

# Occoquan Swimming News Splash

Friday, March 17, 2023

News from the Head Coach/ CEO

Happy St. Patrick's Day!

The March Madness continues in the pool with another meet kicking off tomorrow for over 300 Red Caps. Meanwhile the 'lucky' seven continue their racing in Orlando at the NCSA Junior Championships.

Last weekend fifty-three OCCS competitors raced at the 14 & under Potomac Valley Swimming Championships held at the University of Maryland. Overall, OCCS placed 5<sup>th</sup> among the teams behind 332 swimmers from NCAP < 272 swimmers from RMSC, 124 swimmers from MACH and 74 swimmers from ASA. But when ranking the points per swimmer, OCCS outranked all of these teams with 25.70 points per swimmer that attended (ASA 21.34, RMS 20.41, NCAP 16.53, MACH 15.92) with 43 swimmers contributing in either relay scoring or individual top 16 swims. OCCS continues to outperform the big teams, we just can't keep up with the sheer number of participants the conglomerates have (...yet). Leading the scoring, 13-year-old **Ariana Aldeguer** raked in 97 points by winning two individual events in the 13-14 girls' events (1650 free & 200 fly) and finishing 3<sup>rd</sup> in the 500 free, 4<sup>th</sup> in the 200 IM, 5<sup>th</sup> place in the 200 free and 7<sup>th</sup> place in the 200 back. Ariana also earned her first NCSA qualifying time which would put her in Orlando this week, but she'll save her next big swims for the International Swimming Coaches Association Age Group Showcase next month in St. Petersburg, Florida this year. Also swimming to top 16 individual scoring swims:

**Benjamin Avelis (12)** – finished in 16<sup>th</sup> place in the 200 fly for the 11-12 boys

**Mateo Bonura (12)** – finished 5<sup>th</sup> place in the 200 fly among the 11-12 boys, he also turned in a 10<sup>th</sup> place finish in the 200 free and 16<sup>th</sup> place in the 500 free.

**Jaxson Daniel (11)** – raced to 8<sup>th</sup> place in the 200 fly and 12<sup>th</sup> place in the 200 back for the 11-12 boys.

**Gavin Daniels (12)** – finished in 15<sup>th</sup> in the 200 free, 14<sup>th</sup> in the 500 free and 12<sup>th</sup> place in the 200 IM.

**Ayaan Deshmukh (14)** – finished 16<sup>th</sup> in the 200 back and 14<sup>th</sup> in the 100 back.

**Allyson Epifanio (12)** – raced to a 16<sup>th</sup> place finish in the 50 free.

**Grace Harper (13)** – improved over 25 seconds in both the 1000 and 1650 free and finished in 10<sup>th</sup> place and 9<sup>th</sup> place respectively for those races.

**Ethan Hawver (12)** – finished with three top 16 swims with 15<sup>th</sup> place in the 500 free, 13<sup>th</sup> place in the 200 IM and 12<sup>th</sup> place in the 200 free.

**Gabby Hawver (13)** – finished with top 16 swims in all five of her individual races (in addition to her 8 relay teams) placing 9<sup>th</sup> in the 100 free and 200 IM, 8<sup>th</sup> in the 200 free, 7<sup>th</sup> in the 100 fly and 5<sup>th</sup> in the 50 free.

**Christina Hull (10)** had four 6<sup>th</sup> place finishes in the 10 & under girls 100 free, 50 back, 200 free and 500 free.

**Liam Lavedas (13)** – finished in 7<sup>th</sup> place in the 1000 free and 5<sup>th</sup> place in the 1650 free for the meet.

**Brooke Lugiai (10)** – finished with best times in all six of her races and earned a 9<sup>th</sup> place finish in the 500 free.

**Lara Martinez (10)** – also improved in all six events and earned an 8<sup>th</sup> place finish in the 500 free, 5<sup>th</sup> place in the 50 breast, 3<sup>rd</sup> place in the 200 IM and second place in the 100 breast.

