



Celebrating 50 Years of Hopes and Dreams

2022-2023 Team Banquet

Welcome

Parent Board

Dinner

The Olive Garden

Remarks

James Schnell, Head Coach

Swimmer Recognition

Molly Nguyen, Assistant Coach

Eric Laws, Assistant Coach

Teresa Bender, Assistant Coach

Jeffrey Derr, Assistant Coach

Nick Francis, Assistant Coach

Senior Perspectives

Harry Anderson

Owen Brewer

Andrea Nguyen

Kevin Santos

Gunan Thangavel

Team Gifts

Susan Pesavento, Vice President



CVAC strives to develop swimming talent and instill values and life-skills that foster success in all aspects of life. Each person in the CVAC program has the swimmers and the team in mind. We all have the same basic goals for the swimmers. We want them to stay in our unique sport and we want them to develop and mature not only as swimmers but as people. Often goals and missions can be overlooked as they are not immediate and tangible but with solid relationships and communication the swimmers can reach for their dreams.

MISSION

¹Cumberland Valley Aquatic Club is a year-round Competitive Swimming Team operating in accordance with USA Swimming with the support of the Cumberland Valley School District. ² We are dedicated to fulfilling the needs of aspiring competitive swimmers in the CV Community. ³ We provide these swimmers with high quality instruction, training, and opportunity to compete at the Local, Regional and National level. ⁴ We are committed to providing them with a safe and positive environment in which to grow as better athletes and people.

VISION

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

CORE OBJECTIVES

CVAC has identified four core objectives which establish the foundation of the Long-Range Plan of our Team. We encourage all involved to work together to ensure that these objectives are accomplished for the benefit of all in the CV Swimming Community.

IDENTIFY TALENT

We seek to enroll new members at an early age that can grow and mature to become the future of CV Swimming.

DEVELOP AND CULTIVATE

We seek to help our members improve, progress and reach their ultimate potential from Kindergarten to College through mastery of swimming skills, knowledge of the sport, and hard work. Equally important is the need to instill in them the values of respect, fairness, civility, honesty, and responsibility.

PROVIDE SUPPORT

We seek to provide our members with high quality Coaches, Facilities, Equipment and Parent Volunteerism to further the mission of CVAC.

ACHIEVE COMPETITIVE SUCCESS

We seek to establish a heritage of success exemplified by achievement in CPAL, CASL, USAS, PIAA and NCAA competition that our past, present, and future members will take great pride in.

8 and Under Boys

Boughanmi, Yousef
Enders, Ethan
Garber, Quincy
Klepeiss, Connor
Kommireddy, Advik
McHenry, Emmett
Nguyen, Bode
Nguyen, Maddox
Satheesh, Judah
Sieg, Ben
Svirby, Gus
Villamar, Leo
Wilson, Everett
Wilson, Sebby

8 and Under Girls

Berkheimer, Mia
Cottingham, Sydney
Dishner, Reese
Gowda, Sannidhi
McFarland, Anna
McFarland, Josie
Metzger, Audrey
Mullin, Capri
Nguyen, Maddi
Patel, Aashvi
Pelow, Quinn
Rai, Veronica
Reimer, Lily
Roth, Evie
Roth, Hadley
Schweitz, Hanna
Wylie, Tatum

10 and Under Boys

Achal, Sumukh
Bommana, Jayan
Boughanmi, Baraa
Chandan, Aadhya
Cottingham, Grant
Dishner, Parker
Freeman, Sam
Hoffman, Gabriel
Iyer, Paarth
Kadam, Krushna
Laws, Carson
McHenry, Paul
Pelow, Kai
Roth, Levi
Singer, Aaron

Smith, Sorne
Socks, Brendan
Yoo, Suhyeon

10 and Under Girls

Albert, Delaney
Bender, Addy
Berkheimer, Ella
Boughanmi, Israa
Buhrman, Nora
Carlisle, Lily
Cramer, Delaney
Cramer, Hadley
Enck, Lyla
Falcone, Gaby
Graziano, Stacia
Hoover, Whitney
Iskandar, Catherine
Johnson, Brynn
Kadam, Aanandi
Metzger, Natalie
Mullin, Zaya
Nguyen, Emily
Nguyen, Maile
Rajput, Ambar
Roth, Lily
Roush, Braylee
Ruiz, Bella
Sadler, Mia
Singh, Saakhi
Sporcic, Sydney
Verma, Sam
Wilson, Lily
Yost, Addy

