

2025 NVSL DIVE ALL-STARS MEET

July 27, 2025



Hosted by
Hunt Valley Swim Club
7100 Sydenstricker Rd
Springfield, VA 22152

2025 NVSL ALL-STARS ESTIMATED TIMELINE

7:00 am	Doors open
7:15 am	Freshmen check-in (Juniors begin check-in at 7:15 am)
7:30 to 7:50 am	Freshman Girls warm-up
7:50 to 8:00 am	National Anthem, NVSL Oaths
8:00 to 8:37 am	Freshman Girls event
8:38 to 8:53 am	Freshman Boys warm-up
8:53 to 9:26 am	Freshman Boys event
9:27 to 9:42 am	Junior Girls warm-up
9:42 to 10:31 am	Junior Girls event
10:32 to 10:47 am	Junior Boys warm-up
10:47 to 11:36 am	Junior Boys event
11:37 am to 11:57 pm	Intermediate Girls warm-up
11:57 to 12:55 pm	Intermediate Girls event
12:56 to 1:16 pm	Intermediate Boys warm-up
1:16 to 2:14 pm	Intermediate Boys event
2:15 to 2:40 pm	Senior Girls warm-up
2:40 to 3:43 pm	Senior Girls event
3:44 to 4:09 pm	Senior Boys warm-up
4:09 to 5:23 pm	Senior Boys event

Note: These times are approximate. The meet may run faster or slower. Please keep track of meet progress via X (formerly Twitter) @NVSLDive, and plan to arrive at your event 30-45 minutes before your scheduled warm-up.

2025 NVSL Dive All-Star Volunteers

NATIONAL ANTHEM	NVSL OATHS	
Perrin Malko		
	Jim Sweeder – Chief Official	
REGISTRATION		
7:00-9:30	9:30-12:00	12:00-3:00
Lynn Clark	Lynn Clark	Amy Vroom
Besty Yarrison	Julie Wagner	Julie Wagner

Table Workers and Awards				
	FRESHMEN	JUNIORS	INTERMEDIATES	SENIORS
<i>ANNOUNCER</i>	<i>Anita O'Quinn</i>	<i>Anita O'Quinn</i>	<i>Anita O'Quinn</i>	<i>Anita O'Quinn</i>
Computer	Mary Bowersox	Elizabeth Wiley	Megan Wells	Katherine McClure
Scorekeeper 1	Karen Denniston	Mary Bowersox	Elizabeth Wiley	Megan Wells
Scorekeeper 2	Judy Baltas	Judy Baltas	Mary Bowersox	Mary Bowersox
Awards	MBowersox/J Baltas	MBowersox/J Baltas	MBowersox/J Baltas	MBowersox/J Baltas

JUDGING PANELS & ANNOUNCERS				
	FRESHMEN	JUNIORS	INTERMEDIATES	SENIORS
Ref	Lee Bowersox	Thomas Joyce	Lynn Clark	Jim Sweeder
Judge 1	Katherine McClure	Lee Bowersox	Ken Clark	Lynn Clark
Judge 2	Chris Thackaberry	Besty Yarrison	Jim Sweeder	Besty Yarrison
Judge 3	Thomas Joyce	Jill Randazzo	Susan Mitchell	Cindy Haataja
Judge 4	Heather Stalfort	Candi Bryant	Andy Green	Robert Vroom
Judge 5	Brenda Greene	Brenda Greene	Robert Vroom	Elizabeth Wiley
Judge 6	Tim Martin	Joy Ditto	Mike Bertman	Susan Mitchell
Judge 7	Ken Clark	Heather Stalfort	Katherine McClure	Mike Bertman

FRESHMAN GIRLS				
NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Olivia Anderson	FS	65.85		
Maddie Bloss	O	72.9		
Carina Bosco	DL	61.95		
Sienna Carry	T	61.4		
Addie Celentano	PL	76.2		
Mackie Cotter	SRA	56.55		
Isabella Desando	VW	78.95		
Eliza DiVincenzo	SHR	67.75		
Ryan Douglas	T	67.95		
Cathryn Good	SHB	45		
Kaitlyn Kimmitt	O	86.3		
Liani Kopek	PC	56.85		
Ingrid Lander	G	76.25		
Quinn Mcmanus	OAK	71.35		
Alicia Pereira Kim	HSC	65.1		
Ellie Phillips	CSC	64.45		
Aliyah Pleisch	HV	62.6		
Taylor Randazzo	OH	73.9		
Chloe Sanglier	OAK	73.85		
Kiki Smythe	OKM	68.35		
Brynn Strano	F	69.1		

