

Ashley Herbig – Lakeview

Ashley has been a member of the Lakeview dive team since she was nine years old. She graduated this spring from Robinson Secondary School and plans to attend Christopher Newport University in the fall to major in elementary education. Ashley cheered for Robinson and was a member of the swim and dive team for four years. She coaches the Lakeview junior team, the Mighty Marlins, which she joined as an assistant four years ago and currently works at Kids First Swim School as a swim instructor, teaching children of all ages.

Luke Kockler - Old Keene Mill

Luke has been a member of the OKM Dive Team for eight years. In his first season with OKM in 2012, He has also been a member of the Lake Braddock dive team for the last four years, serving as captain his junior year. The highlights of Luke's time with the OKM Dive Team were: winning the 2013 Division 5 Championship, learning new dives for competition, heading to Glory Days after meets, and building the year-end team dive video. Outside the pool, Luke has enjoyed taking photographs and video of the swim and dive teams as well as driving all over Virginia to film cars for "KocklerMedia." Luke is headed to Christopher Newport University in the fall.

Joseph Perrault – Pinecrest

Joe has been a member of the Pinecrest Swim and Dive team for 12 years. He graduated from Oakton High School where he was a 4-year varsity letter member of the swim and dive team, a three-time All-State Diver, and a three-time All-American. Joe's favorite Pinecrest memories are winning All-Stars and winning the Snoopy Award when "he was a kid." In addition to his diving skills, Joe is an avid ping-pong player. He will be studying business at Virginia Tech this fall where he will be a member of the H2okies dive team.

Max Powell – Crosspointe

Max is a two-time high school All-American diver and was an honorable mention *Washington Post* All-Met athlete for 2019. He was recently named Athlete of the Year for South Country High School and has received district, region, state, and national recognition as a high school diver. He has been a member of the Crosspointe Cruisers dive team for 10 years and is currently their head coach. Max will continue his diving career in California, competing at Cal Poly, where he will study physics. He will miss diving for the team that sparked his love for the sport of diving!

Troy Young – Ravensworth Farm

Troy (AKA Turbo) Young has been a member of the Ravensworth dive team for twelve years and a coach for three years. His diving highlights include making divisionals and All-Stars, receiving the high point award for the Ravens, and winning the monster victory trophy. His future plans include attending the Catholic University of America to study biomedical engineering. **Troy is the recipient of the NVSL President's Award for 2019.**



MEET OFFICIALS

Meet Manager: Lynn Clark

Registration: Peggy DiScipio, Thomas Joyce,

Lisa Rabe, Tony Taylor

Scoring Table: Mary Bowersox, Arlene Pripeton

Technical Support: Thomas Joyce, Debbie Perrault, Tony Taylor

Awards: Sheri Crotty, Laura O'Dea, Kate Walter

Marshall: Lee Bowersox

DECK OFFICIALS

	FRESHMEN	JUNIORS	INTERMEDIATES	SENIORS
<i>Announcer</i>	<i>Anita O'Quinn</i>	<i>Jim McHugh</i>	<i>Paul Rabe</i>	<i>Joe DiScipio</i>
Referee	Mike Schaeffer	Betsy Yarrison	Lee Bowersox	Jim Sweeder
Judge	Jim Sweeder	Sonya Marsden	Scott Friedman	Mike Schaeffer
Judge	Rae Tran	Rae Tran	Bob McKinney	Bob McKinney
Judge	George Harbort	George Harbort	Mark Klopfenstein	Tony Taylor
Judge	Mike Bertman	Paul Rabe	Rob Carvajal	Lee Bowersox
Judge	Jim McHugh	Madeline Fleckenstein	Madeline Fleckenstein	Betsy Yarrison
Judge	Betsy Yarrison	Jessica Flinn	Joe DiScipio	Mike Crotty

ACKNOWLEDGMENTS

Our thanks to Springfield Swim Club for hosting this meet, to Walden Glen and Arlington Forest for additional equipment, and to Tommy Dingus of Alexandria Dive Club for designing this year's meet logo. Special thanks to Micaela Wells of Camelot, who is performing the national anthem this morning, and to Abby Bangs of Springfield, who will take the NVSL oath on behalf of all our athletes and coaches.

Follow the meet @NVSLDive on Twitter for the latest information and any schedule updates. At the conclusion of the meet, results will be posted online at:

<https://secure.meetcontrol.com/divemeets/system/meetresultsext.php?meetnum=6004>.

**GRADUATING SENIORS

Justin Clark - Arlington Forest

Justin was dragged into diving by his mom when he was four years old because his brother and sister were both divers. Justin recalls embarrassing memories of Coach Bobby chasing him around the pool to get him to come to practice, then holding him by his ankles and dropping him from the board into the pool. Justin finally overcame his fears and progressed quickly from then on, earning several Most Improved and team MVP awards and making it to All-Stars in 2015 and 2017. Justin would like to thank all his coaches, especially Coach Bobby who was his coach for thirteen years and gave him his love of the sport. Justin plans to take a gap year in Spain to work on his Spanish and travel in Europe. In fall 2020, he will attend Calvin College in Grand Rapids, Michigan, as an engineering major and continue his diving career on their Division III team.

