

NOTEWORTHY NEWS XIX

MANNERS, MY FATHER ONCE TOLD ME, CAN BE SUMMARIZED IN A SINGLE

STATEMENT: Of all the people in the room, I was the least important one. That's useful to remember because it provides a de facto guide to uncertain situations. I wish I could say that parking in the handicapped spots for pick-up is an uncertain situation but it isn't. I have recently received complaints from a handicapped driver in need of a handicapped spot who was prevented from getting one because those parking spaces were being used as a pick-up/drop-off zone by a small horde of carpools. This is an on-going problem; kindly respect the handicapped parking spaces - it's just good manners.

IF THE SNOW THREW YOU OFF YOUR GAME, HERE IS THE LATEST POOL EXPANSION NEWS . . . once again.

Parties are Fun and You Are Invited

I hope the lobby pictures of the New Pool Project have piqued your interest. The next step is here: you are cordially invited to attend one of NOVA's informational socials in support of the 50 Meter pool project. I am personally inviting and encouraging all NOVA parents to attend. Other parent groups built the two pools you now enjoy. It is time again to serve our growing team and our Richmond swimming community, a need that will be met by our proposed expansion.

Members of the Coaching/Business staff and the NOVA Board will be present to review the project and answer any questions you may have. We are pushing hard to finalize project details and secure \$800,000 in new pledges so we can start the construction process in April 2018. We can make this pool happen and be in the pool in Fall, 2018. Participation in the socials and support of the capital campaign are necessary to make this new pool a reality for your children and for the children who will follow them.

At the meet this past weekend, I told the swimmers that they arrived at practice each day as an "I". The moment they walk through our doors, they begin to transform into the "we" that makes practice successful, that wins the many banners that adorn our walls. They experience that we moment very day; in its best form, it is powerful, transformational. This drive to build a new pool is our parents' moment to become part of that "we" power, to expand NOVA's possibilities to transform young lives. Please join us at one of these socials so that we can answer your questions and make these lobby pictures more real.

Please click on the following link to RSVP.

<https://goo.gl/forms/nK8zEY3gpEh80zAs2>

Thank you for your support of NOVA.

ONE MEET, ONE MEET ONLY, SO THE FOCUS GOES TO THE WAC POLAR PLUNGE . . . where a wide-ranging group of NOVA swimmers got in some additional new year's swims. Craig Bohlman and Charlotte Causey went six for six in the first place category. Cullen Harrington, Sarah Wagner, Colin Floyd and Charlotte White each won three firsts!! Once again, our 8 & under continued their season-long assault on our Top Ten. Colin Floyd, Charlotte Causey and Cullen Harrington were the culprits this time. Apparently, it helps to have your name begin with a C if you plan to bring into the Top Ten. As always, TSI leaders should command your reading attention. Meredith Lively led the way with five, backed ably by Field Ewing, Valentina Linkonis, Bella Lombardo, Will Stevens and Sarah Wagner with four. Championship season approaches!!! Go, NOVA!!!

NOVA All Time Top Ten Performances

8 & U

Charlotte Causey	100 fly 5 th
Colin Floyd	500 free 8 th
Cullen Harrington	50 breast 6 th

First Place Winners

MacKenzie Bailey	25 breast, 25 back
Craig Bohlman	200 & 500 free, 100 IM, 100 back, 50 & 100 fly
Charlotte Causey	200 IM, 50 & 100 fly, 25 & 50 free, 25 back
Delaney Coyner	100 back
Hayden Coyner	100 free
Colin Floyd	500 free, 100 breast, 50 back
Cullen Harrington	100 & 200 IM, 50 breast
Pierson Harris	50 back
Gareth Hollender	100 fly
Bri Mason	200 IM
Emma Medei	50 breast, 25 fly
Henry Mulholland	50 free
Tyler Peat	100 back
Camden Royster	100 & 200 free
Sarah Wagner	200 back, 50 & 100 breast
Charlotte White	100 & 200 free, 100 breast

Time Standard Improvements

Cameron Adams	500 & 1650 free AA
Hiya Agrawal	100 back, 50 breast B, 50 back BB
Emory Allen	200 breast B
Joseph Ascoli	1000 free BB
Karina Blanco	50 fly B
Craig Bohlman	100 IM, 50 fly AAA
Glenn Bohlman	200 back, 50 & 100 free A
Maggie Bowles	50 & 100 breast BB