FRESHMAN BOYS				
NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Jasper Albers	NS	61.95		
Connor Bergen	AF	67.80		
Kenzo Bills	NS	75.90		
Jasper Carpenter	F	73.15		
Siddharth Chandran	HS	69.95		
Grayson DeMark	OKM	60.30		
Felix Harte	MHC	70.05		
Blaise Hawley	VW	74.85		
Micah Hsai	PL	58.45		
Charlie Konia	AF	62.25		
Pierre Kroely	GF	63.90		
Ben Lyons	HF	56.85		
Remy Nicholson	LG	59.55		
Christopher Poole	PC	59.50		
Matthew Robertson	WC	71.90		
Graham Smith	OAK	86.05		
Rowen Stenberg	WC	63.00		
Cavan Telleen	FS	63.90		
Deven Todman	GF	58.45		

NOTE: These lists are not in Diving Order.

JUNIOR GIRLS				
NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Harper Bassler	T	101.9		
Cora Bellomo	SR	84.55		
Hannah Brubeck	SHR	100		
Brigid Cahill	S	100.4		
Liliana Cappoli	O	109.95		
Eleanor Chang	VW	125.8		
Julia Denniston	KG	104.2		
Ramona Greeney	WG	92.4		
Mia Harbeck	AF	81.1		
Alex Klimek	DR	117.9		
Xanthy Kuehne	RH	80.65		
Emma Magness	CSC	99.8		
Clara Meyers	IC	100.25		
Graham Nicholson	LG	96.1		
Elizabeth Pidgeon	FS	118		
Ivy Rasmussen	HS	117.1		
Charlotte Rotteveel	PAR	115.7		
Adelyn Whaley	CP	108.3		
Leila White	M	107.1		
Ari Wiley-Jimenez	GF	91.15		
Victoria Williams	FS	98.55		

JUNIOR BOYS				
NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Connor Barron	F	99.55		
Graham Benson	CSC	92.35		
John Berik	HS	128.30		
Chris Buell	SB	81.90		
Toby Chen	DH	86.75		
Jake Conques	OKM	88.10		
TJ DeSando	VW	98.75		
Elijah Hawley	VW	105.75		
Cormac Henderson	PL	91.05		
Luke Kieffer	THA	85.15		
Tyler Kroopnick	OAK	104.75		
Chanler Majiros	FS	96.05		
Henry Martin	S	105.10		
Flynn Miller	PAR	102.10		
Callum Pitera	THA	84.85		
Ray Roswell	CP	108.45		
Connor Stith	HS	97.85		
Miller Supple	PL	89.65		
Ian Thackaberry	RH	81.10		
Colin Wilson	CCC	79.65		
Jack Zecher	CB	85.70		

INTERMEDIATE GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
ZZ Arnic	SHB	140.2		
Leandra Barger	PC	107.8		
Olivia Berik	HS	133.95		
Kathryn Fegan	RFD	113		
Emma Fricke	G	124		
Ellie Gilman	CH	132		
Miah Henderson	NS	121.5		
Charlotte Hill	PL	152.95		
Lilly Jessup	RH	129.2		
Emma Kalfus	PC	101.3		
Alexandra Lee	PL	124		
Sophie Leland	HV	151.85		
Maggie Levi	M	128.75		
Taylor McDonnell	DR	123		
Eva Negrelli	WC	134.4		
Chloe Niphadkabin	HV	127.9		
Anya Osterhout	OKM	123		
Eliza Pollack	W	143.2		
Elin Temme	W	114.6		
Simone Wilson	OAK	123.2		

INTERMEDIATE BOYS

NAME	TEAM	DIV SCORE	ALL- STAR SCORE	PLACE
Elijah Bockman	GF	138.95		
Banks Buergler	AF	153.55		
Samuel Carrado	MHC	108.50		
Caleb Cherryholmes-Wesley	CP	134.65		
Eli Edwards	OH	152.40		
Jasper Eng	THA	139.20		
Peyton Farahi	F	118.75		
Faustino Fredes	HS	134.10		
Wesley Grogan	G	131.30		
Ryan Guy	NS	98.75		
Luke Havasy	IC	120.90		
Jonah Lanthier	WG	138.53		
Alex Lum	W	144.10		
Hudson Lynch	RH	115.95		
Ben Margolis	HP	121.75		
Caleb Mcmanus	OAK	126.55		
Gabe Newtson	RH	121.50		
Nolan Scott	PAR	106.55		
Alexander Stewart	AF	138.85		
Sam Zarchnak	OAK	121.15		

