

NVSL DIVING

DIVISION 3



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

AT

Lee Graham Dive

July 20, 2025

ESTIMATED TIME SCHEDULE

FRESHMAN GIRLS WARM-UP	7:40 AM
NATIONAL ANTHEM & OATHS	7:55 AM
FRESHMAN GIRLS	8:00 AM
FRESHMAN BOYS WARM-UP	8:29 AM
FRESHMAN BOYS	8:44 AM
JUNIOR GIRLS WARM-UP	8:57 AM
JUNIOR GIRLS	9:17 AM
JUNIOR BOYS WARM-UP	9:42 AM
JUNIOR BOYS	10:02 AM
PRESENTATION OF DIVISIONAL AWARDS	10:33 AM
INTERMEDIATE GIRLS WARM-UP	10:33 AM
INTERMEDIATE GIRLS	10:58 AM
INTERMEDIATE BOYS WARM-UP	11:27 AM
INTERMEDIATE BOYS	11:47 AM
SENIOR GIRLS WARM-UP	12:19 AM
SENIOR GIRLS	12:39 PM
SENIOR BOYS WARM-UP	1:14 PM
SENIOR BOYS	1:34 PM
ESTIMATED END	2:12 PM

THE BOLDDED 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 Lee Graham dive team representatives, divers and parents, staff, and other members who kindly provided us the use of their facilities to hold the Division 3 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 3, who have shared their talents with us this season.



QUALIFYING FOR ALL-STARS

The highest three scores in each event are eligible for the All-Stars meet. The next three finishers will be the alternates for his/her age group and will be able to participate in All-Stars if the top three 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 (4th Place) in this year's divisional championship meet qualify for the All-Stars meet.

2024's All-Stars top eight finishers now diving in Division 3 are:

Alex Way, LG
Charles Morrison, DH
Chloe Niphadkabin, HV
Claire Flanagan, RH
Julianna Butler, HF
Lillian Jessup, RH
Sophie Leland, HV
Zoe Mar, LG
Michael Desando, DL
Lillian Gunderson, HV

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	70.96
Freshman Boys	68.78
Junior Girls	101.96
Junior Boys	97.09
Intermediate Girls	134.87
Intermediate Boys	135.45
Senior Girls	183.58
Senior Boys	201.66

TEAM COACHES

Lee Graham	Head Coach: Joseph Perreault Assistant Coach: Kellen Colevas Junior Coach: Zoe Mar
Rolling Hills	Diller Matthews, Head Coach TJ Zahler, Assistant Coach Sophia Newton, Assistant Coach TJ Zahler, Assistant Coach
Hunt Valley	Becca Shelton. Head Coach Trey Telleen, Assistant Coach
Dominion Hills	Luke DiBenigno Head Coach. Riley Shelton, Ellie Potts, Joseph Nixon, Assistant coach.
Hayfield Farms	Head Coach- Fin Belt Assistant Coach- Will Townes Developmental Coaches- Cooper Belt and Sam Johnson
Dunn Loring	Head coach: Fatme Khraibani Assistant coaches: Peter Beatty and Kiran Vasudevan

TEAM REPRESENTATIVES

Lee Graham	Adrienne Dass Nicholson and Kara Klousia
Rolling Hills	Julie Wagner
Hunt Valley	Judy Baltas and Tracy Gardiner
Dominion Hills	June Seymour
Hayfield Farms	Susanna Butler and Jessica Copes
Dunn Loring	Theresa Beatty, Andrea Bosco, and Susan Martonik

MEET OFFICIALS

NVSL Division 3 Coordinator: Gene Lee
Meet Managers: Adrienne Dass Nicholson and Kara Klousia (LG)
National Anthem: TBD

DIVISION 3 FRESHMAN DIVERS

(Ages 10 and under)