12 and Under Boys

Albert, Zane
Barnes, Landon
Bliss, Branden
Butt, Quinn
Cottingham, Landyn
Dolimpio, AJ
Getz, Ryder
Gochenour, Rylan
Gowda, Sanketh
Groh, Eli
Gundurao, Krishna
Gupta, Shlok
Kim, Aaron
Kurpad, Samarth
McMillin, Luke

Navandar, Aneesh
Roush, Barlin
Singer, Evan
Sporcic, Hunter
Talasila, Sathvik
Turk-Geller, Jonah

12 and Under Girls

Bender, Izzy
Blouch, Natalie
Boland, Brooke
Broadbent, Ellery
Buhrman, Ava
Jurcik, Callie
Kim, Allie
Klepeiss, Faith
Laws, Nadine
Lee, Eliana
Lorei, Ava
Nadimpalli, Adithri
Rissinger, Abigail
Ruiz, Josie
Socks, Ainsley
Suryawanshi, Tanvi
Symeonidis, Ava
Wilmert, Emma

14 and Under Boys

Adamson, Gabe
Boland, Wyatt
Falcone, Nico
Johnson, Caden
Joshi, Satvik
Khattar, Mehul
Klemunes, Jack
Kwon, Philip
Lee, Junhee
Lorei, Cameron
Manduri, Mohit
Pesavento, Will
Santos, Marco
Staykov, Dylan
Thampy, Pranav
Thangavel, Tharun

14 and Under Girls

Arikeri, Sneha
Boughanmi, Tasneem
Buckman, Addison
Conway, Presley
Dwyer, Petra

Erhard, Holden
Graziano, Juliana
Graziano, Vanessa
Hudson, Lauren
Kahlenborn, MaryAnn
Long, Allison
McMillin, Bryn
Nguyen, Sofie
Schweikert, Elizabeth
Sweeney, Nicole
Yeh, Leah

15 and Over Boys

Anderson, Harry
Bhavsar, Param
Brewer, Owen
Cavanaugh, Ben
Chang, Jonathan
Derr, Grey
Groh, Bode
Manduri, Manoj
Pion, Avery
Rombauer, Marshall
Santos, Kevin
Satheesh, Jaden
Socks, David
Thangavel, Gunan

15 and Over Girls

Boone, Mary
Boone, Mattie
Chang, Katie
Colina, Izelle
Cornfield, Keira
Cramer, Aubrey
Hancock, Caroline
Hoover, Elena
Lorei, Leila
McCann, Callie
Nguyen, Andrea
Sandhaus, Eliza
Sweeney, Catherine

Coaches

Teresa Bender
Jeffrey Derr
Nick Francis
Eric Laws
Callie McCann
Molly Nguyen
James Schnell

CPAL All-Stars

Achal, Sumukh
Adamson, Gabe
Albert, Delaney
Albert, Zane
Anderson, Harry
Barnes, Landon
Bender, Addy
Bender, Izzy
Berkheimer, Ella#
Berkheimer, Mia#
Bliss, Branden
Blouch, Natalie
Boland, Brooke#
Boland, Wyatt#
Boughanmi, Baraa#
Boughanmi, Tasneem#
Boughanmi, Yousef#
Boughanmi, Israa
Brewer, Owen
Buckman, Addison
Buhrman, Ava#
Buhrman, Nora#
Butt, Quinn
Chandan, Aadhya
Chang, Jonathan
Colina, Izel
Conway, Presley
Cottingham, Grant#
Cottingham, Landyn
Cottingham, Sydney#
Cramer, Aubrey
Derr, Grey
Dolimpio, AJ#
Dwyer, Petra#
Enck, Lyla#
Erhard, Holden#
Falcone, Gaby
Falcone, Nico#
Freeman, Sam
Garber, Quincy
Getz, Ryder#
Gochenour, Rylan
Gowda, Sanketh#
Gowda, Sannidhi
Graziano, Juliana#
Graziano, Stacia
Graziano, Vanessa#
Groh, Bode
Gundurao, Krishna
Hancock, Caroline
Hoffman, Gabriel#
Hoover, Elena
Johnson, Brynn#
Johnson, Caden#
Joshi, Satvik
Jurcik, Callie
Kadam, Aanandi
Kadam, Krushna
Kahlenborn, Mary Ann
Klemunes, Jack#
Klepeiss, Faith
Klepeiss, Connor
Kommireddy, Advik#
Kurpad, Samarth
Laws, Carson
Laws, Nadine#
Lee, Eliana
Lee, Junhee
Long, Allison
Manduri, Manoj
Manduri, Mohit#
McFarland, Anna#
McFarland, Josie

