

NOTEWORTHY NEWS V By Head Coach, Geoff Brown

OUR ANNUAL MEETING GETS CO-TOP BILLING . . . in this week's NN. It will be held October 23rd at the pool at 4 PM. *This meeting has been postponed to Sunday November 6th.*

THE OTHER TOP BILLING BELONGS TO SENIOR SWIMMER HANNAH HOFFERT. . . who hopes to get NOVA folks to join her in a cause near and dear to Hannah. A James River High School senior, Hannah is planning an Energy for Everyone walk in order to increase awareness and support for mitochondrial diseases. Her 14 year old sister was recently diagnosed with a mitochondrial disorder so Hannah feels passionately about finding a cure. Energy for Everyone will be held on October 30th, from 2-4 PM at Sunday Park in Brandermill. To learn more, to register for about this event or to donate to the cause, please visit: www.umdfo.org/energyforeveryone

WOW ! A TIP OF THE HAT OUR MEET DIRECTORS AND CONCESSIONS PEOPLE . . . for running a great meet this weekend. Our first volunteer spotlight catches Louise Bowles in its glare. First on deck on Saturday morning, Louise made ready the concessions area, then manned it when all was settled. All this while managing to get her four children to where they needed to go. A first meet is sometimes a bit of an adventure but NOVA volunteers turned it into a smooth running affair. To pull this off after only four weeks of operations? Good stuff, good stuff! Take a deep breath and read the long list of results. Something missing? Let me know. It's a great deal of data and I always miss something in the manual transcribing of it to NN. Take a deep breath, settle into that comfy chair and read on. Oh - in case you were tempted to count - 200 swimmers registered time standard improvements !

1st Place Winners

9-10 girls 200 free relay Isley, Owen, McCarthy, Graff
9-10 boys 200 free relay Ripol, Whiting, Belden, Wiley
8 & U girls 100 free relay Kuzemka, Bowles, Cope, Erickson
8 & U boys 100 free relay Broughton, Jobe, Lee-Bishop, Belden
9-10 boys 200 free relay Eng-Nugent, Rogers, Zhai, Armstrong
11-12 boys 200 medley relay Elliott, Holweger, Dixon, Mancini
9-10 girls 200 medley relay Graff, Isley, McCarthy, Owen
9-10 boys 200 medley relay Madden, Whiting, Viers, Wiley
8 & U girls 100 medley relay Bowles, Molligoda, Erickson, Kuzemka
8 & U boys 100 medley relay Jobe, Broughton, Belden, Lee-Bishop
11-12 girls 200 medley relay Leffler, Williams, Koren, Seitz
9-10 boys 200 medley relay Chance, Milligan, Timme, Zhai
Charles Armstrong 100 IM, 50 free, 50 breast
Callie Ayala 500 free
Sean Belden 50 free, 50 breast
Maddie Bowles 100 back
Charles Boykin 25 free
Anderson Broughton 25 fly
Daniel Chance 100 free, 50 back
Ryan DallaValle 50 fly
Zoe Dixon 100 IM, 25 & 50 fly, 25 back
Taylor Domson 25 free, 25 fly, 25 back
Sally Ennis 100 back
Olivia Erickson 25 breast, 25 & 50 fly
MacKenzie Ferguson 50 back
Maura Graff 50 & 100 free, 50 & 100 breast, 50 back

Bryn Gvozdaz	200 free
Maddie Hadd	200 fly, 500 free
Jasmine Harper	100 & 200 breast
Jake Holweger	100 breast
Charlotte Houghton	200 back
Josie Koren	100 IM, 50 fly
Brin Kuzemka	100 IM, 50 back, 50 & 100 free
Nikolas Lee-Bishop	25 back
Grace Leffler	50 & 100 back
Patrick Madden	50 & 100 back
Daniel Massengill	25 breast
Christian Mayr	25 free, 25 back
Ella Mullian	200 IM
Brooke Nelson	50 breast
Alexandra Owen	200 IM, 200 free
Maddie Patrick	50 & 100 breast
Sanna Peterson	100 free
Emily Provenzo	200 IM
Charlotte Ratliff	50 back, 50 free
Dain Ripol	50 free
Gabby Seitz	50 breast
Eliza Stone	25 breast
Andrew Vanichkachorn	50, 100 & 200 breast
Nicholas Viers	200 IM, 100 free
Braxton Welch	200 free, 200 back
Henry Wiley	200 free
Lauren Wilkinson	200 free
Catherine Wilks	50 & 100 fly
John Young	25 fly
Richard Zhai	100 back, 100 breast
Caroline Zorn	100 breast