Annika Creedon - Overlee

Annika has been a part of the NVSL dive program for twelve years and has also competed at the district, regional, and state level for Yorktown High School. She has served as an assistant coach for Overlee Dive for two years. She will attend Virginia Commonwealth University to study art.

Craig Erwin - Truro

Craig graduated from W.T. Woodson where he was a captain on the swim and dive team. He also was on the 2017 state champion lacrosse team and was honored with the 2017 Swim and Dive Cavalier Award and the 2019 Lacrosse Cavalier Award. Next fall Craig will be attending Virginia Tech where he will pursue a major in business. A proud Swordfish, Craig joined the Truro dive team in 2007 and has been diving for eleven years and coaching for three. His favorite memories include Twinkie Day and mat wars. Craig wants to thank his family, his past teammates, Coach Rob, Coach Matt, and the Truro community for their endless support.

Peter Fleckenstein - Donaldson Run

This is Peter's 10th year on the Donaldson Run dive team, and his 4th year as a coach. Peter has been the divisional champion for his age group five times in his career. He wants to especially thank Coach Brian for being his role model ever since he joined the team back in 2008 Peter absolutely loves coaching and enjoys getting to know all these wonderful kids better each summer. Diving will forever be a part of Peter's life, and he plans on returning to coach for many summers to come. He will be taking a gap year this fall before attending the University of Delaware in the fall of 2020. He plans to major in social sciences while attending. Go Blue Hens!

Logan Hannam - Ravensworth Farm

Logan Hannam has been a Raven diver for the past ten years and a coach for three years. He is a 2019 graduate of Lake Braddock Secondary School and is looking forward to attending Old Dominion University in the fall where he'll study criminal justice.

SENIOR GIRLS**SCORE****PLACE**

Abby Bangs (S)	_____	_____
Reilly Blanton (VW)	_____	_____
Abigail Brooks (KG)	_____	_____
Teresa Capuano-Rizzo (CH)	_____	_____
Annika Creedon (O)**	_____	_____
Maggie DiScipio (LG)	_____	_____
Minh Donnell (THA)	_____	_____
Madi Flinn (CSC)	_____	_____
Sarah Gurley (OAK)	_____	_____
Kyleah Harbort (RH)	_____	_____
Ashley Herbig (LV)**	_____	_____
Amanda Pheeny (PAR)	_____	_____
Madeline Pohland (M)	_____	_____
Rachel Shogren (SHR)	_____	_____
Ellie Simmons (DR)	_____	_____
Ava Smialowicz (AF)	_____	_____
Rachel Tran (A)	_____	_____
Sarah Wood (KG)	_____	_____

SENIOR BOYS

Caeden Beavers (PAR)	_____	_____
Evan Brown (KG)	_____	_____
Justin Clark (AF)**	_____	_____
Spencer Dearman (OAK)	_____	_____
Craig Erwin (THA)**	_____	_____
Peter Fleckenstein (DR)**	_____	_____
Logan Hannam (R)**	_____	_____
Nils Herfindahl (RH)	_____	_____
Joey Hodges (SB)	_____	_____
Tyler Jackson (CSC)	_____	_____
Luke Kockler (OKM)**	_____	_____
Hunter Moss (VW)	_____	_____
Boede Offringa (SRA)	_____	_____
Joseph Perreault (PC)**	_____	_____
Max Powell (CP)**	_____	_____
Ari Snow (S)	_____	_____
Matthew Warren (DL)	_____	_____
James Wiese-Gray (DR)	_____	_____
Troy Young (R)**	_____	_____

FRESHMAN GIRLS**SCORE****PLACE**

Libby Augusti (OH)	_____	_____
Jessica Buechler (WG)	_____	_____
Deborah Burke (SRA)	_____	_____
Madeline Fay (IC)	_____	_____
Anna Fitzgerald (SHR)	_____	_____
Jenna Gaillard (HF)	_____	_____
Anamarie Harrison (RH)	_____	_____
Miah Henderson (R)	_____	_____
Isabel Karam (HS)	_____	_____
Evelyn Kennedy (OKM)	_____	_____
Georgi Malko (O)	_____	_____
Anya Osterhout (OKM)	_____	_____
Taylor Ralph (M)	_____	_____
Olivia Roca (F)	_____	_____
Jaida Schramm (PC)	_____	_____
Darcy Telleen (FS)	_____	_____
Jenna Wathen (CSC)	_____	_____
Cici Yen (O)	_____	_____

