

# **NVSL DIVING**

**DIVISION VI**



**DIVISION CHAMPIONSHIP**

**AT**

**Mantua Swim and Tennis Club**

**July 21, 2024**

## ESTIMATED TIME SCHEDULE

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	8:21 AM
<b>FRESHMAN BOYS</b>	<b>8:36 AM</b>
JUNIOR GIRLS WARM-UP	9:04 AM
<b>JUNIOR GIRLS</b>	<b>9:24 AM</b>
JUNIOR BOYS WARM-UP	9:56 AM
<b>JUNIOR BOYS</b>	<b>10:11 AM</b>
PRESENTATION OF DIVISIONAL and SPORTSMANSHIP AWARDS	10:30 AM
INTERMEDIATE GIRLS WARM-UP	10:28 AM
<b>INTERMEDIATE GIRLS</b>	<b>10:53 AM</b>
SENIOR GIRLS & BOYS (COMBINED) WARM-UP	12:03 PM
<b>SENIOR GIRLS &amp; BOYS (COMBINED)</b>	12:23
ESTIMATED END	1:36 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, THE SPORTSMANSHIP AWARD AND AN NVSL SCHOLARSHIP AWARD WILL BE PRESENTED AFTER THE JUNIOR BOYS COMPETITION.

Appreciation and special thanks to the Mantua Dive Team members and parents, staff, and community who kindly provided us the use of their facilities to hold the Division VI 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 VI 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 VI are:

IG	Eva Schwenzer (M)
IG	ZZ Arnic (SHBR)
SB	Seamus McNamara (WC)

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.

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**

Mansion House	Head Coach - David Askin Junior Coach - Allie Duffield
Mantua	Head Coach - Sally Harrington Assistant Coaches - Eian Murphy, Sofia Nystrom Assistant to the Assistant Coach - Ben Herboth
Parklawn	Head Coach Jad Burbaker Junior Coaches - Tess Galway, Emma Hill, Joey Liller
Sleepy Hollow Bath and Racquet	Head Coaches - Michael Hitchcock and Sam Martin
Tuckahoe	Head Coaches- Shannon Eagan, Chris Douglas Assistant Coaches - Libby Hall, Maura Leonard, Leah Nguyen, Lucy Silverstein, Connor Tweedle
Wakefield Chapel	Head Coach - Sean Binning Assistant Head Coach - Nathaniel Grannis Assistant Coach Amy Nam

## **TEAM REPRESENTATIVES**

Mantua	Laura Tetreault
Mansion House	Sharon Moss
Parklawn	Ali and Jim Supple
Sleepy Hollow B & R	Jen Arnic and Dana Chodos
Tuckahoe	Kim Glasser and Stacy Zellers
Wakefield Chapel	Michelle Negrelli

## **MEET OFFICIALS**

Division Coordinator:	Laura Tetreault (M)
Meet Managers:	Laura Tetreault (M)
National Anthem:	Maxton Molina-Weir
Oaths:	Leila White and Juliet Tetreault (M)

wifi Information: mantuastc\_members  
password: swimclubmember263

**DIVISION 6 FRESHMAN DIVERS**

(Age 10 and under

**FRESHMAN Girls**

T	Harper Bassler
MHC	Alexandra Grant
MHC	Maggie Navarro
SHBR	Navya Williams
P	Danelea Sha
P	Addie Celentano
M	Leila White
SHBR	Catheryn Good
T	Julia Zellers
WC	Annelise Saunders
WC	Charlotte Williams
WC	Lillian Raymond

## **FRESHMAN BOYS**

MHC	Thor Downie
WC	Matthew Robertson
M	Miles McWilliams
SHBR	Ryker Ellis
MHC	Felix Harte
WC	Rowen Stenberg
WC	Garrett Mansuy
T	Oli Waisberg
M	Drew Laursen
M	Eli White
T	David Garcia-McIntire
P	Jackson Lopez
P	Archie Wiedemann
SHBR	Jacob Chodos
M	Liam Redington
T	Max Waisberg

## **DIVISION 6 JUNIOR DIVERS**

(Age 11 and 12)

