

## 2023 NVSL Scholarship Recipients

### Presidents' Award - Adam Manley



Adam has participated in NVSL swimming for 13 years and NVSL diving for 10. He is currently an assistant diving coach at Cardinal Hill, while also competing on both the swim and dive teams. He swam year-round for Potomac Marlins and was captain of both the swim and dive teams at Paul VI Catholic High School. He's made multiple appearances at both NVSL Individual and Relay All-Stars, and was a record-breaker at his former pool (Great Falls). He is the recipient of several Coaches' and High Point awards. At his high school, Adam was a founding member and president of the Student Advisory Board and a senior director on the Student Ambassadors Executive Board. He also co-founded and was president of the Hope Project, a club that makes cards for nursing home residents and children with cancer. Adam will attend Georgia Institute of Technology and plans to major in civil engineering.

*"Something I want my divers to know is that I want them to have the opportunity to know the freedom that comes with trusting themselves. When you gain that confidence, only you can decide your limit."*

### Community Service Award - Sophia Brown



Sophia has swum for Vienna Woods for 11 years, dived for two, and is now a junior swim coach. She has received numerous Most Outstanding Swimmer awards and has broken seven pool records. Sophia graduated from Madison High School, where she was captain of the swim team and received All-Region swimming honors. She also swam year-round for Machine Aquatics and was an NCSA qualifier. During high school, Sophia was Model U.N. vice president, Bio Club president, and Spanish Honor Society president. She founded a non-profit organization, Change the World for Girls, leading a trip for teens to Guatemala to construct homes and build smokeless stoves. She was also a member of the debate team, Girls United, Madison Mentors, and Best Buddies. Sophia is a recipient of the Girl Scout Gold Award, the Vienna Mayor's Award for Girl Scouts, the Fairfax County Youth Leadership Award, and the Community Hero Award from the Core Foundation. Sophia plans to attend Dartmouth and will swim on their varsity team.

*"Vienna Woods has taught me what it means to be a team member-- in an individual sport, where although the pressure in competition is just on you, the strength in feeling the support of 200 others is invaluable and optimal for success."*

### Spirit Award - Brooke Thomas



Brooke has been a Tuckahoe Tiger for 13 summers. For three years, she coached the Tigers in both summer swim team and winter swim programs. Over the years, she has been part of the Captain Tuckahoe Spirit Squad, leading cheers, chalking driveways, and leading many team activities. She's an Individual All-Star medalist, holds several team relay records, and broke two NVSL league relay records. At McLean High School, Brooke was a varsity basketball player, a member of the Athletic Leadership Council, and a summer basketball camp coach. She also played AAU basketball for many years. Brooke was active in the McLean High School Big Mac Mentorship and Leadership programs as well. Brooke plans to attend James Madison University, where she will pursue a BBA in marketing with a minor in sport communication.

*"I was inspired by my coaches and mentors growing up, and I could not wait to be a coach and mentor myself. I loved coaching the Little Tigers, teaching swim lessons, inspiring swimmers of all ages, and instilling self-confidence, good swim technique, sportsmanship, and love of the sport."*

## **Sportsmanship Award - Haley Roth**



Haley is a 13-year member of the Brookfield Breakers swim team and has been a coach there for six years. She has held the coveted title "Captain Flotation" and has received many Coaches' and Most Spirited awards. She began a swim-a-thon at Brookfield to benefit the Leukemia and Lymphoma Society, which has raised thousands of dollars in her father's honor. Haley was also a year-round swimmer with Riptide and then Potomac Marlins, competing nationally and internationally. Haley was an athlete and captain on the Chantilly High School swim team, sticking with it despite injuries that required surgery. She has competed at Districts, Regions, and States. While at Chantilly High School, Haley was selected to be a student athletic trainer. She received training in medical emergencies and worked at athletic events over eight sports seasons during a three-year period. She also organized school activities as part of Student Leadership and competed on her school's DECA team at the national level. Haley plans to attend Penn State University, majoring in bio-behavioral health and kinesiology, with the goal of becoming a PA (physician's assistant) in orthopedic/sports medicine.

*"Since the age of five I've had a solid community surrounding me with positivity, support, and encouragement because of Brookfield. Through Brookfield, I gained a giant family who stays connected past graduation and into adulthood, a relationship I am beyond excited to continue."*

## **Excellence in Technique Award - Emerson Wilson**



Emerson has been an Oakton Otter since the of age four. She is currently an Otter Support Coach, and has helped coach the Otters' winter program, the Army-Navy Country Club junior team, and the Swim with Beth developmental program. She has held eight individual Otter records and five relay records, and has appeared at both Individual and Relay All-Stars multiple times. She swam year-round for the Mason Makos under Coach Mike Cook, receiving their MVP and Most Improved awards, and qualifying for individual event championships. At Oakton High School, Emerson was captain and spirit captain of the swim team and a District and Regional event qualifier. She received the Coaches' Award, Spirit Award, and David Chu Award. Emerson was an assistant coach for the Special Olympics swim team and active in NCL Philanthropy Inc., volunteering at a women's shelter, a nursing home, and organizing a backpack drive. She was also the head of costumes and make-up for theater productions, for which she received a Technical Theater Award for excellence in design. Emerson will attend Clemson University, majoring in business management.

*"The NVSL has taught me how to cheer loud, be present and supportive of all my teammates, learn from the best coaches in the sport in ways I can only hope to pay forward to younger swimmers, and strategic ways to consume many donuts. But most importantly, I have learned to appreciate the sport simply for the fun of it."*

### **About the NVSL Scholarships:**

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

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

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

**Sportsmanship Scholarship** - 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 Scholarship** - 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.