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NoVa Synchro Places Four Athletes on All-Potomac Valley Teams, Qualifies for Regionals

Arlington, VA April 21 – When the final scores were tabulated at the end of the 2009 Potomac Valley Synchronized Swimming Age Group Championships, NoVa Synchro registered four victories and advanced six routines to next month's South Zone Region A Championships. Arlington resident Sofie Ravesteijn played a role in three of those victories, as she earned the top score in 13-15 Age Group Figures, teamed up with Julie Calvert to win gold in 13-15 Age Group Duets, and also finished in first place in 13-15 Age Group Trios alongside Calvert and Morgan Shotwell. Marissa Ramsey's efforts in 13-15 Intermediate Solos garnered the team their final gold medal of the day.

At the conclusion of the meet, Ravesteijn was honored as the highest-scoring member of the 2009 All-Potomac Valley 13-15 Age Group Team, which is composed of the top eight 13-15 year old Washington-area athletes based on average technical competition scores for the season. The accomplishment is a notable one, as Ravesteijn is only 13 years old, which makes her one of the youngest athletes on the team. Calvert joined Ravesteijn on the All-Potomac Valley 13-15 Age Group Team, while Kathleen McLean and Kesley Momoi secured spots on the All-Potomac Valley Senior Team, which is composed of the top eight Washington-area athletes over the age of 15.

NoVa Synchro invites all girls ages 6-18 with an interest in synchronized swimming to try the sport at any one of their practices this season. 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.NoVaSynchro.net or email novasynchro99@yahoo.com.

Complete Results for NoVa Synchro – Potomac Valley Championships

Place	Athletes (Age)	Score
<i>13-15 Intermediate Solo</i>		
1	Marissa Ramsey (14)	49.613
<i>13-15 Age Group Duet</i>		
1	Julie Calvert (14), Sofie Ravesteijn (13)	61.767
5	Marie O'Shaughnessy (14), Lauren Wengrovitz (13)	55.519
<i>16-17 Age Group Duet</i>		
2	Kathleen McLean (15), Kelsey Momoi (15)	66.150
<i>13-15 Age Group Trio</i>		
1	Calvert, Ravesteijn, Morgan Shotwell (14)	58.814
<i>16-17 Age Group Trio</i>		
2	Kathleen McLean (15), O'Shaughnessy, Wengrovitz	59.381
<i>11-12 Age Group Team</i>		
2	Cassie Block (9), Caroline Frias (11), Kelsey O'Malia (10), Lydia Packard (10), Marisa Shotwell (10)	48.732
<i>13-15 Age Group Team</i>		
3	Calvert, O'Shaughnessy, Ravesteijn, Morgan Shotwell Wengrovitz	58.519

11-12 Age Group Figures

7	Packard	50.933
11	Marisa Shotwell	47.642
12	O'Malia	46.239
14	Block	46.049
17	Frias	42.700

13-15 Intermediate Figures

6	Ramsey	47.226
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13-15 Age Group Figures

1	Ravesteijn	59.557
6	Calvert	56.511
12	Morgan Shotwell	54.300
17	O'Shaughnessy	53.575
24	Wengrovitz	50.833

16-17 Age Group Figures

2	Momoi	63.033
3	McLean	62.899

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