<u>FRESHMAN GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	Evie Lynch	Rolling Hills		
<u>2</u>	Aliyah Pleisch	Hunt Valley		
<u>3</u>	Evie Kluttz	Dunn Loring		
<u>4</u>	Payton Bennett	Hunt Valley		
<u>5</u>	Riley Miller	Hunt Valley		
<u>6</u>	Ellie Lee	Hayfield Farm		
<u>7</u>	Emma Richard	Dominion Hills		
<u>8</u>	Zoe Mroz	Dunn Loring		
<u>9</u>	Alessandra Falsone	Dunn Loring		
<u>10</u>	Hazel Lauver	Lee Graham		
<u>11</u>	Carina Bosco	Dunn Loring		
<u>12</u>	Ava Kowalchick	Hayfield Farm		
<u>13</u>	Charlotte Kluttz	Dunn Loring		
<u>14</u>	Misha Mullen	Lee Graham		
<u>15</u>	Zahara Ushe	Hayfield Farm		
<u>16</u>	Isabella Falsone	Dunn Loring		
<u>17</u>	Caroline Blewett	Hayfield Farm		

DIVISION 3 FRESHMAN DIVERS (Cont.)

(Ages 10 and under)

<u>FRESHMAN BOYS</u>		<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	<u>Owen Bassett</u>	Hayfield Farm		
<u>2</u>	<u>Ben Lyons</u>	Hayfield Farm		
<u>3</u>	<u>Theodore Brewer</u>	Dunn Loring		
<u>4</u>	<u>Remy Nicholson</u>	Lee Graham		
<u>5</u>	<u>Andrew Aldonas</u>	Dominion Hills		
<u>6</u>	<u>Keegan Donnelly</u>	Rolling Hills		
<u>7</u>	<u>Lincoln Kemp</u>	Hunt Valley		

DIVISION 3 JUNIOR DIVERS

(Ages 11 and 12)

<u>JUNIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	Lillian Plotnick	Hunt Valley		
<u>2</u>	Warren Paterno	Lee Graham		
<u>3</u>	Brielle Linenberg	Hayfield Farm		
<u>4</u>	Ally Bitner	Hunt Valley		
<u>5</u>	Stella Baldeon Masturzo	Dunn Loring		
<u>6</u>	Lainey Cestaro	Dominion Hills		
<u>7</u>	Xanthy Kuehne	Rolling Hills		
<u>8</u>	Tasanee Verasin	Lee Graham		
<u>9</u>	Elise Esquivel	Dunn Loring		
<u>10</u>	Graham Nicholson	Lee Graham		
<u>11</u>	Quinn Zahler	Rolling Hills		

JUNIOR BOYS**SCORE****PLACE**

<u>1</u>	Brennan Andrious	Dominion Hills		
<u>2</u>	Brodie Kuehne	Rolling Hills		
<u>3</u>	Salvatore Matias	Dunn Loring		
<u>4</u>	Laszlo Matias	Dunn Loring		
<u>5</u>	Keaton Allard	Lee Graham		
<u>6</u>	Michael Harris	Hayfield Farm		
<u>7</u>	Amir Owens	Hunt Valley		
<u>8</u>	Noah Buckman	Lee Graham		
<u>9</u>	Toby Chen	Dominion Hills		
<u>10</u>	West Carter	Hayfield Farm		
<u>11</u>	Zach Mathieson	Dominion Hills		
<u>12</u>	Ronan Gallagher	Lee Graham		
<u>13</u>	Ian Thackaberry	Rolling Hills		

DIVISION 3 INTERMEDIATE DIVERS

(Ages 13 and 14)

	<u>INTERMEDIATE GIRLS</u>	<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	Erin Martonik	Dunn Loring		
<u>2</u>	Sophie Leland	Hunt Valley		
<u>3</u>	Eleanor Goehring	Dominion Hills		
<u>4</u>	Katelyn Thackaberry	Rolling Hills		
<u>5</u>	Julianna Butler	Hayfield Farm		
<u>6</u>	Chloe Niphadkabin	Hunt Valley		
<u>7</u>	Helen Butler	Dominion Hills		
<u>8</u>	Clara Beatty	Dunn Loring		
<u>9</u>	Lilly Jessup	Rolling Hills		
<u>10</u>	Lucy Leland	Hunt Valley		

