

NVSL DIVING DIVISION VI



DIVISION INDIVIDUAL CHAMPIONSHIP MEET

at
Sleepy Hollow Bath & Racquet
July 26, 2026

Estimated Schedule for Division 6 Championship Meet

Event	Warmup	Start	End
Freshman Girls	7:45 AM	8:00 AM	8:19 AM
Freshman Boys	8:19 AM	8:34 AM	8:46 AM
Junior Girls	8:46 AM	9:06 AM	9:43 AM
Junior Boys	9:43 AM	10:03 AM	10:29 AM
Intermediate Girls	10:29 AM	10:54 AM	11:20 AM
Intermediate Boys	11:20 AM	11:40 AM	12:04 PM
Senior Girls	12:04 PM	12:24 PM	12:55 PM
Senior Boys	12:55 PM	1:15 PM	1:54 PM

The estimated start times are for the actual diving event. Please arrive no less than 30 minutes before your event. Warm-ups will be 20 minutes immediately **before** your start time.

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.

Division VI appreciates Sleepy Hollow B&R for providing their pool for our Divisional meet this year. Many thanks to all the volunteer officials at the table and on deck whose service makes this meet possible. Thank you to the coaches for their dedication to nurturing young divers on and off the boards. Thank you to all the divers who worked hard all season to improve their skills and sportsmanship.

QUALIFYING FOR ALL-STARS

The highest two scorers in each event are eligible for the All-Stars Meet. The next place finisher will be the alternate for his/her age group and will be able to participate in All-Stars if one of the top two finishers are unable to attend. Additionally, divers who finish no lower than third in

Divisionals and who placed in the top eight in the previous year's All-Stars Meet qualify for the All-Stars Meet.

Previous year's All-Stars top eight finishers now diving in Division VI are:

- Azeria Arnic (SHB)
- Eli Edwards (OH)
- Graham Benson (CSC)
- Kenzo Bills (NS)
- Miah Henderson (NS)
- Ryan Wells (CCC)

Additionally, divers who achieve a Divisional score equal to or greater than the average fifth place All-Stars scores listed below for their age group will qualify for the All-Stars Meet.

**NVSL DIVING 2026 SEASON
AVERAGE FIFTH PLACE ALL-STAR FINISHES**

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 – 202.1

Divisional Workers – Division 6

	Freshmen	Junior	Intermediate	Senior
Referee	Kristin Webster	Katie Wayne	Megan Edwards	Kristin Webster
Judges	Cherlyn Jenkins Assem Suqi Lori Carpenter Bill Hiscock	Jimmy Fernandes Emely Simone Andrew Prunty Alexey Orlova	Brian Albers Andrea Themely Jen Arnic Jill Randazzo	Bill Hiscock Jess Albers Jill Randazzo Andrew Prunty
Announcer	Jane Birkelbach	Nelson McClure	Julie Benson	Nelson McClure
Table Workers	Patrick Hoar Sarah Rhodes Cassandra Tran Chris Springer	Kayt Shipley Rebecca Good Michele Moorehead Kate Aurilio	Darlene Phung Katie Willet Molly Huie Kelly Pike	Erin Henderson Lydia DiCola Maureen Spickelmeier Praneet Haley

Meet Secretary	Lydia DiCola	Laura Wilson	Anne Marie Robert	Katherine McClure
Check-in	Katherine McClure	Katherine McClure	*check-in at table	*check-in at table

COACHES & TEAM REPRESENTATIVES



Camelot

Head Coach - Ashleigh Lamkin

Assistant Coach - Cecilia Wilson & Jake Themely

Team Rep - Laura Wilson & Carly Smith



Commonwealth

Head Coach - Isaiah Lora Pena & Shawn Hubbard

Team Reps - Kristin Webster & Julie Benson



North Springfield

Head Coach - Xavier Johnston

Assistant Coaches - Keira Dalrymple & Ethan Simone

Team Rep - Jess Albers



Orange Hunt

Head Coach - Ainsley Taylor

Assistant Coach - Grant McClure

Junior Coaches - Rebecca Drobnis & Eli Edwards

Team Rep - Katherine McClure



Ravensworth

Head Coach - Jillian Champlin

Assistant Coaches - Mo Murphy & Luke Houghton

Deck Coach - Sofia DiCola

Team Rep - Lydia DiCola

SHBR



DIVE TEAM

Sleepy Hollow Bath & Racquet

Head Coach - Joey Liller

Assistant Coach - Paisley Wilkins

Team Rep - Jen Arnic

MEET OFFICIALS

Division Coordinator: Katherine McClure

Meet Managers:

Katherine McClure (OH), Jen Arnic (SHBR)

Division 6

FRESHMAN DIVERS

Freshman Girls	
Kelsie Trieu	Commonwealth Swim Club
Elaina Ryan	Orange Hunt
Hannah Springer	Sleepy Hollow Bath
June Benson	Commonwealth Swim Club
Graciela Padilla	Camelot Community Club
Kiera Phung	Ravensworth Farm
Beatrix Smith	Camelot Community Club
Eva Pereira	North Springfield
Lana Hoar	Sleepy Hollow Bath
Maeve Tompkins	North Springfield
Jolene Fernandes	Commonwealth Swim Club
Freshman Boys	
Roger Rhodes	Sleepy Hollow Bath
Jasper Albers	North Springfield
PJ Chunn	Orange Hunt
Everett Cantone	Orange Hunt
Henry Busch	Orange Hunt
Declan Prunty	Ravensworth Farm
Kenzo Bills	North Springfield

Division 6

JUNIOR DIVERS

Junior Girls	
Charlotte Sutton	Ravensworth Farm

Cathryn Good	Sleepy Hollow Bath
Eleni Shipley	Commonwealth Swim Club
Roya Calkins	Orange Hunt
Ellie Hiscock	Orange Hunt
Kiera Carpenter	Orange Hunt
Lauren Lynn	Orange Hunt
Madeline Pike	Camelot Community Club
Addison Prunty	Ravensworth Farm
Lelia Guthrie	Camelot Community Club
Maren Lamkin	Camelot Community Club
Fiorentina Vargas	Commonwealth Swim Club
Lily Huie	Camelot Community Club
Taylor Randazzo	Orange Hunt
Natalie Aurilio	Orange Hunt
Eleanor Phillips	Commonwealth Swim Club
Junior Boys	
Yusef Suqi	Ravensworth Farm
Rhys Willet	Camelot Community Club
Peter Lips	Sleepy Hollow Bath
Wesley Smith	Camelot Community Club
Jackson Beall	Camelot Community Club
Ryan Phung	Ravensworth Farm
Harvey Smith	Camelot Community Club
Zachary Moorehead	Sleepy Hollow Bath
Declan Ginley	North Springfield
Asher Arnic	Sleepy Hollow Bath
Kenson Lee	Commonwealth Swim Club

Division 6 INTERMEDIATE DIVERS

Intermediate Girls	
Maya Orlova	Sleepy Hollow Bath
Abigail Webster	Commonwealth Swim Club
Harper Pham	Sleepy Hollow Bath
Karolina Ramon	Ravensworth Farm
Lucy Bennett	Ravensworth Farm
Evie Spickelmier	North Springfield
Natalia Haley	North Springfield
Gabi Simone	North Springfield
Gaby Kostova	Orange Hunt
Intermediate Boys	
Grayson Matlis	Camelot Community Club
Jackson Phung	Ravensworth Farm
Paul DiCola	Ravensworth Farm
Ryan Guy	North Springfield
Graham Benson	Commonwealth Swim Club
Colin Wilson	Camelot Community Club
Nicholas Jenkins	Commonwealth Swim Club
Carlos Manuel Iguina Espinoza	North Springfield

Division 6

SENIOR DIVERS

Senior Girls	
Miah Henderson	North Springfield
Elia Mazerolle	Orange Hunt
Clara Keeton	Orange Hunt
Sofia DiCola	Ravensworth Farm

Azeria Arnic	Sleepy Hollow Bath
Cecilia Wilson	Camelot Community Club
Haley Trieu	Commonwealth Swim Club
Jenna Wathen	Commonwealth Swim Club
Isabella D'Ambrogi	North Springfield
Senior Boys	
Alberto Tolentino	North Springfield
Zach Noyes	North Springfield
Emmett Stadtler	Sleepy Hollow Bath
Leo McFadden	Ravensworth Farm
Jacob Themely	Camelot Community Club
Isaiah Lora Pena	Commonwealth Swim Club
Carter Jenkins	Commonwealth Swim Club
Connor Prunty	Ravensworth Farm
Eli Edwards	Orange Hunt
Ethan Simone	North Springfield
Grant McClure	Orange Hunt

