

## **NOTEWORTHY NEWS IV    *By Head Coach, Geoff Brown***

**OUR FOURTH WEEK . . .** begins with the Short Pump Mile and ends with our first meet of the year. Expect Saturday AM practice schedule changes for all practicing groups that morning. Most groups not directly involved in the meet will have practice but some times may be altered. Any group that should be attending the meet will usually have practice canceled.

**A BIG THANK YOU TO BRIDGET CUTHBERT . . .** for directing the Short Pump mile to its most successful conclusion ever. We nearly got to 1000, falling just short with about 950 entrants. Bridget's tireless work attracted corporate sponsors and was a major factor in this year's greater success. Some folks may ask why Sunday AM and that is because that is the one time we can enjoy the use of the Short Pump Town Center's parking lot. It was great to see so many young people proving they could run a mile and taking perhaps a first step towards a lifetime of physical activity and better health. We discovered that NOVA has some fleet of foot as well as swift of water! Jenny Lomicka won the overall women's race while Gates Dudding was 2<sup>nd</sup> in the men's. If you were there, you see a lot of great efforts and one heart-warming moment when Lilly Snow and Maura Graff elected to lock hands and engineer a tie for 1<sup>st</sup> place !

### **First Place Winners**

Jenny Lomicka	14 and over and overall
Miranda Fellowes	12-13 girls
Samantha Brischke	11 year old girls
Maura Graff	10 year old girls
Lilly Snow	
Maddie Bowles	8 year old girls
Dain Ripol	10 year old boys
Aubrey Bowles	8 year old boys

Congratulations as well to all who did a personal best in the race (don't have the data on that one).

**AT THE VIRGINIA STATE SWIMMING BANQUET HELD YESTERDAY IN RICHMOND . . .** six NOVA swimmers received honors. David Dixon and Riley Aiken won the competitive spirit awards for NOVA for 12 & unders while Kevin Hunt and Martha Anne Sperandio won in the 13 and over category.

Alison Haulsee and Thomas Stephens won Swimmer of the Year honors in the 15 and over (Senior) category. Well done, all.

**VIRGINIA DINER FUND-RAISER INFO PACKETS . . .** are here and can be picked up at the pool. If you give out seasonal gifts, this might be a great way to give some quality gifts and knock out some fund-raising obligation dollars.

**I HOPE YOU WILL GIVE A WARM NOVA RE-WELCOME . . .** to Elizabeth Shaw who will be joining our coaching staff. Elizabeth has quite a resume. A former NOVA swimmer, Elizabeth graduated last May from the University of Virginia. During her four years at UVA, she was All-ACC and All American many times over in addition to being the ACC swimmer of the Year. While here at NOVA, she was a much-requested instructor in our Swim NOVA background. We are very excited to have Elizabeth join us. Her primary responsibilities will be AGDG, AGS and Novice Gold.

**ANOTHER PHASE OF THE MEET ENTRY PROCESS . . .** will be completed by Monday afternoon. The coaches are doing their final checks and approving all entries. Your swimmer's entry is approved once you see a red check on all their entries. The coaching staff will sometimes add or change events so please check sometime this week. It is easier to resolve any meet entry issues before the meet. You may also notice online that your swimmer is on a relay. The relays will be announced after the warm up and posted in the pool area. Once we get to the meet, coaches and meet directors often have their plates quite full.

**THE FILE FOLDER ELVES HAVE WORKED THEIR MAGIC OVER THE WEEKEND . . .** so visit the new pool and see what they have wrought. Please note that they have elected to alphabetize the whole team rather than dividing it off by training groups. The old system was difficult for folks distributing ribbons and medals. After thinking about it a bit, it was decided that most information comes via e-mail or on the website so the best idea was to get the hanging files ready for awards ! If you don't have a folder, please let us know.

**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 !

**Do You Have a Marketing Background? Are You Looking for Volunteer Credit?  
Did You Know NOVA Has a Marketing Committee?**

NOVA's marketing committee is a group of current and former marketing people giving their time and talents to help promote and support NOVA and our kids. Because of all the exciting projects in the works, we're looking for some new people to join the committee. If you have a general marketing background or experience in advertising, graphic design, public relations, website content development or social media, we would love for you to join us. We meet at NOVA once every six to eight weeks in the evening, and our next meeting will be in late October/early November. You will receive volunteer credit for the meeting time and work you do outside the meetings. If interested, email Kristin Berrier at [kristinberrier@verizon.net](mailto:kristinberrier@verizon.net).