



Head Coach Norm Wright



Happy New Year and welcome to 2023! The last two months have been filled with swim meets, parties, and the holidays here at NOVA. The holiday season is a chance to reflect and recharge for the upcoming year as we set our sights on the championship season in February and March.

These past two months we have had the opportunity to reflect on who we are here at NOVA. We are people that volunteer and support each other during the busiest of times. We are families, friends, and neighbors coming together to **grow a community through aquatics excellence, opportunities, and inNOVation! #oneNOVA**

Practice Schedules

We have completed our holiday practice schedules but as always please stay alert to practice adjustments as we navigate the next few months heading into championships. Your group's lead coach is sending weekly communications with practice updates, and you can always visit the website for any schedule changes.

Over the next few weeks we are hosting swim meets at Regency so please keep an eye out for location and practice time changes. If you have any questions or concerns, please reach out to your lead coach.





Alumni Home for the Holidays

NOVA has had hundreds of swimmers return home for the Holidays over the years and this year was no exception. Alumni from all over the country arrived at NOVA for a quick swim or just a hello. We had swimmers and swimmers alike in town for the holidays, starting in November and extending into the new year. We are always here for our alumni, and they are always welcome to stop by and give an update on life, visit the new long-course pool, or join the team for a training session. It was great seeing everyone over the last two months. Please come visit again soon!

For a complete list of colleges that NOVA has represented please stop by Pool 2 at Gayton and check out all the college pendants hung on the walls.

NOVA All Team Banquet

NOVA will be hosting an all-team banquet in 2023 to celebrate the accomplishments of our team members. Please mark your calendars for Friday, May 5 from 6-8pm at the Pocahontas Middle School Auditorium. Everyone is invited to attend. We hope you can all come out and celebrate. More information will be coming as we get closer to the end of the season.

Winter Weather at NOVA

NOVA takes weather forecasts in stride, and we seldom cancel a practice or meet. We acknowledge the dangers and inconveniences weather presents and we will continue to make the safety of our members a priority.

If bad weather is being predicted, we take a “wait and see” approach. Please be patient and know we are monitoring things as they evolve and will communicate any changes as quickly as possible. The best way to get an immediate message is to make sure you are signed up for SMS communication on the team website.

We do try to err on the side of caution with winter weather, but that may not be the same as your local school’s approach. As always, we remind all NOVA parents to make their own decision and proceed with caution.

Now we get to the friendly reminder to dress for the weather. Swimmers are often seen standing in the cold and sometimes bare-footed or in sandals. The coaches strongly advise parkas, sweats, socks, and shoes. Parents, please do not encourage the “run to the warm car” approach. This may be easy or convenient, but it really isn’t in the swimmer’s best interest.



Remembering Carson Brewer

Every day we walk on the pool deck, we can remember Carson Brewer when we see his picture on the memorial award located at both Gayton and Regency. Next week brings us to three years since Carson passed. On January 13 and 14th we will once again remember Carson by wearing RED. We ask that swimmers wear red NOVA swim caps and any red apparel you have, parents are also encouraged to participate. This has become an annual opportunity to honor the memory of Carson and his family.



NOVA Swim-A-Thon

April 15, 2023 is the date for our annual NOVA Swim-a-thon. The swim-a-thon is a fun way to raise money for NOVA while meeting your fundraising requirement. Your swimmer raises money by swimming lengths of the pool. Swimmers ask family, friends, neighbors, or businesses to pledge money per length, or make a flat donation in support of the team. Swim-a-thon participants can earn cool prizes from USA swimming; plus, qualified teams are automatically entered into the Swim-a-thon contest where teams have the chance to earn prize packages... one lucky team will win a visit from an Olympian!



SWIMNOVA Lessons

Learning to swim is a critical life skill. It is important for children of all ages to know basic swimming skills and water safety. NOVA runs perhaps the largest “learn-to-swim” program in the Richmond area. Each year, we teach over 6,000 lessons to children ages three and up.

The complete lessons schedule and offerings can be found on our website novaswim.org.



2023 Championships Meets

Once we get past the holiday rush NOVA looks ahead to the seasonal championship meets in February and March. Our team championship meets are broken up into age specific and time standard specific meets. NOVA is proud to be hosting a few of the championship meets at our Regency facility, while we are also ready to venture to other pools in search of another team title to add to our banners hanging at Gayton. A full description of each championship meet is available on the NOVA website and detailed information will be sent out in your group's weekly emails.



8-under District Champs	February 11-12	Open to all swimmers
9-12 Central District Champs	February 17-19	Open to all non-Age Group Champs swimmers
13-over Districts Champs	February 24-26	Open to all non-Senior/AG Champs swimmers
Virginia Senior Champs (15-older)	March 2-5	Senior Champs Qualifying Time Standards
Virginia 14-under Age Group Champs	March 9-12	Age Group Champs Qualifying Time Standards
NCSA Spring Junior Nationals	March 14-18	NCSA Qualify Time Standards
NCSA Age Group Champs	March 22-25	NCSA Age Group Qualifying Time Standards

NOVA Meet Results

With 13 swim meets in November and December, NOVA has seen first time endeavors, set team records, and celebrated numerous moves from lessons to the team: what a great range of achievements! Across the board, the coaches are thrilled with the improvements we've made the first half of the season. As we keep an eye on the upcoming champs meets, below you will see the Senior Champs and Age Group Champs qualifiers, as of January 1st. There is still time to add your name to the list. Trust your coaches, work hard, attend practice, and have fun; these are ways to make progress toward your goals!

