

NOVA Masters News – Special Edition

US Masters Swimming (USMS) Long Course (LC) Summer Nationals - August 3-7, 2022

NOVA Masters Explode with FIVE NATIONAL CHAMPIONS & Fourteen National Titles!

Over the last eleven months, Swim Coach Extraordinaire, **Mark Kutz**, has been preparing his group of swimmers to peak for the LC Nationals. With a combination of long training sets, sprint workouts and a perfectly timed taper, Mark had them ready, as they delivered with one of the most impressive performances in recent NOVA Masters history! A small but mighty group of eight swimmers emerged as a force to be reckoned with as these NOVA Masters swimmers competed in the US Masters Long Course Nationals on August 3-7, 2022, at the SwimRVA pool here in Richmond, VA leaving swimmers in their wake at every turn!

Collectively these eight swimmers swam to:

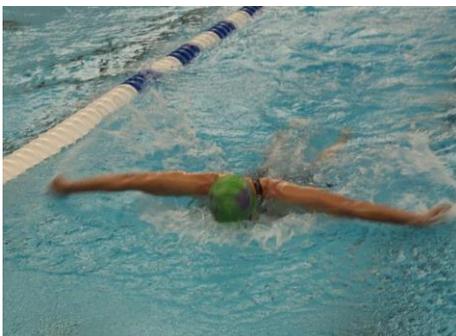
14 National Championship first place finishes

Posted **seven #1 times** in the COUNTRY

broke **10 LMSC records**

accumulated **23 Top Ten Times**

scored 275 points (of the 1496) for Virginia Masters Swim Team (VMST) to help secure a second-place finish in the Regional Team division.



Leading the way for NOVA was **Val Van Horn Pate**, as she came away as a 6-time National Champion in the 50 Back (37.07), 100 Back (1:20.84), 200 Back (2:53.76), 50 Fly (32.65), 100 Fly (1:14.80), and winning by over 9 seconds to take the 200 IM the Women 60-64 crushing her and chopping a total off the six LMSC

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nationals meet since the piano dropped on me in the 200 Fly up in Baltimore years ago. Coach Diane Cayce as my witness. Luckily Mark had been preparing us since last September to swim fast and it doesn't hurt to train with a fast team either. I loved the training, but was quite anxious at the meet, not wanting to disappoint people such as Mark, my husband, Don or my NOVA/VMST teammates, who all had helped me get to this point. I'm relieved it all worked out so well."



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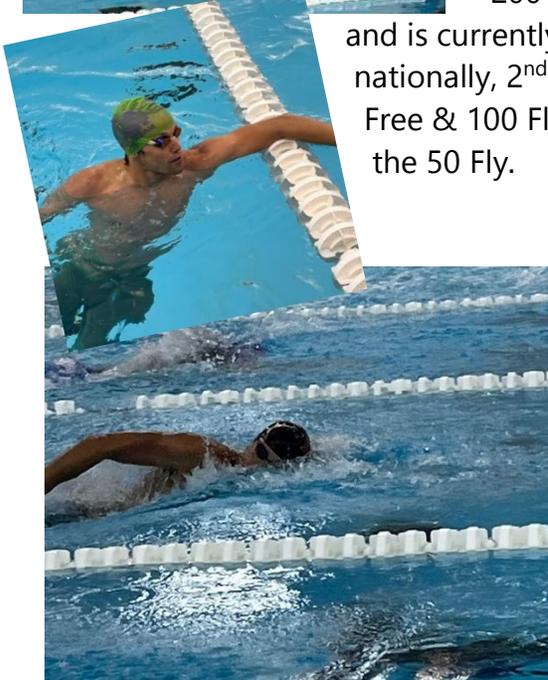


James Crabbe won his share of races, not by mere tenths, but by chunks of time resulting in his becoming a 3-time National Champion! James won the 200 Fly (2:08.14) by 11 secs, the 400 IM (4:54.91) by 12 secs and the 400 Free (4:17.36) by 7 seconds in the Men 25-29 category all the while posting #1 times in the country in all three events. James also finished second in the 1500 Free (17:41.27), 100 Fly (57.50) and fourth

in the 50 Fly (26.11). To his credit now owns new LMSC – 200 Fly &



and is currently nationally, 2nd in the Free & 100 Fly and the 50 Fly.