**Leo Martinez (13)** – finished in 12<sup>th</sup> place in the 100 and 200 breast. Leo was also part of eight relays throughout the weekend that all earned top 16 finishes.

**Thiago Martinez (12)** – earned top 16 finishes in all six of his individual swims placing 15<sup>th</sup> in the 100 IM, and 50 back, 10<sup>th</sup> in the 100 back and 100 fly and 7<sup>th</sup> in the 50 breast and 50 fly.

**Tis Matt (12)** – raced to one top 16 finish in her lone individual swim for the weekend placing 13<sup>th</sup> in the 200 fly.

**Olivia Oliver (14)** – finished in 14<sup>th</sup> place in the 200 back.

**Karson Pak (12)** – finished in 10<sup>th</sup> place in the 100 breast

**Raina Rickman (10)** – finished the 500 free as the 12<sup>th</sup> fastest 10 & under girl.

**Tori Simmons (13)** – earned a pair of 15<sup>th</sup> place finishes in the 100 and 200 fly respectively.

**Ronan Smith (14)** – finished in 15<sup>th</sup> place in the 1650 free.

**Troy Utter (14)** – earned top 16 finishes in all six of his individual races finishing in 16<sup>th</sup> place in the 100 fly, 15<sup>th</sup> place in the 100 back, 13<sup>th</sup> place in the 200 back, 9<sup>th</sup> place in the 200 fly, 4<sup>th</sup> place in the 200 IM and 2<sup>nd</sup> place in the 400 IM.

**Victor Wall (12)** – improved in all six of his races as well as earned 15<sup>th</sup> place finishes in the 100 free and 200 back, 9<sup>th</sup> place in the 500 free and tied for 7<sup>th</sup> place in the 200 free.

**Donovan White (14)** – finished in 16<sup>th</sup> place in the 50 free, 12<sup>th</sup> place in the 100 breast and 9<sup>th</sup> place in the 200 breast.

Good luck to all the competitors this weekend!

Have a great weekend,

Coach Aaron

## In this week's Splash:

### Announcements

**Awards & Fun Banquet – April 29, 2023** **RSVP by March 31st, 2023.**

### Raffle Update

### Practice Schedule Next Week

### Events Schedule

## Announcements

### 2022-2023 Awards

The coaching staff is hard at work planning our FIRST in-person banquet since 2019. We have a fun day of kickball, awards, and a DUNK TANK planned for everyone. We also have other fun-filled events planned as surprises as well! To assist in our planning, we need your help finalizing numbers so we can be sure to have enough food for everyone and schedule that will allow this to be the most fun.

#### IMPORTANT INFO

Date: April 29<sup>th</sup>, 2023

Time: 12pm-5pm

Location: Southlake Recreation Center  
(5070 Higgins Drive, Dumfries, VA 22025)

We will be providing food and water. The team will also need to be split into several "waves." To help us prepare the right amount of food and organize the day in the most efficient way, **please RSVP by March 31st, 2023.**

<https://www.signupgenius.com/go/10c094da9a62ea3fa7-endofseason>

### Building the Dream" Team Raffle

As a team of 600 swimmers, I know we can rally and reach our goal if everyone does their part and buys/sells \$50 dollars' worth of raffle tickets! We have some amazing prizes donated by our members, alumni, and local businesses that anyone would be lucky to win! So please help get the word out and let's exceed our goal!

Quick Link to Share Raffle (don't worry, your swimmer will get credit at checkout!): <https://occs.rallyup.com/occsfundraising>

Fundraising Stats (as of 12:30pm):

29/600 Active Participation (we can do better!)