McMillin, Bryn
Mullin, Zaya#
Navandar, Aneesh
Nguyen, Andrea
Nguyen, Emily
Nguyen, Maddi
Nguyen, Maddox#
Nguyen, Sofie#
Patel, Aashvi
Pelow, Kai
Pelow, Quinn#
Pesavento, Will#
Pion, Avery
Rai, Veronica
Reimer, Lily
Rissinger, Abbie
Roth, Hadley
Roth, Levi
Roth, Lily
Ruiz, Bella#
Ruiz, Josie#
Sadler, Mia#
Santos, Marco#
Satheesh, Judah#
Satheesh, Judah
Schweitz, Hanna
Sieg, Ben
Singer, Aaron#
Singer, Evan#
Socks, Ainsley
Socks, David
Sporcic, Hunter#
Sporcic, Sydney
Staykov, Dylan#
Sweeney, Catherine
Symeonidis, Ava
Talasila, Sathvik#
Thangavel, Tharun
Turk-Geller, Jonah#
Wilmert, Emma
Wilson, Lily#
Wilson, Sebby
Yeh, Leah#
Yoo, Suhyeon#
Yost, Addy

**MA 10&U Champ
Qualifiers**

Achal, Sumukh
Albert, Delaney
Bender, Addy
Berkheimer, Ella
Berkheimer, Mia
Boughanmi, Baraa
Boughanmi, Yousef
Boughanmi, Israa
Buhrman, Nora
Chandan, Aadhya
Cottingham, Grant
Cottingham, Sydney
Cramer, Hadley
Enders, Ethan
Falcone, Gaby
Garber, Quincy
Graziano, Stacia
Hoffman, Gabriel
Johnson, Bryn
Klepeiss, Connor
Kommireddy, Advik
Laws, Carson
McFarland, Anna
McFarland, Josie
McHenry, Emmett
Metzger, Audrey

Nguyen, Bode
Nguyen, Emily
Nguyen, Maddox
Nguyen, Maile
Rai, Veronica
Roth, Hadley
Roth, Levi
Roth, Lily
Roush, Braylee
Sadler, Mia
Satheesh, Judah
Schweitz, Hanna
Sieg, Ben
Singer, Aaron
Singh, Saakhi
Sporcic, Sydney
Svirby, Gus
Verma, Sam
Wilson, Everett
Wilson, Lily
Wilson, Sebby
Wylie, Tatum
Yoo, Suhyeon
Yost, Addy

**MA Silver Champ
Qualifiers**

Adamson, Gabe
Albert, Zane
Anderson, Harry
Araiza, Berenice
Barnes, Landon
Bender, Izzy*
Bliss, Branden
Blouch, Natalie
Boughanmi, Tasneem
Buckman, Addison*
Butt, Quinn
Colina, Izel
Conway, Presley
Cornfield, Keira
Cottingham, Landyn
Cramer, Aubrey
Derr, Grey
Dolimpio, AJ*
Erhard, Holden
Falcone, Nico*
Getz, Ryder
Gochenour, Rylan*
Gowda, Sanketh
Graziano, Juliana
Graziano, Vanessa
Groh, Eli
Gundarao, Krishna
Hancock, Caroline
Hoover, Elena
Johnson, Caden*
Kahlenborn, Mary Ann
Klemunes, Jack*
Klepeiss, Faith
Kwon, Philip
Laws, Nadine*
Lee, Eliana
Lee, Junhee
Long, Allison
Lorei, Cameron*
Lorei, Leila
Manduri, Manoj
Manduri, Mohit
McCann, Callie
Nguyen, Andrea
Nguyen, Sofie*
Pion, Avery
Rombauer, Marshall

Roush, Barlin
Ruiz, Bella*
Ruiz, Josie
Santos, Kevin*
Satheesh, Jaden
Schweikert, Elizabeth
Singer, Evan*
Socks, David*
Sporcic, Hunter*#
Staykov, Dylan*#
Talasila, Sathvik*
Thampy, Pranav
Turk-Geller, Jonah*
Yeh, Leah

