

NOTEWORTHY NEWS IV

IF YOUR FAMILY IS NEW TO NOVA . . ., welcome. We know you probably have questions. To make your first year experience enjoyable, new parents will be assigned a parent mentor (probably a veteran NOVA mom !). These mentors can answer your questions or direct you to someone who can. Sometime in the next few weeks, new parents will be contacted by e-mail or phone. Our mentor parents will staff a help desk in the NOVA Aquatic Center lobby at the first meet this weekend. Our mentors stand ready to share their NOVA experience and knowledge!

OUR FIRST MEETS ARRIVE THIS WEEKEND . . . so it's a good time to sound trumpets and dispense some helpful advice. All NOVA swimmers are expected to be at warm-ups. Warm-up times will be posted on the website. NOVA parents wishing to be helpful will write their child's events on the back of their hand and send their children behind the blocks when a call for their event is announced. Swimmers should race in red caps; suits should be tight-fitting (the ladies in the Swim Shop know their stuff!) And goggles should be tightened slightly - slightly uncomfortable might be good guidance here. NOVA Coaches ask that all swimmers see their coaches **BEFORE** and **AFTER** they swim. Please park in the NOVA parking lot or in officially designated areas. Let the season begin!!

OCTOBER IS BREAST CANCER AWARENESS MONTH . . . and we honor that with a blossoming of pink caps. NOVA swimmers are encouraged to practice in pink but race in red.

ONE MR. TOWNLEY HAAS, NOVA SWIMMER OF NOTE, IS UP FOR THE BREAKOUT SWIMMER OF THE YEAR . . . at the Golden Goggles awards. You can support his candidacy - instructions on our website!! Just click the link we've provided and vote!!

THE WALLS AND BULLETIN BOARDS OF THE NOVA AQUATIC CENTER . . . are rich veins of swimming information, mostly for the swimmers. Between the pools, look for the "**Then and Now**" display. Started by Coach Diane last year, this tracks a swimmer's progress over a few years or a few age groups. It is inspirational and that is its purpose. Prepare to be amazed - some of the progress is mind-boggling. We will be changing that spotlighted swimmer every month.

A BIG THANKS TO ALL WHO ATTENDED OR SUPPORTED THE 2017 SHORT PUMP MILE . . . NOVA's annual contribution to the fitness level of school aged children. 1218 runners registered, including almost 200 from NOVA. An impressive 100 schools were represented and \$3250 was awarded to the PE Departments of fifteen area schools with the highest participation. Congratulations to River's Edge - 207 runners!! - for winning first place in the school participation program and to Our Lady of Lourdes for winning the greatest increase in participation niche. Its profits go solely

to fund NOVA's community outreach or scholarship programs. Thanks to all the parent volunteers and our community sponsors but special plaudits go to our two race directors, Amy Belcher and Susan Kratzer, who managed the event with skills and a lot of hard work. Thanks as well to the Petersons, Terren for managing the meet website, Leigh for being our Master of Ceremonies in the awards area. Thanks as well to Kristin Berrier for her role with marketing communications and sponsorship Our NOVA swimmers did some fine running as well. Shawn Atzinger continued the NOVA ladies' excellence I this event: she finished first, making it seven out of the last eight years for our young women. NOVA ladies grabbed the top four places - all four breaking six minutes, while the NOVA men put three in the top 5. Five NOVA fellows broke 6:00: Decker Bristow, Zac Cram, DC Hellams, Lim O'Donnell and Hampton Burch, several of them opting to run in Speedos. In the honors listed below, I have over-written the race results which pulled the top 5 out of every category. I have re-inserted them into the original age group to get a truer result. I apologize in advance for doing what made sense to me. As a final note, 100% of race proceeds support NOVA outreach efforts in our community!!