17% of our goal has been reached

**Leaderboard:**

Ellie Miller \$608  
Millie Stoewer \$422  
Nia Rowlison \$404  
Peter Davis \$326  
Liam Abbott \$198

**Thank you to the families who have been actively participating in raffle sales! Not on this list? Today's a great day to share the fundraiser and start earning account credits and supporting the team!**

Aaron Roberts \$160  
Rehan Ahmad \$140  
Sam Carder \$134  
Emily Cook \$132  
Morgan Feindt \$120  
James Anderson \$100  
Abigail Wilkins \$96  
Ayden Green \$90  
Isabelle Johnson \$76  
Lucas Bruckart \$50  
Kaitlyn Christiansen \$50  
Julian Francisco \$50  
Ava McMillan \$50  
Andrei Racila \$50  
Ella Scott \$50  
Alexander Tomkins \$50  
Caleb Wilkins \$47  
Harper Hafen \$46  
Juliet McCarthy \$30  
Olivia Pilkington \$28  
Lyla Browne \$20  
Jillian Hennessy \$20  
Victoria Shaffer \$20  
Avery Shaffer \$20

**2 Grand Prizes (\$5.00 per ticket)**

(Note: Both vacation homes were donated by OCCS Alumni Families who wish to remain anonymous)

One lucky family will win a 4-night stay at "Sunny Days" vacation home, located on Smith Mt. Lake in Moneta &

4 Night Stay at Blue Ridge Beach Waterfront Vacation Home on Smith Mt. Lake

One lucky family will win a 4-night stay at "Blue Ridge Beach" vacation home, located on Smith Mt. Lake

**New Prize Added!**

**Summer Pool Membership at Lakeridge Swim Club**

Raffle tickets are just \$3.00 each for this amazing prize!

One lucky family (up to 6 per household) will win a GOLD Membership for this summer at the beautiful Lakeridge Swim Club (value \$620). Escape the summer heat with an all-access pass to enjoy this local gem and all its amenities!

Visit Lakeridge Swim Club's website to view memberships before they are gone, memberships are selling fast.

Location: 12640 Harbor Drive in Lake Ridge

## **Donated by: Our Friends at Lake Ridge Swim Club**

### **Awesome Prizes (\$1-3 per ticket)**

- 3 Month Membership to Burn Bootcamp in Woodbridge (value \$435)
- \$100 Salon Package from Statements Salon in Tackett's Mill
- Speedo Hyper Elite Fastskin Goggles (value \$75)
- Sonicare Toothbrush and Opalescence Whitening Kit (value \$175)
- OCCS Swag Collection from Westside Stitches (value \$107)
- \$50 Giftcard to Home Sweet Home Creations (OCCS Spirit Wear and More!)
- Handmade Precious Stone Bracelets Compliments of Happiness by Harper
- \$50 Outback Steakhouse Giftcards (Compliments of Carbonell Family)
- Learn the Ropes Family Course at Vertical Rock (value \$90)
- Salon Product Basket by 'A Better Way at Ana's' Hair Salon
- 1 Dozen Custom Cookies by Salsa Sweets Bakery
- KO Distilling Gift Basket
- Crumbl Cookie in Bristow, Cookie Box
- \$50 Giftcard to Glory Days Grill
- Dinner for 2 at Chuy's Tex Mex Grill (Compliments of Yowell Family)
- \$50 Firebirds Woodfire Grill
- \$100 Sheetz Z-Card
- WAWA Giftbasket
- \$50 Bungalow Ale House
- 4 Complimentary Tasting Cards at Paradise Springs Winery (\$70 value)

**Thank you to all the businesses and families who have been graciously donating to our cause and supporting the team's endeavors! Because of you, we are FOREVER STRONG!**

### **Raffle F.A.Q.'s**

#### **Q. When is the drawing?**

**A.** On April 30th following the end of the season team event (TBA).

#### **Q. I have multiple kids on the team, can I create one family page?**

**A.** YES! Anyone can make their own fundraising page by clicking the "join the fundraiser" button which is on the raffle site participation center in yellow.

#### **Q. Upon checkout, there is an option to "tip" & buy bonus tickets, what is that?**

**A.** This is an optional fee that goes to the "Rally-Up" company, not our team. You will not receive credit for any bonus tickets sold or any tips added. You may want to share this information with friends and family.