**MA Junior Champ
Qualifiers**

Boland, Brooke*
Boland, Wyatt*
Buhrman, Ava*
Dwyer, Petra
Nguyen, Sofie
Pesavento, Will
Ruiz, Josie*
Santos, Marco*
Sporcic, Hunter
Staykov, Dylan*

**MA Senior Champ
Qualifiers**

Boland, Wyatt
Boone, Mary
Brewer, Owen
Buckman, Addison
Cramer, Aubrey
Chang, Jonathan
Chang, Katie
Colina, Izel
Cramer, Aubrey
Francis, Nick
Groh, Bode
Sandhaus, Eliza
Santos, Kevin
Santos, Marco

**Eastern Zone Age Group
Qualifiers**

Boland, Brooke*
Boland, Wyatt*
Buhrman, Ava*
Buhrman, Nora*
Dwyer, Petra
Ruiz, Josie*
Santos, Marco*
Sporcic, Hunter

**Eastern Zone Sectional
Qualifiers**

Brewer, Owen
Boone, Mary
Buckman, Addison
Chang, Jonathan*
Francis, Nick
Groh, Bode*
Santos, Kevin

USA Futures Qualifiers

Brewer, Owen
Chang, Jonathan

*Finalists
#Champion

Central PA Aquatic League 2A Standings

Cumberland Valley Aquatic Club	5-0
Elizabethtown Aquatic Club	4-1
Ephrata Tidal Waves	3-2
Lebanon Valley Otters	2-3
Palmyra Aquatic Club	1-4
Central York Aquatics	0-5

CPAL Dual Meet Results

12/10/22	CVAC @ PAC	W	773-277
12/17/22	EAC @ CVAC	W	677-448
01/21/23	CVAC @ EPH	W	668-374
01/28/23	CVAC @ CYA	W	715-176
02/04/23	LVO @ CVAC	W	812-232

CPAL Division 2A Championships Scores

Cumberland Valley Aquatic Club	2,170
Elizabethtown Aquatic Club	1,030
Ephrata Tidal Waves	938
Palmyra Aquatic Club	566
Lebanon Valley Otters	563
Central York Aquatics	353

CPAL All-Stars Championship Scores

Cumberland Valley Aquatic Club	1,424
Elizabethtown Aquatic Club	677
Ephrata Tidal Waves	598
Mechanicsburg Swim Club	529
South Middleton Swim Club	495
Gettysburg YWCA	459
Palmyra Aquatic Club	408
Lebanon Valley Otters	391
Aquatic Club of the West Shore	372
Big Springs Aquatic Club	252
Central York Aquatics	221
Mercersburg Area Swim Club	86
Shippensburg Aquatic Club	71

MA 10&Under Champs

Place - 5
Points - 548
Qualifiers - 50

MA Silver Champs

Place - 8
Points - 998.5
Qualifiers - 61

MA Junior Champs

Place - 14
Points - 306.5
Qualifiers - 10

MA Senior Champs

Place - 40
Points - 0
Qualifiers - 14

Eastern Zone Champs

Place - 25
Points - 246
Qualifiers - 8

EZ Sectional Championship

Place - 20 (Men)
Points - 52
Qualifiers - 7

USA Swimming

Virtual Club Championship (VCC)

Total Score - 91,127
National Rank - 569
Eastern Zone Rank - 158
Middle Atlantic Rank - 28

USA Swimming IM Xtreme (Points)

- Bode Groh, 3871
- Marco Santos, 3,667
- Wyatt Boland, 3,237
- Ava Buhrman, 3,088
- Sofie Nguyen, 2,913
- Kevin Santos, 2,718
- Dylan Staykov, 2,666
- Will Pesavento, 1,851
- AJ Dolimpio, 1,590
- Evan Singer, 1,589
- Josie Ruiz, 1,513
- Sam Verma, 1,478
- Bella Ruiz, 1,138
- Gaby Falcone, 1,015

5 Year Honors

- Presley Conway
- Ryder Getz
- Satvik Joshi
- Mehul Khattar
- Philip Kwon
- Leah Yeh

Swimmer of The Meet

Awarded to the Swimmer who has an exceptional Meet. Strong consideration given to time improvement reflective of practice participation and work ethic prior to the Meet.