SENIOR GIRLS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Sam Apgar	CH	141.85		
Ziya Bhasin	KG	187.85		
Caroline Copes	OKM	190.05		
Allison Duffield	MHC	150.1		
Madison Ebaugh	WC	137.8		
Cate Lawler	KG	190.5		
Lili Lepore	SHR	187.3		
Celeste Lucado	THA	117.4		
Zoe Mar	LG	129.3		
Maia McAllister	CCC	133.25		
Sophia Newtson	RH	131.6		
Olivia Roca	F	210.1		
Eva Schwenzer	M	162.25		
Isabel Smith	PAR	192.15		
Beatrice Sultanaeva	LV	196.55		
Rowan Threadgill	G	187.35		
Haley Trieu	CSC	126.9		
Isabelle Whang	OAK	196.4		
Paisley Wilkins	SHB	149.6		

SENIOR BOYS

NAME	TEAM	DIV SCORE	ALL-STAR SCORE	PLACE
Sawyer Andrews	F	223.50		
Nate Beck	CH	144.25		
Kellen Colevas	LG	183.05		
Quinn Coogen	AF	195.55		
Mac Coulby	HP	160.65		
Michael DeSando	VW	226.45		
Rai Detten	A	219.40		
Brendan Doe	OAK	219.05		
Caleb Earle	G	182.15		
Matthew Heim	SHR	204.00		
Connor Hogan	AF	117.65		
Caleb Hoover	W	178.60		
Paxton Martinez	G	242.45		
Grant McClure	OH	156.20		
Jon Anthony Montel	OAK	213.05		
Charlie Morrison	DH	170.95		
Peyton Reed	VW	217.85		
Michael Sweeney	A	179.00		
Evan Vink	PAR	204.40		
Alex Way	LG	201.50		
Ryan Wells	CCC	222.05		

GRADUATING SENIORS

Mac Coulby – Highland Park

Mac has been a proud member of the Highland Park Hurricanes dive team for the past 10 years, including four years as a coach. He also competed on the Alexandria City High School varsity dive team, serving as captain his senior year. Mac qualified for districts every season and reached regionals as a junior.

Although his senior season was cut short due to shoulder surgery, he embraced the opportunity to help coach his high school teammates. Known for his leadership and positivity, Mac has been an incredible mentor on deck and will be deeply missed.

He will attend the University of Missouri in the fall, and we can't wait to see what's ahead for him.

Caleb Hoover – Woodley

Caleb has been a Woodley Warrior for 12 seasons. He swam year-round with VLAC and competed for Trinity Christian School's swim and dive team, qualifying for States both years. He also served as a student assistant coach and participated in varsity soccer, tennis, cross country, and track.

Caleb is in his second year as an assistant dive coach at Woodley. He has committed to West Virginia University, where he will major in history and pre-law, but first plans to take a gap year to pursue playing soccer overseas.

His favorite dive is the front double pike, and his favorite stroke is butterfly. Caleb's advice to younger divers: "Cherish these summers—they don't last forever, but the memories you make will last a lifetime."

Maia McAllister – Camelot Country Club

Maia graduated with honors from Falls Church High School, where she was a dedicated three-sport athlete all four years. This fall, she will attend James Madison University, where she plans to major in business with a concentration in finance.

Paxton Martinez – Greenbriar Pool

Paxton joined the Greenbriar Pool in 2021 and quickly found his passion for diving. In just a few seasons, he rose from first-time diver to finishing in the top ten in the state of Virginia his senior year.

Now in his second year as head coach of the Greenbriar dive team, Paxton is preparing to take his skills to the next level as an NCAA Division I scholarship athlete at Cleveland State University this fall.

Isabel Smith – Parliament

Isabel began diving for the Parliament Panthers in 2018 and quickly grew into a standout athlete and dedicated coach. By 2019, she earned her first All-Star qualification—an achievement she repeated every year except 2024, when she attended the Virginia Governor’s School for Humanities.

She also competed for the Lake Braddock dive team, finishing 7th at States her junior year. Isabel capped off her high school career at Bishop O’Connell, where she was recognized for her leadership and mentorship. Her final season included top finishes—2nd at both National and NoVA Catholics, and 4th at the WMPSDL Championships.