#### **Q. When will my credits be deposited to my team account?**

**A.** Within two weeks of the raffle conclusion.

#### **Q. What forms of payment are available?**

**A.** We accept debit/credit, checks, Apple Pay, and Google Pay.

If you choose to pay by check, please make it payable to "OCCS" and follow the instructions on the check-out page.

Note: check payments will not be reflected on your fundraising page until they are received and cleared.

#### **Q. Do you need to be present to win?**

**A.** No, you will be notified if you won a prize, and we will arrange a delivery method.

## **For the week of March 20**

Note that with the Shamrock Showdown Thursday – Sunday next weekend, there are some changes to the practice schedule Thursday-Saturday for the senior level programs as well as all WARF groups.

	Roster Group	M/W	Facility	T/Th	Facility	Fri	Facility	Sat	Facility
Manassas Central	MC-Medley	5:00-6:00pm	Central Park	5:00-6:00pm	Central Park	XX		XX	X
	MC-Advanced 1	6:00-7:00pm	Central Park	6:30-7:30pm	Central Park	5:00-6:00pm	Central Park	XX	X
	MC-Advanced 2	7:00-8:00pm	Central Park	6:30-7:30pm	Central Park	6:00-7:00pm	Central Park	XX	X
	MC-JO Prep	5:30-6:30pm	Central Park	7:00-8:30pm	Central Park	5:30-6:30pm	Central Park	7:30-9:00am	Central Park
	MC-JO AM	5:30-7:00am	Central Park	5:30-7:00am	Central Park	5:30-7:00am	Central Park	10:00-12:00pm	Central Park
	MC-JO10	5:30-7:00pm	Central Park	5:30-7:00pm	Freedom	6:30-8:00pm	Central Park	10:00-12:00pm	Central Park
	MC-JO12	6:30-8:00pm	Central Park	7:00-8:30pm	Freedom	6:30-8:00pm	Central Park	10:00-12:00pm	Central Park
	MC-JO14	5:30-7:30pm	Freedom	5:00-6:30pm	Central Park	5:00-6:30pm	Central Park	8:00-10:00am	Central Park
	MC-Senior	5:30-6:30pm	Central Park	7:00-8:30pm	Central Park	XX	X	XX	X
	MC-Senior Select	3:30-5:30pm	Freedom	3:30-5:00pm	Central Park	XX	X	XX	X
MC-HSJO	7:30-9:00am	Central Park	7:30-9:00am	Central Park	8:00-9:00am	Central Park	XX	X	
Prince William East	PWE-Medley	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	XX		XX	X
	PWE-Advanced 1	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	XX	X
	PWE-Advanced 2	6:00-7:00pm	Chinn	6:00-7:00pm	Chinn	6:00-7:00pm	Chinn	XX	X
	PWE-JOPrep	8:00-9:00pm	PWCS AC	7:00-8:30pm	Dale City	6:00-7:30pm	PWCS AC	8:00-10:00am	PWCS AC
	PWE-JO10	6:30-8:00pm	PWCS AC	7:00-8:30pm	Dale City	6:00-7:30pm	PWCS AC	8:00-10:00am	PWCS AC
	PWE-JO12	6:30-8:00pm	PWCS AC	5:30-7:00pm	PWCS AC	6:00-7:30pm	PWCS AC	8:00-10:00am	PWCS AC
	PWE-JO AM	4:30-6:00am	PWCS AC	4:30-6:00am	PWCS AC	4:30-6:00am	PWCS AC	XX	X
	PWE-JO14	4:30-6:30pm	PWCS AC	7:00-8:30pm	PWCS AC	4:30-6:00pm	PWCS AC	6:00-8:00am	PWCS AC
	PWE-Senior	8:00-9:00pm	PWCS AC	4:00-5:30pm	PWCS AC	6:00-7:30pm	PWCS AC	8:00-10:00am	PWCS AC
	PWE-Senior Select	3:30-5:30pm	PWCS AC	4:00-5:30pm	PWCS AC	XX	X	XX	X
Warrenton	WARF-Medley	6:30-7:30pm	WARF	6:30-7:30pm	WARF	XX	X	XX	X
	WARF-Advanced	7:30-8:30pm	WARF	7:30-8:30pm	WARF	XX	X	XX	X
	WARF JO 10/12	6:00-7:30pm	WARF	7:00-8:30pm	WARF	XX	X	XX	X
	WARF-JO14	4:30-6:00pm	WARF	4:30-6:30pm	WARF	XX	X	XX	X
	WARF-Senior	4:30-6:00pm	WARF	4:30-6:00pm	WARF	XX	X	XX	X
	WARF-Senior Select	4:30-6:00pm	WARF	4:30-6:30pm	WARF	XX	X	XX	X
NTG	NTG	3:30-5:30pm	Central Park	XX	X	XX	X	XX	X
		XX	X	4:30-6:00am	Central Park	XX	X	XX	X