Competing in his first Masters Nationals with family in town to watch, **Brad Phillips** made his family and NOVA proud, as a 3-time National Champion in the 200 IM (2:13.33) winning by 5 seconds, 400 IM (4:41.72) winning by 8 secs and just to keep things interesting Brad pulled out a win in the 200 Free (2:00.64) by a mere .01 secs in the Men 30-34 category, while also finishing a respective second in the 100 Free (54.33) and fifth in

the 50 Free (24.98). Along the way Brad set two new LMSC records in the 200 & 400 IM and in the current Top Ten rankings is 1st in the 200 & 400 IM, 2nd in 200 Free, 3rd in 100 Free and 6th in the 50 Free.



Kevin Mastracci did what Kevin does best and that was swim fast in the 50 Freestyle (23.82) resulting in National Champion status in the Men 25-29 category while coming away with close second place finishes in both the 50 Fly (25.56) and 50 Back (27.99). Currently Kevin ranks in the Top Ten nationally, 1st in the 50 Back (27.36 from a previous meet), 2nd in the 50 Free (23.60 from previous meet) and 3rd in the 50 Fly.

Luke Garcia surprised himself with a National Championship finish in the 200 Back (2:28.55) in the Men 18-24 category which was a “Masters best” time for him, while finishing second in the 100 Back (1:06.89) with a lifetime best time. He said, “It’s been really fun being able to regularly swim competitively again. I missed this side of swimming to be able to race against some of the fastest people. I knew a good amount of the people that were at the meet plus the people timing so being able to get a 1st and

2nd with them watching was a great feeling to have”. Nationally in the Top Ten, Luke ranks 2nd in the 200 Back and 4th in the 100 Back.



Dave Holland, having just returned to training in the last couple of months finished a respective ninth in the 100 Fly (1:11.07), tenth in the 400 Free (5:07.54) and eleventh in the 50 Fly (30.65) in the Men 55-59 category. Dave was my first nationals and it was nice to simply NOVA/ VMST group have Mark on deck coaching. The relays fun, too, although I



stated, “this since 2014, be with the again and

apparently got a little too excited on one of them and early. My first DQ in years, ugh, and it happened on my Shouldn't there be an exception for that??!! Oh well, team!! Actually, swimming at nationals my radar at all back in June. I was planning summer backpacking in California on the injured my ankle after 170 miles, and came decided that I'd get back in the pool to rehab. I was really grateful for the to practice with Mark again, and to meet faces at NOVA. I trained for five weeks one, so all in all, I was happy with my course, as always, I wanted to be faster! Nonetheless, it's been great to be group of fast swimmers, so perhaps this NOVA group was the inspiration I needed to get semi-serious about swimming again!” Welcome back Dave!



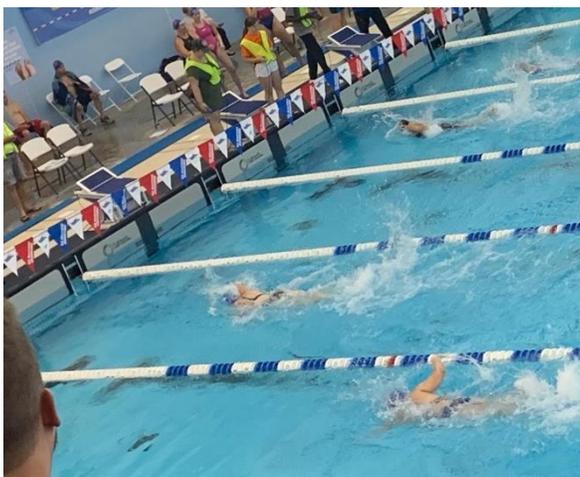
were terrific

departed birthday.

sorry, wasn't on to spend my PCT, but I home. I help with the opportunity all the new and rested for times. Of

around a fun

With Nationals being right here in Richmond, VA, **Sarah** (pictured below, 2nd from bottom) couldn't pass up the opportunity to swim two of her signature events. In a very competitive age category, Women 30-34, Sarah placed a very



respectable 7th 100 Free (1:10.67) and the 50 Free Sarah recaps event like this, so fun to be at nationals in



Tisdale

in the 11th in (31.68). the “It was

Richmond. I'd never been to SwimRVA or competed with people from all over – I befriended a Costa Rican woman and an Indiana woman in braving the warm-up lanes! And seeing some records from a 99-year-old warmed my heart and inspired me. Even though I wasn't in the best of shape

