

NVSL DIVING

DIVISION VII



DIVISION CHAMPIONSHIP

Hosted By

HAMLET SWIM & TENNIS CLUB

July 26, 2026

ESTIMATED TIME SCHEDULE

OPEN WARM-UPS 7:00 AM – 7:45 AM

FRESHMAN GIRLS WARM-UP 7:45 AM

NATIONAL ANTHEM & OATHS 7:55 AM

FRESHMAN GIRLS 8:00 AM

FRESHMAN BOYS WARM-UP 8:31 AM

FRESHMAN BOYS 8:46 AM

JUNIOR GIRLS WARM-UP 8:58 AM

JUNIOR GIRLS 9:18 AM

JUNIOR BOYS WARM-UP 9:46 AM

JUNIOR BOYS 10:06 AM

PRESENTATION OF DIVISIONAL AWARDS 10:22 AM

INTERMEDIATE GIRLS WARM-UP 10:32 AM

INTERMEDIATE GIRLS 10:57 AM

INTERMEDIATE BOYS WARM-UP 11:26 AM

INTERMEDIATE BOYS 11:46 AM

SENIOR GIRLS & BOYS WARM-UP 12:01 PM

SENIOR GIRLS AND BOYS 12:31 PM

ESTIMATED END 1:09 PM

THE BOLDED START TIMES ARE FOR THE ACTUAL DIVING EVENT. DIVERS SHOULD ARRIVE 30 MINUTES BEFORE THEIR EVENT. THERE WILL BE A 20-MINUTE WARM-UP IMMEDIATELY BEFORE EACH EVENT.

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.

A heartfelt thank you to the dive team representatives, dive team members and their families, pool staff, and everyone throughout the NVSL community who generously contributed their time and efforts to support this year's Division VII Championship Meet.

Special thanks to all of the meet officials—both at the tables and on the pool deck—whose dedication and hard work are essential to the successful operation of the meet.

We are especially grateful to our coaches for their unwavering commitment to the sport and to the development of our divers. Your leadership, encouragement, and dedication make a lasting impact.

Finally, congratulations and sincere thanks to all of the divers in Division VII. Your hard work, sportsmanship, and outstanding performances have made this season a memorable one. It has been a pleasure to watch you share your talents, determination, and love of the sport throughout the 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 finisher(s) now diving in Division VII are:

FG Alicia Pereira Kim (HSC)

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.

Average Fifth Place Scores (2025)

Freshman Girls 70.24
Freshman Boys 68.18
Junior Girls 101.64
Junior Boys 97.02
Intermediate Girls 134.72
Intermediate Boys 135.07
Senior Girls 182.48
Senior Boys 202.14

TEAM COACHES

Cardinal Hill	Head Coach Brenda Massey Assistant coaches: Allie Reback, Dani Rothman, Nate Beck, & Jackson Brabender
Hamlet	Head Coach Parker Rice Assistant Coach Alan Fu Junior Coaches Anna Pereira Kim & Campbell Kurpiel
Highland Park	Head Coach Mac Coulby Assistant Coach Ginny Coulby Junior Coach Mabel Margolis
Sideburn Run	Head Coach Kevin Dinkel Assistant Coach Garrett Simonson
Mantua	Head Coaches Regan Mooney & Eric Wagner; Assistant Coaches Lydia Tetreault & Eva Schwenzer
Pinecrest	Head Coach Aggie Alessandrino Assistant Coach Devon Alessandrino Junior Coach Connor Ryan

TEAM REPRESENTATIVES

Cardinal Hill	Kate Beck & Ashley Uhl
Hamlet	Rachel Wegner & Phyllis Hashemi
Highland Park	Julie Painter & Michelle Stigliano
Sideburn Run	Megan Bellomo & Erin Wilson
Mantua	Tessa White & Laura Tetreault
Pinecrest	Amy Kalfus

MEET OFFICIALS

Division Coordinators: Rachel Wegner & Phyllis Hashemi (HSC)

Meet Managers: Rachel Wegner & Phyllis Hashemi (HSC)

National Anthem: Grace Wegner, violin (HSC)

Announcers: Jacquin Pierce (Pinecrest), Rachel Wegner (HSC)

Meet Secretary: **Freshmen:** Julie Margolis (Highland Park); **Juniors:** Meg Bellomo (Sideburn Run), **Intermediates:** Kate Beck (Cardinal Hill), **Seniors:** Amy Kalfus (Pinecrest)

Referees/Judges: Heather Stalfort (Sideburn Run) (freshmen), Mike Bertman (unaffiliated) (juniors, intermediates, and seniors)

