

NVSL ALL-STARS DIVE MEET

July 28, 2024



Hosted by
Hunt Valley Swim Club



NATIONAL ANTHEM	NVSL OATHS
Moon Choi, clarinet	Lillian Gunderson (FS)
	Jim Sweeder - Chief Official

2024 NVSL ALL-STARS ESTIMATED TIMELINE

Group	Warm-Ups	Begin	End
Freshman Girls	7:30 AM	8:00 AM	8:32 AM
Freshman Boys	8:33 AM	8:48 AM	9:21 AM
Junior Girls	9:22 AM	9:37 AM	10:21 AM
Junior Boys	10:22 AM	10:37 AM	11:19 AM
Intermediate Girls	11:20 AM	11:40 AM	12:35 PM
Intermediate Boys	12:36 PM	12:56 PM	1:54 PM
Senior Girls	1:55 PM	2:20 PM	3:23 PM
Senior Boys	3:24 PM	3:49 PM	5:06 PM

Note: These times are approximate. The meet may run faster or slower. Please keep track of meet progress via X at <https://x.com/NVSLDive> and plan to arrive at your event 30-45 minutes before your scheduled warm-up.

2024 NVSL ALL-STAR MEET OFFICIALS

	Freshmen (warm-ups 7:30 AM)	Juniors (warm-ups 9:20 AM)	Intermediates (warm-ups 11:20 AM)	Seniors (warm- ups 1:55 PM)
Marshall	Lee Bowersox			
Announcer	Anita O'Quinn	Anita O'Quinn	Anita O'Quinn	Anita O'Quinn
Referee/Judge 1	Betsy Yarrison	Jim Sweeder	Lee Bowersox	Russ Jeffries
Judge 2	Gene Lee	Mike Schaeffer	Jim Sweeder	Betsy Yarrison
Judge 3	Mike Bertman	Lynn Clark	Gene Lee	Danny Rabe
Judge 4	Brenda Greene	Andy Green	David Grannis	Kathy Nice
Judge 5	Joy Ditto	Ed Gardiner	Megan Wells	Thomas Joyce
Judge 6	Jill Randazzo	Melissa Mihocko	Paul Rabe	Ed Gardiner
Judge 7	Tim Martin	Stacey Brooks	Lisa Campbell	Judy Baltas
Table Worker	Elizabeth Wiley	Elizabeth Wiley	Elizabeth Wiley	Megan Wells
Table Worker	Mary Bowersox/Judy Baltas	Mary Bowersox/Judy Baltas	Katie Upton	Katie Upton
Awards	Mary Bowersox	Mary Bowersox	Mary Bowersox	Mary Bowersox
	7:15 to 9:15 AM	9:15 to 11:30 M	11:30 am on	
Check In Table	Lynn Clark Betsy Yarrison	Megan Wells Lynn Clark	Adrienne Baldree	

NVSL ONLINE

Follow the meet @NVSLDive on X (formerly Twitter) for the latest information and any schedule updates. At the conclusion of the meet, results will be posted at: <https://secure.meetcontrol.com/divemeets/system/meetresultsext.php?meetnum=10269>

All-Stars Events

FRESHMAN GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Olivia Anderson	FS	70.05		
Jayne Argentina	RFD	56.45		
Savannah Barry	VW	74.70		
Sophia Blanco	OAK	72.30		
Addie Celentano	PL	60.50		
Erin Edwards	PC	64.55		
Claire Flanagan	RH	70.20		
Lillian Gunderson	HV	79.75		
Brielle Lindenberg	HF	62.45		
Eleanor Phillips	CSC	59.40		
Addison Prunty	RF	65.15		
Ivy Rasmussen	HS	72.80		
Chloe Sanglier	OAK	70.40		
Maya Truitt	CP	64.85		
Grace Wegner	HSC	59.60		
Leila White	M	77.90		
Victoria Williams	FS	73.50		
Emerie Woods	W	68.70		

FRESHMAN BOYS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Connor Barron	F	71.60		
John Berik	HS	83.70		
Kenzo Bills	NS	69.50		
Noah Collazo	HSC	55.85		
Felix Harte	MHC	63.00		
Ryan Kalfus	PC	55.65		
Tyler Kroopnick	OAK	68.70		
Zachary Lum	W	68.50		
Chanler Majiros	FS	65.75		
William McCool	DR	67.60		
Flynn Miller	PAR	74.70		
Louis Mintzer	SR	68.35		
Liam Ross	SHR	62.60		
Raymond Roswell	CP	77.35		
Wade Squire	SHR	82.95		
Preston Ta	A	62.40		
Archie Wiedemann	PL	67.40		
Gabriel Wilson	OAK	60.15		
John Zecher	CB	68.80		

