

NVSL DIVING

DIVISION IV



DIVISION CHAMPIONSHIP

AT

**GREAT FALLS
SWIM & TENNIS CLUB**

July 21, 2024

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
FRESHMAN GIRLS	8:00 AM
FRESHMAN BOYS WARM-UP	8:19 AM
FRESHMAN BOYS	8:34 AM
JUNIOR GIRLS WARM-UP	8:55 AM
JUNIOR GIRLS	9:15 AM
JUNIOR BOYS WARM-UP	9:47 AM
JUNIOR BOYS	10:07 AM
INTERMEDIATE GIRLS WARM-UP	10:40 AM
PRESENTATION OF DIVISIONAL AWARDS	10:50 AM
INTERMEDIATE GIRLS	11:05 AM
INTERMEDIATE BOYS WARM-UP	11:28 AM
INTERMEDIATE BOYS	11:48 AM
SENIOR GIRLS WARM-UP	12:12 PM
SENIOR GIRLS	12:32 PM
SENIOR BOYS WARM-UP	1:07 PM
SENIOR BOYS	1:27 PM
ESTIMATED ENDING TIME	2:02 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 Great Falls Swim & Tennis Club Board of Directors and its members for kindly providing us the use of their facilities to hold the Division IV meet this year. Thank you to Great Falls 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 IV, 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 IV are:

Freshmen Boys

Philip Stigliano (HP)
Luke Kieffer (THA)

Junior Girls

Julianna Butler (HF)

Junior Boys

William Copes (HF)
Alex Lum (W)
Jasper Eng (THA)

Intermediate Boys

Alex Valencic (CB)
Madison Worthington (THA)

Senior Boy

Caden Guy (HP)

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 2024 SEASON

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

Information validated May 2024

TEAM COACHES

Chesterbrook (CB)	Marc VanDyken, Head Coach Dave Troskey, Head Coach Ellie Mallard , Junior Coach Kelly Keough, Junior Coach Sarah Beach, Junior Coach
Great Falls (GF)	Jamie Davidson, Head Coach Cian Gallagher Assistant Coach Mary Abela, Junior Coach Norah Kissinger, Junior coach
Hayfield Farm (H)	Fin Belt, Head Coach Cooper Belt, Assistant Coach Sam Johnson, Assistant Coach Will Townes, Assistant Coach
Highland Park (HP)	Caden Guy, Head Coach Mac Coulby, Head Coach Desmond Damico Lassman, Assistant Coach Mabel Margolis, Assistant Coach
Truro Homes Assn (THA)	Batyr Turatbekov, Head Coach Ava Dunn, Assistant Coach Celeste Lucado, Junior Coach
Woodley (W)	Ginger Richards Head Coach Caleb Hoover, Assistant Coach

TEAM REPRESENTATIVES

Chesterbrook	Theresa Valencic, Jeffrey Neumann
Great Falls	Amy Vroom, Lisa Vasiliadis
Hayfield Farm	Sheri Peters, Susanna Butler
Highland Park	Julie Margolis
Truro Homes Assn	Theresa Lucado
Woodley	Emily Hoover

MEET OFFICIALS

Division Coordinator: Lynette Bertman (HP)

Meet Managers: Lynette Bertman (HP), Amy Vroom (GF), Lisa Vasiliadis (GF)

National Anthem: Hannah Trimble (GF) and NVSL Oath: Ari Wiley-Jimenez (GF)

DIVISION IV FRESHMAN DIVERS

(Age 10 and under)
(listed alphabetically)

FRESHMAN GIRLS

Ava Kowalchick	HF
Brielle Linenberg	HF
Effie Erwin	W
Emerie Woods	W
Emme Guy	HP
Gincy Zapf	THA
Gloria Johnson	HP
Hailey Walkenhorst	GF
Makenzie Case	CB
Nora Jandrain	HP
Sofia Dalilaltojari	THA

FRESHMAN BOYS

Ben Lyon	HF
Callum Pitera	THA
Declan Fitzsimmons	HP
Deven Todman	GF
Evan Tan	CB
Ezra Landman	CB
Jack Zecher	CB
Kai Boulter	W
Pierre Kroely	GF
Sasha Gilstrap	GF
West Carter	HF
Zach Lum	W

DIVISION IV JUNIOR DIVERS

(Age 11 and 12)

(listed alphabetically)

JUNIOR GIRLS

Aletheia Wiley-Jimenez	GF
Ari Wiley-Jimenez	GF
Bennett Barletta	GF
Eloise Jones	W
Evah Pho	CB
Evelyn Sanders	GF
Hannah Trimble	GF
Julianna Butler	HF
Leah Jandrain	HP
Madeleine Philbin	CB
Mouse Guy	HP
Nora Hall	CB
Sabrina Mao	CB
Sophia Niday	W

JUNIOR BOYS

Alex Kroely	GF
Ben Margolis	HP
Christopher Neumann	CB
Edison Tan	CB
Eli Bockman	GF
Ewan Girard	THA
Joseph Neumann	CB
JP Kissinger	GF
Julian Castro	HP
Luke Kieffer	THA
Luke Peters	HF
MJ Whitecar	W
PJ Stigliano	HP
Will Copes	HF

DIVISION IV INTERMEDIATE DIVERS

(Age 13 and 14)
(listed alphabetically)