Carson Brewer	100 fly B, 50 back BB
Matthew Butler	50 free B
Hayes Carithers	100 breast, 50 back B
Morgan Carney	200 breast B
Charlotte Causey	200 IM, 100 fly BB
Gabby Clemens	100 fly B
Wesley Conner	100 breast B
Quinn Cornwell	100 fly, 500 free BB
Hayden Coyner	50 breast BB
Lizzie David	100 free B
Lina Dawson	500 free B, 100 & 200 IM BB
Gabriella Douglas	200 back B, 200 free BB
Jackson Eakes	200 back B
Jamie Edwards	200 fly, 100 breast BB
Mia Eubank	200 free B, 50 fly BB
Field Ewing	100 IM, 50 fly, 50 & 100 back BB
George Ferguson	50 free B
Adam Fisher	400 IM B
Nathan Geffen	200 back, 100 free B
Peyton Geiszler	400 IM A
Drew Geyer	200 free B
Bella Glenn	200 free, 200 IM B, 50 back BB
Cullen Harrington	50 fly B, 100 IM, 50 back BB
Pierson Harris	100 IM AA
Katherine Harrison	200 fly B
Farrah Hollender	100 fly B
Gareth Hollender	100 fly, 200 IM B
Riley Jones	100 fly, 50 breast B
Henry Kirkeby	100 & 200 free B
Ali Kirsner	50 breast B
Katelyn LaClair	500 free, 100 fly B
Katherine Lacy	200 IM B, 100 back, 100 fly BB
Logan Lafland	200 IM BB
Alina Laraway	500 free B
George Li	100 back, 50 fly BB
Gabriella Linkonis	100 fly BB, 200 IM A, 50 free AA
Valentina Linkonis	200 free A, 100 back, 100 breast, 50 free AA
Meredith Lively	500 free B, 50 back, 50, 100 & 200 free BB
Bella Lombardo	500 free, 50 & 100 fly, 50 back BB
Sherry Luo	200 breast B
Vivi Maccaroni	100 IM BB
Sara Maksimovic	200 IM BB
Isabelle Manetas	50 back B
Hunter McAuliffe	50 back B
Catharine McCann	200 IM B
Lizzie McCullough	200 IM B
Emma Medei	100 fly B, 50 breast BB
Nathan Milligan	500 free BB
Kelsey Morris	100 & 200 free, 200 IM B
Wiley Mulholland	100 IM B
Ethan Noblin	200 free A
Jade Noblin	50 breast, 50 fly, 50 free B
Colin Noonan	50 back B
Rebecca Nystrom	50 free B

Bailey Owens	400 IM, 200 breast B
Ty Owens	200 IM BB
Nathan Parker	100 fly B
Tyler Peat	100 back BB
Michayla Pisa	100 back BB
Hunter Pope	200 back BB
Oz Potter	100 breast B
Cameron Rhodes	200 free B
Elizabeth Riley	50 fly B
McKenna Royster	50 breast BB
Candice Santos	50 fly B
Meghan Schmidt	50 fly B, 100 back, 100 breast BB
Hayley Schreck	200 breast, 200 free B
Gabbie Seitz	200 back B
Stella Shropshire	50 back B
Christian Sleman	100 IM B
Olivia Spooner	100 IM B, 50 back BB
Adam Stallard	100 back B
Maddie Stevens	200 free BB
Will Stevens	100 fly, 100 & 200 back BB, 100 breast A
David Taber	200 breast B
Alex Trias	100 free, 200 IM BB
Brendan Van Drew	50 free B, 50 back BB
Sarah Wagner	200 & 500 free A, 50 breast AA, 200 back AAA
Camden Weston	100 fly, 500 free B
Charlotte White	200 free B, 100 fly BB
Ford White	100 IM, 100 back, 50 breast B
Ella Wiatt	100 IM B
Matthew Wolfle	50 fly B, 50 back BB

100% Best Times

Chason Beggerow	Karina Blanco	Craig Bohlman
Maggie Bowles	Carson Brewer	Matthew Butler
Hazel Cabugason	Hayes Carithers	Maclay Cerny
Abby Clifton	Ashley Compton	Quinn Cornwell
Hayden Coyner	Lina Dawson	Gabriella Douglas
Mackenzie Duffus	Field Ewing	Nathan Geffen
Alex Gertner	Dante Huaman	Alivia Hutcheson
Bryant Julian	Iza Kalka	Logan Lafland
Alina Laraway	George Li	Gabriela Linkonis
Valentina Linkonis	Meredith Lively	Allison McCullough
Katie McGuffin	Kelsey Morris	Jade Noblin
Colin Noonan	Becca Nystrom	Ty Owens
Nathan Parker	Reagan Parker	Abby Paullin
Tyler Peat	Elizabeth Popik	Will Popik
Morgan Rodgers	Candice Santos	Lauren Smith
Olivia Spooner	David Taber	Camden Weston
Ford White	Ella Wiatt	

