

NVSL DIVING

DIVISION IV



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

AT

CARDINAL HILL

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	8:21 AM
FRESHMAN BOYS	8:36 AM
JUNIOR GIRLS WARM-UP	8:57 AM
JUNIOR GIRLS	9:17 AM
JUNIOR BOYS WARM-UP	9:52 AM
JUNIOR BOYS	10:12 AM
PRESENTATION OF DIVISIONAL AWARDS	
INTERMEDIATE GIRLS WARM-UP	10:42 AM
INTERMEDIATE GIRLS	11:02 AM
INTERMEDIATE BOYS WARM-UP	11:37 AM
INTERMEDIATE BOYS	11:57 AM
SENIOR GIRLS WARM-UP	12:21 PM
SENIOR GIRLS	12:41 PM
SENIOR BOYS WARM-UP	1:12 PM
SENIOR BOYS	1:32 PM
ESTIMATED END	2:00 PM

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

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

Special thanks and appreciation to the Cardinal Hill Dive Team representatives, divers and parents, staff, and other members who kindly provided us the use of their facilities to hold the Division IV meet this year. Many thanks to all meet officials at the tables and on the deck 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 IV who have shared their talents with us this season.



TEAM COACHES

Cardinal Hill	Head Coach Brenda Massey Assistant Coaches Adam Manley, Teresa Capuano-Rizzo and Allie Reback
Crosspointe	Head Coach Mia Mihocko Assistant Head Coach Katy Haransky Junior Coaches Amari Scruggs and Elizabeth Yu Intern Coaches Quinn Harris and Sloan Tann
Greenbriar	Head Coach Matthew Bray Assistant Coaches Wesley Greene and Mason Waterfield
Parliament	Head Coach Doug Beavers Assistant Coach Kate Barrie Junior Assistant Coach Isabel Smith
Rolling Hills	Head Coach Diller Matthews Assistant Coaches Nicole Perkins and Mary Callahan
Tuckahoe	Head Coach Shannon Eagan Assistant Coaches Chris Douglas, Lucy Silverstein, Libby Hall, Justin Un, and Kier Strom Junior Coach Maura Leonard

TEAM REPRESENTATIVES

Cardinal Hill	Kate Beck and Megan Pierce
Crosspointe	Melissa Mihocko and Amira Tann
Greenbriar	Joel Waterfield and Dawn Bray
Parliament	Trish Alegre-Smith and Virginia Rotteveel
Rolling Hills	Aimee Callahan
Tuckahoe	Saira Smith

MEET OFFICIALS

NVSL Division IV Coordinator: Andrea Cate
National Anthem: Nolan Scott and Alexander Smith, under the direction of dive
parent Aaron Scott

DIVISION IV FRESHMAN DIVERS
(Ages 10 and under, listed alphabetically)

<u>FRESHMAN GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
CH	Lilly Apgar	_____	_____
PAR	Brielle Burnside	_____	_____
T	Elayna Cogert	_____	_____
RH	Claire Flanagan	_____	_____
T	Allegra Han	_____	_____
RH	Xanthy Kuehne	_____	_____
G	Ingrid Lander	_____	_____
G	Brielyn "Brie" Niedzialek	_____	_____
PAR	Charlotte Rotteveel	_____	_____
PAR	Gabby M Smith	_____	_____
T	Mary Margaret Tierney	_____	_____
CP	Maya Truitt	_____	_____

<u>FRESHMAN BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
G	Blake Allen	_____	_____
CH	Andrew Beck	_____	_____
RH	Curt Berry	_____	_____
PAR	Elliot Brooks	_____	_____
CP	Nolan Cherryholmes-Wesley	_____	_____
T	Owen Glasser	_____	_____
PAR	Mack Klink	_____	_____

RH	Brodie Kuehne	_____	_____
PAR	Flynn Miller	_____	_____
CP	Raymond Roswell	_____	_____
T	Maximilian Waisberg	_____	_____
T	Oliver Waisberg	_____	_____

DIVISION IV JUNIOR DIVERS

(Ages 11 and 12, listed alphabetically)

	<u>JUNIOR GIRLS</u>	<u>SCORE</u>	<u>PLACE</u>
T	Leah Bailey	_____	_____
RH	Caroline Berry	_____	_____
CH	Brooklyn Brabender	_____	_____
PAR	Aubree Burnside	_____	_____
CH	Katie Clague	_____	_____
CH	Brynn Edwards	_____	_____
RH	Lilly Jessup	_____	_____
CH	Marianna McKinnon	_____	_____
G	Leighton Raich	_____	_____
T	Nikitha Rajesh	_____	_____
PAR	Gabrielle Subasavage	_____	_____
CP	Victoria Suthard	_____	_____
CP	Sloan Tann	_____	_____
T	Victoria "Vicki" Waisberg	_____	_____
T	Emily Zellers	_____	_____