## **JUNIOR GIRLS**

SHBR	Brynn White
P	Charlotte Hill
T	Claire Cannon
T	Eden Cogert
T	Elayna Cogert
WC	Emily Fay
M	Emily Wills
WC	Eva Negrelli
SHBR	Grace Rose
SHBR	Harper Pham
M	Jules Tetreault
P	Kerrington Supple

SHBR Maya Orlova  
T Sam Heller

### **JUNIOR BOYS**

MHC Austin Moss  
SHBR Kalyan Williams  
SHBR Kyle Schutt  
M Maxton Molina-Weir  
M Owen Molina- Weir  
MHC Patrick Donovan  
WC Tanner Williams

### **DIVISION 6 INTERMEDIATE DIVERS**

(Age 13 and 14)

### **INTERMEDIATE GIRLS**

WC Alexa Mansuy  
P Alexandra Lee  
WC Annabelle Ebaugh  
WC Charlotte Fay  
T Emily Zellers  
M Eva Schwenzer  
M Lydia Tetreault  
M Maggie Levi  
T Nikitha Rajesh  
T Vicki Waisberg  
SHBR ZZ Arnic

### **INTERMEDIATE BOYS**

MHC Ben Fletcher  
P Connor Manegold  
P Henry Kreikmemeier  
T Isaac Fonner  
MHC Jared Navarro  
MHC Sam Carrado



P Taggart Schuerfeld

**DIVISION 6 SENIOR DIVERS**

**SENIOR GIRLS**

MHC	Allie Duffield
WC	Amy Nam
SHBR	Claire Coughlin*
P	Emma Hill
T	Libby Hall *
T	Lucy Silverstein*
WC	Madison Ebaugh
SHBR	Paisley Wilkins
SHBR	Penelope Lawler
M	Samantha Eldred
MHC	Sandra Kay
SHBR	Sarah Rose*
M	Sofia Nystrom *
P	Tess Galway
MHC	Zoe Askin *

**SENIOR BOYS**

T	Connor Tweddle
P	Joey Liller
WC	Nathaniel Grannis
P	Owen Henderson*
SHBR	Sam Martin *
WC	Seamus McNamara

\* Denotes 2024 Graduating Senior

## **MEET VOLUNTEERS – DIVISION VI**

**Announcer** Kurt Bergeson  
**Awards** Laura Tetreault

	<b>Table Workers</b>	<b>Judges</b>	<b>Check-in</b>
<b>Freshmen</b>	Emilie Heller (T) Ben Heller (T) Frances Lee (P) Many Saundeers (WC) Dana Chodos (SHBR)*	Constance Douglas (T)* Betsy Yarrison Lori Leonard (T) Stephanie Liller (P) Chad Duffield (MHC)	7:00- 8:30 AM Karen Eldred (M) Dan Laursen (M)
<b>Juniors</b>	Kayleen Gloor (T) Chrissy Celentano (P) Vicky Mansuy (WC) Susan Downie (MHC) Dana Chodos (SHBR)**	Betsy Yarrison* Joy Ditto (P) Fred Martin (SHBR) James Wilkins (SHBR) Jeremy Wiedemann(P)	8:30-11:00 AM Larissa Weir (M)
<b>Intermediates</b>	Alison Williams (WC) Helen Harris (P) Karen Rose (SHBR) Rain Schwetha (SHBR) Karen Eldred (M)**	Jim Sweeder* Matt Williams (SHBR) M. Duffield (MHC) Shannon Silverstein (T) Kevin Schutt (SHBR)	11:00- 12:30PM M. McWilliams (M) Stephanie McNamara
<b>Seniors</b>	Jeanine Carrado (MHC) Jerry Negrelli (WC) Sharon Kay (MHC) Mike Silverstein (T) Karen Eldred **	Jim Sweeder * Jen Arnic (SHBR) Michelle Negrelli (WC) Betsy Yarrison Nicole Fonner (T)	

\* Denotes Referee

\*\* Denotes Meet Secretary

## GRADUATING SENIORS



### **Libby Hall**

Libby's love of diving started at the age of 9 when she officially joined the Tuckahoe Tigers dive team. She has been diving for 9 years and coaching for 3 years at Tuckahoe. She recently graduated from McLean High School where she was a member of their swim and dive team all 4 years. Libby will be attending the University of Vermont and majoring in biology as well as continuing to dive recreationally. Libby has loved every summer spent with NVSL and hopes to return to coach in future summers.

