

2023 NVSL DIVE ALL-STARS MEET

July 30, 2023



Hosted by
Oakton Swim and Racquet Club
11714 Flemish Mill Court
Oakton, VA 22124

2021 NVSL ALL-STARS ESTIMATED TIMELINE

7:00 am	Doors open
7:15 am	Freshmen check-in (Juniors begin check-in at 8:15 am)
7:30 to 7:50 am	Freshman Girls warm-up
7:50 to 8:00 am	National Anthem, NVSL Oaths
8:00 to 8:36 am	Freshman Girls event
8:36 to 8:56 am	Freshman Boys warm-up
8:56 to 9:31 am	Freshman Boys event
9:31 to 9:51 am	Junior Girls warm-up
9:51 to 10:42 am	Junior Girls event
10:42 to 11:02 am	Junior Boys warm-up
11:02 to 11:51 am	Junior Boys event
11:51 am to 12:16 pm	Intermediate Girls warm-up
12:16 to 1:08 pm	Intermediate Girls event
1:08 to 1:33 pm	Intermediate Boys warm-up
1:33 to 2:25 pm	Intermediate Boys event
2:25 to 2:55 pm	Senior Girls warm-up
2:55 to 4:01 pm	Senior Girls event
4:01 to 4:31 pm	Senior Boys warm-up
4:31 to 5:44 pm	Senior Boys event

Note: These times are approximate. The meet may run faster or slower. Please keep track of meet progress via Twitter @NVSLDive, and plan to arrive at your event 30-45 minutes before your scheduled warm-up.

2023 NVSL Dive All-Star Volunteers

NATIONAL ANTHEM	NVSL OATHS
Micaela Wells (SG)	Elizabeth Pidgeon (FS)
	Jim Sweeder – Chief Official

REGISTRATION		
7:00-9:30	9:30-12:00	12:00-3:00
Alison Copes	Lynette Bertman	Judy Baltas
Megan Wells	Elena Thompson	Andrea Cate

SCORE TABLE - AM	MEET MARSHAL	AWARDS - AM
Amy Vroom	Lee Bowersox	Mary Bowersox
Judy Baltas		Melissa Mihocko
SCORE TABLE - PM		AWARDS - PM
Megan Wells		Mary Bowersox
Jennie McKinney		Melissa Mihocko

JUDGING PANELS & ANNOUNCERS				
	FRESHMEN	JUNIORS	INTERMEDIATES	SENIORS
<i>ANNOUNCER</i>	<i>Kurt Burgeson</i>	<i>Kurt Burgeson</i>	<i>Scott Mitchell</i>	<i>Scott Mitchell</i>
Ref & Judge 1	Betsy Yarrison	Mike Schaeffer	Lee Bowersox	Jim Sweeder
Judge 2	Mike Schaeffer	Kenny Clark	Kenny Clark	Cindy Haataja
Judge 3	Brenda Greene	Mike Bertman	Bob McKinney	Bob McKinney
Judge 4	Lisa Campbell	Tim Martin	Tim Martin	Lynn Clark
Judge 5	Mike Bertman	Jim Sweeder	Lynn Clark	Lee Bowersox
Judge 6	Joy Ditto	Brenda Greene	Betsy Yarrison	Kristen Webster
Judge 7	Fred Martin	Joan Green	Mike Stigliano	Liz Cagianesa

FRESHMAN GIRLS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Olivia Ahern	W	85.60		
Reese Andresen	LV	71.45		
Greta Bowser	O	65.80		
Hannah Brubeck	SHR	65.25		
Brigid Cahill	S	71.30		
Lily Carpenter	F	67.60		
Holly Denniston	KG	69.10		
Bella DeSando	DL	67.00		
Elle Feeley	SHR	68.80		
Savannah Goodale	SRA	64.10		
Mouse Guy	HP	70.60		
Artemisia Hashemi	HSC	60.15		
Alex Klimek	DR	69.70		
Clara Meyers	IC	58.20		
Madeleine Philbin	CB	68.15		
Elizabeth Pidgeon	FS	74.70		
Charlotte Rotteveel	PAR	65.35		
Gabby M Smith	PAR	75.00		
Jules Tetreault	M	79.90		
Leila White	M	72.05		
Emerie Woods	W	71.65		