- Addison Buckman and Dylan Staykov, KA Spooky Splash
- Jonathan Chang and Mary Boone, EMAC Fall Invite
- Bella Ruiz, NLAC Swim Fest
- Junhee Lee, PAC Dual
- Landon Barnes, EAC Dual
- Hunter Sporcic, WSY Mid-Winter Classic
- Yousef Boughanmi, EPH Dual
- Nico and Gaby Falcone, CYA Dual
- Nora Buhrman, WSY Presidents Day
- Quinn Pelow, LVO Dual
- Brooke Boland, Divisionals
- Judah Satheesh, All-Stars
- Maddox Nguyen, MA 10&U Champs
- Ava Buhrman, MA Jr Olympics
- Kevin Santos, MA Senior Champs
- Nick Francis, Sectionals
- Wyatt Boland, Eastern Zone Champs
- AJ Dolimpio and Jonah Turk-Geller, MA Silver Champs

Most Improved

Awarded to Swimmers who have shown the most overall improvement in Stroke Mechanics and Performance over the course of the entire season.

- Hanna Schweitz, 8G
- Ben Sieg, 8B
- Lily Wilson, 10G
- Aadhya Chandan, 10B
- Josie Ruiz, 12G
- Landon Barnes, 12B
- Addison Buckman, 14G
- Junhee Lee, 14B
- Owen Brewer, 15OB
- Caroline Hancock, 15OG

Most Valuable

Also referred to as the High Point Award. Given to the Swimmer in each Age Group who scored the Most Points over the course of the season in League Dual Meets.

- Maddox Nguyen, 8UB
- Ann McFarland, 8UG
- Grant Cottingham, 10UB

- Nora Buhrman, 10UG
- Sathvik Talasila, 12UB
- Ava Buhrman, 12UG*
- Wyatt Boland, 14UB
- Sofie Nguyen, 14UG
- Bode Groh, 15OB
- Callie McCann, 15OG

**Most Overall Points Scored*

Team Records Broken

- Ava Buhrman, 11-12G 50 Free
- Ava Buhrman, 11-12G 100 Free
- Ava Buhrman, 11-12G 200 Free
- Ava Buhrman, 11-12G 500 Free
- Ava Buhrman, 11-12G 100 IM
- Ava Buhrman, 11-12G 400 IM
- Addison Buckman, 13-14G 100 Fly
- Addison Buckman, 13-14G 200 IM
- Wyatt Boland, 13-14B 50 Free
- Wyatt Boland, 13-14B 100 Free
- Wyatt Boland, 13-14B 200 Free
- Marco Santos, 13-14B 100 Back
- Marco Santos, 13-14B 200 Back
- Jonathan Chang 15OB 50 Free
- Jonathan Chang 15OB 100 Free
- Jonathan Chang, 15OB 100 Back
- Jonathan Chang, 15OB 200 IM

Soaring Eagle

Awarded to the Swimmer who possesses qualities of an outstanding athlete. A leader, successful at meets, supportive of teammates, and consistently practices to the best of their ability. This swimmer has team spirit, improves throughout the season, and has a positive attitude.

- Crawford Smith, 2013-14
- Destiny Edwards, 2014-15
- Alina Lyesnykova, 2015-16
- Tyler Distenfeld, 2016-17
- Owen Brewer, 2017-18
- Mia Pesavento, 2018-19
- Mary Boone, 2019-20
- Bode Groh, 2020-21
- Jennifer Bolden, 2021-22
- Sofie Nguyen, 2022-2023

SUPPORTING OUR ATHLETES

Parent involvement is a crucial element of our success as a team. Apart from our coaches, CVAC is a volunteer dependent program. Your involvement within the club has many benefits, including but not limited to meeting other swim parents, learning the ins and outs of the sport of swimming, and enhancing your swimmers' experience by showing your support. There are many ways to become involved, some of those are meet related activities and others are non-meet team activities.