Judges, Freshmen: Josiah Allen (Pinecrest), Sue Edwards (Pinecrest), Michael Margolis (Highland Park), Erin Wilson (Sideburn Run),

Judges, Juniors: Heather Stalfort, Brad Schwenzer (Mantua), Allen Brabender (Cardinal Hill), Kristen Hopkins (HSC)

Judges, Intermediates: Erika Pereira Kim (HSC), Debbie Apgar (Cardinal Hill), Scott Fisher (HSC), Karl Rothman (Cardinal Hill)

Judges, Seniors: Mike Stigliano (HP), Dan Laursen (Mantua), Joe Mosinski (Highland Park), John Redington (Mantua)

DIVISION VII FRESHMAN DIVERS

(Age 10 and under)
(listed alphabetically)

	<u>FRESHMAN GIRLS</u>	<u>SCORE</u>	<u>PLACE</u>
HSC	Alicia Pereira Kim	_____	_____
SR	Annemarie “Rosie” Cummings	_____	_____
HSC	CC Roth	_____	_____
HSC	Jordana Ghazal	_____	_____
SR	Kate Cummings	_____	_____
P	Liani Kopek	_____	_____
P	Nora Kalfus	_____	_____
P	Paige Nelson	_____	_____
SR	Penelope (“Penny”) Cummings	_____	_____
P	Peyton Davis	_____	_____
HP	Sasha Wimpey	_____	_____
HP	Scarlet Johnson	_____	_____
P	Sia Fersisizidis	_____	_____
CH	Stella McCormack	_____	_____
P	Taylor Davis	_____	_____
P	Tenley Manning	_____	_____
P	Tessa Schauder	_____	_____
HP	Vivian Denniston	_____	_____

	<u>FRESHMAN BOYS</u>	<u>SCORE</u>	<u>PLACE</u>
CH	Andrew Beck	_____	_____
SR	Finley O’Driscoll	_____	_____
HP	Henry Oakes	_____	_____
HP	Isaac Peterson	_____	_____
HP	Jackson Force	_____	_____
P	Patrick Cochrane	_____	_____
CH	Ryan Howsare	_____	_____

DIVISION VII JUNIOR DIVERS

(Age 11 and 12)
(listed alphabetically)

<u>JUNIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
M	Annabel Rider	_____	_____
HSC	Arden LaMacchia	_____	_____
SR	Caroline Willson	_____	_____
SR	Clara Cummings	_____	_____
HP	Eleanor Dannen	_____	_____
P	Erin Edwards	_____	_____
M	Erin Pinchas	_____	_____
CH	Evelyn Uhl	_____	_____
HP	Gloria Johnson	_____	_____
HSC	Grace Wegner	_____	_____
M	Leila White	_____	_____
CH	Lilly Apgar	_____	_____

<u>JUNIOR BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
HSC	Andrew Fisher	_____	_____
P	Christopher Poole	_____	_____
M	Drew Laursen	_____	_____
M	Eliot White	_____	_____
M	Miles McWilliams	_____	_____
HP	Oliver Tuckley	_____	_____
P	Ryan Kalfus	_____	_____

DIVISION VII INTERMEDIATE DIVERS

(Age 13 and 14)
(listed alphabetically)

	<u>INTERMEDIATE GIRLS</u>	<u>SCORE</u>	<u>PLACE</u>
M	Anna Soligan	_____	_____
CH	Brooklyn Brabender	_____	_____
P	Caris Allen	_____	_____
M	Catherine Redington	_____	_____
SR	Cora Bellomo	_____	_____
HP	Eleanor Howell	_____	_____
CH	Ellison Gilman	_____	_____
CH	Emily Zahalsky	_____	_____
M	Juliet Tetreault	_____	_____
SR	Kendall Willson	_____	_____

	<u>INTERMEDIATE BOYS</u>	<u>SCORE</u>	<u>PLACE</u>
CH	Alexander Halphen	_____	_____
HP	Ben Margolis	_____	_____
HP	Joe Mosinski	_____	_____
P	John Paul Ryan	_____	_____
HP	PJ Stigliano	_____	_____

DIVISION VII SENIOR DIVERS

(Age 15 and up)
(listed alphabetically)

<u>SENIOR GIRLS</u>		<u>SCORE</u>	<u>PLACE</u>
HSC	Anna Pereira Kim	_____	_____
CH	Dani Rothman	_____	_____
M	Eva Schwenzer	_____	_____
M	Lydia Teteault	_____	_____
HP	Mabel Margolis	_____	_____
M	Margaret Levi	_____	_____
CH	Samantha Apgar	_____	_____