FRESHMAN BOYS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Graham Benson	CSC	74.85		
Connor Bergen	AF	56.65		
Curt Berry	RH	60.40		
Toby Chen	DH	64.70		
Cormac Henderson	PL	74.55		
Noah Hua	A	47.85		
Luke Kieffer	THA	66.05		
Tyler Kroopnick	OAK	70.30		
Zach Lum	W	70.20		
Chanler Majiros	FS	67.00		
Will McCool	DR	67.55		
Trey McIntosh	F	76.25		
Flynn Miller	PAR	63.60		
Christopher Neumann	CB	69.55		
Adam Ogrodny	HV	64.00		
Brian Stegmaier	OKM	70.75		
Carsten Stewart	HF	56.15		
PJ Stigliano	HP	71.50		
Preston Ta	A	60.85		
Colin Wilson	CCC	79.05		

NOTE: These lists are not in Diving Order.

JUNIOR GIRLS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Claire Andresen	LV	114.20		
Azeria Arnic	SHB	118.70		
Olivia Berik	HS	110.60		
Julianna Butler	HF	101.15		
Julianne Carle	CB	93.95		
Miah Collazo	HSC	87.25		
McKay Deegan	O	113.45		
Karie Egan	CSC	103.60		
Kathryn Fegan	RFD	92.85		
Skylar Harris	VW	84.50		
Charlotte Hill	PL	100.90		
Lilly Jessup	RH	92.75		
Sophie Leland	HV	112.35		
Eva Negrelli	WC	96.65		
Chloe Niphadkabin	HV	101.85		
Anya Osterhout	OKM	117.15		
Savannah Potter	DH	117.20		
Sloan Tann	CP	122.25		
Elin Temme	W	113.30		
Simone Wilson	OAK	86.75		
Rylan Woods	W	114.50		

JUNIOR BOYS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Teddy Anderson	HP	92.20		
Banks Buerger	AF	82.10		
Sam Carrado	MHC	98.05		
Eli Chin-Fatt	DR	101.90		
Will Copes	HF	109.00		
Eli Edwards	OH	100.85		
Jasper Eng	THA	97.85		
Luke Havasy	IC	92.30		
Ethan Johns	CP	91.35		
Archer Kouhestani	O	99.20		
Gunner Larson	LV	109.65		
Alex Lum	W	111.05		
Grayson Matlis	CCC	134.30		
Caleb McManus	OAK	89.90		
George Miller	DL	99.05		
Owen Molina-Weir	M	103.35		
Gavan Nasr	KG	102.10		
Kyle Schutt	SHB	93.95		
Nolan Scott	PAR	96.90		
Connor Timm	OAK	75.90		
Preston Wichert	SHR	93.75		

INTERMEDIATE GIRLS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Hannah Ax	DH	136.90		
Stella Barclay	O	150.30		
Jessica Buechler	WG	137.70		
Caroline Copes	OKM	135.70		
Madison Ebaugh	WC	131.45		
Allison Fareello	G	131.90		
Lorelei Goetz	LV	126.50		
Julia Green	AF	121.65		
Cate Lawler	KG	149.35		
Alexa Mansuy	WC	130.85		
Amy Nam	RFD	127.10		
Petra Oleson	SHB	107.85		
Olivia Roca	F	139.90		
Eva Schwenzer	M	139.50		
Darcy Telleen	FS	124.55		
Rowan Threadgill	G	151.40		
Isabelle Whang	OAK	144.95		

INTERMEDIATE BOYS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Forest Archambault	SHR	104.90		
Jacob Couchman	PAR	135.80		
Haynes Deegan	O	114.40		
Rai Detten	A	133.55		
Wyatt Fegan	RFD	95.45		
Connor Hogan	AF	115.20		
Noah Laccone	F	103.25		
Asher Lanthier	WG	130.65		
Luke Lauretti	VW	94.00		
Seamus McNamara	WC	152.40		
Charlie Morrison	DH	164.15		
Alexander Smith	PAR	133.00		
Nate Southworth	CCC	99.55		
Michael Staren	DR	114.15		
Michael Sweeney	A	129.70		
Jake Themely	CCC	121.40		
Alex Valencic	CB	154.75		
Madison Worthington	THA	127.25		

