

NVSL DIVING

DIVISION I



**INDIVIDUAL CHAMPIONSHIP
& ALL-STAR QUALIFIER MEET**

AT

FAIRFAX

July 23, 2023

ESTIMATED TIME SCHEDULE

FRESHMAN GIRLS WARM-UP	7:40 AM
NATIONAL ANTHEM & OATHS	7:55 AM
FRESHMAN GIRLS	8:00 AM
FRESHMAN BOYS WARM-UP	8:24 AM
FRESHMAN BOYS	8:39 AM
JUNIOR GIRLS WARM-UP	8:58 AM
JUNIOR GIRLS	9:18 AM
JUNIOR BOYS WARM-UP	9:39 AM
JUNIOR BOYS	9:59 AM
PRESENTATION OF DIVISIONAL AWARDS	10:23 AM
INTERMEDIATE GIRLS WARM-UP	10:28 AM
INTERMEDIATE GIRLS	10:48 AM
INTERMEDIATE BOYS WARM-UP	11:26 AM
INTERMEDIATE BOYS	11:46 AM
SENIOR GIRLS WARM-UP	12:03 AM
SENIOR GIRLS	12:23 PM
SENIOR BOYS WARM-UP	1:19 PM
SENIOR BOYS	1:39 PM
ESTIMATED END	2:35 PM

THE BOLDED START TIMES ARE FOR THE ACTUAL DIVING EVENT. PLEASE BE THERE 30 MINUTES BEFORE YOUR EVENT. WARM-UPS WILL BE IMMEDIATELY **BEFORE** YOUR START TIME FOR APPROXIMATELY A 15-20 MINUTE PERIOD.

THE AWARDS FOR EACH GROUP WILL BE PRESENTED DURING THE WARM-UP PERIOD FOR THE NEXT GROUP. THE DIVISION CHAMPIONSHIP TROPHY AND THE SPORTSMANSHIP AWARD WILL BE PRESENTED AFTER THE JUNIOR BOYS COMPETITION.

Special thanks and appreciation to the Fairfax dive team representatives, divers and parents, staff, and other members who kindly provided us the use of their facilities to hold the Division I meet this year. Many thanks to all meet officials at the tables and on the decks whose help is so essential to meet operations.

A true thank you to the coaches for their caring help that goes beyond teaching dives. And the greatest of thanks to all the divers in Division I, who have shared their talents with us this season.



QUALIFYING FOR ALL-STARS

The highest three scores in each event are eligible for the All-Stars meet. The next three finishers will be the alternates for his/her age group and will be able to participate in All-Stars if the top three qualifiers are unable to attend.

Divers who placed in the top eight in the previous year's All-Stars meet AND who finish no lower than first alternate (4th Place) in this year's divisional championship meet qualify for the All-Stars meet.

2022's All-Stars top eight finishers now diving in Division I are:

FG	Hannah Brubeck (SHR)
FG	Elle Feeley (SHR)
FB	Trey McIntosh (F)
JG	Simone Wilson (OAK)
JG	Anya Osterhout (OKM)
JB	Tyler Brown (VW)
IG	Cally Coddling (F)
IG	Caroline Copes (OKM)
IG	Kalyn O'Hara (SHR)
IG	Isabelle Whang (OAK)
IG	Olivia Roca (F)
IB	Luke Lauretti (VW)
SG	Katie Vaughan (OAK)
SG	Cara DeJesus (OKM)
SB	Jon Anthony Montel (OAK)
SB	Alex Way (LG)

Additionally, divers who achieve a divisional championship meet score equal to or greater than the average fifth place All-Stars score for their age group (listed below) will qualify for the All-Stars meet regardless of place finish.

Average All-Stars Fifth Place Scores

Freshman Girls	71.16	Freshman Boys	69.06
Junior Girls	102.47	Junior Boys	98.77
Intermediate Girls	137.01	Intermediate Boys	136.28
Senior Girls	183.98	Senior Boys	200.48

TEAM COACHES

Fairfax	Head Coach Kenny McAdoo Coaches Christian Anderson, Greer Dempster, and Lexi Haynie
Lee Graham	Head Coach Maggie Di Scipio Head Coach Josh Shipley
Oakton	Head Coach Ken Hansen Assistant Coach Katie Vaughan Junior Assistant Coaches Nico Shuster and Sophie Whang Clinic Coach Cheryl Meltz-Kroopnick
Old Keene Mill	Head Coach Christian Bowersox Assistant Coach Cara DeJesus Junior Coaches Liam Miller and Sania Dhond
Sleepy Hollow Rec	Head Coach Tom Blakeman Coach Anita O'Quinn Junior Coaches Ocean Archambault, Ginger Richards, Parker Rice, and Matthew Heim
Vienna Woods	Head Coach Bo Bloomer Assistant Coach Laura O'Brien Junior Coaches Jessica Fritsch, Dylan Paci, Nick Wanzer, and Noah Wanzer

