

FOR IMMEDIATE RELEASE

Contact:

Victoria Anderson, NoVa Synchrono
857-998-1987
vkanders@alum.mit.edu
www.NoVaSynchrono.net

NoVa Synchrono Travels to Texas for South Zone and Bests Teams from Virginia, Texas, Maryland and Virginia

Arlington, VA February 8th- NoVa Synchrono, an Arlington-based youth synchronized swimming team, sent seven of their most experienced athletes to the South Zone Junior and 13-15 Age Group Championships in Irving, Texas on February 6 to 8, where they wrangled the most talented 12-18 year-old athletes in the southern United States for 10 championship titles.

NoVa Synchrono turned in personal and team bests. Top performances came from Arlington residents Kelsey Momoi and Kathleen McLean where they finished less than half a point away from advancing to the finals. They will be working on their routine over the next month to improve their chances of advancing to finals at Senior Zones.

The 13-15 team of Julie Calvert, Morgan Shotwell, Sophie Ravesteijin, Marie O'Shaughnessy and Lauren Wengrovitz narrowly missed finishing in third place, and improved appreciably from their 5th place finish at this meet last year. In placing fourth, they posted a routine best and topped team routines from their chief metropolitan Washington rivals, the Northern Virginia Nereids of Annandale and the Potomac Valley Pearls of Laurel.

A great overall performance came from Calvert and Ravesteijin with a 6th place finish in the competitive 13-15 duet competition. The duet of O'Shaughnessy and Wengrovitz also had a great swim and outscored three of the duets that had placed ahead of them in January.

When the trio of Calvert, Shotwell & Ravesteijin came together again for their routine, they re-broke a club record score that they set just 3 weeks earlier placing 5th overall.

Coach Victoria Anderson commented, "The results of the competition were very encouraging for our routines, which all scored and placed far better than our club usually does in our zone. The level of improvement in our routines over the past year impressed several of the officials, who noted several specific sections of our routines that they found to be exceptional."

NoVa Synchrono 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.NoVaSynchrono.net** or email novasynchro99@yahoo.com.