

# **NVSL DIVING**

**DIVISION V**



**DIVISION CHAMPIONSHIP**

**AT**

**CROSSPOINTE**

**July 21, 2024**

## ESTIMATED TIME SCHEDULE

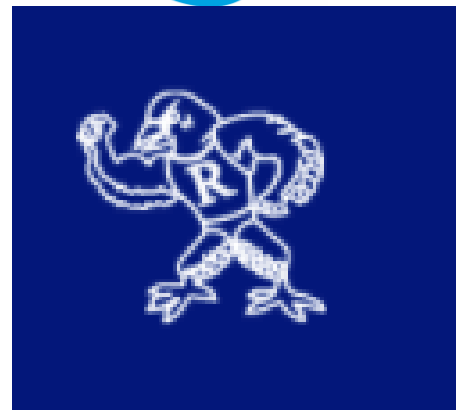
FRESHMAN GIRLS WARM-UP	7:40 AM
NATIONAL ANTHEM & OATHS	7:55 AM
<b>FRESHMAN GIRLS</b>	<b>8:00 AM</b>
FRESHMAN BOYS WARM-UP	8:26 AM
<b>FRESHMAN BOYS</b>	<b>8:41 AM</b>
JUNIOR GIRLS WARM-UP	8:58 AM
<b>JUNIOR GIRLS</b>	<b>9:18 AM</b>
JUNIOR BOYS WARM-UP	9:51 AM
<b>JUNIOR BOYS</b>	<b>10:11 AM</b>
PRESENTATION OF DIVISIONAL AWARDS	10:30 AM
INTERMEDIATE GIRLS WARM-UP	10:35 AM
<b>INTERMEDIATE GIRLS</b>	<b>10:55 AM</b>
INTERMEDIATE BOYS WARM-UP	11:24 AM
<b>INTERMEDIATE BOYS</b>	<b>11:44 AM</b>
SENIOR GIRLS WARM-UP	12:16 PM
<b>SENIOR GIRLS</b>	<b>12:36 PM</b>
SENIOR BOYS WARM-UP	12:57 PM
<b>SENIOR BOYS</b>	<b>1:17 PM</b>
<b>ESTIMATED END</b>	<b>1:45 PM</b>

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, THE SPORTSMANSHIP AWARD AND AN NVSL SCHOLARSHIP AWARD WILL BE PRESENTED AFTER THE JUNIOR BOYS COMPETITION.

Appreciation and special thanks goes to the Crosspointe Dive Team representatives – Melissa Mihocko and Amira Tann, dive team members and parents, staff and other members of Crosspointe who kindly provided us the use of their facilities to hold the Division V meet this year. Many thanks to all meet officials at the tables and on the deck whose help is essential to meet operations.

A true thank you to the coaches for all their guidance 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:

IG Sloan Tann (CP)  
SB Ryan Mitchell (LV)

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 Scores

Freshman Girls	71.02	Freshman Boys	68.85
Junior Girls	102.08	Junior Boys	98.07
Intermediate Girls	135.87	Intermediate Boys	136.06
Senior Girls	183.80	Senior Boys	200.05

## **TEAM COACHES**

Camelot	Ashleigh Lamkin, Micaela Wells - Head Coach Ryan Wells and Maia McAllister - Assistant Coaches Jake Themely and CC Wilson – Junior Coaches
Cardinal Hill	Brenda Massey – Head Coach Allie Reback, Dani Rothman, Nate Beck, Colin Crawley – Assistant Coaches
Crosspointe	Mia Mihocko – Head Coach Amari Scruggs – Assistant Coach Finn Johns – Junior Coach Sloan Tann – Intern Coach
Lakeview	Ryan Mitchell, Campbell McCracken, LB Macaranas, Beatrice Sultanaeva, Adam Lash - Coaches
Ravensworth Farm	Randy Rogers, Jillian Champlin – Head Coaches Mo Murphy, Max Shaffer – Deck Coaches Michael Grace – Junior Deck Coach
Sideburn Run	Alyssa Proulx and Rem Turatbekov – Head Coaches