TEAM REPRESENTATIVES

Fairfax	Mary Stinnett and Dawn Dempster
Lee Graham	Camille McCarthy, Michelle Cervenak, and Kara Klousia
Oakton	Regina Shuster, Jessica Wilson, Diana Blanco, and Kelly Emerick
Old Keene Mill	Sean Stegmaier and Crystal DeJesus
Sleepy Hollow Rec	Will Heim
Vienna Woods	Rachel Paci

MEET OFFICIALS

NVSL Division 1 Coordinator: Sheri Crotty
Meet Managers: Sheri Crotty and Mary Stinnett (F)
National Anthem: Maddie Allard (LG)

DIVISION 1 FRESHMAN DIVERS

(Ages 10 and under)

<u>FRESHMAN GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
Brynn Strano	F		
Chelsea McLenahan	OAK		
Claire Keating	VW		
Eleanor Chang	VW		
Elle Feeley	SHR		
Graham Nicholson	LG		
Hannah Brubeck	SHR		
Isla-Kate Reese	OKM		
Kylie O'Brien	VW		
Lila Scully	LG		
Lily Carpenter	F		
McKinley Cervenak	LG		
Savannah Barry	VW		
Sophia Blanco	OAK		

DIVISION 1 FRESHMAN DIVERS (Cont.)

(Ages 10 and under)

FRESHMAN BOYS

SCORE

PLACE

Brian Stegmaier	OKM		
Connor Barron	F		
Elijah Hawley	VW		
Gabe Wilson	OAK		
Jake Conques	OKM		
Keaton Allard	LG		
Liam Ross	SHR		
Lucas Vida	SHR		
Trey McIntosh	F		
Tyler Kroopnick	OAK		
Wade Squire	SHR		

DIVISION 1 JUNIOR DIVERS

(Ages 11 and 12)

<u>JUNIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
Anya Osterhout	OKM		
Carleigh Devlin	F		
Cora Brock	LG		
Mackenzie Karrels	VW		
Samantha Kluger	OKM		
Shannon Stegmaier	OKM		
Simone Wilson	OAK		
Skylar Harris	VW		
Thea Conole	LG		

<u>JUNIOR BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
Caleb McManus	OAK		
Christopher Barron	F		
Connor Timm	OAK		
Mount Richmond	VW		
Noah Kim	VW		
Patrick Verasin	LG		
Preston Wichert	SHR		
Teddy Klousia	LG		
Treyton Green	OKM		
Will Davis	LG		

DIVISION 1 INTERMEDIATE DIVERS

(Ages 13 and 14)

<u>INTERMEDIATE GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
Anna FitzGerald	SHR		
Cally Coddling	F		
Caroline Copes	OKM		
Charlotte Henderson	OAK		
Ella Henderson	OAK		
Ella Wallinger	LG		
Isabelle Whang	OAK		
Jackie Colwill	F		
Lili Lepore	SHR		
Lyla Devlin	F		
Olivia Roca	F		
Sophie Bourdelais	VW		
Zoe Mar	LG		

<u>INTERMEDIATE BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
Edan Thomton	LG		
Forest Archambault	SHR		
Luke Lauretti	VW		
Noah Laccone	F		
Peyton Reed	VW		
Thibault Lede	OAK		

DIVISION 1 SENIOR DIVERS

(Ages 15-18)

<u>SENIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
Ainsley Taylor*	OKM		
Cara Dejesus*	OKM		
Chloe Richards	SHR		
Emma Redman	SHR		
Ginger Richards*	SHR		
Greer Dempster	F		
Katie Vaughan*	OAK		
Lexi Haynie	F		
Maddie Cervenak	LG		
Maria Hughes	OKM		
Marleigh daSilva	VW		
Ocean Archambault	SHR		
Rachael Pulice	OKM		
Reagan Cervenak	LG		
Sania Dhond*	OKM		
Sophie Whang*	OAK		

* Denotes 2023 Graduating Senior

DIVISION 1 SENIOR DIVERS (Cont.)