- 'that was fun' (finish the Kutzism)!' It's always a good time to go fast, but I definitely ran out of gas - need to work on getting back into shape with the conditioning. It truly was so wonderful to have Mark cheering us on and people from my NOVA group and my new group in the Northern Neck! Also, a big thanks for my dad, boyfriend and aunt driving all the way for me to swim two minutes all weekend. "

Completing the powerhouse eight was **Patrick Lowry** (in lane 6) who placed fifth in the 100 Back (1:14.85) and both the 50 Fly (29.47) and 200 Back (2:48.93) in the category. Patrick nationally ranks eighth in the Top Ten 100 Back time. He had this to say about his experience, this journey with Mark and the NOVA Masters group in over the last 4 months, I have learned a lot. Mark is a coach and writes the types of practices I needed to get shape and then take it to the next level. Nationals was weekend full of best times, meeting new people and nerves. I did my first ever mixed relay and my first ANY over 20 years, lots of fun! To summarize my first 4 months with Mark and the NOVA Masters group, I will quote an old swim coach of mine: "I'm pleased but not satisfied". I can't wait to start back up in September and see where the short course season takes me."



green cap, eighth in Men 40-44 with his "I started April and terrific back into a great lots of relay in



Three NOVA swimmers (**Brad, James** and **Kevin**) team up with VMST teammate Jeffrey Pfannenstein (2nd from left) to take 2nd in a very fast and competitive 200 Medley Relay (54.65) race. Kevin swam Back (27.36), Brad Breast (31.91), James Fly (25.86), and Jeffrey Free (24.17).



This **NOVA Masters team** may not have been big in numbers but their competitive drive and burning desire to prove led them to high quality swims which is becoming representative of this team with whom they train. Each and every day Mark summons the intensity and grit from within each swimmer to rise to the challenges and in this instance, national championships, and rise this group did! As Mark would say, "I don't care what you say, that was fun!"

Congratulations to Mark, these eight swimmers and the NOVA Masters swim team!! You have once again made us all NOVA Masters PROUD!



The VMST at Summer Nationals 2022 – NOVA swimmers are: **Dave Holland** & **Val VH Pate** (front row 3rd & 2nd from right, **James Crabbe** 3rd row, 2nd from right. Other NOVA swimmers missing: **Brad Phillips**, **Kevin Mastracci**, **Luke Garcia**, **Patrick Lowry**, **Sarah Tisdale** & **Coach Mark Kutz**. Note: less than half the VMST team is in this picture.



"Masters Spotlight"

Name —

Bradley Phillips

When did you join NOVA Masters and how often do you swim?

December 2020 and most weekdays in the early group

Background as a swimmer and an athlete.

I began swimming on my summer league team, the Pinecrest Piranhas at age 6. Found some success early on and joined the Curl-Burke swim club and competed with them through high school. Went and swam at UVA and spent my summers in college out in California with the Mission Viejo Nadadores. I played baseball, basketball and soccer growing up, sticking with soccer the longest through high school. We were always getting a group of friends together to play pickup football or other sports as a kid.

What motivates you to get up and swim at 6:00 or 7:30 AM?

I love the environment Mark creates. We're able to be competitive, get a great workout, and leave to "start" the day already feeling very accomplished. It's a great outlet and you get to meet some pretty cool folks along the way. Never could've imagined myself coming to a masters practice until I came here. Now I actually look forward to broken mile Fridays... Also having grown up going to morning practices my whole life, there might be some Stockholm syndrome involved.

What occupies your time outside of the pool?

Right now I'm working for the Governor, trying to make Virginia the best state to live. I'm also fully renovating my house, which consistently takes up more time than expected.

I enjoy playing a lot of sports. I played a lot of basketball until I severely broke my wrist in 2017. After that I've mainly stuck to tennis, biking, and running.

I make the quick trip over to Charlottesville to catch a UVA basketball or football game a few times a year, or up to DC to see the Nats.

My favorite weekends are a winter cabin trip or lake weekend with good friends.

Some people might be surprised to know that...

I'm the "Boss Hoss" coach at Ridgetop swim team. Trying to follow in fellow NOVA master Dave Holland's footsteps.

Favorite song that Mark sings and dances to?

I've developed a Pavlovian reaction to classic rock. No matter what I'm doing or where I am out in the world, when Journey comes on I start doing that task quicker and with greater effort!

Favorite Kutzism...

I don't care what you say that was fun!