

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

**THE ANNUAL MEETING HAS BEEN RE-SCHEDULED** . It will be held Sunday, November 6<sup>th</sup> at the pool at 4 PM.

**THIS IS THE WEEKEND TO JOIN SENIOR SWIMMER HANNAH HOFFERT.** . . at an Energy for Everyone walk designed 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 30<sup>th</sup>, 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.umdf.org/energyforeveryone](http://www.umdf.org/energyforeveryone)

**HIGH SCHOOL AGED SWIMMERS AND PARENTS? NEED SOME VOLUNTEER HOURS? WANT TO WORK ON SOMETHING YOU CAN ADMIRE WHEN IT'S ALL DONE?** To some NOVA swimmers who volunteered last year, this is the flip side of the Christmas tree light show they de-constructed last year. Ralph Shuler and his wife Ann annually present Richmond with a delightful, computer-driven light show synched to music. It's awesome and work-intensive. Their house is over near U of R so it's easy access. Ralph is disabled and is unable to do any of the ladder work. His son was a big part of this affair but tragically passed away last year. It's outdoor work, fresh air and all that. Ralph is the brains behind the operation but he does welcome that unskilled manual labor if you can provide it. It's a great early draft on that Holiday spirit and a way for an entire family to work together. And you can come back to admire your handiwork. Ralph aims to have it up and ready by Thanksgiving so the next weekends are prime time. Please email Geoff at [nova.gbrown1@verizon.net](mailto:nova.gbrown1@verizon.net) if you have interest.

**A GROUP OF SENIOR NOVA SWIMMERS TRAVELED TO RALEIGH, NC., THIS PAST WEEKEND** . . . for their initial splashes of the 2011-2012 season. Friday night's 400 IM/50 free/1650 free line-up saw many NOVA swimmers begin their 1<sup>st</sup> meet with some very tough events - a fair number of our entrants swam the 400 IM/1650 double. Less than twenty-four hours later, we were boarding the bus to head back to Richmond. Read on for details !

### **1<sup>st</sup> PlaceWinners**

Emma Nunn 400 IM

### **NCSA Junior National Cuts**

Emma Nunn 400 IM

### **Time Standard Improvements**

Gates Dudding 400 IM AAA, 1650 free AA

Townley Haas 50 free AAA, 400 IM AA

Owen Hadd 1650 free AAA

Hailey Lane 100 fly

Jennifer Lomicka 100 back A

Danny Welborn 1650 free AA

Eric Yan 1650 free AA

**THE FILE FOLDERS CONTINUE TO BE STOCKED** . . . so visit the new pool and see if we have gotten your swimmer's folder in place. Please note that the folders have been alphabetized rather than divided 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 me know by shooting me an email at [coachgeoff@novaswim.org](mailto:coachgeoff@novaswim.org). That way, I'll pass that message along directly to the file elves !

**PARENTS BE ADVISED THAT CHILDREN PLAYING OUTSIDE THE BUILDING ARE NOT UNDER THE SUPERVISION** . . . on any NOVA staff member. If your child plays outside and that is OK with you, please remind them that ours is a "trafficked" parking lot and that swiftly darting young children should be wary of the driving lanes. On the other hand, we are asking that all parents be especially vigilant when you enter our parking lot. On a slightly related note, please respect the handicap parking places. I know folks like to use these spaces for picking up swimmers but they are there to provide easy access for handicapped or special needs swimmers and visitors. We appreciate your support !