JUNIOR BOYS

SCORE

PLACE

G	Benjamin "Ben" Blaeuer	_____	_____
CP	Caleb Cherryholmes-Wesley	_____	_____
PAR	Liam Ezekiel	_____	_____
T	Isaac Fonner	_____	_____
G	Wesley Grogan	_____	_____
CP	Ethan Johns	_____	_____
RH	Hudson Lynch	_____	_____
RH	Gabe Newton	_____	_____
CH	Jayan Penn	_____	_____
CH	Bode Pierce	_____	_____
PAR	Nolan Scott	_____	_____

DIVISION IV INTERMEDIATE DIVERS

(Ages 13 and 14, listed alphabetically)

INTERMEDIATE GIRLS

SCORE

PLACE

CH	Sam Apgar	_____	_____
PAR	Madyson Chambley	_____	_____
G	Allison "Allie" Farello	_____	_____
RH	Edie Freeman	_____	_____
CH	Alison Gurganus	_____	_____
CP	Quinn Harris	_____	_____
G	Eliza Miller	_____	_____
RH	Sophia Newton	_____	_____
CH	Dani Rothman	_____	_____
CH	Rebecca Rothman	_____	_____

CP	Amari Scruggs	_____	_____
G	Rowan Threadgill	_____	_____

INTERMEDIATE BOYS

		<u>SCORE</u>	<u>PLACE</u>
CH	Nate Beck	_____	_____
CH	Jackson Brabender	_____	_____
PAR	Jacob Couchman	_____	_____
RH	Rob Freeman	_____	_____
CP	Dylan Johns	_____	_____
CP	Thomas Powell	_____	_____
PAR	Alexander Smith	_____	_____
RH	Griffin Wagner	_____	_____

DIVISION IV SENIOR DIVERS
(Ages 15-18, listed alphabetically)

SENIOR GIRLS

		<u>SCORE</u>	<u>PLACE</u>
RH	Claire Berry	_____	_____
RH	*Mary Callahan	_____	_____
T	Libby Hall	_____	_____
G	Meghan Henderson	_____	_____
T	Maura Leonard	_____	_____
CP	*Mia Mihocko	_____	_____
CH	Allie Reback	_____	_____
T	Lucy Silverstein	_____	_____
PAR	Isabel Smith	_____	_____

* Denotes 2023 Graduating Senior

SENIOR BOYS

SCORE

PLACE

PAR	*David Avila	_____	_____
G	*Matthew Bray	_____	_____
RH	*Matthew Butler	_____	_____
CH	*Adam Manley	_____	_____
G	Paxton Martinez	_____	_____
G	Luke Portofe	_____	_____
PAR	Evan Vink	_____	_____
G	Mason Waterfield	_____	_____

* Denotes 2023 Graduating Senior

MEET VOLUNTEERS – DIVISION IV

	Announcer	Table Workers	Judges
Freshmen	Marisa Scruggs (CP)	Necois Penn (CH) Kelley Raich (G) Sarah Scott (PAR) Aimee Callahan (RH) Liz Bailey (T) Andrea Cate	David Cate* (PAR) Allen Brabender (CH) Melissa Mihocko (CP) Paula Threadgill (G) Katrina Newtson (RH) Constance Douglas (T)
Juniors	Marisa Scruggs (CP)	Laura Gurganus (CH) Jessica Roswell (CP) Virginia Rotteveel (PAR) Aimee Callahan (RH) Brian Cogert (T) Andrea Cate	Steven Lander* (G) Deb Apgar (CH) Andrea Truitt (CP) Al Smith (PAR) Rob Freeman (RH) Constance Douglas (T)
Intermediates	Beth Beavers (PAR)	Kara Suthard (CP) Joel Martinez (G) Sarah Scott (PAR) Jen Sayasithsena (RH) Haripriya Rajesh (T) Andrea Cate	David Cate* (PAR) Melissa Mihocko (CP) Dawn Bray (G) Danielle Waterfield (G) Tracy Hartley (PAR) Chip Berry (RH)
Seniors	Mike Silverstein (T)	Joel Waterfield (G) Beth Beavers (PAR) Kate Couchman (PAR) Julie Wagner (RH) Saira Smith (T) Andrea Cate	David Cate* (PAR) Allen Brabender (CH) Karl Rothman (CH) Amira Tann (CP) Paula Threadgill (G)

* Denotes Referee

GRADUATING SENIORS

DAVID AVILA (Parliament)

David Avila graduated from Lake Braddock Secondary School and will be attending Christopher Newport University in the fall. He is in his eighth year with the Parliament Panthers Swim and Dive Team. David has been swimming since he was four and has spent the past two winters coaching for Parliament winter swim and is currently the Assistant Swim Coach for the 9-12 year old and 8 & under age groups. He was also a member of the Lake Braddock Swim and Dive team and the Fairfax Foxes club swim team. His favorite memory from dive was playing “mat wars” during Fun Fridays.

