

# **NVSL DIVING**

**DIVISION 7**



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

**AT**

**Commonwealth Swim Club**

**July 21, 2024**

## ESTIMATED TIME SCHEDULE

FRESHMAN GIRLS WARM-UP	7:45 AM
NATIONAL ANTHEM & OATHS	7:55 AM
<b>FRESHMAN GIRLS</b>	<b>8:00 AM</b>
FRESHMAN BOYS WARM-UP	8:19 AM
<b>FRESHMAN BOYS</b>	<b>8:29 AM</b>
JUNIOR GIRLS WARM-UP	8:52 AM
<b>JUNIOR GIRLS</b>	<b>9:12 AM</b>
JUNIOR BOYS WARM-UP	9:40 AM
<b>JUNIOR BOYS</b>	<b>10:00 AM</b>
PRESENTATION OF DIVISIONAL AWARDS	10:40 AM
INTERMEDIATE GIRLS & BOYS WARM-UP	10:50 AM
<b>INTERMEDIATE GIRLS &amp; BOYS</b>	<b>11:10 AM</b>
SENIOR GIRLS WARM-UP	12:03 AM
<b>SENIOR GIRLS</b>	<b>12:23 PM</b>
SENIOR BOYS WARM-UP	1:28 PM
<b>SENIOR BOYS</b>	<b>1:50 PM</b>
ESTIMATED END	2:15 PM

THE BOLDED START TIMES ARE FOR THE ACTUAL DIVING EVENT. PLEASE BE THERE 30 MINUTES BEFORE YOUR EVENT. WARM-UPS WILL BE IMMEDIATELY **BEFORE** YOUR START TIME FOR APPROXIMATELY A 15-20 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.

Special thanks and appreciation to the Commonwealth Swim Club dive team representatives, divers and parents, staff, and other members who kindly provided us the use of their facilities to hold the Division 7 meet this year. Many thanks to all meet officials at the tables and on the decks 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 7, who have shared their talents with us this season.



*North Springfield  
Swim Club*



## QUALIFYING FOR ALL-STARS

The highest two scores in each event are eligible for the All-Stars meet. The next two 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.

Divers who placed in the top eight in the previous year's All-Stars meet AND who finish no lower than first alternate (3<sup>rd</sup> Place) in this year's divisional championship meet qualify for the All-Stars meet.

2023's All-Stars top eight finishers now diving in Division 7 are:

JG	Brigid Cahill (S)
IG	Amy Nam (RFD)
IB	Raito Detten (A)
SG	Taityn Speier (RFD)

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

### Average All-Stars 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**

Annandale	Head Coaches Nathan Tran and Anna Bushman
Arlington Forest	Head Coach Justin Clark Assistant Coaches Charlotte Weir and Ava Smialowicz
Commonwealth Swim Club	Head Coach Emily Brooks
North Springfield	Head Coach Xavier Jonsoton Assistant Coach Keira Dalrymple Junior Coach Ethan Simone
Rutherford	Head Coaches Julia Wade & Heather Calderon
Springfield	Head Coaches Grace Haajata, Cindy Haajata, and Cristiano Garcia

### **TEAM REPRESENTATIVES**

Annandale	Alma Detten and Jeson Detten
Arlington Forest	Jillian Green and Marlies Petruccelli
Commonwealth Swim Club	Adrienne Baldree
North Springfield	Jessica Albers
Rutherford	Allie Calderon and Kathy Nice
Springfield	Marty Martin

### **MEET OFFICIALS**

NVSL Division VII Coordinator: Adrienne Baldree  
Meet Managers: Adrienne Baldree (CSC) and Marty Martin (S)  
National Anthem: Karie Egan (CSC)

**DIVISION VII FRESHMAN DIVERS**

(Ages 10 and under)

<b><u>FRESHMAN GIRLS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
Anh Trac	S		
Elizabeth Rodenbeck	A		
Ellie Phillips	CSC		
Fiorentina Vargas	CSC		
Jayne Argentina	RFD		
Jenna Jair	A		
Julieta Iguina Espinoza	NS		
Maeve Cahill	S		
Maeve Tompkins	NS		
Mia Harbeck	AF		
Peyton Ma	A		

**DIVISION VII FRESHMAN DIVERS (Cont.)**

(Ages 10 and under)

**FRESHMAN BOYS**

**SCORE**

**PLACE**

Austin Brooks	RFD		
Chase Kemps	A		
Cole Fegan	RFD		
Connor Bergen	AF		
Fionn Cahill	S		
Jasper Albers	NS		
Justin Jair	A		
Kenzo Bills	NS		
Levi Lesser	RFD		
Matthew Rempe	S		
Nathan Pierece	CSC		
Noah Pierece	CSC		
Preston Ta	A		

**DIVISION VII JUNIOR DIVERS**

(Ages 11 and 12)

