

2022 NVSL Scholarship Recipients

Presidents' Award - Micaela Wells



Micaela swam with Camelot for six seasons before switching to diving in 2015. She is currently a head dive coach. She is a four-time MVP for her team, has competed at All-Stars every year, and holds two team records. She still supports both the swim team and dive team by making posters to encourage younger team members and singing the National Anthem at many meets. During her time at Thomas Jefferson High School, Micaela was captain of the dive and gymnastics teams. She acted in several theater productions for which she received three Cappie nominations. As a women's rights and gender equity activist, Micaela had an op-ed published in the Washington Post. Micaela will continue her education this fall at Georgetown University.

"Even before I became a coach, one of my favorite aspects of NVSL Dive was the interaction between kids of all ages. The thing I'm most proud of throughout my eight years of diving is not my own success but that of all the kids I've inspired to love diving."

Community Service Award - Natalie Enochs



Natalie has been a member of the Sleepy Hollow Bath swim team for 13 years. She has competed at both Individual All-Stars and All-Star Relays, and several of her relay team records are still unbroken at Sleepy Hollow Bath. She has contributed to her team by coaching for three years and by coordinating programs and events to encourage team bonding and spirit. Natalie graduated from Wakefield High School, where she was a captain of the Warriors swim team. She has demonstrated her commitment to service by volunteering for numerous worthy causes, including Athletes Without Limits, Carpenter Shelter, Shoeboxes for the Homeless, Adopt a Family, Toys for Lombardi Cancer Center, Wreaths Across America, Sleepy Hollow Bath Swim-a-thon, and her church. She will attend the University of Wisconsin - Madison in the fall.

"Thanks to my summer swim team, I have been lucky to learn about community, responsibility, and giving back, something I plan to continue doing in college and beyond."

Sportsmanship Award - Sean Cochran



Sean has been swimming for the Fox Hunt Splash for 10 seasons. He has swum at Divisionals every year and has competed at All-Star Relays. Sean began coaching in 2018 and is currently a junior coach and winter coach for the Splash. Sean graduated from West Springfield High School where he was captain of both the indoor and outdoor track teams and won a national championship in the 4x800m. He was a high school swimmer and a member of the Makos year-round swim club. He has volunteered his time coaching and mentoring young track athletes through Run Fit Kids and a running club he founded while living in Colombia. Sean will begin his college studies at the College of William and Mary in the fall.

"I will create a community where people feel welcome and happy wherever I end up, because that's what makes me who I am, and that's what my time in NVSL has taught me."

Spirit Award - Grace Martin



Grace has been a member of the Sleepy Hollow Bath dive team for nine years and also swam for three. She was a junior dive coach for two years. Grace graduated from Justice High School, where she was team captain of both field hockey and diving. She is also an assistant manager at her pool. She was a top fundraiser for the Leukemia and Lymphoma Society Student of the Year Campaign, raising over \$10,000 annually for three years of high school. She was also a center manager and a tutor with the GIVE youth tutoring program, a member of her church's handbell choir, and volunteered her time for numerous community outreach and fundraising events. Grace will attend the College of William and Mary to study international relations.

"I loved coaching because it allowed me to show younger kids the joy of diving and have them love it the way I do."

Excellence in Technique Award - Erin Althouse



Erin has been a member of the Little Hunting Park team since the age of seven. She holds four team records in freestyle and relays. She was also a club swimmer for 10 years and a high school swimmer all four years. She has coached at LHP and Potomac Marlins. Outside of swimming, Erin has been active in her school's theater productions, GirlUp club, and Club Council. She has participated in many community outreach activities, such as church and school clean-ups, clothing and food drives, tutoring, and letter-writing to hospitalized children and senior citizens during the pandemic. Erin will attend the College of William and Mary.

"I hope someday in ten years, one of these kids will make the choice to teach the next generation some of the tricks I taught them. I hope to inspire them to keep going. I hope the cycle of community and mentorship continues."

About the NVSL Scholarships:

Presidents' Scholarship - Created in honor of the volunteers who served as NVSL League Presidents.

Community Service Scholarship - Created in honor of George MacDuff and daughter Melinda. George served as the League Records Chairperson for many years.

Sportsmanship Scholarship - Created in honor of Joan Olson, long-time Director of the NVSL and Chairperson of the Seeding Committee, who was a passionate advocate for sportsmanship.

Spirit Scholarship - Created in honor of Olivia Aull to recognize spirited swimmers and divers from within the NVSL family.

Excellence in Technique Scholarship - Created in honor of Lou Sharp, founder of the Competition Swim Clinic, who guided generations of NVSL swimmers in stroke technique and love for swimming.