## **TEAM REPRESENTATIVES**

Camelot	Megan Burski Wells, Laura Wilson
Cardinal Hill	Kate Beck
Crosspointe	Melissa Mihocko, Amira Tann
Lakeview	Kastell Larson
Ravensworth Farm	Mary Beth Champlin
Sideburn Run	Kimberly Proulx, Erin Wilson

## **MEET OFFICIALS**

Division Coordinator:	Megan Burski Wells (CCC)
Meet Managers:	Megan Burski Wells (CCC), Laura Wilson (CCC)
National Anthem:	Lucy Bennett (R)
Oaths:	Raymond Roswell (CP)

**DIVISION 5 FRESHMAN DIVERS**  
 (Age 10 and under)  
 (listed alphabetically by first name)

<b><u>FRESHMAN GIRLS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
R	Addison Prunty	_____	_____
LV	Addy Andresen	_____	_____
R	Adelaide Bergmans	_____	_____
CP	Adelyn Whaley	_____	_____
SR	Beatrice Simonsen	_____	_____
SR	Clara Cummings	_____	_____
LV	Isla Newsad	_____	_____
LV	Josie Newsad	_____	_____
CH	Lilly Apgar	_____	_____
CCC	Maren Lamkin	_____	_____
CP	Maya Truitt	_____	_____
CP	Nhi Nguyen	_____	_____
CCC	Sara Curry-Briggs	_____	_____
CCC	Teagan Williams	_____	_____
CCC	Vidya Bharathan	_____	_____

<b><u>FRESHMAN BOYS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
CH	Andrew Beck	_____	_____
CH	Baxter Shimooka	_____	_____
SR	Cormac Moore	_____	_____
R	Declan Prunty	_____	_____
SR	Finley O'Driscoll	_____	_____
LV	John Tarr	_____	_____
SR	Louis Mintzer	_____	_____
CP	Nolan Cherryholmes-Wesley	_____	_____
CP	Ray Roswell	_____	_____
SR	Sullivan Moore	_____	_____

**DIVISION 5 JUNIOR DIVERS**

(Age 11 and 12)

(listed alphabetically by first name)

	<b><u>JUNIOR GIRLS</u></b>	<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
CH	Brooklyn Brabender	_____	_____
SR	Cora Bellomo	_____	_____
CCC	Divya Bharathan	_____	_____
CH	Ellie Gilman	_____	_____
CP	Emma Whaley	_____	_____
SR	Kendall Wilson	_____	_____
LV	Lacey Slone	_____	_____
R	Lucy Bennett	_____	_____
CH	Marianna McKinnon	_____	_____
LV	Reese Andresen	_____	_____
LV	Sarah Fickling	_____	_____
R	Sophia McConnell	_____	_____
CP	Sophie Ryan	_____	_____
CH	Tabby Shimooka	_____	_____

	<b><u>JUNIOR BOYS</u></b>	<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
CP	Caleb Cherryholmes-Wesley	_____	_____
CH	Calvin Butler	_____	_____
CCC	Colin Wilson	_____	_____
CCC	Graysen Loftis	_____	_____
R	Jasper Figley	_____	_____
CH	Jayan Penn	_____	_____
R	Paul DiCola	_____	_____
R	Zavier Roberts	_____	_____

**DIVISION 5 INTERMEDIATE DIVERS**

(Age 13 and 14)

(listed alphabetically by first name)

	<b><u>INTERMEDIATE GIRLS</u></b>	<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
CP	Carolina Hall	_____	_____
CCC	CC Wilson	_____	_____
LV	Claire Andresen	_____	_____
R	Elsa Constantino	_____	_____
LV	Isabelle Koenig	_____	_____
CH	Katie Clague	_____	_____
R	Miah Henderson	_____	_____
CP	Quinn Harris	_____	_____
CH	Samantha Apgar	_____	_____
R	Sofia DiCola	_____	_____