INTERMEDIATE BOYS**SCORE****PLACE**

<u>1</u>	Christopher Crepeau	Dominion Hills		
<u>2</u>	Colson Gardiner	Hunt Valley		
<u>3</u>	Jacob Hurt	Rolling Hills		
<u>4</u>	Teddy Klousia	Lee Graham		
<u>5</u>	Joe Mathieson	Dominion Hills		
<u>6</u>	Hudson Lynch	Rolling Hills		
<u>7</u>	Derek Baltas	Hunt Valley		
<u>8</u>	Nate Johnson	Hayfield Farm		
<u>9</u>	Patrick Verasin	Lee Graham		
<u>10</u>	Gabe Newtson	Rolling Hills		
<u>11</u>	George Miller	Dunn Loring		

DIVISION 3 SENIOR DIVERS

(Ages 15-18)

<u>SENIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	<u>Leah Robbins</u>	Dominion Hills		
<u>2</u>	<u>Morgan Shelton</u>	Dominion Hills		
<u>3</u>	<u>Kathleen Ferguson*</u>	Hayfield Farm		
<u>4</u>	<u>Hannah Ax</u>	Dominion Hills		
<u>5</u>	<u>Sophia Newton</u>	Rolling Hills		
<u>6</u>	<u>Paige Shelton</u>	Dominion Hills		
<u>7</u>	<u>Zoe Mar</u>	Lee Graham		
<u>8</u>	<u>Emma Kowalchick</u>	Hayfield Farm		
<u>9</u>	<u>Maeve McGuire</u>	Hayfield Farm		
<u>10</u>	<u>Kiran Vasudevan</u>	Dunn Loring		

* Denotes 2025 Graduating Senior

DIVISION 3 SENIOR DIVERS (Cont.)

(Ages 15-18)

<u>SENIOR BOYS</u>		<u>SCORE</u>	<u>PLACE</u>	
<u>1</u>	<u>Will Townes*</u>	Hayfield Farm		
<u>2</u>	<u>Edan Thomton</u>	Lee Graham		
<u>3</u>	<u>Alex Way*</u>	Lee Graham		
<u>4</u>	<u>Sheen Lee</u>	Hunt Valley		
<u>5</u>	<u>TJ Zahler*</u>	Rolling Hills		
<u>6</u>	<u>Ward Gardiner</u>	Hunt Valley		
<u>7</u>	<u>Griffin Wagner</u>	Rolling Hills		
<u>8</u>	<u>Kellen Colevas</u>	Lee Graham		
<u>9</u>	<u>Lucian Andrious</u>	Dominion Hills		
<u>10</u>	<u>Charlie Morrison</u>	Dominion Hills		
<u>11</u>	<u>Kyle Ratner*</u>	Dunn Loring		

* Denotes 2025 Graduating Senior

MEET VOLUNTEERS – DIVISION III

	Announcer	Table Workers	Referee and Judges
Freshmen	Jim Way (LG)	Ellen /Steve Richard (DH) Morgan Kuehne (RH) Bergen Bassett (HF) Jessica Brewer (DL) Sarah Esquivel (DL)	Ed Gardiner (HV)* June Seymour (DH) Chris Thackaberry (RH) Kara Klousia (LG) Laura Miller (DL)
Meet Secretary / Awards		Holly Plotnick (HV)	
Juniors	Jim Way (LG)	Jennifer Goehring (DH) Theresa Beatty (DL) Susanna Butler (HF) Morgan Kuehne (RH) Julie Wagner (RH)	Ed Gardiner (HV)* Jonathan Crepeau (DH) Sarah Kowalchick (HF) Alison Shearer (LG) Hana Pasecova (LG)
Meet Secretary / Awards		Judy Baltas (HV)	
Intermediates	Nimmi Kannankutty (DL)	Franny Jessup (RH) Nicole Johnson (HF) Jessica Copes (HF) Lizbeth Matias (DL) Elizabeth Masturzo (DL)	Jim Sweeder (Unattached)* Lincoln Zahler (RH) Sarah Kowalchick (HF) Tommy Nicholson (LG) Jay Vasudevan (DL)
Meet Secretary / Awards		Alice Mar (LG)	
Seniors	Nimmi Kannankutty (DL)	Kirsten Robbins (DH) Franny Jessup (RH) Marlow Townes (HF) Elizabeth Masturzo (DL) Susan Martonik (DL)	Jim Sweeder (Unattached)* Tommy Nicholson (LG) Tracy Gardiner (HV) Judy Baltas (HV) Candi Bryant (HV)
Meet Secretary / Awards		Alice Mar (LG)	

