NOTEWORTHY NEWS XX

THE NOVA AQUATIC CENTER TURNS 21 THIS WEEK ON SUNDAY . . . and thus attains its majority in that quaint phrase of yesteryears. These past twenty one years have been remarkable and blessed, marked by prudent expansion, multiple state and national championships and sound finances. We can all thank the visionary board led by Don Farmer that made this pool we call home happen. We can thank subsequent Boards for being thoughtful and watchful stewards of the on-going process we call NOVA.

OUR INFORMATIONAL SOCIALS STARTED YESTERDAY . . . and NOVA thanks Jill and Mark Webb and Hillary and Brett Hawkins for co-hosting. Hillary and Brett graciously offered their house as a venue and we began the process of explaining the hows, whys and what fors of the new pool. Probing questions were asked and honest answers given. Again, I repeat the cheerleading excerpt from last week's edition.

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.

SO FAR, THE PARTICIPATION IN THE UNDER ARMOR ''CHANGE'' DRIVE . . .
has been inspiring. 63 bottles have been filled with more arriving in the office each new day. Wow, the pool should soon be heavily dotted with those silver caps. We thank you for your enthusiastic response!!

THE SWIM SHOP IS NOW TAKING ORDERS FOR OUR YEARLY T-SHIRT . . . but please note that the NOVA T-shirt is always a little bit more, sometimes a lot more. NOVA alumni often speak fondly of their favorite edition. Each t-shirt includes a date stamp - OK, a year stamp - and some invoke a particular zeitgeist, some ad campaign or a riff on some successful business. This year's is NOVA red and ordering must be done on-line. The NOVA coaching staff would like all swimmers attending championship meets to purchase one and display their team pride at the soon arriving Championship meets!!

BRIEFLY, WE RETURN BACK TO THE TWO MEETS/TALE OF TWO CITIES SCENARIO, BUT WE WILL SOON BE ENTERING INTO THE CHAMPIONSHIP SCENARIO OF ONE MEET PER WEEKEND . . . so take a deep breath and tighten up your bootstraps of whatever else Sargeant Lee Ermey might advise. The NOVA Distance Tune-up got started and ended before the Duck Bowl began, so NN will turn its gaze there first. As the long list of TSI's suggests, this was a meet filled with better times. Especially memorable was Devi Naoroz's 200 back, mistakenly announced as a team record! Oh, well. Calli McEvoy threw down an especially fine 400 IM as did Maddie Wallin with her first Junior cut in the 400 IM. Check out the rather lengthy list of barrier breakers - nothing like the longer distances to let NOVA swimmers display their mettle.

NOVA All Time Top Ten Performances

Devin Naoroz	11-12 200 back	4th

NCSA Juniors

Christopher DallaValle	1000	free
DC Hellams	400	IM
Caroline Sheble	400	IM
Maddie Wallin	400	IM

First Place Winners

Crash Ackerly	200	fly
Craig Bohlman	1000	free
Aiden Boyd	200	breast
JP Brunetti	400	IM
Lillie D. Connor	200	breast
Christopher DallaVallle	1000	free

Lizzie Danforth	1000	free
Thomas Farney	400	IM
DC Hellams	400	IM
Aidan Jacobs	500	free
Emily Kantner	200	fly
Carly Laurence	1000	free
Calli McEvoy	400	IM
Dominic Mistretta	1000	free
Devin Naoroz	200	back
Anna Newell	400	IM
Sanna Peterson	1000	free
Caroline Sheble	400	IM
Emma Stevens	500	free
Catherine White	200	back

Time Standard Improvements

Crash Ackerly	200	fly AA
Cameron Adams	400	IM AA
Harry Belcher	200	fly BB
Sarah Bender	1000	free AAA
Allison Bischoff	200	back A
Craig Bohlman	1000	free AA
JP Brunetti	400	IM AA
Morgan Burton	400	IM AAA
Gabby Chen	1000	free A
Cameron Cook	1000	free A
Madison Cottrell	400	IM AAA
Eleanor Cribbs	400	IM A
Lizzie Danforth	1000	free AAAA
Aidan Duffy	1000	free AA
Savannah Eakes	200	fly BB
Thomas Eubank	1000	free AA
Eric Fagan	400	IM AA
Thomas Farney	400	IM AAA
Alex Gertner	400	IM A
Caroline Gray	1000	free AA
Aidan Jacobs	500	free A
Conner Jorgensen	400	IM AAA
Emily Kantner	200	fly A
Ala Killen	400	IM AAA
Sarah Kish	400	IM BB
Logan Lafland	400	IM BB
Eric Lambert	200	fly A
Emily Law	500	free AA
Mia Lee-Bishop	400	IM A
Charlie Mayr	1000	free AA
Calli McEvoy	400	IM AAA
Devin Naoroz	200	back AAAA
Dominic Mistretta	1000	free AA
Anna Newell	400	IM A
Cole Nuckols	200	fly BB
Kelsey Peel	400	IM A
Hunter Pope	400	IM BB

Grady Potter			400	IM BB
Kaysea Ramsey			400	IM A
Spencer Ridge			200	back BB
Savanneh Salmon			400	IM BB
Jack Schardt			1000	free A
AJ Schwabe			1000	free A
Kylie Semo			1000	free AA
Ethan Spencer			1000	free A
Emma Stevens			500	free AA
Parker Stevens			400	IM AA
Will Stevens			400	IM A
Nicholas Viers			1000	free AAA
Maddie Wachtel			400	IM B
Adele Wheatley			200	back A
Colin Whiting			400	IM AA
James Wright			1000	free A
Blake Young			400	IM AA

