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Arlington, VA , November 9 -Arlington's NoVa Synchronized Swim Team Registers Wins at Figures Meet

NoVa Synchro, an Arlington-based youth synchronized swimming team, began their 2008-09 campaign with energy and grace at the 2008 Fall Figures Meet in Laurel, MD on November 9th. NoVa Synchro sent 13 athletes to the meet, where the team showcased the technical skills that they have developed and refined since the start of the season two months ago. Courtney Gistarto came away from her first meet with a gold medal in the 13-15 Intermediate division, while Cassie Block scored top honors in the 10&Under Age Group division.

In the highly competitive 13-15 age group category, with over 30 athletes, Sofie Ravesteijn and Julie Calvert placed 2nd and 5th respectively. Kelsey Momoi received a personal best, scoring straight 6's for the first time ever, and being honored with 3rd place in the most difficult figure group available for competition in our association.

"Our kids have jumped right into this season, and their work showed at this meet. Many of them have only a few months experience, but held their own against athletes with 3-4 years of experience. We plan to continue this rapid improvement in skill level to stay competitive the rest of the season," stated head coach Victoria Anderson.

NoVa Synchro invites all girls ages 6-18 with an interest in synchronized swimming to try the sport for themselves . 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.

Results:

13-15 Intermediate

1st Place: Courtney Gistaro, 45.234

10&Under Age Group

1st Place Cassie Block, 43.299

11-12 Age Group

9th Place Marisa Shotwel, 48.524

10th Place Lydia Packard, 47.920

11th Place Anna Bourque, 42.634

12th Place Kelsey O'Malia, 41.593
13th Place Caroline Frias, 39.351

13-15 Age Group

2nd Place Sofie Ravesteijn, 58.514
5th Place Julie Calvert, 57.460
18th Place Marie O'Shaughnessy, 53.526
21st Place Lauren Wengrovitz, 51.954

16-17 Age Group

3rd Place Kelsey Momoi, 62.593
7th Place Kathleen McLean, 60.876

PHOTOS AVAILABLE UPON REQUEST

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