Briggie Imbriglia, Pat McCann and Paul Helfgott. Owen will miss the sport of dive as he moves on to take his place as an apprentice working toward becoming a Master Electrician. His full time work and school will keep him too busy to participate in a structured dive program, but he fully intends to spend many recreational hours at the pool perfecting his "clapper", "soup tuck", and "front dive/back dive". He wants to thank his fellow coaches at Wakefield Chapel, especially Olivia Rummel, who does her best to keep his feet on the ground as he moves quickly to beat her daily steps, and all the kids who make his job so fun and rewarding - Jake, Luke,



Heath, Seamus, Joelle, Lauren, Tea, Cat, Elle, Ava, Matthew, Lydia, Bridget, Aiden, Aidan, Aden, Kaleb, Joshua, Averie, Sarah, Maddie, Rowan, Eden, Sophie, Nathaniel, Charlotte, Emily, Elyse, Eliana, Millie, Brooke, Jordan, Sean, Kendall, Eleanor, Sagan, Sadie - you all rock - I will miss you all and thank you for making the hours of 10-12 such fun (within safe limits ;)

### **ERIK SAHLGREN (CARDINAL HILL)**

This is Erik's 13th and final season of diving. Erik started diving the summer before he entered kindergarten competing in A meets with his front and back dives and front flip. A former CrackerJack winner and Divisional Diver, he placed in the conference, region and state dive meets all three years he dove for Marshall High School. As a senior he signed an early letter of intent to play division two lacrosse for Belmont Abbey College where he will study psychology this fall. He would like to thank his coaches over the years ... Jen and Daniel McCarthy, Andrew Barber and of course coach Brenda, Sydney and the whole team. Daniel for catching him upside down when he leapt backwards off the board into a dive at the age of 5. Andrew for sitting with him his whole entire first CrackerJack meet and coach Brenda for keeping every practice interesting and for believing in him. His summer memories of Cardinal Hill will forever remind him to jump it up.

### **AURORA CARLE (ORANGE HUNT)**

Aurora and her family joined Orange Hunt just so Aurora could be on the dive team. She was 10 years old her first season. She loved it.

That summer she told her mother she was going to be the dive coach when she was old enough. Dreams do come true!

This summer she told her mother she is going to start a dive team at Radford University where she is going next month to study Psychology and Criminal Justice. She has already recruited three divers to the new team . . . She will always be a diver I think.

Aurora has had lots of great years as a diver:

- For five consecutive years she was the High Point Scorer in her age group
- She dove at All-Stars 6 times
- She attended the Wally Martin meet 3 times.

She and Lauren placed 2nd and 3rd in synchro two of those years.

At West Springfield High School, Aurora dove all 4 years. She received the Coaches Award her junior year and was Captain of the Dive Team her senior year.

### **GRACE HAATJA (SPRINGFIELD)**

Grace started gymnastics when she was 8 year old. She has been a state champion on Balance beam for gymnastics and a level 8 Regional 7 competitors. Her gymnastics talent led to diving. She has been diving for the Springfield Tigersharks for 5 years. She also was a loved member of the Lancers Swim & Dive Team and has gone to States three times. She has enjoyed coaching

and diving with the teams and was instrumental in helping revive the Springfield Dive Team. Grace is a graduate of Lee High School in Springfield VA and is excited to start the next chapter of her life at Virginia Tech. She will hold all the memories made on the deck close to her heart.

### **ANNA VOGUS (RAVENSWORTH)**

Anna has been on the Ravensworth Dive Team for 11 years and has been on the coaching staff for the past two years. She joined the team as a freshman diver and quickly fell in love with the fun and relaxing sport. Along with being a diver, Anna has been a competitive gymnastic for the past 15 years.

Anna will be attending Virginia Tech in the fall and plans to study Biology and Animal Sciences with the hopes of working with and caring for exotic animals in the future.

Anna would like to thank her mom, dad, her brother Matthew, and her sister Allie for always supporting and believing in her in everything she does. Anna would also like to thank her co-coaches, Logan and Troy, and her team for making morning practices fun and for making all these years memorable.