

## FOR IMMEDIATE RELEASE

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### NoVa Synchro Sets Records at First Meet of 2009

Arlington, VA January 18 - NoVa Synchro, an Arlington-based synchronized swimming team, broke several records and nabbed a number of medals at their first meet of the season, the Potomac Valley Junior/Senior Association meet in Washington DC on Sunday, January 18.

The 13-15 Age Group swimmers swept first place in all routines, and scored new team records for their trio and team performances, breaking their noteworthy scores from the national championship last summer. Gold medal went to Arlington residents Sofie Ravesteijn, Julie Calvert, Morgan Shotwell, Marie O'Shaughnessy and Lauren Wengrovitz for their team routine. Calvert and Ravesteijn also captured a gold medal for their duet performance, then teamed up with Shotwell for a gold in trio. The 13-15 Age Group also were outstanding in the figures competition with the silver medal going to Ravesteijn and the bronze to Calvert.

The Senior duet team of Kelsey Momoï and Kathleen McLean, also of Arlington, won a bronze medal with a score that qualified them for the Senior Zone meet March 6-8 in Washington, DC. The top athletes from Senior Zones, which draws athletes from as far away as Florida and Texas, will move on to World Championship trials.

Coach Victoria Anderson commented on this promising start, "The swimmers have been working very hard to perfect their routines throughout the fall and winter, and put in an appreciable amount of work over the winter school vacation. The scores today reflected that dedication." NoVa Synchro next competes February 7-8 at the Junior Zone meet in Irving, Texas.

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

13-15 Age Group figures:  
2. Sofie Ravesteijn 61.423  
3. Julie Calvert 60.594  
14. Morgan Shotwell 57.797

17. Marie O'Shaughnessy 57.239

20. Lauren Wengrovitz 55.649

Senior figures:

6. Kelsey Momoi 61.046

8. Kathleen McLean 60.782

13-15 Age Group duet:

1. Calvert/Ravesteijn 64.921

7. O'Shaughnessy/Wengrovitz 58.639

Senior duet:

3. McLean/Momoi 67.040

13-15 Age Group trio:

1. Calvert/Ravesteijn/Shotwell 62.636

13-15 Age Group team:

1. Calvert/O'Shaughnessy/Ravesteijn/Shotwell/Wengrovitz 64.154

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