INTERMEDIATE GIRLS

Christine Hackl	HP
Elin Temme	W
Eliza Pollack	W
Emma Kowalchick	HF
Julieanne Carle	CB
Piper Guy	HP
Rylan Woods	W
Sydney Stewart	HF

INTERMEDIATE BOYS

Alex Lum	W
Ben Pollack	W
Gordon Anderson	CB
Jasper Eng	THA
Michael Davis	HF
Nate Johnson	HF
Optimus Bigby	W
Peter Lucado	THA

DIVISION IV SENIOR DIVERS

(Age 15 and up)
(listed alphabetically)

SENIOR GIRLS

Celeste Lucado	THA
Clover Kennelly	HF
Elizabeth Bell	W
Ellie Mallard	CB
Kathleen Ferguson	HF
Lilly Coulby	HP
Mabel Margolis	HP
Maeve McGuire	HF
Mary Abela	GF
Norah Kissinger*	GF

SENIOR BOYS

Batyr Turatbekov	THA
Caden Guy*	HP
Caleb Hoover	W
Cian Gallagher	GF
Cooper Belt	HF
Daniel Roques	CB
Desmond Damico-Lassman	HP
Mac Coulby	HP
Peter Baird	GF
Will Townes	HF
Zach Napoli	W

* Denotes 2024 Graduating Senior

2024 Divisional Volunteer Schedule

Announcer	Table Workers	Judges
Freshmen Jeffrey Neumann (CB)	Lynette Bertman* Michelle Stigliano (HP) Augusta Niday (W) Alice Lum (W) Anita Philbin (CB)	Mike Bertman (HP)** Mike Stigliano (HP) Sandy Graf (HF) Elizabeth Wiley (GF) Michael Margolis (HP)
Juniors Jen Guy (HP)	Lynette Bertman* Jennifer Johnson (HP) Andy Linenberg (HF) Melanie Forshey (HF) Elizabeth Wiley (GF)	Brandon Lucado (THA)** Sarah Kowalchick (HF) Albert Lum (W) Sandy Graf (HF) Amy Vroom (GF)
Intermediates Jenny Eng (THA)	Lynette Bertman* Nicole Johnson (HF) Marlow Townes (HF) Missy Temme (W) Mary Bell (W)	Mike Schaeffer (HF)** Michael Margolis (HP) Kyle Hoover (W) Robert Vroom (GF) Mike Bertman (HP)
Seniors Jen Guy (HP)	Lynette Bertman* Christine English (HP) Dana Damico Lassman (HP) Michelle Sholtis (W) Theresa Lucado (THA)	Robert Vroom (GF)** Mike Bertman (HP) Mike Schaeffer (HF) Sarah Kowalchick (HF) Elizabeth Wiley (GF)
	*Meet Secretary	** Referee

GRADUATING SENIORS

NORAH KISSINGER – (Great Falls)

Norah began diving when she was 5 years old and finished off her senior year of diving at Great Falls as her first season there, also helping out as an assistant coach. Her favorite parts of this season have been new dive Wednesdays with donuts (especially when she accidentally got double the donuts), getting to know her teammates, the many handstand competitions with her fellow divers, and trying to do synchro with the younger divers.

She took up diving because of her siblings and has always had a love for it. She even started her high school's dive team which she has competed on for the past 2 years while also diving at Alexandria Dive Club. While diving for Oakcrest she won the conference championship 2 years in a row and competed in states both years for diving and swimming.

After graduating from Oakcrest School this year, Norah will be attending the University of Navarra in Pamplona, Spain this fall and she plans to study biochemistry. She also plans to come back and dive next year for her final NVSL season with Great Falls.

CADEN GUY – (Highland Park)

Coach Caden was 6 when the HPP Coach saw him doing "daredevil" stunts off the diving board and asked if he wanted to try dive! He loved it right away. Over the years, Caden got better and better and started placing highly in events like divisionals, in fact, this past summer, he was the divisional champion, beating out many accomplished divers 2 years older than him, and with much more experience. This qualified Caden for All-Stars, where he placed 10th, but was only a few points behind the top performers, many of whom were graduated high school seniors.

At age 12, Caden started doing club diving at George Mason Diving Academy and going to camp at the U.S. Naval Academy and kept getting better. With diving, he has no reservations about taking risks and loves to push himself to figure out how to get my body to do seemingly impossible things. He has recently joined a new club diving team and hopes the exposure will be a benefit as he begins to look at colleges over the next year.

While attending school in Washington DC and after coming out of Covid-Caden found himself without a formal dive coach in High School. Because of this Caden coached himself and won the Washington DC state private school championship as a sophomore! He was also MVP of the school swim & dive team based on points earned. His tenacity was noticed by other coaches and the Bishop Ireton coach offered to coach him informally for the state meet.

Caden loves the spirit of the sport of diving. Even though it's an individual sport and he is very competitive, he finds myself cheering for my opponents. There have been times when he has surprised himself by offering others advice and encouragement even in the heat of competition. Caden believes when his competitors dive well, it inspires him to work hard and push just a little more.

Not only is Caden a top notch diver he is an exceptional student maintaining a 3.92 GPA and is in the National Honor Society. When Caden isn't in the pool he might be found producing music or playing Rugby. Caden will stay local after high school and dive for George Mason!