

NOTEWORTHY NEWS VI By Head Coach, Geoff Brown

FOR THE SECOND STRAIGHT WEEK, OUR ANNUAL MEETING GETS CO-TOP BILLING . . .

in this week's NN. It will be held this Sunday, October 23rd at the pool at 4 PM. **MOVED TO SUNDAY NOVEMBER 6TH.**

THE OTHER TOP BILLING ONCE AGAIN 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

WE HOSTED ANOTHER MEET THIS PAST WEEKEND . . . but this one was for the 13 and over crowd. New swimmers encountered new events and new distances; old swimmers began the process of remembering how to race and how to be fast - not as easy a process as some might imagine. The usual summary follows below. Enjoy !

First Place Winners

13-14 girls 200 free relay Erard, Pappas, Sperandio, Pollard
13-14 boys 200 free relay Brown, McSorley, O'Brien, Schultz
15 & O girls 200 free relay Yontz, Reilly, Onweller, Leigh
13-14 girls 200 free relay Gift, Woolard, Gallagher, Wilson
13-14 boys 200 free relay Gagulski, Hou, Appel, You
15 & O boys 200 free relay Cuthbert, Sisk, Strickland, Byram
13-14 girls 200 medley relay Erard, Nelson, Pollard, Pappas
13-14 boys 200 medley relay O'Brien, Cortright, Hellams, Schultz
15 & O girls 200 medley relay Cartagena, Meeker, Reilly, Yontz
13-14 girls 200 medley relay Blankenship, Lee, Wilson, Lewis
13-14 boys 200 medley relay Barto, Hou, Appel, Gagulski
15 & O boys 200 medley relay Sisk, Swope, Cuthbert, Byram
Lexi Ayala 500 free
Philip Barto 100 & 200 back
Gavin Brown 100 & 200 back, 200 & 400 IM, 200 breast, 200 free
Jac Cortright 500 free
Emily Erard 100 & 200 back
Giovanni Granado 200 breast
Donaldson Hellams 100 & 200 fly, 100 free
Hannah Hoffert 200 free
Clark Hou 100 breast
Vincent Hou 100 & 200 breast
Chad Knapik 500 free
Tanner Nelson 100 & 200 breast

Wade O'Brien 50 free
Joseph Oliveri 400 IM
Ashton Pollard 100 back, 400 IM
Caroline Pollard 50 free
Dorothy Reilly 200 fly
Mark-Willie Sisk 200 IM, 100 & 200 back, 200 free
Patrick Sperandeo 500 free, 400 IM
Chris Stevenson 100 & 200 back
Frederick Swope 100 breast
Joanna Yan 50 free

Time Standard Improvements

Riley Aiken 400 IM A
Philip Barto 100 & 200 back A, 200 breast, 50 free BB
Thomas Best 100 back B
Gavin Brown 200 breast AA
John Byrum 400 IM B
Jennifer Carr 100 breast BB
Callie Copeland 400 IM A
Andy Cuthbert 200 IM, 100 & 200 back, 50, 100 & 200 free BB
Sam Cuthbert 100 fly A
Kate Daniel 200 back B
Justin Edwards 100 fly BB, 400 IM A
Hudson Elmore 200 IM A
Ted Fergusson 200 fly BB
Cameron Gallagher 100 back BB
Giovanni Granado 100 back B, 100 & 200 breast, 200 IM, 50 & 100 free BB
Donaldson Hellams 100 back, 50 free AA, 100 fly AAA, 200 fly AAAA
Brendan Herkins 100 fly BB, 200 IM A, 200 free AA
Clark Hou 200 free A
Vincent Hou 200 back B, 50, 100 & 200 free BB
Chad Knapik 200 IM, 200 breast, 500 free BB
Kyle Koren 100 back, 100 breast B, 50 free BB
Kaitlyn Ledford 200 breast BB, 400 IM A
Carly Lewis 100 back BB, 200 free A
Nicole Long 200 fly BB, 100 fly A
Scott McGowan 100 & 200 back, 200 free BB
Chandler Makepeace 100 breast B, 200 IM, 500 free BB, 100 back & 100 free A, 50 free AA
Scott Mizelle 200 IM AA
Wade O'Brien 200 back AAAA
Joseph Oliveri 100 & 200 back BB
Lauren Parker 200 free A
Charles Reiter 200 IM, 100 back B
Brian Rothemich 100 back, 400 IM BB

Ted Schubert 200 & 500 free, 200 IM, 100 fly A
Aaron Schultz 400 IM AA
Mark-Willie Sisk 50 & 200 free, 200 IM, 100 & 200 back, 100 & 200 breast BB
Jacob Smith 100 back A
Corey Strickland 100 & 200 free B, 50 free BB
Frederick Swope 200 IM, 100 fly, 100 back B, 100 free BB, 100 breast, 50 free A
Emily Vaughan 200 fly B
Destiny Wilson 50 free A
Rachel Yontz 200 free AA
William You 100 breast B

Bold face indicates first "A" times in current age group.

THE FILE FOLDER ELVES CONTINUE TO WORK TO GET EVERYONE A FILE . . .

so visit the new pool and see if your child has a folder. Please note that they have elected to alphabetize the whole team rather than dividing it off by training groups. If you don't have a folder, please let me know by sending an e-mail to coachgeoff@novaswim.org. Thanks !!