SENIOR GIRLS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Zoe Askin	MHC	152.85		
Nicole Bondanella	LV	184.05		
Tea Coronado	WC	136.40		
Cara Dejesus	OKM	184.95		
Tatem Kline	HSC	151.00		
Elsa Marsden	DL	170.35		
Mia Mihocko	CP	161.50		
Grace Partain	S	162.00		
Francesca Pereira	KG	164.90		
Charlotte Petrick	WG	184.60		
Isabel Smith	PAR	163.65		
Taityn Speier	RFD	205.75		
Ainsley Taylor	OKM	193.95		
Devyn Telleen	FS	128.65		
Katie Vaughan	OAK	191.85		
Emma Webb	DR	143.55		
Micaela Wells	CCC	190.95		
Sophie Whang	OAK	171.90		
Paisley Wilkins	SHB	150.25		

SENIOR BOYS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Christian Anderson	F	204.40		
Matthew Bray	G	266.15		
Jad Brubaker	KG	197.05		
Ryan Calligaro	SRA	213.45		
Michael DeSando	DL	197.65		
Brendan Doe	OAK	227.55		
Mason Du	OH	218.20		
Thomas Gillen	CB	167.40		
Caden Guy	HP	228.45		
Sean Memon	KG	169.05		
Ryan Mitchell	LV	213.75		
Cooper Short	HSC	173.70		
Nico Shuster	OAK	200.20		
Trey Telleen	FS	201.70		
Nathan Tran	A	209.30		
Batyr Turatbekov	THA	173.75		
Mason Waterfield	G	192.90		
Ryan Wells	CCC	184.85		

GRADUATING SENIORS

CHRISTIAN ANDERSON (Fairfax Swimming 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.

NICOLE BONDANELLA (Lakeview Swim Club)

Nicole Bondanella is a recent graduate of Robinson Secondary School where she dove on the Swim and Dive Team for four years, advancing to Districts and Regionals her junior and senior years. She has been a member of the Lakeview Dive team for four years and has coached for the last two seasons. Along with diving, Nicole enjoys gymnastics and playing tennis. One of her favorite dive memories is competing with her friend in the Wally Martin Synchro Dive Meet. Nicole will be attending Georgia Tech in the fall, majoring in Biomedical Engineering.

MATTHEW BRAY (Greenbriar Pool Club)

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.

JAD BRUBAKER (Kent Gardens Recreation Club)

Jad has been diving for 12 years and loves to do his Front 2 ½ Somersault Tuck. His favorite memories are flip wars on fun day. Jad will be attending JMU this fall with his major still to be determined. He would like to thank Sina and Leigh Anne especially for everything they have done for him on and off of the diving boards since he joined the team. Through all the highs and lows this sport brings there is no one that has supported him more than Leigh Anne. He also wants to thank his mother for all the long car rides to and from practices and being a part of this family and supporting the KGRC dive program since he joined the team.

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."

MASON DU (Orange Hunt Swim Club)

Mason came to Orange Hunt this summer to join the swim and dive team after starting with the NVSL at other pools since the age of 9 years old. He has been diving competitively since age 12 after discovering in a water safety class how exhilarating diving can be. Mason has so many memories of summer pool life such as overnight campout, meeting so many people, and participating in the ALL STAR Meet at the end of the season. But his fondest memory has to be working with younger divers as a coach/mentor to develop their skills. He feels privileged to have had the opportunity. Mason recently graduated from W.T. Woodson High School in Fairfax after lettering for four years in swimming and diving and has signed on with George Mason University Swim and Dive team this coming fall to continue his success. Mason has a message for the young divers here: Don't let a BAD finish STOP you from discovering the joy of this sport!

THOMAS GILLEN (Chesterbrook Swim and Tennis Club)

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.