Known for her consistency, poise, and ability to inspire, Isabel led confidently as head coach of the Panthers at the 2024 Spunky Dunkers competition. She finds deep fulfillment in helping younger divers discover their confidence and joy in the sport—and hopes they find the same sense of belonging she did when she first took the plunge.

Alex Way – Lee Graham

Alex first dove into competition for Lee Graham in 2014 at just 7 years old and has been flipping ever since. He’s qualified for Divisionals every year since 2017, winning in 2019 and 2021, and has earned a total of seven All-Star appearances. He currently holds the Lee Graham records for Junior, Intermediate, and Senior boys.

Beyond NVSL, Alex has competed with Alexandria Dive Club since 2018 and represented Meridian High School, where he served as a mentor and informal coach. He helped the Meridian team win the Virginia State Championship in 2023 and claimed the individual state title in 2024.

This fall, Alex will dive Division I for American University in the Patriot League. He extends heartfelt thanks to the entire Lee Graham community—for their support, encouragement, and the unforgettable memories that he’ll carry with him always.

Ryan Wells – Camelot Country Club

Ryan began his journey with the Knights at just 4 years old as a swimmer and joined the dive team at age 7. Over the years, he has made a lasting mark, coaching for four seasons and breaking three of the team’s four age group records.

Outside of the NVSL, Ryan is an Eagle Scout and served as captain of the swim and dive team at Thomas Jefferson High School for Science and Technology. He dives year-round for Dominion Dive Club and qualified for 1-meter Zones this year. Ryan will continue diving at Case Western Reserve University, where he plans to study engineering.

Some of his favorite memories include watching younger divers push themselves to improve and the always-entertaining Friday mat wars. Ryan is incredibly grateful to the NVSL for the opportunities, friendships, and lifelong memories it has provided.

Paisley Wilkins – SHBR

Paisley began diving for SHBR at age 6 and has worn many hats over the years—diver, lifeguard, and Seal School instructor. A graduate of Justice High School, she was a three-sport athlete all four years, competing in cheer, dive, and softball, as well as Fairfax County's first-ever girls' wrestling season.

Paisley was honored with the Casey Bray Exceptional Female Student-Athlete Award for her courage, strength, and determination. This fall, she will attend Christopher Newport University, where she will cheer and major in kinesiology.

Her favorite SHBR memories include post-meet dinners with teammates, and she's incredibly thankful for the coaches, family, and friends who made those years so meaningful.

BRENDAN DOE (OAKTON SWIM AND RACQUET CLUB)

Brendan Doe's impressive diving journey has been deeply intertwined with the Oakton Swim and Racquet Club where he started diving when he was 10 years old. Since then his passion and skills have flourished. A significant highlight of his junior year was breaking the Oakton High School 11-dive record, an achievement made even more meaningful as one of his Dominion Dive Team coaches had previously held an OHS record. His talent has also been recognized with being named to the High School All-American team three times. He consistently competes in prestigious USA Dive events, including Regions, Zones, and Junior Nationals for the past four years. Throughout his four years with the Oakton High School Varsity Dive Team, Brendan consistently earned top individual awards, being named 1st Team All District and All-Region all four years and earning the Coach's Award his junior year. Brendan offers special thanks to his family for their unwavering support, to Coach Cheryl for introducing him to diving and being an invaluable mentor, and to Coach Ken for years of fun coaching. Next year, Brendan will dive for UNC Wilmington while studying geoscience, hoping to stay close to the water, and thanks everyone for these truly unforgettable years.

JON ANTHONY MONTEL (JAM) (OAKTON SWIM AND RACQUET CLUB)

Jon Anthony Montel, affectionately known as JAM, joined the Otters swim and dive teams in 2014 at just six years old. Though a strong swimmer, diving truly captured his heart, fostered by the team's welcoming atmosphere. For years, JAM successfully competed in both sports, often reaching All-Stars in one, though never both simultaneously, eventually choosing to focus solely on diving. He vividly recalls the energy and excitement of meets, and the unwavering support of teammates and coaches. This summer marks his first as Assistant Head Coach, bringing

boundless energy and a fresh perspective to the team, ready to inspire the next generation of Otters with his positive attitude and dedication. Outside of the water, JAM is passionate about computers, having spent countless hours learning to build his own, an interest that may shape his future career in computer hardware engineering. Looking ahead, JAM plans to attend college in Europe to study computer hardware engineering.