	<b><u>INTERMEDIATE BOYS</u></b>	<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
LV	Adam Lash	_____	_____
R	Caleb Orban	_____	_____
R	Connor Prunty	_____	_____
LV	Ethan Hubbard	_____	_____
CP	Ethan Johns	_____	_____
LV	Gunner Larson	_____	_____
CH	Luke Lauretti	_____	_____
R	Michael Grace	_____	_____
CH	Nate Butler	_____	_____
CCC	Nate Southworth	_____	_____
SR	Walter Simonsen	_____	_____



**DIVISION 5 SENIOR DIVERS**  
 (Age 15 and up)  
 (listed alphabetically by first name)

<u>SENIOR GIRLS</u>	<u>SCORE</u>	<u>PLACE</u>
CH Ali Gurganus	_____	_____
CH Allie Reback	_____	_____
SR Alyssa Proulx *	_____	_____
LV Beatrice Sultanaeva	_____	_____
CCC Maia McAllister	_____	_____
CH Rebecca Rothman	_____	_____

<u>SENIOR BOYS</u>	<u>SCORE</u>	<u>PLACE</u>
R Cash Riedel	_____	_____
CP Finn Johns	_____	_____
SR Garrett Simonsen	_____	_____
CCC Jake Themely	_____	_____
R Leo McFadden	_____	_____
LV Ryan Mitchell *	_____	_____
CCC Ryan Wells	_____	_____
CCC Trey Gagermeier	_____	_____

\* Denotes 2024 Graduating Senior

## MEET VOLUNTEERS – DIVISION V

**Announcer**      Scott Mitchell (LV)

<b>Freshmen</b>	<b>Table Workers</b>	<b>Judges</b>	<b>Check-in</b>
	Monica Datta (CCC)	Abraham McAllister* (CCC)	(7 - 9am)
	Chi O'Driscoll (SR)	Amira Tann **(CP)	Melanie
	Lydia DiCola (R)	John Slone (LV)	Bennett (R)
	Katherine Figley (R)	Susan Mitchell (LV)	
	Kastell Larson +(LV)	Austin Wells (CCC)	
	Laura Wilson ++(CCC)		

<b>Juniors</b>	Monica Datta (CCC)	Susan Mitchell* (LV)	(9-11am)
	Austin Wells (CCC)	Cathy Riedel** (R)	Debbie
	Hang Nguyen (CP)	Andrew Prunty (R)	Apgar (CH)
	Kelley Newsad (LV)	Natalie Markey (SR)	
	Andrea Truitt + (CP)	Abraham McAllister (CCC)	
	Kate Beck ++ (CH)		

<b>Intermediates</b>	Necois Penn (CH)	Cathy Riedel* (RH)
	Jill McFadden (R)	Brenda Greene**
	Laura Gurganus (CH)	Karl Rothman (CH)
	Natalie Markey (SR)	Melissa Mihocko (CP)
	Bonnie Gagermeier + (CCC)	Heather Stalfort (SR)
	Kimberly Proulx ++ (SR)	

<b>Seniors</b>	Laura Wilson (CCC)	Amira Tann* (CP)
	Lydia DiCola (R)	Brenda Greene**
	Maureen Walsh (CH)	Heather Stalfort (SR)
	Kate Beck (CH)	Erin Wilson (SR)
	Molly Southworth + (CCC)	Melissa Mihocko (CP)
	Kastell Larson++ (LV)	

- \*      Denotes Referee
- \*\*     Denotes Corroborating Referee
- +      Denotes Awards
- ++    Denotes Meet Secretary

## **GRADUATING SENIORS**

### **ALYSSA PROULX (SIDEBURN RUN)**

Alyssa has been on the Sideburn Run swim and dive team for 12 years and has been coaching for 2 years. She spent 4 years on the Robinson dive team and competed in districts and regionals. Her favorite memory with Sideburn was competing to be Division one champs. Her biggest piece of advice is to enjoy the years on the swim and dive team because it goes fast, and to listen to your coaches, because they are always right!

Next year Alyssa will be attending Coastal Carolina University to study elementary education in hopes to become a 2nd grade teacher. Sideburn Run has been a big part of Alyssa's life and she hopes that all the young kids enjoy all the experiences she has. Thank you to everyone that has been apart of her Sideburn family.

