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NoVa Synchro Nearly Sweeps 13-15 Age Group, Qualifies for National Championship

Arlington, VA May 27 - NoVa Synchro, an Arlington-based youth synchronized swimming team, turned in victories in two 13-15 age group events at the South Zone Region "A" Championships in Laurel, MD earlier this month. In winning those two events, and finishing as a runner-up in two other events in the same age group, five athletes qualified to move on to the 2008 Age Group National Championships in Binghamton, NY this June.

Leading the way for NoVa Synchro was Kelsey Momoi, who took the gold in duet alongside teammate Kathleen McLean, and also won the trio event with Julie Calvert and Sofie Ravesteijn. Calvert, Momoi and Ravesteijn teamed with Morgan Shotwell to take second in the 13-15 age group team competition and qualify that routine for nationals, while Calvert and Ravesteijn joined for a third-place showing in duet to round out the team's routines that qualified to move on to nationals. McLean turned in the team's final medal placement in that age category with her second-place finish in 13-15 age group figures.

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 - Spring Fling Invitational

Place	Athletes (Age)	Score
<i>13-15 Intermediate Duet</i>		
3	Marie O'Shaughnessy (13), Lauren Wengrovitz (12)	49.931
<i>13-15 Age Group Duet</i>		
1	Kathleen McLean (14), Kelsey Momoi (14)	61.830
3	Julie Calvert (13), Sofie Ravesteijn (13)	60.656
<i>13-15 Age Group Trio</i>		
1	Calvert, Momoi, Ravesteijn	60.402
<i>13-15 Age Group Team</i>		
2	Calvert, Momoi, Ravesteijn, Morgan Shotwell (13)	59.628
<i>13-15 Intermediate Figures</i>		
4	O'Shaughnessy	51.367
8	Wengrovitz	48.335
<i>13-15 Age Group Figures</i>		
2	Momoi	58.697
5	Momoi	57.289
9	Calvert	55.822
10	Ravesteijn	55.802
17	Shotwell	54.110

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