## 2023 Event Schedule

Start	End	Meet / Event Name	Facility	Med	Adv	JO 10	JO 12	JO 14	Sr	Sr Sel	NTG
14-Mar	18-Mar	NCSA Junior Nationals	Orlando							X	X
17-Mar	19-Mar	Pirate Pacer	PWCS Aquatic Center	X	X	X	X	X	X	X	
23-Mar	26-Mar	Shamrock Showcase	Richmond					X		X	X
5-Apr	8-Apr	ISCA Elite Age Group Showcase	St. Petersburg, Florida			X	X	X			
29-Apr	29-Apr	OCCS Awards Event	TBD	X	X	X	X	X	X	X	X
5-May	7-May	Speedo Spring Splash	Freedom Center			X	X	X	X	X	X
18-May	21-May	Eastern Zone Super Sectionals	Richmond					X		X	X
2-June	4-June	Fish LC Invite	GMU-Fairfax		X	X	X	X	X	X	

### NCSA Junior Nationals

For swimmers that are qualified for the Junior National level meet, this competitive opportunity is one of the biggest and best in the country. Held in Orlando, Florida this will be a team travel trip.

### Pirate Pacer

For anyone that is not qualified to race at any of the other meets in March, this meet offers a fun racing opportunity in our backyard with some prelims/ finals racing to boot.

## Shamrock Showcase

This meet is taking the place of the Sectional championships we would normally attend and offers a high level of competition with some Virginia and North Carolina teams with prelims/ finals racing plus lots of relays. Swimmers 15 & over need to have at least one PVS Jr. Champ qualifying time to be eligible to swim any and all events they wish. There will be a team travel opportunity for the team.

## ISCA Elite Age Group

One of the highlights of the short course season is this meet held in St. Petersburg, Florida offering single age competitors the opportunity to compete with athletes from around the US (and even outside the US). There is team travel offered for those that want it.

### **Proud of our sponsors please support those that support your kids:**

[Vienna Hearing Center](#)

[Custom Works Audio/Visual/Home Theater](#)

[Marines Plumbing](#)

[Crossfit Lorton](#)

[NEON LLC \(Covid-19 related products\)](#)

[Off To Neverland by Katie Simmons](#)

[Riptide Swim Shop](#)

[Gainesville Pediatric Dentistry](#)

[Sporting Smiles Pediatric Dentistry](#)

[Speedo USA](#)

[Cassidy's Computer Services, LLC.](#)

*This email has been sent to you because you are a member of Occoquan Swimming, Inc. If you no longer wish to receive this email, please respond to gm@swimoccs.org to request being taken off the distribution and inactivating your account with Occoquan Swimming. If you would like to add more email addresses to the distribution, please log into your account and add a new email address for news.*

*Follow @swimoccs on Twitter*

*Follow OCCS Swim Team on Facebook*

**Aaron Dean (CEO/ Head Coach)**

**GM@swimoccs.org**

**703.393-2632**