Barrier Breakers

Savanah Eakes	<	3:00	200	fly
Emily Kantner				
Eric Lambert				
Cole Nuckols				
Spencer Ridge				
Aiden Boyd	<	3:00	200	breast
Conner Jorgensen	<	4:15	400	IM
Cameron Adams	<	4:30	400	IM
Parker Stevens				
Maddie Wallin				
Colin Whiting				
Calli McEvoy	<	4:45	400	IM
Thomas Farney	<	5:00	400	IM
Bennett Marsee				
Hunter Pope				
Will Stevens				
Sarah Kish	<	5:30	400	IM
Grady Potter				
Eleanor Cribbs	<	6:00	400	IM
Alex Gertner				
Logan Lafland				
Mia Lee-Bishop				
Anna Newell				
Savanneh Salmon				
Maddie Wachtel				
Aidan Jacobs	<	6:00	500	free
Emily Law				
Lizzie Danforth	<	10:30	1000	free
Aidan Duffy				
Joe Manley	<	11:00	1000	free
Dominic Mistretta				
Ethan Spencer				
James Wright				
Craig Bohlman	<	12:00	1000	free

Gabby Chen
Thomas Eubank
Caroline Gray
Charlie Mayr
AJ Schwabe
Cameron Cook < 13:00 1000 free
Jack Schardt

NOVA SWIMMERS TRAVELED TO STAFFORD AND THE JEFF ROUSE CENTER . . . for the 2018 Duck Bowl. Courtney Carter just aged up and she very quickly got her first ''A'' time in her current age group with a fine 400 IM swim; Justinas Petkauskas got his first ''A'' time in the 100 free! JD Chen led the way with two wins while the undisputed TSI leader was Will Glass with five. Justas Viliusius showed definite signs of future promise with four TSI's. Next stop . . . championship season.

First Place Winners

JD Chen	100 back, 100 fly
Kate Tittermary	100 fly
Abigail Wang	50 breast

Time Standard Improvements

Jason Abbey	500 free BB
Ankit Agrawal	200 IM B
Bayleigh Allen	200 IM B
Bella Andrade	100 back B
Lauren Armstrong	200 fly BB, 400 IM A
Bill Belcher	100 & 500 free AA
Emily Berger	50 fly A
Brooks Bower	200 free, 200 back BB
Cora Campbell	50 breast BB
Courtney Carter	400 IM A
Gabbie Carvalho	50 fly BB
Shane Cutchin	200 back B
Owen DeFrancesca	100 breast BB, 50 free A
Sam DeMotte	200 free B, 500 free BB
Carleigh Dillman	100 fly, 200 & 400 IM AA
Cooper Dillman	100 IM, 100 free A
Andrew Eastep	400 IM BB
Carly Farrey	100 free BB
Will Glass	200 IM, 100 & 200 breast B, 50 & 500 free BB
Pierson Harris	50 fly A
Mary-Stuart Hawkins	100 fly A
Jasper Kalka	200 free, 100 & 200 back B
Molly Kehoe	100 breast, 200 IM
Carter Kelly	100 free A
Danil Kotikov	100 fly B, 200 IM BB
William Kurz	200 & 400 IM A
Rawlings Leachman	100 breast AAA

Benjamin Li	100 fly, 100 back BB
Valentina Linkonis	50 fly A
Bella Little	100 free AAA
Sophie Milani	200 breast B
Jack Neese	100 breast BB, 100 IM A, 100 free AA
Audrey Paulus	100 fly BB, 100 breast A
Justinas Petkauskas	100 back, 50 fly BB, 100 free A
Charlotte Ratliff	200 breast B
Coli Schmidt	400 IM A
Greer Schneider	100 IM BB
Elle Scott	50 breast A
Joseph Shaia	500 free BB
Kerste Smith	100 breast B, 50 & 200 free BB
Alex Sushkoff	100 back, 100 fly BB
Calle Taylor	200 fly B
Lexi Ukrop	200 back B
Justas Viliusis	100 breast, 100 back B, 200 free, 200 IM BB
Addie Whisnand	200 breast BB
Caroline Zorn	500 free, 200 IM BB

Bold print indicates first ‘‘A’’ time in current age group

100% Best Times

Ankit Agrawal	Bella Andrade	Abby DeMotte
William Edwards	Sophie Milani	Elle Scott
Nolan Taylor	Justas Viliusis	Caroline Zorn

Barrier Breakers

Will Glass	<	:30	50 free
Danil Kotikov	<	2:30	200 IM
Tess Williams			
Justas Viliusis			
Courtney Carter	<	2:30	200 back
Addie Whisnand	<	3:00	200 breast
Will Glass			
Triya Ganguly	<	3:00	200 fly
Annie Stepanek			
Carleigh Dillman	<	5:00	400 IM
William Kurz			
Colin Schmidt			
Jason Abbey	<	6:00	500 free
Sam DeMotte			
Will Glass			
JD Chen			
Justinas Petkauskas	<	7:00	500 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.

A SERIOUS GLANCE AHEAD TO THE CHAMPIONSHIP SEQUENCE . . . follows but this info may prompt more questions. If it does, please contact your child's coach to fill in any information gaps you may possess.

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 normally 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. We may go later and convert the meet to long course meters. 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 HAS ARRIVED AND WILL BE HERE TO STAY FOR A MONTH OR TWO . . . 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.