JUNIOR GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Kennedy Anderson	SRA	91.95		
Hannah Brubeck	SHR	108.25		
Julianna Butler	HF	102.75		
Brigid Cahill	S	73.65		
Eleanor Chang	VW	106.05		
Elle Feeley	SHR	103.20		
Ellison Gilman	CH	96.25		
Madden Guy	HP	94.30		
Natalia Haley	NS	79.75		
Charlotte Hill	PL	116.20		
Lillian Jessup	RH	105.60		
Lily Klein	DR	117.35		
Alexandra Klimek	DR	105.00		
Emma Magness	CSC	93.45		
Clara Meyers	IC	87.45		
Maya Orlova	SHB	92.40		
Elizabeth Pidgeon	FS	90.70		
Charlotte Rotteveel	PAR	88.95		
Lacey Sloane	LV	109.15		

JUNIOR BOYS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Teddy Anderson	FS	80.90		
Aaron Barger	PC	70.30		
Eli Bockman	GF	92.60		
Chris Buell	SB	66.70		
Toby Chen	DH	96.40		
Caleb Cherryholmes-Wesley	CP	94.20		
William Copes	HF	97.90		
Faustino Fredes	HS	111.35		
Wesley Grogan	G	88.65		
Elijah Hawley	VW	95.35		
Graysen Loftis	CCC	90.30		
Henry Martin	S	94.20		
Trey McIntosh	F	109.10		
Lucas Moreno	KG	93.15		
Kyle Schutt	SHB	95.45		
Alexander Stewart	AF	93.95		
Miller Supple	PL	95.20		
Carter Williams	O	84.95		

INTERMEDIATE GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Claire Andresen	LV	127.90		
ZZ Arnic	SHB	136.70		
Olivia Berik	HS	133.40		
Cally Coddling	F	142.10		
Miah Collazo	HSC	107.55		
Sofia DiCola	RF	125.05		
Kathryn Fegan	RFD	108.05		
Campbell Kurpiel	HSC	95.00		
Alexandra Lee	PL	128.95		
Sophie Leland	HV	126.40		
Zoe Mar	LG	113.05		
Chloe Niphadkabin	HV	126.35		
Eliza Pollack	W	106.55		
Claire Polsinelli	AF	97.60		
Sophie Ratner	DL	105.65		
Eva Schwenzer	M			
Scarlett Waltrup	O	132.45		
Rylan Woods	W	126.85		
Cecelia Yen	O	183.65		

INTERMEDIATE BOYS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Sam Carrado	MHC	92.90		
Quinn Coogen	AF	131.50		
Raito Detten	A	188.95		
Eli Edwards	OH	130.15		
Jasper Eng	THA	123.15		
Benjamin Fletcher	MHC	98.10		
Alan Fu	HSC	155.40		
Trent Hooten	HS	115.55		
Jonah Lanthier	WG	119.85		
Alexander Lum	W	134.15		
Connor Manegold	PL	88.20		
Caleb McManus	OAK	134.45		
George Miller	DL	124.65		
Charles Morrison	DH	121.05		
Gavan Nasr	KG	127.70		
Caleb Orban	RFD	120.25		
Peyton Reed	VW	185.55		
Nolan Scott	PAR	117.70		
Nathan Southworth	CCC	137.90		
Michael Staren	DR	135.60		

SENIOR GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Mary Abela	GF	137.30		
Ziya Bhasin	KG	171.90		
Jocelyn Brooks	KG	220.35		
Jessica Buechler	WG	155.60		
Deborah Burke	SRA	157.10		
Heather Calderon	RFD	157.55		
Michayla Eisenberg	O	234.60		
Allison Farello	G	161.65		
Tess Galway	PL	166.00		
Norah Kissinger	GF	157.60		
Catherine Lawler	KG	177.95		
Alyssa Proulx	SR	167.65		
Olivia Roca	F	186.65		
Lucy Silverstein	T	164.00		
Taityn Speier	RFD	172.90		
Beatrice Sultanaeva	LV	196.80		
Rowan Threadgill	G	177.20		
Isabelle Whang	OAK	211.25		

SENIOR BOYS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Cooper Belt	HF	168.00		
Ivor Brown	VW	297.95		
Ryan Calligaro	SRA	184.05		
Michael DeSando	DL	204.95		
Brendan Doe	OAK	260.85		
Nathaniel Grannis	WC	283.20		
Caden Guy	HP	193.10		
Matthew Heim	SHR	189.95		
Isaiah Lora-Pena	CSC	137.40		
Paxton Martinez	G	208.65		
Sean Memon	KG	199.10		
Liam Miller	OKM	261.75		
Ryan Mitchell	LV	230.50		
Jon Anthony Montel	OAK	225.60		
Joseph Nixon	DH	149.90		
Cooper Short	HSC	163.35		
Michael Sweeney	A	172.90		
Trey Telleen	FS	206.00		
Connor Tweddle	T	198.00		
Nicholas Wanzer	VW	264.55		
Alexander Way	LG	201.85		
Ryan Wells	CCC	197.25		

CONGRATULATIONS TO OUR GRADUATING SENIORS

Jocelyn Brooks (Kent Gardens)

Jocelyn started diving for Kent Gardens at age four. She was a member of the McLean High School dive team where she was a state qualifier for three years and a team captain for two! She says her favorite memory of being on the KGRC dive team was watching coaches Leigh Anne and Sina dive at the Intrasquad and B Meets. Moving forward, she will continue to be a diver at the University of Pittsburgh and will be majoring in psychology.