FRESHMAN BOYS

Paul Bing (OH)	_____	_____
Roman Braswell (RFD)	_____	_____
Cy Coons (KG)	_____	_____
Logan DiBenigno (DH)	_____	_____
Aelan Elder (SRA)	_____	_____
Cristiano Garcia (S)	_____	_____
Marin Kickbush (O)	_____	_____
Asher Lanthier (WG)	_____	_____
Jonah Lanthier (WG)	_____	_____
Andrew Maurer (HV)	_____	_____
Seamus McNamara (WC)	_____	_____
Lincoln Novy (SR)	_____	_____
Theo Prole (HS)	_____	_____
Peyton Reed (DL)	_____	_____
Alex Smith (PAR)	_____	_____
Carlos Terronez (SRA)	_____	_____
Talay Uhing (CSC)	_____	_____
Alex Valencic (CB)	_____	_____
Madison Worthington (THA)	_____	_____

JUNIOR GIRLS

	SCORE	PLACE
Megan Barrie (PAR)	_____	_____
Sarah Beach (CB)	_____	_____
Elizabeth Bell (W)	_____	_____
Alexandra Charecky (HV)	_____	_____
Marleigh Dasilva (VW)	_____	_____
Claire Dobrydney (SR)	_____	_____
Cate Fleck (LV)	_____	_____
Alexa Haynie (F)	_____	_____
Lindsay Kawane (OKM)	_____	_____
Maura Leonard (T)	_____	_____
Lora-Berkeley Macaranas (LV)	_____	_____
Annie Madden (AF)	_____	_____
Chloe Richards (SHR)	_____	_____
Zumi Riekse (OH)	_____	_____
Isabel Smith (PAR)	_____	_____
AJ Teter (CP)	_____	_____
Aliina Uusimaki (MHC)	_____	_____
Vanessa Wathen (CSC)	_____	_____
Angela Witt-Leiva (W)	_____	_____

JUNIOR BOYS

Jonathan Belt (HF)	_____	_____
Chris Cobey (O)	_____	_____
Brendan Doe (OAK)	_____	_____
Ward Gardiner (HV)	_____	_____
Caleb Hoover (W)	_____	_____
Henry Levi (M)	_____	_____
Grant McClure (OH)	_____	_____
Sean Memon (KG)	_____	_____
Dylan Paci (VW)	_____	_____
Marek Raynal (THA)	_____	_____
Jack Reed (DR)	_____	_____
Charles Schuppin (FS)	_____	_____
Nick Shivik (SR)	_____	_____
Cooper Short (HSC)	_____	_____
Gavin Simpson (DH)	_____	_____
Brian Tran (A)	_____	_____
Rem Turatbekov (THA)	_____	_____
Mason Waterfield (G)	_____	_____
Alex Way (LG)	_____	_____
Ryan Wells (CCC)	_____	_____

INTERMEDIATE GIRLS

	SCORE	PLACE
Madison Cervenak (LG)	_____	_____
Kenzie Conner (PC)	_____	_____
Kiera Dalrymple (NS)	_____	_____
Cara deJesus (OKM)	_____	_____
Sally Harrington (M)	_____	_____
Helen King (SHB)	_____	_____
Elsa Marsden (DL)	_____	_____
Morgan Milman (NS)	_____	_____
Lucy Porter (HF)	_____	_____
Ginger Richards (SHR)	_____	_____
Elisabeth Rockefeller (FS)	_____	_____
Maddi Ross (SRA)	_____	_____
Lucy Silverstein (CH)	_____	_____
Amanda Stalfort (SR)	_____	_____
Ainsley Taylor (OKM)	_____	_____
Katie Vaughan (OAK)	_____	_____
Victoria Wang (HSC)	_____	_____
Micaela Wells (CCC)	_____	_____
Erin Wills (HS)	_____	_____

INTERMEDIATE BOYS

Benjamin Belt (HF)	_____	_____
Jackson Bertman (HP)	_____	_____
Becket Brauer (OKM)	_____	_____
Jadon Butler (RH)	_____	_____
Daniel Cate (PAR)	_____	_____
Luke DiBenigno (DH)	_____	_____
Mason Du (A)	_____	_____
Will Fleck (LV)	_____	_____
Jake Goodson (WC)	_____	_____
Caden Guy (HP)	_____	_____
Ethan Heard (F)	_____	_____
Thomas Hughes (OKM)	_____	_____
Christopher Kekeris (G)	_____	_____
Anthony Maull (HSC)	_____	_____
Dan McGaughey (GF)	_____	_____
Ryan Mitchell (LV)	_____	_____
William Parish (DR)	_____	_____
Aidan Smith (WG)	_____	_____
Ethan Stodgel (SHB)	_____	_____
Nathan Tran (A)	_____	_____
Matteo Vasiliadis (GF)	_____	_____