



## Northern Virginia Swimming League (NVSL®)

### FOREWARD

The Northern Virginia Swimming League was founded in 1956 to sponsor competitive swimming and diving events and activities among community swimming pools of Northern Virginia, and to develop in the children participating in this program --

***A love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.***

The rules for the Northern Virginia Swimming League are predicated upon a program which:

- (a) Groups all participating pool organizations into divisions of approximately six pools each, with a pool being assigned to a specific division in accordance with a seeding procedure approved by the League.
- (b) Provides a basic swimming program of approximately five dual meets, Division Relay Carnivals, an All-Star Relay Carnival, Division Individual Championships and an Individual All-Star Meet.
- (c) Provides a diving program consisting of dual meets, Division Diving Championship meets, a Diving All-Star meet, and a 3-meter meet.

The League strives to improve these rules to ensure fair and equitable competition. In furtherance of these goals, the League welcomes the participation of athletes, officials, coaches and parents with a disability in NVSL events and activities.

### VOLUNTEER RECOGNITION

The Northern Virginia Swimming League was formed in 1956. The success of the League is dependent on the volunteer support of many swimmers' parents and of friends of aquatic sports. The NVSL wishes to thank all of those who have donated their time so that nearly 17,000 swimmers and divers can participate in this league each year. More than 2,500 family and friends volunteer across the league on any given meet day in addition to those who help throughout the season and the year, giving their time, energy, food and funds to create a wonderful program that not only builds a love for the sport of swimming and advanced aquatic skills, but builds teamwork, principles of good sportsmanship, a stronger community, and memories to last a lifetime! While it would be impossible to thank all of those who contribute so much each year, the following is a list of Past Presidents who are representative of our many volunteers.

1956-57	John Connelly	1977-78	Bill Gillen	1999-00	Jay Copan
1958	J. N. Swarthley	1979-80	Dick Young	2001-02	Lynn Black
1959-60	Jack McGregor	1981-82	Bill Bancroft	2003-04	Rick Hoffman
1961-62	Richard Kane	1983-84	Pierre Brosseau	2005-06	Rick Healy
1963-64	Don Stocking	1985-86	Peter Marino	2007-08	Steve Burnley
1965-66	J. T. Gissendanner	1987-88	Ray Kotesky	2009-10	Christine Loeser
1967-68	John Horgan	1989-90	Steve Alterman	2011-12	Jack Schaeffer
1969-70	A. E. Highley	1991-92	Judy Strauss	2013-14	Jim Shlesinger
1971-72	George Falck	1993-94	Dick Rankin	2015-16	Bill Cook
1973-74	Gene Zink	1995-96	Bob Mahony	2017-18	Kelly Parry
1975-76	Gail Frank Sedgwick	1997-98	Bill Lind	2019-20	Nancy Jessen