### **RYAN MITCHELL (LAKEVIEW)**

Ryan Mitchell has been a competitive diver since the age of 8 and a competitive gymnast since the age of 5. He has competed nationally at the highest levels in both sports. Ryan is a USA Gymnastics Academic All-American and competed at the Junior Olympic National Men's Gymnastics Championships in Daytona Beach, Florida in 2021, in Mesa, Arizona in 2022, and in Oklahoma City, Oklahoma in 2023. He graduated from Robinson Secondary School this year, where he was a 4-year Varsity Dive Letterman and placed in the top 10 divers in the Occoquan Regional Championships each year.

Since moving to Virginia in 2017, Ryan has enjoyed competing in NVSL and at the NVSL All-Star Dive Championships each summer. He is finishing his NVSL career this summer, having broken the Lakeview record in the Senior Diver division and being awarded the \$1,500 NVSL Community Service Scholarship. Ryan earned his Eagle Scout award in 2022 and has fun seeing the Lakeview members enjoy the results of his Eagle Scout project – a new Trex deck at the Lakeview Pool. Ryan will be attending the University of Virginia in the Fall and plans to major in Financial Math

### CAMPBELL McCracken (LAKEVIEW)

Campbell McCracken has been diving with NVSL for the past four years. Throughout her time there, she has learned to love the sport and the Lakeview family. She has been diving year-round under Alexandria Dive Club as well as Robinson Swim and Dive.

She got into diving from her competitive cheerleading background and is a part of Robinson Varsity Cheer. In her free time she is a Girl Scout, loves to read, and be with her friends. Campbell will attend Wisconsin-Madison in the Fall.

### LORA-BERKELEY (LB) MACARANAS (LAKEVIEW)

Lora-Berkeley Macaranas has been diving at Lakeview for ten years. She has gone to NVSL Dive Divisionals six times, placed in the Top 5 at All-Stars three times, and is the NVSL 2021 Division 5 Intermediate Girls Champion.

Lora-Berkeley's primary extracurricular is dance. She is a member of the Buffas's Dance Studio Ensemble and Dance Company and is a 10 year participant in the Burke Civic Ballet, performing as Clara in 2021. LB is also an ambassador Girl Scout. LB will attend Marymount Manhattan College in the Fall

### ANDON (MAX) SHAFFER (RAVENSWORTH)

Max has been on the Ravensworth dive team for 6 years. Max has many great dive memories, including learning tricky dives and being a member of a team that is more like a family. Fearlessness has enabled Max to step up on that board and make the world go quiet and think about nothing but what he is going to do. Though a back injury has prevented his competing this year, Max has enjoyed coaching and being there for the divers. As soon as medically able, Max will be returning to Europe to continue the dream of becoming a professional soccer player.

## JILLIAN CHAMPLIN (RAVENSWORTH)

While her knee has sidelined her this season, Jillian looks back over the past 8 seasons with great pride. Though being 2023 Division 5 senior girls champion is a highlight, truly, Jillian's favorite memories center around the younger divers helped during 4 years coaching. There's nothing more rewarding than watching a diver turn an "I can't" into an "I can & I did."

As Jillian looks forward to attending Northern Virginia Community College to study radiology and pursue the dream of assisting pediatric cardiology patients, she carries with her the profound transformation Ravensworth Dive Team has brought into her life. What started as a team quickly became a second family—a supportive community where she's grown not only as a diver but also as a person. The friendships formed and the values learned will stay with her as she embarks on this new chapter.

## MO MURPHY (RAVENSWORTH)

Mo has been a member of the Ravensworth dive team for 4 years, and this last year has also been a deck coach. Mo dove for the Lake Braddock Bruins during senior year. Mo's favorite memories from dive are helping the younger kids learn new dives and then watching them compete them at meets. Future plans include attending NOVA with a focus on either Psychology or Biology, before transferring to Christopher Newport where Mo will start a minor in Criminology.