Heather Calderon (Rutherford)

Heather has been swimming with the Water Rats since she was 4, diving with the team for the last seven years and now coaching for the last three. She has been a successful multisport 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.

Michayla Eisenberg (Overlee)

Michayla has been a part of the Overlee dive team since she was 6, when she wandered over to the dive well and found Coach John Barry. She developed a love for the sport and began competing year-round by age 9. She is grateful for the memories and friendships she has developed over the years and shares her enthusiasm for the sport as a member of the Overlee Dive coaching staff where she has been a junior coach for the past two years. Michaya is a graduate of the Flint Hill School, where she was a swim and dive team captain, the VISAA state champion three times, placed first at Metros this year, and earned All American three times. She was named to the first team All Met squad this year by the *Washington Post*. In the fall, she will be diving as part of the Virginia Tech swim and dive team and studying Exercise and Health Science.

Caden Guy (Highland Park)

Coach Caden was 6 when the Highland Park coach saw him doing "daredevil" stunts off the diving board and asked if he wanted to try dive! He loved it right away. 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. 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. Caden loves the spirit of the sport of diving. Even though it's an individual sport and he is very competitive, he finds himself cheering for his opponents.. Caden believes when his competitors dive well, it inspires him to work hard and push just a little more. 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.

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 started the Oakcrest School dive team; then won the conference championship two years in a row. After graduating from Oakcrest this year, Norah will be attending the University of Navarra in Pamplona, Spain this fall where she plans to study biochemistry. She also plans to come back and dive next year for her final NVSL season with Great Falls.

Sean Memon (Kent Gardens)

Sean has been diving with Kent Gardens for the past nine years. During his time at KGRC, he has had an infectious energy that was able to lift the spirits of his teammates. While he would often get scared of trying new dives, he would always find a way out of his head and into the water! His favorite memory of Kent Gardens was the extra week of practice for All Stars qualifiers that was filled with laughs and memorable moments. When he got to high school, he was a four-time regionals qualifier for the Washington Liberty dive team, and received the MVP award his senior year. Sean will be spending his next four years at American University majoring in business administration as well as being part of the dive team.

Liam Miller (Old Keene Mill)

Liam is proud of the time spent with his dive teammates at Old Keene Mill, where he began diving at age of 5. He is a graduate of Lake Braddock High School, where he was a member of the swim and dive team for four years and holds two school records. He was recently named a high school diving All-American for the fourth consecutive year. Liam will continue his diving career in the fall, where he will attend and compete for the University of Virginia.

Ryan Mitchell (Lakeview)

Ryan Mitchell has been a competitive diver since the age of 8. He graduated from Robinson Secondary School this year, where he was a four-year varsity dive letterman and placed in the top ten 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 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.

Alyssa Proulx (Sideburn Run)

Alyssa has been on the Sideburn Run swim and dive team for 12 years and has been coaching for two years. She spent four years on the Robinson dive team and competed in districts and regionals. Her favorite memory with Sideburn was competing to be Division I 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 a part of her Sideburn family.

Lucy Silverstein (Tuckahoe)

Lucy recently graduated from James Madison High School. She was on the swim and dive team for 4 years and captain for two. Lucy has been diving since she was seven years old and has been coaching for four years. 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.

Taityn Speier (Rutherford)

Taityn has seen great success in diving and pole vaulting for Woodson. She joined the Water Rats three 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 next year.

Nick Wanzer (Vienna Woods)

Nick Wanzer started diving at Vienna Woods in 2012 at six. An accomplished club diver, he is committed to the University of Virginia, where he will continue his diving career as part of the UVA swim and dive team. Nick has helped coach diving at Vienna Woods for three years and has been a lifeguard for four years. His favorite memory as part of the Vienna Woods dive team is participating in his first Wally Martin meet in 2016 and doing synchro diving with his brother Noah. Nick would like to thank his parents and family members, Mrs. Campbell, his friends, and his coaches for their guidance, support and encouragement over the years. Nick's advice for other divers is to realize that your potential is not determined by your natural talent in this sport but by your will to work for what you want to achieve.