NOVA All-Time Top-10

There have been numerous swims this fall that have cracked the top-10 all time here at NOVA. We track age group swims for all age groups; 8-under, 9-10, 11-12, 13-14, 15-16, 17-18 and Senior. Swimmers and parents can always visit the website and see what it takes to crack the top-10 in their age group. [As you will see](#), the number of current swimmers in the top-10 shows the progress NOVA is making across all age groups and the improvement that is being made as a team. Congratulations to all the swimmers that have worked their way onto this very fast top-10 list!



2023 Virginia Senior Champs Qualifiers (1/1/23)

Women's Team:

Armstrong, Kiersten
Armstrong, Lauren
Bailey, Brooke
Barnard, Amanda
Barron, Ella
Bauer, Cassandra
Bever, Brady
Bischoff, Allison
Callihan, Catherine
Clemens, Gabriella
Collins, Lily
Comptpn, Ashley
Connor, Julia
Connor, Lillie
DeGuenther, Emory
Derrico, Campbell
Dillard, Jordyn
Dillman, Carleigh
Douglas, Gabriella
Eakes, Savannah
Goodwin-Birnie,
Elizabeth
Hawkins, Mary-Stuart
Hedrick, Gracie
Hoben, Molly
Holloway, Claire
Horst, Callie
Hotem, Kaitlyn
Jessup, Abigail
Jewett, Madeline
Kantner, Emily
Laramore, Ellie
Laurence, Carly
Law, Emily
McKinney, Ava
Miklos, Riley
Morrow, Katelyn
O'Shea, Elizabeth
Reid, Kiera

Rodriguez, Cristina
Russell, Kaitlin
Schmidt, Meghan
Scott, Elle
Sleman, Molly
Spooner, Olivia
Strudgeon, Morgan
Stuhlmacher, Claire
Wang, Abigail
Wenert, Olivia
White, Catherine

Men's Team:

Ackerly, Benjamin
Balk, Jordan
Bartz, Hayden
Belcher, Bill
Belcher, Harry
Bohlman, Craig
Butterfield, Benjamin
Causey, Michael
Chen, John
Connell, Seamus
Cook, Cameron
Dickerson, Jack
Dillman, Cooper
Dolan, Tyler
Edwards, Dillon
Farney, Thomas
Fisher, Adam
Galyen, Austin
Gantz, Shane
Gertner, Alex
Green, Brayden
Hall, Aiden
Harrell, Lincoln
Hoffer, John
Hufford, Ryan
Jacobs, Aidan
Johnson, James

Julian, Brady
Julian, Bryant
King, Michael
Kotikov, Danil
Kulak, Andrew
Lambert, Eric
Leachman, Scott
Mastracci, Kevin
Mayr, Charlie
Mueller, Jackson
Naoroz, Devin
Owen, Coleman
Payne, Jonathan
Perkins, Carter
Potter, Grady
Ridge, Spencer
Rivas, Matthew
Schardt, James
Schreck, Alexander
Silva, Pablo
Smith, Ryan
Steadman, Spencer
Strudgeon, George
Szobota, Nathan
Thornton, Christian
Williams, Carson

Qualifying Window
1/1/22-3/2/23

2023 Virginia Age Group Champs Qualifiers (1/1/23)

Girls Team:

Blanco, Karina
Bonanno, Ashlyn
Bonham, Abigail
Browning, Olivia
Bruning, Charlotte
Bynum, Madeline
Carvalho, Gabriela
Causey, Charlotte
Chawla, Gul
Connors, Claire
Cribbs, Elizabeth
Crone, Hayes
Dart, Abigail
Dee, Tamara
Duke, Avery
Eakes, Anne
Ehrensberger, Margaret
Eubank, Mia
Francis, Lane
Goins, Elizabeth
Grossman, Sloane
Hall, Orielle
Harris, Savannah
Hepper, Caroline
Hepper, Margaret
Holt, Olivia
Hull, Eliana
Jacobs, Lane
Jones, Jasper
Jones, Riley
Klase, Jillian
Kryszon, Kendall
Kryszon, Kylie
Lande, Charlotte
Laraway, Ellie
Linkonis, Ana
McKay, Francie
Medei, Emma

Moore, Caitlyn
Nelson, Clara
Ng, Sophia
Patterson, Brantley
Phadtare, Ashlesha
Richardson, Reese
Royster, Brielle
Sessa, Victoria
Smerecki, Emille
Tang, Natalie
Tsybulina, Yara
White, Charlotte
Willard, Katelyn

Boys Team:

Abbott, Trent
Ackerly, John
Arcarese, James
Arcarese, William
Burns, William
Cherry, James
Connors, Christopher
Cook, Aaron
Dameron, Jacobs
Danahy, John
Doran, Nathaniel
Edwards, James
Farnsworth, Joshua
Franks, Benjamin
Harrell, Hugh
Harrington, Carlie
Harrington, Cullen
Harrington, Luke
Harrington, Raleigh
Hawke, Brady
Hilton, Charles
Hilton, Cooper
Horst, Alexander
Hotem, Andrew
Jones, Gibson

Julian, Carson
Julian, Erik
Jun, Caleb
Linkonis, Richard
Lowrey, Chance
Miklos, Owen
Morgan, Jackson
Muminovic, Aidan
Mundy, Watson
Nelson, Cole
Ng, Zachary
Price, Ryan
Reams, Hugh
Redfern, Cooper
Rivet, James
Royster, Camden
Sardesai, Nolan
Spain, William
Sunkavalli, Adhvik
Szobota, Ryan
Tan, Zander
Van Deren, Jackson
Van Drew, Brendan
Welsh, Douglas
Wenert, Luke
Weston, Christian
Williams, James
Wolfe, Matthew
Wolfe, Noah
Wong, Preston
Zhang, Tony

Qualifying Window
1/1/22 – 3/9/23