(Ages 15-18)

<u>SENIOR BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
Adam Osterhout*	OKM		
Alex Way	LG		
Brendan Doe	OAK		
Christian Anderson*	F		
Cody Schneider	F		
Dylan Paci	VW		
Ivor Brown	VW		
Jon Anthony Montel	OAK		
Kellen Colevas	LG		
Liam Miller	OKM		
Matthew Heim	SHR		
Nick Wanzer	VW		
Nico Shuster*	OAK		
Parker Rice	SHR		
Sawyer Andrews	F		
Thomas Hughes*	OKM		

* Denotes 2023 Graduating Senior

MEET VOLUNTEERS – DIVISION I

	Announcer	Table Workers	Referee and Judges
Freshmen	Mara Lee (OAK)	Ioana Montel (OAK) Alison Copes (OKM) Will Heim (SHR) Dawn Dempster (F) Mary Bowersox (OKM) Sheri Crotty	Lee Bowersox* (OKM) Heidi Osterhout (OKM) Tim Davis (LG) Kara Klousia (LG) Noah Paci (VW) Ellie Coddling (F) Daniel Whang (OAK) Kristie Reese (OAK)
Juniors	Mara Lee (OAK)	Mike McLenahan (OAK) Lonna Vida (SHR) Mark Kroopnick (OAK) Jackie Brubeck (SHR) Will Heim (SHR) Sheri Crotty	Lisa Campbell* (VW) Daniel Whang (OAK) Elaine Reed (VW) Laurie Blakeman (SHR) Nancy Wanzer (VW) Michelle Cervenak (LG) Rachel Paci (VW) John Bourdelais (VW)
Intermediates	Jim Way (LG)	Camille McCarthy (LG) Stephanie daSilva (VW) Karen Pulice (OKM) Ginny Barron (F) Sean Stegmaier (OKM) Sheri Crotty	Mark Klopfenstein* (OAK) Dawn Dempster (F) Michelle Cervenak (LG) Rachel Paci (VW) Mark Miller (OKM) Noah Paci (VW) Nancy Wanzer (VW) Crystal DeJesus (OKM)
Seniors	Jim Way (LG)	Camille McCarthy (LG) Perri Henderson (OAK) Alison Copes (OKM) Ginny Barron (F) Sean Stegmaier (OKM) Sheri Crotty	Lisa Campbell* (VW) Laurie Blakeman (SHR) Tim Davis (LG) Kara Klousia (LG) Elaine Reed (VW) Mary Stinnett (F) Ellie Coddling (F) Mark Klopfenstein (OAK)

* Denotes Referee

Diver and Volunteer Check-In Table at Entrance

7:30-9:30am – Mary Stinnett (F) and Mike Crotty

9:30-11:30am – Mike Crotty

11:30am-1:30pm – Mike Crotty

GRADUATING SENIORS

CHRISTIAN ANDERSON (FAIRFAX POOL)

Christian is a recent graduate of Fairfax High School where he was a diver for the Swim and Dive Team for all 4 years. He has been a diver for the Fairfax Swim and Dive Team since 2021. Christian has coached for the Fairfax Frogs for the last 2 years. When not in the pool, Christian was participating in soccer, tennis, track and field, and field hockey. Christian will be attending George Mason University in the fall and has committed to be a member of the Swim and Dive team.

ELIZABETH WIEDMANN (LEE GRAHAM POOL)

I joined Lee Graham Dive in 2016. I didn't think I'd be in dive team this long. I joined dive team because I love going off the diving board. I'm thankful that my mom kept signing me up. I had a good experience in dive team. My favorite dive team things are making friends and going off the diving board. Dive team has helped me love the water. Going to Lee Graham will be different next summer because I won't be part of the dive team community. I thank Coach Maggie and Coach Josh, my past coaches from over the years, and the team reps. I will continue my career in the water through Special Olympics swimming. I graduated from McLean High School and I'll go to the Davis Career Center in the fall.

KATIE VAUGHAN (OAKTON SWIM AND RACQUET CLUB)

Katie's love for diving started eleven years ago on the boards of the Oakton Swim and Racquet Club. She is grateful for the memories and friendships developed over these years and is happy to share her enthusiasm for the sport as a member of the Otter coaching staff for the last four years, where she currently serves as the team's Assistant Coach. Katie is a graduate of Oakton High School, where she served as the Dive Team Captain and was presented with the MVP Award her senior year, and she trains with Dominion Dive Club (DDC). She would like to thank her coaches from all of three teams for their support and encouragement. Katie will be attending Villanova University in the fall, where she will continue to dive and study political science.

NICO SHUSTER (OAKTON SWIM AND RACQUET CLUB)

Nico has been diving for seven years, he started at the age of 12 in 2017 and has coached for 2 years. He has developed a love for the sport and enjoys working with the team, especially the young divers. Nico dove at Oakton High School on the Varsity team with Coach Cheryl for 4 years, advancing to Districts and

Regionals each season and placing 5th in Districts his junior and senior years. During his high school career, he also did Marching Band and was a member of National Honor Society. Nico will dive next year at Carnegie Mellon University, where he plans to major in Electrical or Computer Engineering. We are so proud of him and all he's accomplished, and we are confident for his bright future.