Barrier Breakers

Gabriela Linkonis	<	:30	50 free
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Valentina Linkonis			
Maggie Bowles	<	1:30	100 breast
Gabriela Linkonis			
Nathan Parker			
Brennan Branch	<	2:00	200 free
Morgan Carney	<	2:30	200 free
Maddie Stevens			
Henry Kirkeby			
Karina Blanco	<	3:30	200 IM
Charlotte Causey			
Culle Harrington			
Farrah Hollender			
Katherine Lacy			
Mia Eubank	<	3:30	200 free
Bella Glenn			
Kelsey Morris			
Cameron Rhodes			
Charlotte White			
Ford White			
Craig Bohlman	<	5:30	500 free
Adam Fisher	<	6:00	400 IM
Bella Lombardo	<	6:30	500 free
Meghan Schmidt			
Lina Dawson	<	8:00	500 free
Colin Floyd			
Alina Laraway			
Joseph Ascoli	<	12:00	1000 free
Cameron Adams	<	18:00	1650 free

OUR COACHING STAFF'S EXPRESSED GOAL . . . is to answer e-mails promptly. If promptly isn't possible because we are on-deck, working out, or out to dinner, for example, we aim to answer inside a 24 hour cycle. That 24 hours or less goal applies to the M-F workweek and some coaches extend that to include Saturday AM. A weekend e-mail may not get answered until Monday; a vacation e-mail may not get answered until a staff member returns from vacation. When we are on-deck or at a meet, that "prompt" response cycle may also be interrupted. Hope this clarification helps.

JANUARY IS . . .

. . . **often quite cold** and sometimes brings the white stuff. Here at NOVA, we take snow in stride: we rarely cancel but we do respect the danger and inconvenience it presents. If bad weather is forecast, we take a wait and see attitude. Richmond is on the snow/ice line so long experience has taught us that the forecasters often miss. Snow invites respect; ice provokes healthy fear and concern. So we will make a go/no go call fairly close to practice. The worst weather situation involves a late afternoon/early evening storm. The coaching staff typically is already at NOVA as the storm begins so we will ask incoming traffic how the roads are doing, all the while consulting the

various internet and TV weather reports. Daylight and overnight calls are easier because we have more information and can drive out to sample and survey the roads ourselves well in advance of practice. We will err on the side of caution - not HCPS caution, more like private school caution. As always, we remind all NOVA parents to make their own decision and proceed with caution. Then there is that reminder to dress for the weather. We still observe bare-footed or sandal-clad children arriving for practice. The coaching staff strongly advises dressing for success - warm sweats, socks and shoes. Slippers and sandals are comfortable but bad choices! Train like an athlete, dress like an athlete. Parents are specifically asked not to encourage the "run to the warm car" behavior. Convenient and easy - but not in an athlete's best interest.

. . . a time to remind parents of our bad weather policy . . .
that older, driving swimmers check with parents before leaving for home if a storm hits or intensifies during practice. That way parents can tell a child to stay put if conditions have seriously deteriorated. We cannot monitor every call but we do want parents to know that this will be our posted advisory. Practice changes are based on the conditions on the roads leading to NOVA which are generally well plowed and treated.

. . . a great time for swimmers to embrace a more challenging practice schedule, train smarter and harder, explore new and challenging events. It is the phase of the season before the storm of February meets that begin the championship season.

FEBRUARY AND MARCH . . .

. . . are marked by strict meet entry deadlines for the championship series of meets (see later). Parents attempting to enter the meets after the deadlines will pay a hefty penalty mandated by Virginia Swimming. Even those meets run here at NOVA must follow those guidelines. Meets hosted here and coach and swimmer departures to away meets may disrupt the schedule in small and large ways.