* Denotes Referee

Diver and Volunteer Check-In Table at Entrance

7:30-9:30am – LG Team Volunteer

9:30-11:30am – LG Team Volunteer

11:30am-1:30pm – LG Team Volunteer

GRADUATING SENIORS

Will Townes (Hayfield Farms)- William graduated from Hayfield Secondary School. He has been diving for the Hayfield Farm Seahawks for 5 years and was a varsity diver for 4 years at Hayfield Secondary School. He placed 5th at districts and 14th in the region his senior year. His favorite dive is a Forward 1-1/2 somersault 1 twist. He would like to thank all of his coaches and teammates from over the last 5 years for their support.

Kathleen Ferguson (Hayfield Farms)- Kathleen graduated from Bishop Ireton High School. She has been on the Hayfield Farm dive team for four years (swim team for 14 years). Her favorite memory is Fin Belt (now Coach Fin) recruiting her and six of her friends to dive since there were no older girls on the team. She plans on studying nursing at St. Joseph University in the fall.

Cooper Belt (Hayfield Farms)- Cooper has been on the dive team at Hayfield Farm since 2015 and second year as a Dive Coach. His favorite memories include Fun Fridays and dinner after meets with fellow coaches. Cooper will be attending Virginia Tech in the fall and plans to major in Finance Technology and Big Data Analytics.

Alex Way (Lee Graham) -Alex first jumped off a diving board in competition for LG in 2014 when he was 7 years old. Since then, he's been flipping, flying, and having fun. Starting in 2017, he's gone to divisionals every year, placing first in 2019, 2021. He's also made a total of seven All Stars meets. Alex holds the Lee Graham records for Junior, Intermediate, and Senior boys diving. Outside of Lee Graham, Alex has been diving at the Alexandria Dive Club since 2018. Alex also dived for Meridian High School since his sophomore year, where he's been a Mentor and informal Coach for the team. In the spring of 2023, Alex helped the Meridian Swim and Dive team win the Virginia State Championship. He himself won the individual state dive title in the spring of 2024, and placed second in the state this past Spring. This fall, Alex will be a Division I diver for American University in the Patriot League under Coach John Barry. Lee Graham has been an incredibly important part of all of Alex's dive development. He sincerely thanks all of the coaches, team reps, team mates, and all of the parents who have contributed so much of their time and effort. The entire Lee Graham community has been tremendously supportive across all these years and a truly fun group to be a part of. He'll remember all of these summers forever.

Kyle Ratner (Dunn Loring) - Kyle Ratner joined the Dunn Loring swim team at six years old and joined the dive team a year later. He dove on and off, coming back to dive a couple years ago. He has always been actively involved with the team as a diver and a volunteer and has always shown great Dunn Loring team spirit. Next year Kyle will be going to Old Dominion University to study cyber security. His favorite Dunn Loring dive team memory is Sriracha sauce eating contests at IHOP after meets.

TJ Zahler (Rolling Hills) -TJ is currently in his ninth season with the Seahawks, having joined the dive team at nine years old. He has been an NVSL All-Star diver and competed in Divisionals every year. Now in his third year of coaching, TJ's favorite dive is the "death dive" and his favorite quote is "Send it". He's proud to say that he has never had a "smack" on the first attempt when trying a new dive, despite trying numerous new dives over the years. In the fall, TJ will attend George Mason University, where he plans to major in criminal justice and study abroad in Ireland during his sophomore year.