

## **NOTEWORTHY NEWS XVI**

**SHOULD WINTRY WEATHER THREATEN, PLEASE CHECK THE WEBSITE . . .**  
for the most up to date information. We will swiftly post any practice changes.

**NOVA MAKES A DIFFERENCE . . .** and sometimes we are quite dry and quite removed from the pool when that happens. Those moments are often quite special and, like many great moments, not attended with great fanfare. Ah - that would be a nice summation of our Goochland Christmas Mother project. I thought it would be touching for the many NOVA families who participated to hear that their gifts made a difference.

From the Lopez family: "Thank you very much, again. Me and my family were very happy and impressed of how much presents we received. Please let everyone who helped, thank you from us!"

From the Maxwell family: "MERRY CHRISTMAS. Thank you. She loved everything!" Attached was a picture of a very happy young lady riding her bicycle.

**HERE'S AN ADMIRABLE TRANSITION: FROM A PICTURE OF A HAPPY BIKE RIDER TO THE ANNOUNCEMENT OF A VIDEO CONTEST FOR OUR ADMITTEDLY CREATIVE NOVA SWIMMERS . . .** And yes, that may have been the longest lead-in ever for NN. Young swimming minds, as we have seen, can be imaginative and creative. Recognizing that, we have decided to launch a video contest to inspire us all with their visions of NOVA. So here are the video contest details:

- Two some-ones or two group-somes will win a prize, one 12 & U, another 13 & O.
- Each video can be up to 60 seconds long made on phone, .mov or .Mp4 format.
- Topic for 12 & U: NOVA is "\_\_\_\_\_"; Topic for 13 & O is "What a 50 meter pool means to me."
- You can work by yourself, in groups and include interviews.
- e-mail your video to [marketing@novaswim.org](mailto:marketing@novaswim.org) or drop off a flash drive to the business office
- Videos are due by 5PM on January 16<sup>th</sup> and will be evaluated by coaches and staff members.
- Entries will be judged on thoughtfulness and creativity - winners announced on January 31<sup>st</sup>.
- The top winner of each age category will receive a \$100 gift certificate to the Short Pump Mall
- The Top three videos in each category will be posted on NOVA's website and Facebook.
- So . . . start spending some phone time on something both useful and potentially rewarding. We can't wait to see what you guys will create!!

**EXPANSION NEWS WILL BE A RECURRING FEATURE . . .** as the nameless but busy scribes of NN labor inside their aquatic monastery to keep NN's loyal readership superbly informed. Please note the lobby drawings: they are official renditions of our planned 50 m expansion from Moseley and Associates. I encourage all parents to see what we have planned for your children. Excitement stokers organized concisely in the bulleted points just ahead!

- Thanks to all who made payments and new pledges in support of the 50m pool project. NOVA collected \$175,000 during December and received nearly \$60,000 in new pledges.
- We will soon issue details about the upcoming information socials in January and early February. Make plans to attend one and get informed and excited. During the socials, we will discuss why the 50m pool is so important for NOVA, its benefits to our families, how the pool will be utilized and the construction time line. So, explanations provided, questions answered.
- To build the first pool, we secured a 100% pledge rate! Let's recreate that magic! We politely and humbly request that all unpledged families join us in making this necessary expansion happen. To build this pool, we need resumption of the original pledges and \$800 K of new pledges so that we may break ground in April.
- Yes, it will be 50 meters and outdoors. Only the older groups will use this pool year-round. Yes, we will be building it with an eye at enclosing it later.
- Interested in hosting a social or helping with the Capital Campaign? Contact Executive Director Ann McGee.
- Finish date? October 2018.

**WE ENDED THE 2017 YEAR RANKED NUMBER THREE . . . among USA**

Swimming teams and congratulations is due to the entire team for this signal, but temporary, honor because the short course season has a few more acts. We are not far removed from second!! This information is available through the USA Swimming website. Just use our website to click on the USA Swimming shield (upper right corner) and portal to that website. Once there, go to Times. Click on that, go to the IMX/IMR & Virtual Club Championship Section. Click there, then go to the far right and click on VCC search. Then click on yards 2017-2018 and hit search. Other teams can be checked out as well. NOVA swimmers can access this by visiting the bulletin board to the left of the men's locker room in the old pool area.

**HOPE YOU ENJOYED THE CHRISTMAS PRACTICE SCHEDULE . . . and that you will savor the return to normal practice times this week. Welcome back and Happy New Year.**

**IN A QUIET MOMENT OVER THE BREAK . . .** I stumbled across what seems to be the largest group of water bottles in captivity. We caught and released a massive herd earlier this year but an equally massive swarm of Myrmidon-like bottles soon appeared to take their place. Metal, you ask? Of course. Gatorade? Seriously . . . ? We have every variety under the aquatic sun! Please check out our collection in the Lost but not Found. While there, check out our towels, clothes, shoes, etc. What could be more satisfying than shopping and finding your missing stuff? We do clean out that little corner of NOVA before meets so, as Snuffy Smith would have said, "Time's a-wastin'."

**WE ALWAYS LIST OUR CHRISTMAS PRACTICE VISITORS . . .** who dropped in over the Christmas. We welcomed the alumni listed below:

Jessie Gvozdas	Abby Jones	Kristen Cashwell
Bryn Gvozdas	Jessica Pierce	Lauren Parker
Gavin Brown	Jack McSorley	Sydney Lenz
Emily Provenzo	Will Riggs	Philip Barto
Ted Schubert	Charlie Swanson	Wade O'Brien
Sam Cuthbert	Vinnie Vivadelli	Michael Estrada
Miranda Fellowes	Bailey Butler	Nick McComb
Rowan McDowell	Jasmine Harper	Emilio Layton
Aaron Schultz	Townley Haas	Jac Cortright
Justin Edwards	Dorothy Reilly	David Dixon
Bridget Bartley	Sarah Jorgensen	Anthony Vinson

Some we saw more, some we saw less. A special shout-out of high acclaim goes to Ted Schubert who graced many of our practice with his top-notch work ethic and inspirational results. I salute him for inspiring his younger teammates with his ready to work, ready to race attitude. UVA should be proud.

## **CHRISTMAS BREAK/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. Slipper 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 1-4<sup>th</sup>, 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.