<u>SENIOR BOYS</u>		<u>SCORE</u>	<u>PLACE</u>
P	Connor Ryan	_____	_____
HSC	Jacob Ross	_____	_____
HP	Liam Painter	_____	_____
CH	Nate Beck	_____	_____

MEET VOLUNTEERS – DIVISION VII

Position	Freshmen	Juniors	Intermediates	Seniors
Check in	Phyllis Hashemi (HSC)	Phyllis Hashemi (HSC)	Check in closed; check in with table	Check in closed; check in with table
Announcer	Jacquie Pierce (PC)	Jacquie Pierce (PC)	Rachel Wegner (HSC)	Rachel Wegner (HSC)
Meet Secretary/Awards	Julie Margolis (HP)	Meg Bellomo (SR)	Kate Beck (CH)	Amy Kalfus (PC)
Referee/Judge 1	Heather Stalfort (SR)	Mike Bertman (unaff)	Mike Bertman (unaff)	Mike Bertman (unaff)
Judge 2/Consulting Referee	Josiah Allen (PC) (consulting ref)	Heather Stalfort (SR)	Erika Pereira Kim (HSC)	Mike Stigliano (HP)
Judge 3	Sue Edwards (PC)	Brad Schwenzer (Mantua)	Debbie Apgar (CH)	Dan Laursen (Mantua)
Judge 4	Michael Margolis (HP)	Allen Brabender (CH)	Scott Fisher (HSC)	Joe Mosinski (HP)
Judge 5	Erin Wilson (SR)	Kristen Hopkins (HSC)	Karl Rothman (CH)	John Redington (Man)
Writer 1	Meg Bellomo (SR)	Jen Johnson (HP)	Rhea Henderson (HSC)	Kevin Dinkel (SR)
Writer 2	Ashley Kelloff (Mantua)	Kathleen McCormick (CH)	Claire Halphen (CH)	Howard Zahalsky (CH)
Calculator 1	Liz Howsare (CH)	Tim Bellomo (SR)	Tara Soligan (Mantua)	Jill Levi (Mantua)
Calculator 2	Artemisia Hashemi (HSC)	Artemisia Hashemi (HSC)	Kim Fisher (HSC)	Kim Fisher (HSC)

Set up: The Henderson/LaMacchia family, the Fisher family, the Ghazal family, the Wegner family, the Pierre family

GRADUATING SENIORS

EVAN MIDDLETON (MANTUA)

Evan Middleton's journey with the Mantua Marlins began 13 years ago, plus a foundational year as a Mini Marlin. A standout athlete, he earned NVSL All-Star honors in both individual events and relays, while also serving as a lifeguard and swim coach over the past three years. Later in his Marlin career, Evan noticed a shortage of senior competitors on the dive team and decided to jump in—literally. Starting dive later than most, he worked diligently to master every dive needed to compete in A Meets. Through his courage and leadership, Evan has truly embodied the team motto: *"Try something new and be brave!"* A recent graduate of W.T. Woodson High School and member of their Varsity Swim and Dive Team for 4 years, Evan will head to James Madison University this fall to major in Biology. His parting advice for the younger Marlins?

"Cheer your heart out, and have lots of random conversations in the clerk of course!"

REBECCA ROTHMAN (CARDINAL HILL)

Rebecca has been diving on the Cardinal Hill dive team since the age of 6. She was a 4-year member of the Marshall High Dive team and won the Outstanding Diver award in her sophomore year. Rebecca plans to major in Civil Engineering at Virginia Tech in the fall.

DANI ROTHMAN (CARDINAL HILL)

Dani has been on the Cardinal Hill Dive team since the age of 6 and has been an assistant coach for the last 4 years. She was a 4-year member of the Marshall High Dive Team where she won the Outstanding Diver Award twice (Freshman & Senior Year), and qualified for both districts and regionals. Dani was Captain of the team for 2 years and awarded the TR Cook Award for Sports from the Vienna Rotary. Dani plans to double major in Criminology and Theatre at Virginia Tech in the fall.

NVSL Dive Divisional Meet Team Award

An award will be given to the team which earns the most points at the Divisional meet. This award is another opportunity for the divers to contribute to their team. This is an additional award and does not have any bearing on the Division Champion determination. The points are awarded as follows:

Place Team Points

1st 20

2nd 17

3rd 15

4th 13

5th 12

6th 11

7th 10

8th 9

9th 8

10th 7

11th 6

12th 5

13th 4

14th 3

15th 2

16th + 1