2026 GRADUATING SENIORS

Luke Houghton - Ravensworth

Luke has been a member of the Ravensworth Dive Team since 2016, including becoming an Assistant Coach last summer. Highlights of his time as a Raven include diving in the 2018 All Star meet and taking on the role of coach, which has allowed him to feel more connected to the pool community. He especially loves coaching the younger divers and spending extra time with his teammates. He wants to give special thanks to Mrs. DiCola for her encouragement and support and to his fellow coaches for their friendship and making it so much fun. Luke's favorite Ravensworth traditions are the team dinners after meets and the end-of-season Beach Trip to Ocean City, which helped form core memories of his summers as a Raven.

In the fall, Luke will be attending West Virginia University to study Mechanical Engineering and will be playing hockey, his main sport, on the university's club team.

Grant McClure - Orange Hunt

Grant is a 2026 graduate of West Springfield High School who has been diving as an Orange Hunt Shark since he was seven. He began as a MiniShark at four and joined the swim team when he was 6; but quickly shared that he wanted to dive instead of “just swimming back and forth”. Since joining the dive team in 2015, he won the Team Spirit award in 2017, Coaches Award in 2021, has competed in Wally Martin, All Stars and the Synchro meet, and holds pool records in 3m and synchro. He was a Junior Coach for two seasons before becoming the Assistant Coach in 2023.

He was a member of the WSHS Marching Spartans - 3 years on the drumline and Drum Major his senior year. Grant also played WSLL / SBR baseball for many years. He lettered as a varsity diver at WSHS and was Captain his last two seasons. He made the State Team his senior year and placed 7th at the VHSL state meet. He was a winter diver at Mason Dive Academy from 2016-23, and currently dives with the Nova Meteors club team. Grant has committed as a varsity diver for the Rochester Institute of Technology next year where he is majoring in Mechanical Engineering and plans to rhythmically beat on things in the RIT Pep Band.

Leo McFadden - Ravensworth

Leo has been a member of the Dive Team for 7 years, as well as the Swim Team in 2017 and 2026. The highlight of Leo's diving career has definitely been learning how to do a double-gainer and serving as an assistant coach last year. As both a coach and teammate, he has really enjoyed helping the younger kids learn new dives and watching their progress!

Leo also spent his Junior year on the Lake Braddock Dive Team, but says he can't think of any highlights because Ravensworth was SO much more fun!

Leo has a lot of favorite Ravensworth traditions, including the end-of-season Beach Trip to Ocean City, the Swim-for-Diabetes lock-in, being double-bounced off the board during Fun Days, the famous Paper Plate Awards, and participating in the Swim Team Pep Rallies. He is proud to say Ravensworth has been like a second home.

In the fall, Leo will be attending NoVA, where he hopes to explore the fields of Physical Therapy or Nutrition.

Cash Riedel - Ravensworth

Tyler "Cash" Riedel has been a member of the Ravensworth Dive Team for 11 years. In his early years, he always looked forward to the Cracker Jack Meet, mostly for the donuts, but also to cheer his team on. One of his proudest moments was learning his reverse flip as it was something he dreamed of learning since he joined the team. He formed lasting friendships with teammates like Jasper, Connor, and Xavier and enjoyed growing up with them on the team.

Cash also dove for the Lake Braddock Bruins during his sophomore year, and participated in the Dominion Dive Club training for 4 years. Winter diving helped him make significant improvements in his skills and build confidence.

Some of Cash's favorite memories were Fun Day practices and spending time with his teammates during chilly morning practices, while he and his friends would try to sneak into the hot showers whenever they could. He also always looked forward to the coaches' hilarious Paper Plate Awards at the end of the season.

In the fall, Cash will be attending NoVA through the ADVANCE program before transferring to George Mason University where he hopes to complete his degree in a field involving video production or other creative media.