Board Members

Myla Groh, President
Susan Pesavento, Vice President
Brad Cramer, Treasurer
Kandi Buckman, Secretary

Coordinators

Thais Boland, USA Coordinator
Brian Gochenour, Concessions Coordinator

League Representative

Jason Sandhaus

Certified CPAL Officials

Suki Falcone
Carl Jurcik
Jason Sandhaus
Casey Singer

Certified USA Officials

Brad Cramer, Operational Risk Director
Kandi Buckman, Administrative Official
Jason Sandhaus, Referee, Starter, Stroke & Turn
Aimee Hancock, Stroke & Turn
Casey Singer, Stroke & Turn

Meets cannot be held without participation from Parents. It takes approximately 70 volunteers to successfully run a Home Swim Meet. CVAC routinely hosts 3 Dual Meets, an Invitational and at least 1 Post Season Championship Meet. When the Team is Away, some meet jobs are not necessary, but CVAC still needs to provide the Host Team with about 33 Volunteers to fulfill jobs. When a swimmer is declared for a Meet, at least 1 family member will be required to Sign Up for a Meet job. Most jobs do not require any technical knowledge.

25 Largest Volunteers Hours

Singer Family	49.2
Hoffman Family	38
Boland Family	28
Gochenour Family	25
Jurcik Family	24
Laws Family	22
Nguyen Family	22
Cramer Family	20
Pesavento Family	20
Klemunes Family	19.7
Staykov Family	19.5
Groh Family	19.2
Dwyer Family	18.5
Sieg Family	18
Bender Family	18
Sandhaus Family	17.5
Ruiz Family	16.2
Barnes Family	16
Boughanmi Family	15.5
Schweikert Family	15
Socks Family	15
Dolimpio Family	14.2
Sporcic Family	13.7
Santos Family	13.5
Sadler Family	12

The role of parents is an extension of the parental role in the home. The primary role of the parent is to supply love, recognition, and the encouragement necessary to help your young athlete feel good about themselves. One of the most important things a parent can do is to provide strong emotional support for the swimmer. Swimmers' efforts should be encouraged and complimented as much as possible. Parents should provide the necessities of uniforms, caps, goggles, towels, etc., Parents should also invest their time to ensure a quality existence for the program. It is not the parent's role to coach their child. If your child is receiving criticism from both you and the coach, there is no one there to give them the encouragement and support which is vital in the development of a young athlete. The swimmers should feel safe and supported in their relationship with parents. Parents need to work with the coach to develop this strong, triangular relationship between the coach, parent and athlete. If there is confusion in this relationship and parents try to grapple with the issues themselves without guidance from a coach, some parents can jeopardize a good parent child relationship. Parents should establish a dialogue with their child's coach so that they can build this relationship.

GRADUATING SENIORS

Harry Anderson



Harry joined CVAC 2 years ago after moving to the School District from New Cumberland. He started swimming at 8 and over his 10 year Club swimming career has qualified for and participated in Middle Atlantic Silver Champs and Junior Olympics. He was the Silver Champs 100 Fly Gold Medalist in 2022, nearly breaking the Meet Record after walking out to “Easy Lover” by Phil Collins. Harry was also a Varsity Letterwinner on the CV High School Teams in both his Junior and Senior Years as well as his Freshman and Sophomore Years at Red Land. He is a multiple-time PIAA District III qualifier in events such as the 500 Free and 100 Fly. His primary event at CV has been Fly and could be routinely counted on for Points at every Meet. In addition to Swimming, Harry has been an accomplished Letter-winning High School Track and Field and Cross-Country Athlete. Harry is currently involved in many clubs and organizations, such as National World Language Honor Society (German), CV Pad Project, CV Club Green, as well as CV Mini-Thon. In the Fall, Harry will attend Florida State University to pursue a degree in Marketing with a Minor in German.

Owen Brewer



Owen graduates as one of the most impressive CV Swimmers to come through the program. He started with the Team in Second Grade and quickly became successful. Early on he was a League Champion, All Star, and Junior Olympic Qualifier. Owen has earned CVAC's coveted Soaring Eagle Award and has held Team Records. As a Senior Swimmer he has qualified for MA Senior Champs and Sectionals. On the High School Team he's been Team Captain, 4 Year Letterwinner, named to the All-Sentinel Boys Team, and his times rank in the Top 10 All Time. Owen has achieved at every level of PIAA competition and has finaled at Mid Penn Conference, District and State Championships. He not only excels in the Pool but is equally talented on the Pitch. An exceptional Soccer player, he went on to lead CV's Varsity Squad to Districts - ultimately setting up a goal in extra time to seal the Title with an epic throw-in – and send the Team to the State Tournament. Tragedy struck his Junior year when he tore his ACL during a Soccer Match. Unsure if he would ever swim again, he recovered, persevered, and rejoined the team stronger than ever. His highly successful Senior Year capped a career at CV that has qualified him for the 2023 USA Swimming Futures Meet. Scholastically Owen has earned Honor Roll every marking period throughout High School and is a National Honor Society member. He is also involved in CV Mini-Thon, Engineering Club, CV Pad Project, CV Golden Years Club, has been a CV Student Ambassador, and volunteers his time with the TOPS Soccer Program and Junior League of Harrisburg. Owen will begin the next chapter of his story at Salisbury University in the Fall where he will major in Exercise Science and Swim for the Sea Gulls.