New Time Standard Achievements

Lindsay Aiken	100 IM B
Alina Alam	200 IM B
Griffin Alvis	100 free, 50 back B
Virginia Angle	50 free, 50 back B, 100 IM, 50 & 100 breast BB
Charles Armstrong	100 IM, 50 free, 50 breast BB
Joseph Ascoli	50 free B
Caroline Baber	100 IM A
Bridget Bartley	100 back AA, 50 fly A
Michael Belden	200 IM AA
Sarah Bender	200 IM A, 100 breast AA
Claire Bierly	100 IM, 50 breast B
Glenn Bohlman	100 back, 50 fly B
Aubrey Bowles	50 free, 50 & 100 breast B, 100 IM BB
Carrington Bowles	50 & 100 back A
Knight Bowles	100 IM, 100 back B, 50 back BB
Maddie Bowles	50 free B, 50 breast BB
Charles Boykin	50 back B
Samantha Brishke	100 IM, 100 free, 100 back B, 200 IM BB

Carter Bristow 100 fly BB, 200 free, 100 breast A
 Anderson Broughton 100 IM, 50 back, 50 fly, 50 free BB
 Molly Broughton 100 IM, 100 breast BB, 50 free, 50 fly B
 Quinn Broughton 100 free B, 200 breast BB
 Zoe Browne 100 IM B
 Ramsey Brown 100 breast, 50 & 100 free B
 Lizzie Bumgardner 100 free, 50 fly B
 Alaister Burke 50 fly B
 Beezer Butler 50 fly BB
 Cassidy Butt 100 back B, 50 free, 50 back BB
 Aiden Cartagena 100 breast B
 Daniel Chance 100 free BB
 Ethan Choo 50 & 200 breast B
 Sarah Cloud 50 fly BB
 Will Coker 50 free, 100 back B
 Georgia Cooper 200 IM, 50 back A
 Katie Cooper 100 free BB
 Noah Cornwell 100 IM, 100 breast A
 Clair Cortright 200 back, 200 IM, 100 fly A
 Thomas Coulbourn 50 back, 50 fly B
 Elise Cram 50 back B
 Corinne Daley 50 breast B, 50 back, 50 fly, 50 & 200 free BB
 Grace Daley 50 fly BB
 Luke Daley 200 free B, 50 & 100 fly BB
 Ryan DallaValle 100 free, 50 back B, 50 & 100 fly BB
 Henry Davis 50 fly A, 100 back, 100 free AA
 William Davis 50 fly BB
 Bailey Dixon 50 free BB
 David Dixon 500 free AA
 Zoe Dixon 100 IM, 50 free, 50 fly B
 May May Drimer 100 free BB, 50 fly B
 Isabella Dula 100 free B, 100 IM, 100 & 200 breast, 200 back BB
 Jack Edmonds 100 free, 50 back B
 William Eng-Nugent 100 IM B
 Sally Ennis 100 IM, 50 & 100 free, 50 back AA
 Olivia Erickson 100 IM, 50 breast BB
 Emma Farney 100 IM, 100 free, 50 back, 50 fly A, 100 back, 100 fly AA
 Sarah Farney 100 free B, 50 & 200 back BB
 Miranda Fellowes 100 fly BB
 MacKenzie Ferguson 50 back B
 Sabrina Ficara 100 IM, 50 & 100 free B, 50 & 100 back BB
 Ellie Forestell 100 IM, 50 free B
 MC Frank 100 IM, 50 breast, 100 back B
 Julie Gagulska 200 free, 100 fly A
 Luke Garcia 100 free, 50 fly B, 50 back, 50 free BB
 Emma Graff 50 breast, 100 free B
 Mark Graff 50 fly, 50 & 100 free BB, 100 back A
 Serena Grant 50 back B
 Jared Gray 100 IM A
 Julianne Grega 100 free BB
 Ann Gurkin 50 free, 50 breast B
 Cole Gvozdas 200 fly BB

