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**NoVa Synchro Nabs Victory at Potomac Valley Junior/Senior Association Meet**

Arlington, VA January 20 - NoVa Synchro, an Arlington-based youth synchronized swimming team, turned in several medal-winning performances at the Potomac Valley Junior/Senior Association meet in Alexandria, VA on Sunday, January 20. Arlington residents Julie Calvert, Kelsey Momoi, and Sofie Ravesteijn topped the results for NoVa Synchro with their first-place finish in the 13-15 Age Group Trio competition. The trio will attempt to continue their winning streak at the South Zone Junior/13-15 Age Group Championships February 8-10 in Laurel, MD, when the best 12-18 year-old athletes in the southern United States will battle for 10 championship titles.

The three athletes teamed up with Morgan Shotwell, also of Arlington, to turn in a second-place finish in the 13-15 Age Group Team event, just missing the gold by half a point with their score of 57.584. Also coming away with silver medals were Momoi and Arlington resident Kathleen McLean, who captured second in the Junior Duet competition. Bronze-medal performances came from the duet of Calvert and Ravesteijn, who placed third in the 13-15 Age Group Duet competition, and Momoi, who grabbed third place in the 13-15 Age Group Figure 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](http://www.NoVaSynchro.net) or email [novasynchro99@yahoo.com](mailto:novasynchro99@yahoo.com).

Complete Results for NoVa Synchro  
Potomac Valley Junior/Senior Association Meet

Place	Athletes (Age)	Score
<i>13-15 Age Group Duet</i>		
3	Julie Calvert (12), Sofie Ravesteijn (12)	58.062
<i>Junior Duet</i>		
2	Kathleen McLean (14), Kelsey Momoi (14)	63.846
<i>13-15 Age Group Trio</i>		
1	Calvert, Momoi, Ravesteijn	57.685
<i>13-15 Age Group Team</i>		
2	Calvert, Momoi, Ravesteijn, Morgan Shotwell (13)	57.457
<i>13-15 Age Group Figures</i>		
3	Momoi	56.523
8	Calvert	54.705
12	Ravesteijn	52.875
18	Shotwell	50.875
<i>Junior Figures</i>		
7	McLean	62.424
10	Momoi	61.290

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