

**NOTEWORTHY NEWS I    *By Head Coach, Goeff Brown***

**WELCOME TO NOVA OR WELCOME BACK . . .** whatever the case may be. The coaching staff is delighted that you have chosen NOVA and we will do our best to make this a productive and pleasant year for your family. Copies of the new parent introduction to the NOVA Aquatics Center are available. Ask a coach and a copy will be delivered. **The first week can be a bit chaotic**, so relax and allow us to organize the chaos and apply our experienced sense of order to it all bit by bit.

**ALL YOUR SWIMMING EQUIPMENT NEEDS . . .** can be met by the Virginia Swim Shop located to the right of the main door. Come visit the hard-working ladies and remember that the Swim Shop is one of NOVA's key fund-raisers. Your visits support your child!

**OUR THOUGHTS AND PRAYERS FOCUS ON THE SHERANEK FAMILY . . .**, Sheila, Lauren, Tom and Will, on the passing away of John Sheranek, husband and father, Sunday morning. The funeral is slated for Friday at 10 AM at 2<sup>nd</sup> Baptist Church on River Road.

**REGISTRATION INFORMATION FOR THE 3<sup>rd</sup> ANNUAL SHORT PUMP MILE AND EXPRESS FUN RUN . . .** is available on-line. All NOVA swimmers are strongly encouraged to enter. Bridget Cuthbert has been busy lining up corporate support and we need to respond as an organization to that support by participating strongly in these runs. We would like to increase our participation over last year's effort by 25%! It's worthy, it's fun and there's nothing like watching swimmers run. Register now and say thanks to our generous sponsors ! Entry is cheaper this week so save a few dollars by being an early adopter !

**OK, I'LL BE A BIT APOLOGETIC FOR BEGINNING THIS SEASON WITH FUND-RAISING NOTES. . .** but each is a useful reminder for the beginning of the year. We have two very tidy ways to do your fund-raising via your everyday shopping. One is through Kroger: buy a \$ 5 gift card in the Swim Shop, go to Kroger and load it with whatever amount you choose. Go shopping and NOVA gets 5% back. Your family fund-raising obligation can also be erased through other everyday shopping. Through the SCRIP program and its wide range of choices, your everyday shopping can help lower that fund-raising obligation. Check out the details on the website. We appreciate your support. Remember, NOVA is a non-profit organization. Every fund-raising dollar benefits our young people !

**OUR COACH/PARENT MEETINGS WILL BE HELD . . .** this weekend and next and I strongly advise that interested parents attend. We'll spice that advice with the offer of a volunteer hour for attending families. Coaches will spell out their goals for their groups and answer questions regarding the upcoming season. Please honor us with your presence. Please bring a folding chair because we will move outside if there is good weather.

If the meetings are listed separately, they will be held separately.

**Novice Silver & Gold Meeting:** Sunday, 9/18 1:00 PM

**AGP:** Sunday, 9/25 1:00 PM

**AGS:** Sunday, 9/18 3:00 PM

**AGDS:** Sunday, 9/25 2:00 PM

**AGG:** Sunday, 9/25 1:00 PM

**SDG PM:** Saturday, 9/24 10:00 AM

**SDS:** TBA

**AGDG:** Sunday, 9/18 4:00 PM

**SDG AM:** Saturday, 9/24 8:00 AM

**Senior Gold:** Sunday, 9/18 2:00 PM

**Senior Silver:** Saturday, 9/17 3:00 PM

**INTRODUCING OUR COACHING LINE-UP FOR 2011-12 . . .** and I know you will note the experience available at all levels of our program. We have already announced the addition of MC Thomas to full-time staff and she will be working extensively throughout the program as she gets her NOVA sea-legs. I am confident at announcing that this will be our strongest coaching line-up ever.

Diane Cayce: Senior Development Gold PM, Senior Development Silver, sometimes Novice Silver

Mark Kutz: AM Senior Groups, Masters, All around Super sub

Drew Hirth: Age Group Silver, Novice Gold, Age Group Development Gold, AGG

MC Thomas: Novice Gold, SDG AM, SDG PM, AGG

David Schreck: Age Group Development Silver, Age Group Gold

Geoff Brown: Novice Gold, Senior Gold

Brent St. Pierre: Senior Silver, Novice Silver, AGG, SDG AM + PM, Novice Gold

Lisa Brown: Novice Silver

Elena Reschikova: Novice Bronze, Novice Gold and Novice Silver

Kelly Brinson: Novice Silver, Age Group Silver

Mike McKee: Age Group Development Silver, Age Group Prep, Novice Gold, SDS, SDG PM

Stephanie Wolfle: Age Group Silver, SDS

Danielle Myers: AGDG

**UNIVERSITY OF RICHMOND STRENGTH COACH JAY DEMAYO . . .** will once again be working with our swimmers this year and we are most thrilled about that. Jay is the strength coach for the Women's swim team and for several other sports at U of R.

**CONGRATULATIONS TO BLAIR CARNES, REBECCA RAINER, ALISON HAULSEE AND THOMAS STEPHENS . . .** on being selected for the National Junior Team based on their performances at Senior Nations at Stanford this summer.

**TEN YEARS AGO YESTERDAY . . .** will always be a searing date for every American. I remember stopping briefly by the NOVA pool on my way to the University of Richmond. The lifeguard on duty told me that he had heard that a small plane had

crashed into a building in New York. We turned on the TV and watched for a few moments. The World Trade Center had been hit, but details were still sketchy. Everything changed when the 2<sup>nd</sup> and 3<sup>rd</sup> planes struck the South Tower and the Pentagon. The news networks began to catch up to the story and it began to be obvious that our country was being attacked by terrorists. Bad as it was, it was, when I left the pool to go to U of R (looking for a babysitter), nowhere near the catastrophe it was soon to become. As I drove to U of R, the radio announcers grew steadily more agitated. I was upstairs in the Student Center watching a TV with a crowd of U of R students when the South tower fell. We were stunned and angry and mortified. The scope of the human tragedy was unfortunately quite imaginable. A lot of people had died. And the North Tower was still in flames, still belching smoke.

More students began to gather. The news was spreading. I had already collected babysitting names so I held my then 4 year old son Gavin's hand and guided him back to the car. Sometime during the ride home, the North Tower collapsed. And news that the Pentagon had been hit had been confirmed. Panicky newscasters kept mentioning how many flights were still unaccounted for. Flight 93 was among them, but Todd Beamer, Jeremy Glick, Mark Bingham and Tom Burnett were soon to swing into action (read Rick Reilly's column on remembering 9/11) and heroically fight that plane into the ground.

The coaching staff began to call one another about what to do about that day's practices. Should we call them off? David, Leigh and I discussed our options and quickly agreed that we would run practice. Those who didn't want to come would stay home, but we felt very strongly that there were two compelling reasons for having practice that day: 1) The children had seen those images over and over that day and if they stayed home, they would only see them again and again. They needed something to dilute the horror of that day. 2) We felt keenly our role as adults and Americans. We felt we needed to run practice to show that, even if our way of life was under attack, we would persevere. So we ran practice.

Looking back ten years later, I have no regrets and I have never heard Leigh or David suggest otherwise. Practices were well attended and many parents stopped in to thank us for having practice that day. It still seems the best tribute to those whose lives had been so brutally interrupted that day in New York, Washington and Shanksville.