Ethan Simone - North Springfield

It was at the age of 10 that Ethan first began diving. His mom remembers that the dive that frightened him most during his first summer was a backward somersault tuck. Watching him now perform complex twists and multiple-flip dives, it is hard to imagine that fear once held him back. Since then, Ethan has fully embraced the sport and has enjoyed competing in both the NVSL and for Annandale High School. Standing 6 feet 2 inches tall, Ethan has never allowed his taller frame to become an excuse. Instead, he has continued to push himself, taking on increasingly difficult dives with courage and determination. As Ethan has grown as a diver, he has also become an important leader on our team. This summer marks his third year as an assistant coach for North Springfield. Ethan is thoughtful, insightful, and patient—qualities that have made him an excellent coach and mentor to our younger divers. As both our most senior diver and an assistant coach, he has provided stability, encouragement, and leadership for the entire team. Ethan will be attending the University of Mary Washington this fall, where he plans to study kinesiology with the goal of pursuing a career in physical therapy. Ethan, congratulations on your graduation and on this exciting next chapter. We are incredibly proud of everything you have accomplished, both on the diving board and as a leader. We cannot wait to see all that you achieve at Mary Washington and beyond.

Haley Trieu

Haley graduated from Robinson Secondary School. She was highly involved in athletics and was part of the State winning Cheer and Indoor/Outdoor Girls Track and Field teams. She also competed on the gymnastics team as well as one season for the Swim and Dive team. Haley has been in gymnastics since age 3, which was a perfect transition into dive when her younger sister talked her into it. She has been diving for 3 summers now and is enjoying her time as a Commonwealth Cuda.

Haley is attending Worcester Polytechnic Institute to study civil engineering with minors in Spanish and architectural engineering. She will continue her pole vault career there, but not without the dive team trying to recruit her.

Her favorite memory on the dive team is her teammates cheering her on at the first dive meet of last season and her teammates making fun of her wiggle (the real ones know). Her advice to the kids is don't be scared to try new things and be comfortable with the uncomfortable.

Meet Results

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Freshman Girls

NAME (11 Divers)	Team	Score	Place	AS	Alt
Kelsie Trieu	Commonwealth Swim Club	54.85	4		
Elaina Ryan	Orange Hunt	46.40	6		
Hannah Springer	Sleepy Hollow Bath	44.55	7		
June Benson	Commonwealth Swim Club	63.15	1	✓	
Graciela Padilla	Camelot Community Club	50.70	5		
Kiera Phung	Ravensworth Farm	31.20	11		
Beatrix Smith	Camelot Community Club	31.75	10		
Eva Pereira	North Springfield	33.50	9		
Lana Hoar	Sleepy Hollow Bath	37.70	8		
Maeve Tompkins	North Springfield	55.10	3		✓
Jolene Fernandes	Commonwealth Swim Club	58.80	2	✓	

Qualifying Score: **70.24***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: None

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Freshman Boys

NAME (7 Divers)	Team	Score	Place	AS	Alt
Roger Rhodes	Sleepy Hollow Bath	27.00	7		
Jasper Albers	North Springfield	58.15	3		✓
PJ Chunn	Orange Hunt	57.75	4		
Everett Cantone	Orange Hunt	47.10	5		
Henry Busch	Orange Hunt	40.45	6		
Declan Prunty	Ravensworth Farm	68.65	2	✓	
Kenzo Bills	North Springfield	70.35	1	✓	

Qualifying Score: **68.18***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: Kenzo Bills (NS)

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Junior Girls

NAME (16 Divers)	Team	Score	Place	AS	Alt
Charlotte Sutton	Ravensworth Farm	50.95	15		
Cathryn Good	Sleepy Hollow Bath	62.15	12		
Eleni Shipley	Commonwealth Swim Club	72.15	5		
Roya Calkins	Orange Hunt	64.20	10		
Ellie Hiscock	Orange Hunt	90.30	2	✓	
Kiera Carpenter	Orange Hunt	63.30	11		
Lauren Lynn	Orange Hunt	73.80	4		✓
Madeline Pike	Camelot Community Club	84.35	3		✓
Addison Prunty	Ravensworth Farm	69.40	8		
Lelia Guthrie	Camelot Community Club	54.60	14		
Maren Lamkin	Camelot Community Club	70.50	6		
Fiorentina Vargas	Commonwealth Swim Club	65.60	9		
Lily Huie	Camelot Community Club	48.70	16		
Taylor Randazzo	Orange Hunt	57.50	13		
Natalie Aurilio	Orange Hunt	69.55	7		
Eleanor Phillips	Commonwealth Swim Club	101.35	1	✓	

