

NOTEWORTHY NEWS III By Head Coach, Geoff Brown

WE PLUNGE INTO OUR THIRD WEEK . . . with a few items worthy of some minor trumpeting. The Virginia Diner fund-raiser info packets are here and can be picked up at the pool and we are one week away from the first meet. The marketing committee has been working hard on rolling out the Mentoring program and you should see the fruits of that in the coming weeks (if you have marketing background, you can knock out your volunteer hours by serving on one of NOVA's most dynamic committees. Mentors will act as adjuncts to the coaching staff, seeking to answer questions about volunteer hours, meet attendance, fund-raising opportunities - well, whatever seems confusing. Please remember that copies of the new parent introduction to the NOVA Aquatics Center are still available in the front lobby. Ask a coach and a copy will be delivered.

NOVA WAS HONORED TO HAVE A SPECIAL VISITOR LAST WEEK AT PRACTICE . . . and we marked that occasion by having her sign our pool wall near the office. We reserve that privilege for Olympic Gold medalists and coaches of Olympic teams. That special guest was Christina Teuscher, current women's coach at Yale, and a gold medalist in 1996 and a bronze medalist in 2000. Many of the swimmers met her and she graciously signed caps for quite some time.

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! Oh - and do take their advice when it comes to suits. They know what size will comfortably fit your child and what size is far too big. Trust their experience and your child will be outfitted in a suit that will allow for some fast swimming !

REGISTRATION INFORMATION FOR THE 3rd ANNUAL SHORT PUMP MILE AND EXPRESS FUN RUN . . . is available on-line. All NOVA swimmers are strongly encouraged to enter. As of publication, we were approaching 800 runners !! Awesome ! 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. It's worthy, it's fun and there's nothing like watching swimmers run. Register now and say thanks to our generous sponsors ! We appreciate your support.

ONLY THE SDS PARENT MEETINGS REMAIN . . . and they will be held this coming week at two different times. For all who attended meetings these past weekends, we are offering a volunteer hour. Please bring a folding chair because we will move outside if there is good weather.

SDS: Thursday 7-8 PM or Sunday 6-7 PM

A SMALL HORDE OF NOVA OPEN WATER SWIMMERS . . . journeyed southwest to Smith Mountain Lake for that annual event. Here are the results:

11& U girls Livi Melton 7th

12-13 girls Riley Aiken 6th Nicole Long 8th
Rachel Trevillian 10th Jennifer Carr 11th
Jessica Pierce 13th Carly Lewis 14th
Alix Melton 26th

14-15 girls Ellie Deglau 5th Bryn Onweller 6th
Emily Vaughan 7th Alex Pappas 10th
Abby Holland 17th

16-19 girls Lindsey Anderson 2nd

12-13 boys Jack McSorley 2nd Scotty Mizelle 3rd
Aaron Schultz 4th Will Riggs 6th
Ted Schubert 13th Scott McGowan 14th

14-15 boys GJ Apostle 3rd Donaldson Hellams 5th
Jac Cortright 6th Justin Edwards 8th
Colin Fenster 12th

16-19 boys Gates Dudding 4th