<b><u>JUNIOR GIRLS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
Abigail Webster	CSC		
Avery Ma	A		
Avery Nguyen	NS		
Belle Amatuzzi	S		
Brigid Cahill	S		
Claire Webster	CSC		
Ella Turner	AF		
Emma Magness	CSC		
Evie Spickelmier	NS		
Gabi Simone	NS		
Helen Huggler	AF		
Natalia Haley	NS		



**DIVISION VII JUNIOR DIVERS (Cont.)**

(Ages 11 and 12)

<b><u>JUNIOR BOYS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
Alexander Stewart	AF		
Booth Mitchell	CSC		
Carlos Manuel Iguina Espinoza	NS		
Davey Scharre	S		
Graham Benson	CSC		
Henry Martin	S		
John Nguyen	A		
Liam Cahill	S		
Logan Cao	A		
Nicholas Beier	AF		
Nicholas Jemkins	CSC		
Nicholas Petruccelli	AF		
Noah Hua	A		
Phil Bernard	NS		
Samuel Rempe	S		
Tanner Green	AF		
Zach Lesser	RFD		

**DIVISION VII INTERMEDIATE DIVERS**

(Ages 13 and 14)

**INTERMEDIATE GIRLS**

**SCORE**

**PLACE**

Claire Polsinelli	AF		
Isabella D'Ambrogi	NS		
Jenna Wathen	CSC		
Kathryn Fegan	RFD		
Soraya Lora-Pena	CSC		

**INTERMEDIATE BOYS**

**SCORE**

**PLACE**

Alberto Tolentino	NS		
Banks Buergler	AF		
Bradyn Brooks	RFD		
Caedin Calhoun	S		
Cristiano Garcia	S		
Ethan Dalrymple	NS		
Henry Quillen	RFD		
Kiptyn Trieu	CSC		
Matthew Petruccelli	AF		
Quinn Coogen	AF		
Raito Detten	A		
Remy Cao	A		
Sheppard Turk	CSC		

**DIVISION VII SENIOR DIVERS**

(Ages 15-18)

<b><u>SENIOR GIRLS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
Ada Jordan	AF		
Addy Vandembenden	S		
Adelaide Frank	RFD		
Grace Partain*	S		
Haley Trieu	CSC		
Heather Calderon*	RFD		
Julia Green	AF		
Keira Dalrymple*	NS		
Morgan Milman*	NS		
Rylea Vandembenden	S		
Taityn Speier*	RFD		
Tien Do	S		

\* Denotes 2024 Graduating Senior

**DIVISION VII SENIOR DIVERS (Cont.)**

(Ages 15-18)

<b><u>SENIOR BOYS</u></b>		<b><u>SCORE</u></b>	<b><u>PLACE</u></b>
Connor Hogan	AF		
Ethan Simone	NS		
Isaiah Lora-Pena	CSC		
Max Cassatt*	AF		
Michael Sweeney	A		
Ricky Nguyen	A		
Will Miracle	A		

\* Denotes 2024 Graduating Senior

## MEET VOLUNTEERS – DIVISION VII

	<b>Announcer</b>	<b>Table Workers</b>	<b>Meet Secretary</b>	<b>Referee and Judges</b>
<b>Freshmen</b>	Julie Benson (CSC)	Jessica Albers (NS) Karla Espinoza (NS) Jean Hong (A) Jess Vagus (CSC)	Adrienne Baldree (CSC) Marty Martin (S)	Lynn Clark* (AF) Quyen Hua (A) Paul Scharre (S) Bryce Mittchel (CSC) Katie Wayne (NS)
<b>Juniors</b>	Michale Bergen (AF)	Karla Espinoza (NS) Maria Nguyen (NS) Emely Simone (NS) Thai Cao (A)	Adrienne Baldree (CSC) Marty Martin (S)	Lynn Clark* (AF) Liz Cagianesa (AF) Brian Ablers (NS) Kathy Nice (R) Katie Wayne (NS)
<b>Intermediates</b>	Julie Benson (CSC)	Shannon Dalrymple (NS) Ni Nguyen (A) My Tran (A) Jordan Wendy (AF)	Adrienne Baldree (CSC) Marty Martin (S)	Kristin Webster * (CSC) Rhonda Williams (A) Joan Green (AF) Tim Martin (S) Charlotte Frank (R)
<b>Seniors</b>	Julie Benson (CSC)	Shannon Dalrymple (NS) LT Trieu (CSC) Rob Calderon (R) Adrienne Baldree (CSC)	Adrienne Baldree (CSC) Marty Martin (S)	Kristin Webster * (CSC) Jason Detten (A) Nick Amatuzzi (S) Brian Ablers (NS) Cherlyn Jenkins (CSC)

\* Denotes Referee

### Diver and Volunteer Check-In Table at Entrance

**7:30-9:30am** – Adrienne Baldree & Kristin Webster

**9:30-11:30am** – Abbie Baldree

**11:30am-1:30pm** – Abbie Baldree

## **GRADUATING SENIORS**

### **Maximilian Cassatt (Arlington Forest)**

Maximilian Cassatt has been on the dive team since he was 8 years old. His favorite memories of diving were learning new dives and hanging out with the team. He will be attending Virginia Tech in the fall studying civil engineering. He would like to thank the AFC dive team for all the support over the years and encouraging his love for diving. He was happy to have been able to dive alongside his younger brother and sister in his last A-Meet at Arlington Forest.