Virginia Hackney 100 back B
 Maddie Hadd 200 back AA
 Lindsey Hair 50 fly B
 Samantha Hansen 50 & 100 free, 200 breast B
 Grace Hanson 50 back AA
 Jasmine Harper 100 IM AA
 Nathan Hassick 100 & 500 free A
 Alexa Heiry 50 & 100 back A, 100 & 200 IM AA
 David C. Hellams 100 & 200 free BB, 100 breast A
 Matthew H. Hellams 200 IM, 50 free A
 Ashley Hennenberger 200 IM, 50 breast B
 Trey Hepp 50 breast B
 Ginny Hester 50 breast B
 Kali Hodges 200 back BB
 Hank Holland 100 free A
 Jake Holweger 200 free, 100 IM A, 200 IM AA
 Laura Hopper 200 IM B
 Charlotte Houghton 200 free, 100 breast, 200 back BB
 Kylie Huyard 100 IM, 100 back, 100 breast B
 Olivia Ibanez 100 IM, 50 breast B
 Courtney Isley 100 & 200 free BB, 100 back A, 50 back, 200 IM AA
 Reagan Isley 100 fly, 100 breast AA, 50 back AAA
 Danielle Jansen 100 back B
 Dalton Jobe 50 breast B, 100 IM, 50 fly BB
 Sarah Jorgensen 50 back B
 Katelin Kasemersky 100 free, 50 & 100 back BB
 Quinn Keatley 50 breast, 50 back, 50 fly, 100 IM B, 100 breast BB
 Molly Knapik 100 IM, 100 breast, 100 back BB
Josie Koren 100 free, 50 breast B, 100 back, 50 free BB, 100 IM A
 Ana Kuzemka 200 back B, 200 breast BB
 Brin Kuzemka 50 & 100 free BB
 Allison Langenburg 50 & 100 breast BB, 100 IM A
 James Law 100 IM BB
 Rachel Law 50 back BB
 Amber Leathers 100 free, 100 fly BB, 50 back AA
 Grace Leffler 50, 100 & 200 free B
 Kimberly Longbricco 200 free, 200 IM, 50 fly A
 Dylan Lyons 100 IM, 50 breast BB
 Gwyneth Mackey 200 free B
 Patrick Madden 50 free A
 Sarah Malloy 200 back BB
 Gareth Mancini 100 IM A, 100 back, 50 & 200 free AA
 Lauren Marcey 50 free A
 Streett Martin 100 IM BB
 Katie McCarthy 100 back, 100 free AA
 Nicholas McComb 100 back, 50 & 100 breast B
Caitlyn McDevitt 50 back A
 Madelaine McDowell 200 free, 100 IM B, 200 breast BB
 Rowan McDowell 200 breast B
 Elizabeth McGee 100 IM B
 Caitlin McSorley 100 IM BB, 50 & 100 fly B
 Lauren Meeker 200 fly, 200 breast BB, 200 back A