### **Lucy Silverstein**

Lucy recently graduated from James Madison High School. She was on the swim and dive team for 4 years and captain for 2. Lucy has been diving since she was 7 years old and has been coaching for 4 years. This is her 4th season coaching and 3rd season with Tuckahoe. Lucy has always loved the sport of diving and will continue diving at Bryant University in the fall. She will major in biology on the pre-med track. Lucy loves the team atmosphere and sportsmanship of diving in NVSL and hopes to continue coaching after high school.



### **Claire Coughlin**

Claire started diving for SHBR at six years old and has been a SHBR diver, swimmer, lifeguard, and swim coach for several years. Claire is a graduate of Justice High School and a 4-year varsity player for field hockey, lacrosse, and swim. She won the Justice Athlete of the year as a senior. She will be attending and swimming for Lehigh University in the fall and plans on majoring in behavioral neuroscience. Her favorite SHBR dive memories are the fun dinners after A meets. SHBR summer swim and dive has been one of the best parts of her life and she is so grateful for all of her coaches, family, and teammates for making it so awesome.

### **Sarah Rose**

Sarah graduated from Justice High school where she swam and dove on the swim and dive

team and played lacrosse. Sarah dove for the SHBR dive team for 2 years and swam for the swim team for a decade. In the fall, Sarah will be majoring in Psychology at Virginia Tech.

### **Sam Martin**

Sam Martin graduated from Justice High School. He will be attending the Rochester Institute of Technology (RIT), studying biomedical engineering and competing for RIT's Division 3 Dive team. Sam has been diving with the SHBR dive team for 11 years, coaching for 2 years, and has been awarded the highest scorer award for his age group 8 times. He coached the team that won the Division 8 Championship title for the 2023 season. In addition to SHBR, he spent a few falls/winters diving on the Junior Olympic team for the George Mason Dive Club High School team (Dive Mason/NOVA Meteors), and spent 4 years on the Justice High School Varsity Dive team where he was a captain for 2 years, named the Most Valuable Diver 3 times, and was 2nd team all-district his senior year. For high school extra-curriculars, Sam was involved with the business club DECA, and the Health Occupations Students of America (HOSA). He was also a varsity cheerleader and a pole vaulter for the Justice varsity track & field team. Outside of school, Sam works part-time as a Gymnastics Coach. Sam's favorite SHBR memory is Coaching. He's enjoyed being able to give back to a program that has given so much to him and seeing the athletes get excited over the sport. Sam wants to thank all the athletes he's been able to coach for giving him their patience and trust as he helped guide them through this sport and all the parents/volunteers over the past 11 years who have helped run the program he's had the pleasure to be a part of.



### **ZOE ASKIN**

This is Zoe's sixth and final year on the Mansion House Dive Team. When not diving in the summer, Zoe could formerly be found diving during the winter as the last standing member of the Mount Vernon High School Dive Team. Outside of diving, Zoe is a talented violinist, dedicated track athlete, skilled artist, and a loving friend. This Fall, Zoe will be continuing their education at Northern Virginia Community College.



## Owen Henderson

Owen has been in the Parklawn family for the past 14 years. He just graduated from Alexandria City High School where he was captain of the Titans swim and dive team his junior and senior years. Parklawn has always been his summer home away from home. In addition to swimming every summer, he could be found on the dive team, atop the lifeguard stand, and in the lanes coaching younger Piranhas. Of all the awesome Parklawn events, he will most miss losing his voice every weekend while leading cheers for his teammates. Owen plans to attend the University of South Carolina in the fall in the College of Engineering and Computing.



Sofia graduated from Woodson High School where she was a four-year member of the Woodson Varsity Swim and Dive team. Sofia has been diving with the Mantua Marlins for five years and has coached for two years. Sofia is a lifelong competing gymnast. She discovered how fun it was to transition her amazing flips from the floor to the diving board! Sofia will be attending James Madison University in the fall where she will major in Psychology on the Pre-Med track. Sofia enjoyed her summers which have been filled with NVSL swim and dive activities. She will cherish many fond memories made during her time with the Marlins and hopes to stay involved with the team for many future years