GRADUATING SENIORS

Andrea Nguyen



Andrea Nguyen began swimming competitively with CVAC at the age of 8. Over her time with the team, she has been a multiple-year qualifier for MA Silver Champs, CPAL All-Star, CSAL All-Star, and CSAL Mid-Cap Championship. Throughout her high school swimming career, she earned 4 Varsity Letters as a member of the high school swimming team. She is a 4-year Mid-Penn Conference Qualifier and Medalist, 2-year District III Championship Qualifier and Medalist, and this year she earned a spot on the PA State Championship Team where she swam on the 200 Medley Relay. Outside of the pool, Andrea is on the high school varsity soccer team where she served as the team captain her senior year. She had led her team to District Playoffs multiple years and finished her last season strong with a Mid Penn Commonwealth All-Star: Honorable Mention title. She is also on the high school varsity lacrosse team. Not only is Andrea passionate as a multi-sport athlete, but she has also found passion in music where she serves as the Violin Principal and Concertmaster of the CV Orchestra and Symphony and is part of the CV Pit Orchestra in CV's Musicals. Additionally, she is part of the Harrisburg Symphony Youth Orchestra, the PMEA District 7 Symphony Orchestra, and the PMEA Central Region Symphony Orchestra. Determined and always striving for excellence, she is a National Honors Society member, an AP Scholar with Distinction, and an active member of Key Club. Andrea plans to attend the University of Pittsburgh, major in Biology, and pursue a career in Dentistry.

Kevin Santos



Kevin started swimming competitively with CVAC when he was 11 years old. Over his time with the team, he has qualified for and swum in All Stars, Mid-Caps, MA Silver Champs, MA Senior Champs, and recently at the Eastern Zone Sectional Meet. He's a well-rounded Swimmer but is most competitive in the Distance Events. As a Varsity Team member Kevin has earned 4 Letters, been a 4-year Mid Penn Championship Meet contributor, (Top 8 in 500 Free and 100 Back). And qualified twice for the PIAA District III Meet. At the 2022 MA Silver Championship meet, he earned the Overall High Point Male Award, scoring 2 1st places in the 500 free and the 200 fly while also getting top 3 in the 200 back, 100 fly, and the 400 IM. Continuing his success, at the 2023 MA Silver Championships, he placed top 3 in both the 100 fly and the 200 IM. Loyal and outgoing, Kevin has always been there for the team to support CVAC teammates of all ages. Outside of the pool, you can find him spending quality time with his family or working at Target. Kevin has not only been a member of the CVAC team, but also a part of the Cumberland Valley Cross Country Team, earning a Varsity Letter and making the Mid Penn and District Team junior year. Kevin was also chosen by the school to be part of the Rotary Youth Leadership Association, a group that improves leadership skills. He has also been a member of the CV Soaring Voices choir for the past 3 years. Kevin will major in History Secondary Education, continuing his academic and swimming career at Edinboro University in the Fall.

GRADUATING SENIORS

Gunan Thangavel



Gunan started learning how to swim at the age of 5. Since joining the team at the age of 10, Gunan has swum competitively for 7 years. He has swam at multiple championship meets, including All-Stars and Mid-Caps. Although he can swim anything but fly, he enjoys swimming the 100 breast and the 50 free. Gunan also swam with the high school all four years, medaling multiple times at the Mid-Penn Plunge. Outside of school, Gunan is a volunteer firefighter with the Hampden Township Fire Department and enjoys photography. An outstanding student, he is a part of the National Honor Society and plays the violin, performing in the musical and with the CV Symphony Orchestra. He is also a part of many clubs, including the Engineering Club, Key Club, and Photography Club. Gunan is attending Penn State University in the fall to major in Aerospace Engineering.