SOPHIE WHANG (OAKTON SWIM AND RACQUET CLUB)

Sophie began diving with the Oakton Otters the summer before 7th grade. She also dove for Dominion Dive Club and Oakton High School for 4 years, culminating in qualifying for States and receiving the Coaches Award during her senior year, as well as being an assistant coach for the Otters for the past 2 summers. Sophie's favorite memories as an Otter are post-meet team dinners, cardboard boat races, and winning Division I last summer. One thing she would like to tell the younger divers is to work hard and have fun - your time on the team will fly by! She would like to thank Coaches Ken and Cheryl, her family, and all of her teammates (especially Katie and Nico) for all of their encouragement and support over the years. In the fall, Sophie will be attending Washington University in St. Louis, where she will be studying Biology on the Pre-Med track and will be a member of their NCAA Division III Swim & Dive team. Sophie has truly enjoyed being an Otter diver and will definitely miss the next summer - this team will always hold a special place in her heart. Go Otters!

ADAM OSTERHOUT (OLD KEENE MILL SWIM AND RACQUET CLUB)

Adam Osterhout graduated from Lake Braddock Secondary School. He has been on the OKM Dive Team since he was 10 years old, Lake Braddock's Dive Team for the past 4 years, and became a Team Captain this past year. He will be attending Virginia Tech this fall and intends to double major in Aerospace and Ocean Engineering.

AINSLEY TAYLOR (OLD KEENE MILL SWIM AND RACQUET CLUB)

Ainsley has been a part of the OKM dive program for 11 years. She has loved every minute of it and had cherished many memories. Ainsley's favorite OKM memory is when she won the Wally Martin in 2015. Coach Christian and Matt put her on their shoulders and took the coolest victory picture ever! OKM is the reason Ainsley fell in love with diving in the first place and for that she is forever grateful. She would especially like to thank Coach Christian for his dedication to this team. She hopes he knows that he has had a huge impact on her and her

diving career. She will miss his morning energy and his hilarious sarcastic jokes. Ainsley's advice to younger divers is to keep on going when things get hard. Ainsley will miss this program, but she looks forward to seeing how much it will continue to grow! Go ospreys!

CARA DEJESUS (OLD KEENE MILL SWIM AND RACQUET CLUB)

Cara DeJesus started diving in NVSL in 2012, that year she placed 2nd in the Cracker Jack meet. Unfortunately, Cara moved away for a few years, but found her way back to dive after quitting gymnastics due to an injury. Since then, Cara has spent six years diving and two years coaching at Old Keene Mill. She has competed in Divisional and All-Star meets. She also competed for Lake Braddock HS swim and dive and was a state team member for 3 years. Cara says, "I can honestly say the team is the best part of my summer and I look forward to it every year. I've met some of my best friends through the OKM dive team and have so many great memories." Getting to watch the younger kids have that same amazing experience has cemented her love for summer dive. Cara plans on attending the University of Georgia and majoring in public health. "I couldn't have done it without Christian, Matt and all my teammates. Ospreys for life."

SANIA DHOND (OLD KEENE MILL SWIM AND RACQUET CLUB)

Sania started diving at OKM when she was seven years old. Diving quickly became her favorite thing to do in the summer. Her favorite memories were all the glory days post-meet outings and failing a dive at the Wally Martin synchro meet. She is grateful for all the amazing coaches she has had in her OKM career, especially Matt and Christian who gave her her sense of humor. She will miss the team dynamic the most and is happy to see the young divers carrying on all the traditions. Sania is going to the University of Georgia (Go Dawgs!) this fall to study statistics.

THOMAS HUGHES (OLD KEENE MILL SWIM AND RACQUET CLUB)

Thomas Hughes graduated from Lake Braddock Secondary School. He has been an Osprey since he was 7 years old and competed for both the swim and dive teams.

Thomas is grateful for the inspiration of his coaches, Christian and Matt, who enabled him to continually improve over the years into a very competent diver. His most fond memory is having earned the prestigious "1976 Louis Bowersox Most Improved Award" for the past 5 years. All kidding aside, he will always treasure the memories and friendships he made along the way. Thomas plans to

attend the University of Alabama, where he will attend a 5-year program to earn a bachelor's in engineering and an MBA.

GINGER RICHARDS (SLEEPY HOLLOW RECREATION ASSOCIATION)

Ginger started gymnastics at age 3 at Cardinal Gymnastics, and she began diving with SHRA at age 10 with coach Jen. She has been an MVP diver at SHRA for multiple years and was also the MVP Level 10 gymnast this past year at Capital Gymnastics. She will be attending Rutgers University this fall for gymnastics. She plans on taking business and science classes, as she is considering both an MBA and pursuing medical school with an OB/GYN focus. She has loved her time working with our younger divers as a coach for multiple years here at SHRA. We wish Ginger all the best in her future endeavors!