Alix Melton	100 fly BB
Livi Melton	50 & 100 fly B, 100 free, 100 IM, 50 back BB
Bentley Mescall	50 & 100 free B, 50 & 100 back BB
Ashley Meyer	200 free BB
Lauren Meyer	100 free BB
Aidan Mickleburgh	50 & 200 free, 50 & 100 back, 200 IM B
Rory Miller	100 free BB
Limashi Molligoda	50 free, 100 IM B
Ana Mullian	200 IM, 100 fly B
Ella Mullian	200 IM, 100 free, 50 fly BB
Connor Mulligan	50 breast BB
Koshiro Nakahara	50 back, 100 breast B
Constance Newell	50 & 100 back B
Lauryn Nilson	50 back, 50 & 100 fly A
Campbell Nystrom	50 free, 50 & 100 back A, 200 IM, 200 free AA
Eliza Oberle	50 back B
Jacob Oberle	100 back, 50 free, 100 fly A
Alexandra Owen	200 free, 100 fly, 200 IM AA
Olivia Pappas	100 free B
Kaya Peterson	100 free A
Nate Pfeffer	50 back B
Sam Phillips	50 free, 50 back, 50 fly B
Connor Pinney	100 free B
Leo Poggi	100 free B
Claire Pokrywka	100 free BB
Nick Prinz	100 free B, 50 free, 100 back BB, 50 back A
Megan Pulley	50 breast BB
Gabrielle Ramus	50 breast B, 200 IM BB
Noah Ratliff	100 fly A
Olivia Ratliff	50 breast B, 100 IM, 50 fly, 100 free BB
Rebecca Reilly	200 fly B
Caroline Reynolds	100 IM A, 50 fly BB
Nikki Rizer	100 IM, 50 back, 200 breast A
Avery Rogers	50 & 100 free, 50 back, 50 fly, 50 breast B
Ben Rogers	100 back, 100 free, 100 breast BB
Rebecca Rogers	200 IM, 200 breast A
Catherine Row	50 back, 50 fly B
Abby Russell	50 free, 50 breast B
Jake Schindel	100 IM BB
Madison Schmidt	100 IM, 50 & 100 fly A
Quinn Schreck	100 IM BB
Kaleigh Seitz	100 free B
Grace Sheble	50 free B
Catherine Shen	100 free BB
Leila Shepherd	100 free B, 50 back BB
Samantha Simmons	50 back B
Jerome Snesil	50 fly, 50 free B, 50 back BB
Jason Snook	50 back B
Lily Snow	50 back, 200 free, 50 fly BB
Daniel Spasic	100 free, 50 & 100 breast B, 50 & 100 back, 50 free BB
Will Steadman	50 breast B
Ian Stevenson	200 IM B

Ethan Stoltz	50 back B
Eliza Stone	50 back B
Hunter Sundlun	100 free A
Ashton Taylor	100 free BB
Quinn Timmerman	100 free, 100 breast BB
Will Timme	100 IM, 50 free BB
Lauren Underwood	100 IM, 50 back, 50 fly, 100 breast B
Drew Vanichkachorn	100 IM, 100 free B, 50, 100 & 200 breast BB
Sydney Van Roekel	50 fly BB
Nicholas Viers	100 free AAA
Allison Weber	100 back BB
Braxton Welch	100 IM B, 100 & 200 back, 200 free BB
Matthew Whelan	100 IM, 200 back A
Sydney Whiting	100 IM, 50 breast, 100 free BB
Lauren Wilkinson	100 IM, 100 & 200 free, 100 breast, 50 fly BB
Catherine Wilks	50 free A, 200 free & 200 IM AA, 50 fly AAA
Nia Williams	100 free B, 50 free, 50 & 100 back, 50 breast, 50 fly BB
Addie Wood	200 IM BB
Caroline Wood	50 breast, 50 back, 50 fly B
Alyssa Wright	100 back B
Carmen Wright	100 breast BB
Richard Zhai	50 fly B, 50 & 100 breast, 100 & 200 IM BB
Abby Zorn	100 free, 50 & 100 back B, 100 breast, 100 IM BB

Bold face indicates 1st "A" time in current age group.

THE FILE FOLDER ELVES HAVE WORKED THEIR MAGIC . . . 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 !

NEED AN EASY FUND-RAISER? Look no further than the entrance to the pool where we have placed information about the Virginia Diner peanut sales. The product is delicious, home grown in Virginia and offers a nice fund-raising payback on the dollar. Take a packet and give out some tasty Christmas gifts.