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NoVa Synchro Tops Competitors from Florida, Virginia, Maryland, and Texas at South Zone Junior/13-15 Age Group Championships

Arlington, VA February 9 - NoVa Synchro, an Arlington-based youth synchronized swimming team, sent five of their most experienced athletes to the South Zone Junior and 13-15 Age Group Championships in Laurel, MD on February 9, where they battled the most talented 12-18 year-old athletes in the southern United States for 10 championship titles. NoVa Synchro's top-placing performance of the meet came from Arlington residents Julie Calvert, Kelsey Momoi, and Sofie Ravesteijn, who made it to the podium with their third-place finish in the 13-15 trio competition.

Calvert, Momoi, and Ravesteijn teamed up with Morgan Shotwell, also of Arlington, to take fifth-place in the 13-15 team competition. In placing fifth, they topped team routines from their chief Metropolitan Washington rivals, the Northern Virginia Nereids of Annandale and the Potomac Valley Pearls of Laurel. Also executing commendable swims were the duet of Calvert and Ravesteijn, who placed eighth in a highly-populated 13-15 age group duet competition, and the duet of Momoi and Arlington's Kathleen McLean, who placed tenth in the junior duet competition, despite being amongst the youngest competitors in that division.

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 South Zone Junior/13-15 Age Group Championships

Place	Athletes (Age)	Score
<i>13-15 Age Group Duet</i>		
8	Julie Calvert (12), Sofie Ravesteijn (12)	58.892
<i>Junior Duet</i>		
10	Kathleen McLean (14), Kelsey Momoi (14)	61.824
<i>13-15 Age Group Trio</i>		
3	Calvert, Momoi, Ravesteijn	58.369
<i>13-15 Age Group Team</i>		
5	Calvert, Momoi, Ravesteijn, Morgan Shotwell (13)	58.148
<i>13-15 Age Group Figures</i>		
34	Ravesteijn	55.023
35	Momoi	54.985
39	Calvert	54.207
50	Shotwell	51.366
<i>Junior Figures</i>		
32	McLean	56.911
34	Momoi	56.048

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