Top 5 ladies

Shawn Atzinger (overall winner)
Carter Bristow
Elyse Cram
Allison Langenburg

Top 5 Men

DC Hellams
Decker Bristow
Zac Cram

First Place Winners (Ladies)

Hattie Wells	6 yr. olds
Valentina Linkonis	8 yr. Olds
Emily Berger	9 yr. Olds
Hazel Wells	10 yr. olds
Anna Newell	11 yr. Olds

First Place Winners (Gents)

Luke Harrington 6 yr. Olds

HOW DID THE 2016-2017 NOVA TEAM RANK (IN THE WATER, THIS TIME)?

That's an answer in five parts. 1) Compared to past NOVA teams, the 2016-2017 edition ranked 5th among all NOVA teams with 130 team records broken or re-broken. 2) In the Virtual Club Championship, our SCY ranking was 4th. 3) In the LCM VCC rankings, our 2016-17 version ranked 4th. That's 4th in each among all USA Swimming teams. 4) Our Club Excellence ranking was 10th. The Club

Excellence basically looks at how many Summer Junior National qualifiers a team has. 5) Finally, our 2016-2017 team piled up 250 Junior cuts in practice, third all time in a contest that has been charted for three years. They did, however, display their moxie in meets, piling up 1141 Junior cuts in meets, making them first in that three year "contest". OK, 2017-18 swimmers, the pool is yours!! Take and make your marks!

SWIMMER FILES ARE BECOMING OR ARE NOW AVAILABLE IN THE LOBBY . . .

. thanks to Deanna Langenburg. Ribbons and information are deposited in these hanging files. Please let your swimmer gain a sense of responsibility by visiting this file himself. Or let us know if you don't have a file!! Thank you.

NOVA LOBBY ALERT, NOVA LOBBY ALERT . . . : Virginia Diner fund-raising packs are in the lobby. If that is a fund-raising possibility, pick up the info and embark on that tasty option. It's a great Christmas gift for friends, family or teachers!

WE WILL BEGIN TO POST OUR SENIORS' COLLEGE CHOICES . . . once we pass the first NLI date in November. That gives our swimmers the opportunity to change their minds and avoid any delicate embarrassments.

PARENTS BE ADVISED THAT CHILDREN PLAYING OUTSIDE THE BUILDING ARE NOT UNDER THE SUPERVISION . . . of 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 !

DO YOU HAVE ADDITIONAL FAMILY MEMBERS WHO HAVE EXPRESSED INTEREST IN NOVA? FRIENDS WHO SEEM INTERESTED? We stand ready to evaluate any and all who have summer swim team level abilities. Evaluations are quick, easy and free. Interested? E-mail Drew or Geoff. We can take care of most swimming levels somewhere in our program. From lessons to Masters, NOVA is a full service swimming organization, the best in Richmond and in Virginia. Modesty forbids us to say more so we'll stop with that minor bragging.

BEFORE DONATING ELSEWHERE . . . check with the staff to see if NOVA has a need. For example, re-doing your kitchen? Have a decent refrigerator? Consider taking the tax write-off and helping NOVA. We have three such refrigerators here at NOVA but we are always looking to update. Thanks !

WE HAVE THE NOVA FLAT HAT BULLETIN BOARD . . . that traces, through pictures, the travels of NOVA families and their NOVA caps. I thought it would be fun to see NOVA's international bloodlines. Here is the rule: only parents and children count. So parents or children have to be first generation here in the United States. Here's what we have gathered - I suspect we have more. 33 countries and counting! Don't hold out on us regarding your point of origin!

China	Russia	Poland	Korea
Japan	India	Colombia	South Africa
Iran	Turkey	Sri Lanka	The Philippines
Australia	Canada	Singapore	Serbia
Armenia	Cambodia	Germany	Czech Republic
Latvia	Burma	Seychelles	Bosnia & Herzegovina
Bangladesh	Venezuela	Ireland	Switzerland
Italy	Brazil	England	Mexico
Cuba			

E-mail Coach Geoff with any additions. I suspect we will have an amazing NOVA tapestry when we are done.