### **David Alves(Arlington Forest)**

It was 2011 and I had just completed the swim test that allowed me to use the diving board for the first time. Once I jumped off, I was hooked ever since. I have dove for Arlington Forest for 11 years. I will most remember being double bounced by coach Bobby after each practice, the team meals after each meet, fun Fridays, and tiger madness. I will be attending VCU in the fall where I am currently undecided in the college of humanity and sciences.

I would like to share some words with the younger divers. Be open to new challenges in the sport of diving and in life. Even if you have been bouncing up and down at the end of the board, dreading the thought of performing your new dive, at the end of the day they are learning opportunities to continue to develop as a diver and a human being. I would like to thank all of my coaches and team reps along the way. I also want to thank my teammates throughout my time, from being the young diver looking up to the older ones, to being the older diver mentoring the younger ones. Most of all, I want to thank my parents for supporting me in diving and in life as a whole. There were a lot of ups and downs but one thing has been consistent, which is your unwavering support and love for me.

### **Keira Dalrymple (North Springfield)**

Keira Dalrymple has been diving since she was five years old. Her favorite dive is the back dive half twist. According to her mom, Keira's favorite dive memory was finally accomplishing a legal inward dive during a dive meet, a skill she had been working weeks on to accomplish.

While Keira likes diving, her passion is working with young divers and coaching. It is apparent watching Keira work with young divers that her patience and encouragement is tailor-made to each diver she works with. She also recognizes when to challenge, encourage, or celebrate each athlete. As a coach for the North Springfield Dolphins her leadership and commitment to the team has been the substance of what keeps the dive program going. Not only does she excel on the diving board, but is accomplished academically, artistically, and athletically.

Keira graduated from Annandale HS with an International Baccalaureate diploma. She competed in 12 seasons of running and was in the orchestra. In her spare time, she reads, writes and aspires to be an author one day. This fall Keira will be attending William and Mary and is planning to major in Linguistics. Coaching dive has shown her how much she enjoys working with children. This

### **Morgan Milman (North Springfield)**

Morgan started diving shortly after she learned to swim. She has been on the dive team since she was nine years old. While she was diving in the pool long before that, it wasn't until she witnessed an actual dive practice that she decided to try it. She has been on the team ever since. Over the years she improved her dives, added higher levels of difficulty, and ultimately joined the Annandale High School Swim & Dive Team, where she competed all four years.

While competing both at school and at North Springfield she serves as a leader in helping more novice divers grow and learn by giving positive feedback and encouragement.

Morgan has always challenged herself academically, artistically, and athletically to be the best she can. Morgan cares about the environment and sustainability which ultimately led her to choose her major in college. It is her mission to both preserve and protect our environment for generations to come.

Morgan graduated from Annandale High School as a member of the National Honor Society. She served as Vice President of the National Art Honor Society, is an amazing artist, and a double varsity athlete in both Volleyball and Swim & Dive, the latter of which she was co-captain of. She also wrote for and was the Academics Editor for the Annandale High School newspaper, *The A-Blast*. Morgan was awarded the Christine Early Memorial Swim & Dive Scholarship and won the Atomic Atom award in her senior year as well as the Atoms Athletic Booster's Scholarship. Morgan has done this while also holding down a job as a barista. Morgan graduated with honors and will be attending the University of Vermont in the fall to study Environmental Policy, Planning, & Law.

### **Grace Partain (Springfield)**

RRRRAAAAAH! It's Grace Partain...or "Grack," as many of the younger divers call her. We recognized her last year as a graduating senior, but she was back for one final year of eligibility. She will certainly miss diving! This fall she'll head back to Concordia University Wisconsin where she'll be a sophomore focused on her major in mass communication, and she'll be traveling across the US as a part of the CUW field hockey team. Rock on!

### **Heather Calderon (Rutherford)**

Heather has been swimming with the Water Rats since she was 4, diving with the team for the last 7 years and now coaching for the last 3. She has been a successful multi sport athlete with Woodson competing in cheer, dive and pole vault. She loves to teach the divers new dives. Heather will be attending the University of South Carolina to study Biology in the fall.

### **Taityn Speier (Rutherford)**

Taityn has seen great success in diving and pole vaulting for Woodson. She joined the Water Rats 3 years ago and has embraced all that summer swim and dive have to offer. Her team spirit and support of all the other divers coupled with her smile has been a great addition to the team. Taityn has attended All Stars multiple years and will be diving D1 for Eastern Michigan.