MIA MIHOCKO (Crosspointe Swim and Racquet Club)

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.

GRACE PARTAIN (Springfield Swimming Club)

Grace joined the Lewis High School Dive team and qualified for the state meet her freshman and sophomore years. She joined the Springfield Tigersharks after her sophomore year. Unfortunately, Grace was unable to dive during her senior year because of an ACL injury. This summer is her first time on the boards since her injury, and she's happy to be back! She'll be headed to Concordia University in Wisconsin this fall where she'll major in mass communications and minor in photography. She'll also be playing on their field hockey team.

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 in his bright future.

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!

TREY TELLEEN (Fairfax Station Swim and Tennis Club)

Trey Telleen joined the Fairfax Station Flyers 10 years ago as a swimmer. Five years ago, he joined the dive team and has been swimming and diving for the Flyers ever since. Additionally, Trey is an assistant dive coach. This summer Trey broke the Flyers 20-year-old Senior Boy record. He also swam and dove for Centreville High School all 4 years and was a captain his senior year. In addition to diving, Trey is an accomplished pianist and violist. Trey enjoys many sports-- playing soccer, golf, and tennis in addition to swim and dive. Trey will be diving at Lafayette College and plans to study biology. He will be missed by his parents and 7 brothers and sisters.

NATHAN TRAN (Annandale Swim and Tennis Club)

Nathan joined the Annandale Swim & Tennis Club in 2010 where he started at the age of 5 with the Swim Team's Little Tides, then the Red Tide Swim Team in 2011, and finally the Dive Team in 2012. Nathan has been swimming for 13 years (favorite stroke is Butterfly) and diving for 12 years (favorite dive are Inwards), competed in NVSL Dive All-Stars since 2015, and coaching the Annandale Dive Team for the past 6 years...Head Coach for the past 3 years. Nathan loves working with the young kids at the pool and helping them develop their diving and swimming skills. It was his way of giving back to the community that supported him for the past 13 years. Nathan graduated from Annandale High School where he played Freshmen Football, lettered all 4 years on the Varsity Swim & Dive Team, participated in the Junior ROTC program all while maintaining a 4.09 GPA. Outside of school activities, he kept up his martial arts training to maintain his 1st Degree Black Belt. Nathan will attend George Mason University in the Fall to major in Computer Science and participate in the Air Force ROTC Program. Congratulations Coach Nathan!!! We wish you all the best in your next adventure!!! Go Red Tides!!!

BATYR TURATBEKOV (Truro Homes Association)

Batyr has been on Truro Swim and Dive for 8 seasons and his favorite meets are Divisionals and All Stars. In addition, he dove for Woodson High School for all four years and has coached for Truro over the last three summers. He will miss fun afternoon practices and game days after meets as

well as doing the math behind each meet as the coach. Truro is grateful for the calm, supportive presence he has always been and for the great diving and sportsmanship he has practiced summer after summer. We wish him well as he begins his studies at Virginia Tech this fall. Congratulations on all you have accomplished, Batyr!

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 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.

EMMA WEBB (Donaldson Run Recreation Association)

Emma has been diving for Donaldson Run since she was 5 years old. An athlete at a young age, she fell in love with diving while working with outstanding coaches in the DMV like Bobby Meeks, John Berry, Leigh Ann Methlie-Stephens, Eric Wagner and the DRRRA coaches including Blair, Peter, and Brian. Diving has helped Emma through the vision challenges she's had since birth. With severe myopia and strabismus and the reality that she was blind on the board—she had to rely on muscle memory, and good listening skills. She could only hear the instructions of the coach; she couldn't see the coaches' physical illustrations of the dives. Without her glasses, she couldn't see the other divers perform to get hints on how to improve her dive. She learned to verbalize and visualize for her own benefit based on muscle memory. Diving without good eyesight allowed her to build confidence in other athletic skills. We want to thank the coaches and Dive Reps throughout the years, helping Emma gain confidence in her diving ability propelling her to try new challenges.

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 this next summer - this team will always hold a special place in her heart. Go Otters!