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NoVa Synchrono Tops All Virginia Synchronized Swimming Teams in 13-15 Age Group at National Championships

Arlington, VA July 15 - NoVa Synchrono, an Arlington-based youth synchronized swimming team, ended their 2007-2008 campaign with a flourish as they turned in several impressive swims at the National Championships in Binghamton NY. The national meet, which took place June 27 to July 5, is the world's largest synchronized swimming meet with over 1000 athletes competing, and NoVa Synchrono's athletes made their mark in the 13-15 age group by placing higher than any other competitors from Virginia in each competition category.

Leading the way for NoVa Synchrono were Kelsey Momoi, Julie Calvert, and Sofie Ravesteijn, who scored a club-record 65 points in the trio competition. In reaching that score, the three also placed 29th -- a historic high national ranking for NoVa Synchrono routines in the 13-15 age group. The three sided with Morgan Shotwell to break another club record score with their 64.833 in the team routine competition, which placed the quartet 30th. The club wrapped up their meet with the duet competition, where Momoi teamed with Kathleen McLean to place 37th and Calvert and Ravesteijn followed closely behind in 38th place.

"The athletes started this season determined to improve upon their national rankings from previous years, and by starting careful refinement on our routines early in the season, they made very impressive improvements," said head coach Victoria Anderson. "The ten months of hard work that these athletes put in was evident at this meet, where they placed higher than routines from several well-established clubs from throughout the country."

NoVa Synchrono invites all girls ages 6-18 with an interest in synchronized swimming to try the sport for themselves when the 2008-2009 season starts up in early September. The team holds practices in Arlington and Falls Church several times a week, and welcomes girls of all ability levels, including those who have never done the sport before. For more information about the programs that the team offers, please visit www.NoVaSynchrono.net or email novasynchro99@yahoo.com.

Complete Results for NoVa Synchrono - 13-15 Age Group National Championships

Routine	Place	Athletes (Age)	Score
Duet	37	Kathleen McLean (14), Kelsey Momoi (15)	63.667
Duet	38	Julie Calvert (13), Sofie Ravesteijn (13)	63.500
Trio	29	Calvert, Momoi, Ravesteijn	65.000
Team	30	Calvert, Momoi, Ravesteijn, Morgan Shotwell (13)	64.833

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