

## 2025 NVSL Scholarship Recipients



### Presidents' Award - Ryan Wells

Ryan is a 14-year swimmer and 11-year diver with the Camelot Knights. He's also a diving coach, Senior Boy pool record holder for diving, Synchro bronze medalist, and eight-time diving All-Star. Ryan was captain of the Thomas Jefferson High School swim and dive team and placed top 10 in diving in the state in 2025. Outside of school, Ryan contributed to his community as an Eagle Scout, leading a project to mitigate storm drainage pollution in Fairfax County and working over 200 volunteer hours on projects for his pool and community. His other interests include German culture and language, and building and racing Formula4 racing karts. Ryan will attend Case Western Reserve University, majoring in engineering and diving for their varsity team.

*"I'm forever grateful to the NVSL for developing my love for water sports and for introducing me to the world of diving. More importantly, NVSL gave me the foundation to pursue athletics at the collegiate level while building skills that will serve me throughout life."*

### Community Service Award - Kate McDermott



Kate has been a Dunn Loring Dolphin for 11 years. She has coached the team in several different roles since 2021, and is a multi-year Individual and Relay All-Star. She has enjoyed leading and participating in team traditions such as "dolphining" the yards of swimmers the night before big meets and tucking in the youngest swimmers the night before Divisionals. Kate swam for NCAP and was a two-year captain of the Marshall High School swim team. She has contributed to her community by founding The Swimsuit Drive to collect and provide appropriate swim gear for underprivileged children, and leading the Gardening Gurus Club at Marshall High School to remove invasive species and plant a rain garden. Kate was also editor-in-chief of the yearbook for three years, helping her school achieve the National Scholastic Press Association All-American Award in 2023 and 2024, and VHSL State Finalist status and Varsity Yearbook Top1% Award. Kate will attend The University of Virginia this fall.

*"I hope the coaches from my childhood and the coaches I work with now remember me as a hard worker who is determined to help every child succeed in their swimming, even if that takes some extra work."*



### Spirit Award - Norah Emery

Norah has swum for Little Hunting Park for nine seasons. She is a two-time Individual All-Star and two-time Relay All-Star. As a coach and teammate, she has attended and helped plan every social event held by the team for five years, created over 200 paper plate awards, and started a new team tradition of delivering cards and bracelets to swimmers' homes the night before their first dual meets. Norah also swam for NCAP and was selected to be a coach in 2023. At West Potomac High School, she was captain of the swim team for two years, president of the National Honor Society for two years, and president of The Disinformation Project for three years. Norah will attend The University of Georgia, majoring in elementary education.

*"It's no exaggeration to say that the day I started swimming in the NVSL my life changed, and the experiences I've had since have shaped the human I am today, and taught me what kind of legacy I want to leave as a teammate and coach."*



### **Sportsmanship Award - Charlotte Lim**

Charlotte began her NVSL swim career as a Fair Oaks Shark at age five, then moved over to the Oakton Otters three years later. She coached the Otters for four years. Charlotte was also a club swimmer for the Mason Makos and captain of the Oakton High School swim team, qualifying for States in 11th and 12th grade. She has shared her passion for the sport by volunteering for her school's Special Olympics team, Oakton Swim Club. She volunteered all four years of high school, serving as head coach her senior year. Charlotte also gave back to her community through her involvement with the National Charity League, where she served as president her junior year. Charlotte interned her senior year at the Applied Biosensing Lab at GMU, where she is currently assisting in authoring a research paper. She also enjoys creating and selling crafts via social media. Charlotte will attend The University of Virginia to continue her studies in biomedical engineering.

*"As my time with the NVSL comes to an end, I hope my coaches and teammates remember me for three things: my compassion, -- as I learned at a young age with Coach Gabbie Galvez, my leadership -- inspired by Coach Andrew Sargent, and my inclusivity -- demonstrated to me by my teammate Aubrey Swanson."*



### **Excellence in Technique Award - Charlotte Bell**

Charlotte swam her first NVSL year at Walden Glen, then continued for 15 more seasons at Old Keene Mill. She has served her team in several coaching roles since 2019. Charlotte has broken nearly 30 OKM records, qualified to both Individual and Relay All-Stars numerous times, and has never missed an NVSL meet! She swam for NCAP all through high school and was captain of the Lake Braddock High School swim team, where she qualified to State Championships all four years. She also held several leadership roles in DECA, was a representative on her school's Athletic Council, and volunteered with Splash into Safety to raise money to provide swim instruction to underserved communities. Charlotte will continue her education at Florida Southern College, where she will major in nursing and swim on their NCAA Division II varsity team.

*"NVSL teams are made up of families of swimmers, and the meets are made possible by dozens of parent volunteers from those families. It's not just another sports league -- the NVSL is a family tradition that lasts for decades."*

## **About the NVSL Scholarships:**

**Presidents' Award** - Created in honor of the volunteers who served as league presidents of NVSL.

**Community Service Award** - Created in honor of George MacDuff and daughter Melinda. George served as the league records chairperson for many years.

**Spirit Award** - Created in honor of Olivia Aull to recognize spirited swimmers and divers from within the NVSL family.

**Sportsmanship Award** - Created in honor of Joan Olson, long-time director of the NVSL and chairperson of the Seeding Committee, who was a passionate advocate for sportsmanship.

**Excellence in Technique Award** - Created in honor of Lou Sharp, founder of the Competition Swim Clinic, who guided generations of NVSL swimmers in stroke technique and love for swimming.