

# **NVSL DIVING**

**DIVISION V**



**DIVISION CHAMPIONSHIP**

**AT**

**CHESTERBROOK  
SWIM & TENNIS CLUB**

**July 23, 2023**

## ESTIMATED TIME SCHEDULE

NO OPEN WARM UPS	
CHECK IN	7:15 AM
FRESHMAN GIRLS WARM-UP	7:35 AM
NATIONAL ANTHEM & OATHS	7:55 AM
<b>FRESHMAN GIRLS</b>	<b>8:00 AM</b>
FRESHMAN BOYS WARM-UP	8:31 AM
<b>FRESHMAN BOYS</b>	<b>8:46 AM</b>
JUNIOR GIRLS WARM-UP	9:02 AM
<b>JUNIOR GIRLS</b>	<b>9:22 AM</b>
JUNIOR BOYS WARM-UP	9:50 AM
<b>JUNIOR BOYS</b>	<b>10:10 AM</b>
INTERMEDIATE GIRLS WARM-UP	10:47 AM
PRESENTATION OF DIVISIONAL AWARDS	10:55 AM
<b>INTERMEDIATE GIRLS</b>	<b>11:12 AM</b>
INTERMEDIATE BOYS WARM-UP	11:35 AM
<b>INTERMEDIATE BOYS</b>	<b>11:55 AM</b>
SENIOR GIRLS WARM-UP	12:16 PM
<b>SENIOR GIRLS</b>	<b>12:36 PM</b>
SENIOR BOYS WARM-UP	1:00 PM
<b>SENIOR BOYS</b>	<b>1:20 PM</b>
ESTIMATED ENDING TIME	1:55 PM

THE BOLDED START TIMES ARE FOR THE ACTUAL DIVING EVENT. TRY TO BE THERE 30 MINUTES BEFORE YOUR EVENT. YOUR WARM-UPS WILL BE IMMEDIATELY **BEFORE** YOUR START TIME FOR APPROXIMATELY A 10-20 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.

Appreciation and special thanks to the Chesterbrook Swim & Tennis Club Board of Directors and its members for kindly providing us the use of their facilities to hold the Division V meet this year. Thank you to Chesterbrook lifeguard staff for keeping a watch over our divers. 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. The greatest of thanks to all the divers in Division V, who have shared their talents with us this season.



## **QUALIFYING FOR ALL-STARS**

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

Additionally, divers who finish no lower than first alternate in the divisional championship meet and who placed in the top eight in the previous year's All-Stars meet, qualify for the All-Stars meet.

Last year's All-Stars top eight finishers now diving in Division V are:

IB Seamus McNamara (WC)

IB Alex Valencic (CB)

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

### **AVERAGE FIFTH PLACE ALL-STAR FINISHES 2023 SEASON**

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

Information validated May 2023

## **TEAM COACHES**

Chesterbrook (CB)	Marc VanDyken, Head Coach Dave Troskey, Head Coach
Highland Park (HP)	Caden Guy, Head Coach Mac Coulby, Assistant Coach Desmond Damico Lassman-, Assistant Coach Mabel Margolis, Buddy Coach Lilly Coulby, Buddy Coach
Mansion House Club (MHC)	Miah Fisher, Head Coach Jacob Fisher, Assistant Coach Allie Duffield, Junior Coach
Ravensworth Farm (R)	Jillian Champlin, Head Coach Randy Rogers, Head Coach
Sideburn Run (SR)	Micky Hazard, Head Coach Alyssa Proulx, Head Coach
Wakefield Chapel (WC)	Tea Coronado, Head Coach Nathaniel Grannis, Assistant Coach Elle Marshall, Assistant Coach Matthew Warren, Assistant Coach

## **TEAM REPRESENTATIVES**

Chesterbrook	Leah Willmore, Theresa Valencic, Steve Willmore
Highland Park	Julie Margolis
Mansion House	Mary Christesen
Ravensworth Farm	Mary Beth Champlin
Sideburn Run	Kim Proulx, Erin Wilson
Wakefield Chapel	Elena Thompson, Mandy Saunders

## **MEET OFFICIALS**

Division Coordinator: Lynette Bertman (HP)  
Meet Managers: Lynette Bertman (HP), Leah Willmore (CB),  
Theresa Valencic (CB), Steve Willmore (CB)  
National Anthem and NVSL Oath

## **DIVISION V FRESHMAN DIVERS**

(Age 10 and under)  
(listed alphabetically)

### **FRESHMAN GIRLS**

Annabelle Fraley	MHC
Annelise Saunders	WC
Bailey Themak	WC
Beatrice Simonsen	SR
Brynn VanBrunt	R
Cameron Faul	WC
Carolina Neill	WC
Cora Bellomo	SR
Emmeline Guy	HP
Faye Bias	MHC
Gloria Johnson	HP
Jacqueline Fraley	MHC
Kendall Wilson	SR
Leila Suqi	R
Lillian Sinclair	WC
Madeleine Philbin	CB
Mouse Guy	HP
Nora Hall	CB

### **FRESHMAN BOYS**

Charlie Rogers	CB
Christopher Neumann	CB
Conor Mangan	MHC
Declan Prunty	R
Jack Zecher	CB
Joseph Neumann	CB
Julian Castro	HP
PJ Stigliano	HP
William Fletcher	MHC

## **DIVISION V JUNIOR DIVERS**

(Age 11 and 12)  
(listed alphabetically)

