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NoVa Synchro Earns Multiple Victories, Qualifies for Regional Championships

Arlington, VA April 27 - NoVa Synchro, an Arlington-based youth synchronized swimming team, emerged from the April 26 Potomac Valley Age Group Synchronized Swimming Championships as the only club to qualify all their routines for the South Zone Region "A" Age Group Championships next month. With only three routines in each category advancing to the regional meet, the competition in the 13-15 age group was fierce, yet NoVa Synchro's athletes bettered the competition to earn their qualification slots in the duet, trio and team events.

Topping the qualification list were Julie Calvert, Kelsey Momoi, and Sofie Ravesteijn, who each qualified for the regional meet in three routines. The three teamed up to take second place in the 13-15 age group trio event, while joining with Morgan Shotwell to take second in the 13-15 age group team event. Momoi and Kathleen McLean also placed second in the 13-15 age group duet competition, while Calvert and Ravesteijn just made the cut for the regional meet by placing third. All five athletes will compete at the regional meet in Laurel, MD on May 18, where the top four finishers in each routine category will advance to the Age Group National Championships in Binghamton, NY in June.

The same weekend, NoVa Synchro also fared well in the Potomac Valley Novice and Intermediate Synchronized Swimming Championships, where the youngest athletes from the club demonstrated their own proficiency in the sport. Lydia Packard grabbed first place in 10&Under intermediate figures and 10&Under intermediate solo, while Marisa Shotwell was the top finisher in the 10&Under figures category, and teamed with Cassie Block to win the 10&Under duet competition.

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 - Spring Fling Invitational

Place	Athletes (Age)	Score
<i>10&Under Intermediate Solo</i>		
1	Lydia Packard (9)	50.799
<i>10&Under Novice Duet</i>		
1	Cassie Block (8), Marisa Shotwell (9)	38.794
<i>13-15 Intermediate Duet</i>		
2	Marie O'Shaughnessy (13), Lauren Wengrovitz (12)	48.957
<i>13-15 Age Group Duet</i>		
2	Kathleen McLean (14), Kelsey Momoi (14)	61.917
3	Julie Calvert (13), Sofie Ravesteijn (12)	61.146
<i>13-15 Intermediate Trio</i>		
1	O'Shaughnessy, Packard, Wengrovitz	49.627
<i>13-15 Age Group Trio</i>		
2	Calvert, Momoi, Ravesteijn	60.704

<i>13-15 Age Group Team</i>		
2	Calvert, Momoi, Ravesteijn, Morgan Shotwell (13)	60.450
<i>10&Under Novice Figures</i>		
1	Marisa Shotwell	43.869
3	Block	39.972
<i>10&Under Intermediate Figures</i>		
1	Packard	50.932
<i>13-15 Intermediate Figures</i>		
3	O'Shaughnessy	50.886
6	Wengrovitz	47.942
<i>13-15 Age Group Figures</i>		
2	Momoi	60.474
4	McLean	59.859
6	Ravesteijn	58.216
9	Calvert	57.035
13	Morgan Shotwell	53.875

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