. . . Ah, that Championship season business. . . that seems to consume these two months. For those of you new to NOVA, I'll sketch out the championship season and then offer a quick glance on later spring into summer. The first "championship" meet is the 8 and Under District Champs on February 9-10th. This meet is open to all 8 & U swimmers regardless of time qualification. The next meet is the 9-12 Central District Championships, February 16th-18th and it is for all swimmers lacking Age Group Champs qualifying times (see the website for time standards links). This meet has been expanded this year to include Trials and Finals for 9-10 and 11-12 year olds, one heat of finals for the former, two heats for the latter. Entry deadlines for these meets will be firm, without wiggle room. The coaching staff would like see all eligible swimmers entered into each meet with a maximum

line-up of events. All 13-18 swimmers who haven't qualified for AGC or Senior Champs will attend the Regional Champs, held February 23-25th at the Jeff Rouse Center just north of Fredericksburg. All those 14 and unders from these meets who make Age Group Champs (AGC) Qualifying times move on to the State Age Group Champs March 8th-11th in Christiansburg. All 15 and over qualifiers move on to the Virginia Senior Champs, March 1-4th, moving back this year to Richmond and the Collegiate School Aquatic Center (this year's edition hosted by NOVA!!!). A compressed timetable:

2/9-2/10	8 and Under District Champs
2/16-18	12 and under District Champs
2/23-25	13 and over Regional Champs
3/1-3/4	Virginia State Senior Champs
3/8-3/11	Virginia Age Group Champs

We term this rush of meets the "championship season". Following these meets are the various high level All Star or fast qualifying times championship meets listed below. These meets are generally travel meets to the land of Far Far Away.

3/13-3/17	NCSA Juniors, Orlando, FL
3/21-3/24	NCSA Age Group, Orlando, FL
3/23-3/25	South Zone Speedo Sectionals, Christiansburg, VA

NOVA concludes the short course (25 yd) segment of the season with the 2 day NOVA Short Course Send-off March 30-31st. This has been an excellent meet open to all 14 & under swimmers who did not qualify for State Champs and has provided a fitting conclusion to the short course season, but we are contemplating some changes here because this meet falls this year on Easter weekend. So there it all is - a tidy summing up of what lies ahead.

Remarkable advances are often made by swimmers who immerse themselves in the championship season. The acts of qualifying for a meet, then participating in it often change the trajectories of swimming careers. You must be present to win these sometimes astonishing advances!

THE WINTER MONTHS BRING MORE THAN COLD They bring - no big surprise - darkness and that darkness makes the parking lot more of a hazard than in better-lit months. I am asking that all drivers exercise extreme caution upon entering NOVA from Gayton Road. Some of the swimmers play outside; some swimmers aim swift charges at warm cars. The potential for serious mischief is there and slowing down is certainly a good way to minimize or avoid it. Thank you in advance for your support of my yearly slow down initiative.

PERUSE OUR LIST OF COLLEGE-BOUND SENIORS AND YOU WILL NOTE THE PRESENCE OF SOME IMPRESSIVE SCHOOLS We are delighted to announce the following future destinations. Our rule here is simple: gotta know before a name is added to this list. So here's what we currently know. If you know and we don't, stay calm and drop me a line. Happy to add any new decision-makers (NCSA insider joke!).

Caroline Baber	Washington & Lee
Carter Bristow	University of Virginia
Ian Densley	Roanoke College
Grace Edwards	Boston College
Cade Elliott	Washington University in St. Louis
Maddie Hadd	Georgia Tech
Ana Kuzemka	George Mason
Sarah Malloy	Texas Christian University
Lauren Meeker	Virginia Tech
Ashley Meyer	University of Richmond
Rebecca Rogers	William and Mary
Annie Sanchez	Campbell
Nori Sanchez	Barton College
Kayleigh Seitz	Oklahoma Christian
Sophie Svoboda	Air Force Academy
Patrick Townsend	University of Tennessee
Maria Vinson	Roanoke College
Matthew Whelan	Duke
Gracie Wielar	Villanova

We will aim to have some of the pictures from the senior signing event posted on the lobby TV's so that the entire team can connect a name with a face.

THE COACHING STAFF IS ALWAYS LOOKING TO IMPROVE THE MEET ENTRY PROCESS . . . both for parents and for our meet management folks. Each meet entry is posted and coaches strongly request that parents either accept or decline a meet entry. We do aim to accommodate late entries whenever possible but that means extra work for our meet entry team. So please let us know your intentions for meets listed for your swimmer's training group. Just log in, find the appropriate meet and let us know your intentions. The coaching staff will also often send reminder e-mails as meet deadlines approach.

COLD WEATHER WILL ARRIVE AND WILL BE HERE TO STAY FOR A MONTH OR TWO OR THREE . . . so it is definitely time for warm gear, dry socks and shoes and warm hats. Each year, NOVA swimmers continue to arrive at NOVA I the winter as if it was summer, dashing from or to a car in a bathing suit. The good habits of a swimmer's career begin early and that means dressing warmly when cold winds blow. Shoes, socks, gloves, wool hats and warm parkas do much to blunt winter's bite. An athlete emerging from a taxing practice

needs to let his body and muscles recover inside some warm wrappings.

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.