KATE BARRIE (Parliament)

Kate Barrie graduated from Lake Braddock Secondary School and will be attending Franklin and Marshall College. She is in her sixth year with the Parliament Panthers Dive Team and is currently the Assistant Head Dive Coach. Kate has been a gymnast and dancer since she was young and decided to switch to diving when she was 12 years old. In her time with diving, she has competed at USA Dive and AAU Dive competitions including AAU Nationals with Mason Dive Academy. At Parliament Pool, Kate currently holds the Intermediate Girls 1-meter dive score record. Amidst Kate’s accomplishments, her favorite memory from dive is playing “jump, twist, or dive” during Fun Fridays.

In addition to dive, Kate participated in All Star cheer for the past three years-- joining her team her junior year at The One in Orlando where they placed first in their division. This past year, Kate competed at Summit Nationals. Kate also enjoys singing, studying classical voice for the past five years and competing in several classical voice competitions.

MATTHEW BRAY (Greenbriar)

Matthew has been diving for Greenbriar since he was 6 years old and has been a coach for over 4 years. Matthew has broken every boy’s dive record for Greenbriar while winning NVSL championships at both Wally Martin and All-Stars. Matthew dove for the Chantilly Chargers for four years, setting the school record while winning 3 consecutive state championships. He is also a member of Alexandria Dive Club and has competed in numerous US Diving events. He will dive for the University of Georgia in the fall. He loves working with the divers at Greenbriar, teaching them new skills and inspiring them to enjoy the sport.

JADON MATTHEW BUTLER (Rolling Hills)

Jadon Matthew Butler joined the Rolling Hills Seahawks in 2019. In his first summer diving, he placed first at All-Stars! During high school he dove on the John R. Lewis Swim and Dive team, making it to states in 2021 and 2023. His favorite dive is 107C. When he's not on the boards diving, he spends his time outside doing parkour and tricking with his friends. He also loves photography and videography. His advice to younger divers is: Trying something new might sound crazy but saying "never" actually is. Jadon will be attending Virginia Tech in the fall, studying Political Science with an interest in pre-law.

MARY CALLAHAN (Rolling Hills)

Mary Callahan has been a diver at the Rolling Hills Swim Club for 8 years (since 2016)! This season she has enjoyed the privilege of being Assistant Coach with her mentor, Coach Diller Matthews.

Mary graduated from West Springfield High School. During her years as a Spartan, she obtained an advanced diploma, was a National Honor Society member, and Junior and Senior captain of the Dive and Tennis Teams. She was also chosen to attend Governor's school at Washington and Lee University last summer for Spanish immersion where she learned to be a proficient/fluent second language speaker.

Looking forward, Mary is honored to become a Hokie this fall! She will spend the next four years at Virginia Tech studying Biochemistry in the agriculture and life science department!

ADAM MANLEY (Cardinal Hill)

Adam has been diving in the NVSL for 10 years -- 8 at Great Falls and the past 2 at Cardinal Hill. He attended Paul VI where he swam and dove for the varsity team for four years and was captain last year. While swimming is his main sport, Adam loves diving and has been coaching the Cardinal Hill dive team for 2 years. Some of Adam's favorite moments in diving are watching a diver get a dive that they have been working on for a long time. Adam is the winner of the NVSL Presidents' Scholarship this year. Adam will be attending Georgia Tech in the fall to study Civil Engineering.

MIA MIHOCKO (Crosspointe)

Mia Mihocko graduated from South County High School and will be attending Northeastern University. She is in her sixth year with the Crosspointe Cruisers, including one year of swim at age 6. She also dove for South County High School's

Swim and Dive team. She has been an intern dive coach, assistant dive coach, and is currently the Crosspointe Cruisers' Head Dive Coach. Mia has also been a gymnast since age 6, competing for both Capital Gymnastics and South County High School. Some of her favorite memories from dive include competing with one of her best "gymnast to diver" friends in the Wally Martin Synchro Dive Meet and every time one of her divers learns a new dive for the first time.

NVSL Oath for Swimmers/Divers

"As a representative of all swimming and diving competitors, I promise that we will take part in this NVSL competition, respecting and abiding by the rules which govern it, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

NVSL Oath for Officials

"As a representative of all judges and officials, I promise that we will officiate in this NVSL competition with complete impartiality, respecting and abiding by the rules which govern it, in the true spirit of sportsmanship."