### **JUNIOR GIRLS**

Annabelle Ebaugh	WC
Chloe Field	R
Elsa Constantino	R
Emily Fay	WC
Eva Negrelli	WC
Julieanne Carle	CB
Lily Verne	WC
Lucy Bennett	R
Mary Moss	CB
Sam Heller	CB
Sloane Carle	CB
Sophia McConnell	R

### **JUNIOR BOYS**

Alden Meholic	SR
Austin Moss	MHC
Ben Fletcher	MHC
Ben Margolis	HP
Benjamin Allen	HP
Connor Prunty	R
Dylan Wilson	SR
Edison Tan	CB
Houston Toth	R
Jasper Figley	R
Liam Painter	HP
Michael Grace	R
Sam Carrado	MHC
Teddy Anderson	HP
Walter Simonsen	SR
Zavier Roberts	R

## **DIVISION V INTERMEDIATE DIVERS**

(Age 13 and 14)  
(listed alphabetically)

### **INTERMEDIATE GIRLS**

Alexa Mansuy	WC
Allie Duffield	MHC
Caitlin Christesen	MHC
Charlotte Fay	WC
Karly Proulx	SR
Lilly Coulby	HP
Mabel Margolis	HP
Madison Ebaugh	WC

### **INTERMEDIATE BOYS**

Alex Valencic	CB
Andrew Bean	R
Ethan Hubbard	SR
Garrett Simonsen	SR
Gordon Anderson	CB
Karsten Tregaskis Gordon	HP
Seamus McNamara	WC



## **DIVISION V SENIOR DIVERS**

(Age 15 and up)  
(listed alphabetically)

### **SENIOR GIRLS**

Amanda Stalfort	SR*
Ellie Mallard	CB
Jillian Champlin	R
Kelly Keough	CB
Tabitha Thomas	MHC
Tea Coronado	WC
Zoe Askin	MHC

### **SENIOR BOYS**

Caden Guy	HP
Cash Riedel	R
Desmond Damico Lassman	HP
Luke Goodson	WC
Mac Coulby	HP
Max Shaffer	R
Nathaniel Grannis	WC
Porter Bertman	HP
Shawn Hubbard	SR
Thomas Gillen	CB*

\* Denotes 2023 Graduating Senior

## 2023 Divisional Volunteer Schedule

	Announcer	Table Workers	Judges
<b>Freshmen</b>	Jeffrey Neumann (CB)	**Lynette Bertman (HP) Cathy Field (R) Grace Gillen (CB) Julie Painter (HP) Jennifer Johnson (HP)	*Mike Bertman (HP) Mike Margolis (HP) Michael Fay (WC) Erin Wilson (SR) Theresa Valencic (CB)
<b>Juniors</b>	Jen Guy (HP)	**Julie Margolis (HP) Christen English (HP) Michelle Stigliano (HP) Donna Ebaugh (WC) Mandy Saunders (WC)	*Cathy Riedel (R) David Grannis (WC) Mike Stigliano (HP) Mike Bertman (HP) Steve Willmore (CB)
<b>Intermediates</b>	Jen Guy (HP)	**Lynette Bertman (HP) Kim Proulx (SR) Vicki Mansuy (WC) Grace Gillen (CB) Natalie Thomas (MHC)	* David Grannis (WC) Mike Bertman (HP) David Askin (MHC) Will Painter (HP) Heather Stalfort (SR)
<b>Seniors</b>	Deena Imbriglia (R)	**Julie Margolis (HP) Holly Hubbard (SR) Elena Thompson (WC) Natalie Thomas (MHC) Theresa Valencic (CB)  ** Meet Secretary	*Betsy Yarrison Chad Duffield (MHC) MacKenzie Duffield (MHC) Mike Margolis (HP) David Askin (MHC) *Referee

## **GRADUATING SENIORS**

### **THOMAS GILLEN – (CHESTERBROOK)**

Thomas Gillen has been diving for Chesterbrook Swim and Tennis Club for six years. In June, he graduated from McLean High School, where he earned a varsity letter in Dive and competed in Regionals. He has lived in McLean for 10 years, and previously, lived overseas in Belarus and Bosnia for five years. Besides diving, Thomas enjoys baseball, motor sports, working as a lifeguard, and spending time with his cat, Jedi. In August, Thomas will begin his studies in Computer Science at Penn State University.

### **AMANDA STALFORT – (SIDEBURN RUN)**

Amanda Stalfort started diving with the Sharks in 2017 and has been fortunate to call Sideburn Run her second summer home. She's a 3x NVSL Division champion and also All-Star champion. Amanda dove 4 years for Westfield H.S. and graduated with a 4.2 GPA. She's the back-to-back Virginia Class 6 State Champion, a 5x All-American and owns the Virginia State, Westfield HS and Sideburn Run Senior Girls records.

Amanda would like to thank her parents - Eric & Heather, her sisters - Maddie & Ehma, her Sharks coaches - Timmy, Mary Grace, Chris, Reagan, and Mickey for all of the kindness and support. Special shout out to the Flory family because they're the reason she joined the Dominion Dive Club. She also thanks Steph, Jenny and all of the great DDC coaches that have helped get her ready for her next chapter. Amanda is excited to be continuing her dive career at the University of Texas where she will be diving for the #2 ranked Longhorns and majoring in Business. HOOK 'EM!

On behalf of Amanda and all of the Stalforts, we thank you for letting us be a part of the Sideburn Run family.