Qualifying Score: **101.64***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: None

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Junior Boys

NAME (11 Divers)	Team	Score	Place	AS	Alt
Yusef Suqi	Ravensworth Farm	69.05	3		
Rhys Willet	Camelot Community Club	78.95	2		
Peter Lips	Sleepy Hollow Bath				
Wesley Smith	Camelot Community Club	43.30	10		
Jackson Beall	Camelot Community Club	54.80	7		
Ryan Phung	Ravensworth Farm	65.00	4		
Harvey Smith	Camelot Community Club	52.70	8		
Zachary Moorehead	Sleepy Hollow Bath	61.00	6		
Declan Ginley	North Springfield	80.80	1		
Asher Arnic	Sleepy Hollow Bath	51.50	9		
Kenson Lee	Commonwealth Swim Club	61.35	5		

Qualifying Score: **97.02***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: None

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Intermediate Girls

NAME (9 Divers)	Team	Score	Place	AS	Alt
Maya Orlova	Sleepy Hollow Bath	97.55	4		
Abigail Webster	Commonwealth Swim Club	71.85	9		
Harper Pham	Sleepy Hollow Bath	64.95	10		
Karolina Ramon	Ravensworth Farm	88.55	6		
Lucy Bennett	Ravensworth Farm	84.10	8		
Evie Spickelmier	North Springfield	100.55	3		
Natalia Haley	North Springfield	124.10	1		
Gabi Simone	North Springfield	94.65	5		
Gaby Kostova	Orange Hunt	86.70	7		

Hailey Randazzo Orange Hunt 119.70 2

Qualifying Score: **134.72**

Any place finisher with above score or higher qualifies.

2025 top 8 All-Star Finishers: None

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Intermediate Boys

NAME (8 Divers)	Team	Score	Place	AS	Alt
Grayson Matlis	Camelot Community Club	138.00	1		
Jackson Phung	Ravensworth Farm	73.55	7		
Paul DiCola	Ravensworth Farm	85.05	5		
Ryan Guy	North Springfield	107.35	3		
Graham Benson	Commonwealth Swim Club	118.10	2		
Colin Wilson	Camelot Community Club	84.20	6		
Nicholas Jenkins	Commonwealth Swim Club	88.70	4		
Carlos Manuel Iguina Espinoza	North Springfield				

Qualifying Score: **135.07***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: Graham Benson (CSC)

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Senior Girls

NAME (9 Divers)	Team	Score	Place	AS	Alt
Miah Henderson	North Springfield	150.60	1	✓	
Elia Mazerolle	Orange Hunt	145.95	2	✓	
Clara Keeton	Orange Hunt	138.45	4		✓
Sofia DiCola	Ravensworth Farm	126.30	6		
Azeria Arnic	Sleepy Hollow Bath	143.55	3		✓
Cecilia Wilson	Camelot Community Club	125.70	7		
Haley Trieu	Commonwealth Swim Club	135.20	5		
Jenna Wathen	Commonwealth Swim Club	118.80	8		
Isabella D'Ambrogi	North Springfield	112.05	9		

Qualifying Score: **182.48***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: Miah Henderson (NS), Azeria Arnic (SHB)

Above divers qualify if they place no lower than first alternate.

RESULTS REPORTING SHEET



NVSL Division VI Championship

July 26, 2026

Senior Boys

NAME (11 Divers)	Team	Score	Place	AS	Alt
Alberto Tolentino	North Springfield	134.40	6		
Zach Noyes	North Springfield	107.15	9		
Emmett Stadtler	Sleepy Hollow Bath	79.55	11		
Leo McFadden	Ravensworth Farm	137.00	4		✓
Jacob Themely	Camelot Community Club	171.35	3		✓
Isaiah Lora Pena	Commonwealth Swim Club	136.30	5		
Carter Jenkins	Commonwealth Swim Club	103.75	10		
Connor Prunty	Ravensworth Farm	126.70	7		
Eli Edwards	Orange Hunt	180.80	2	✓	
Ethan Simone	North Springfield	119.45	8		
Grant McClure	Orange Hunt	206.20	1	✓	

Qualifying Score: **202.14***Any place finisher with above score or higher qualifies.*

2025 top 8 All-Star Finishers: Ryan Wells (CCC), Eli Edwards (OH)

Above divers qualify if they place no lower than first alternate.