

VFCA

Synchronized Swimming Championships 2026

Auburn Mermaids Cordova Cordettes

Davis Aquastarz Sunrise Swans

Fulton-El Camino Stingrays

Friday, July 17th- Figures

Auburn Community Pool
123 Recreation Drive. Auburn CA 95603

Sunday, July 19th- Routines

Cordova Community Pool
2197 Chase Drive. Rancho Cordova CA 95670

Team Information

Auburn Mermaids

VFCAL Rep: Mark Brunner

Head Coach: Krista Greenlee

Assistant Coaches: Melody Eastwood, Terri Herbert, Terri Dokimos, Jamie Ambrosi, Elisa Stillwell, Marilee Birkholz, Paige Warda & Ashley Oates

Retiring Swimmer: Keeley Nistor

Cordova Cordettes

VFCAL Rep: Nicole Lowery

Head Coach: Chloe Smith

Assistant Coaches: Madison Caldwell, Ella Bottimore, Emma Whiting & Kenzie Fisher

Retiring Swimmer: Janae Felton

Davis Aquastarz

VFCAL Rep: Meredith Fleener
& Brenda Wittenburg

Head Coach: Meredith Fleener

Assistant Coach: Sara Turner

Senior Coaches: Alex Barth, Amanda Romano, Amanda Portier, Tara Christensen, Julianna Elliott, Madi Rokop & Leila Farinsky

Junior Coaches: Daphne Patriquin, Kamryn Kungu, Lucy Spang, Noe Sorenson, Simone Caceres & Tegwyn Lea

Retiring Swimmers: Coral Wittenburg, Tegwyn Lea, Issie Rowland & SJ Mahoney

Fulton-El Camino Stingrays

VFCAL Rep: Jaden Delfer
& Sabrina Wiederhold

Head Coach: Jax Magee

Assistant Coaches: Caroline Crow, Kara Rex, Joanna Rowland & Blythe Powell

Retiring Swimmers: Maddy Ball & Erical Sakauke

Sunrise Swans

VFCAL Rep: Brittany Garcia

Head Coach: Heather Hammon

Assistant Coaches: Jamie Swaringen, Tarissa Glick & Lilianna Brovelli

Team Voulnteers

Our league couldn't run without the help of volunteers throughout the year. We would like to acknowledge all the work of the following individuals and families.

Thank You!

Auburn Mermaids

Team Manager: Hilary Bielefelt

Cordova Cordettes

Parent Board President: Sarah Garrett, Vice President: Darcie Dupree, Tresurer: Amanda Duke, Secretary: Sarah McGarvey, Computer Queen: Tracy Caldwell & Referee: Sam Clark

Davis Aquastarz

Parent Board President: Cristine Kungu

Parent Board Members: Jen Whiteman, Jen Whedbee, Emily Mei, Barbara Goodman & Bronwyn Lea

Volunteers: Jenny Seaver & Jessica Corwin

Fulton-El Camino Stingrays

Parent Board Members: Stephanie Shore Barber, Dana Kuo, Paula Wadell, and Jason Lazark.

Volunteers: The Grady's, The Ball's, The Park's, The Amarnath's, The Hanes', The Kuo's, The Barber's, The Tregenza's, The Mosunic's, The Lazark's, The Delacruz's, The Brookins', The Oswald's, The Shelton's, The Hagstrom's, The Dunnaway's, The Wadell's, and The McCarthy's.

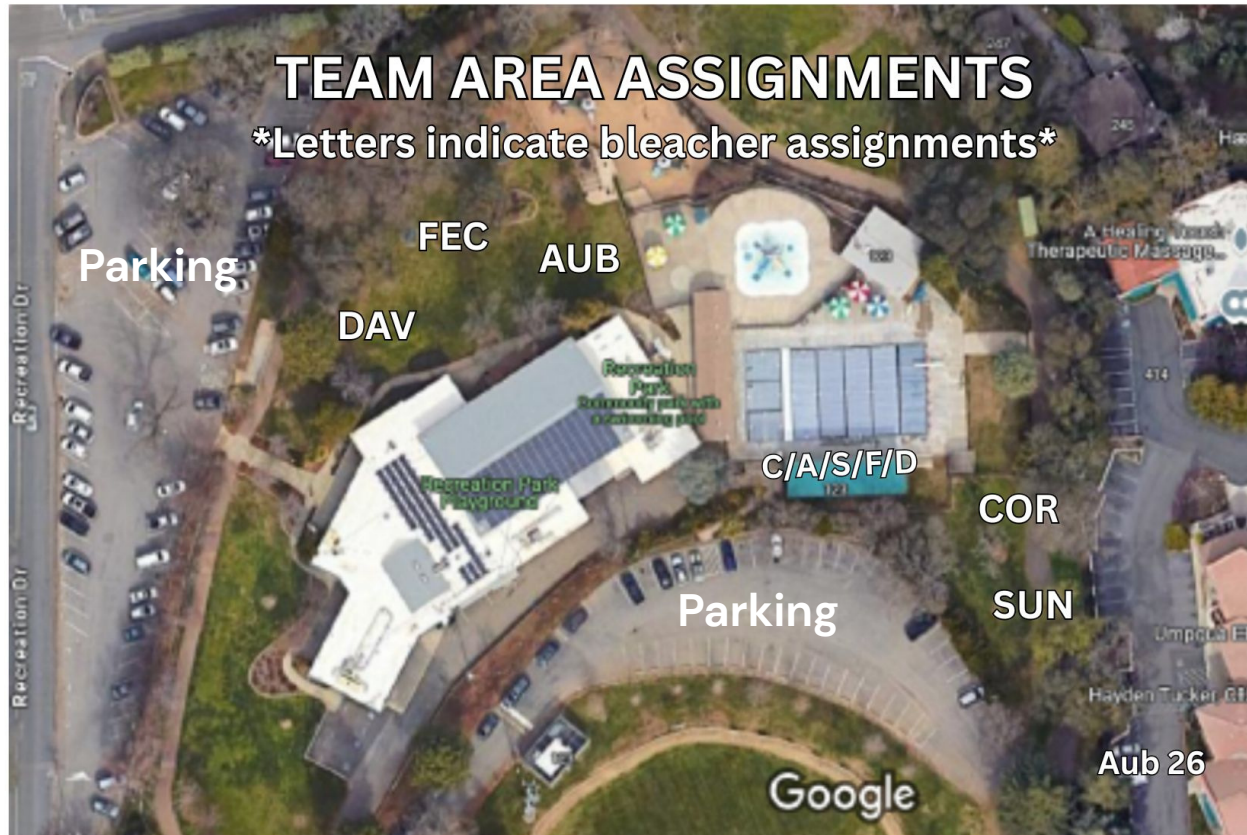
Sunrise Swans

Parent Board President: Brittany Garcia,

Vice President: Lindsay Mason, Secretary: Jillian Cole, & Parent Coordinator: Pooja Nimavat

Auburn Community Pool

Team Area Assignments and Facility Information



A full snack bar will be available Friday evening at the Auburn Mermaids Café. Items available include pizza, hot dogs, nacho bar, drinks and ice cream/sorbets, baked goods and pre-packaged snacks!

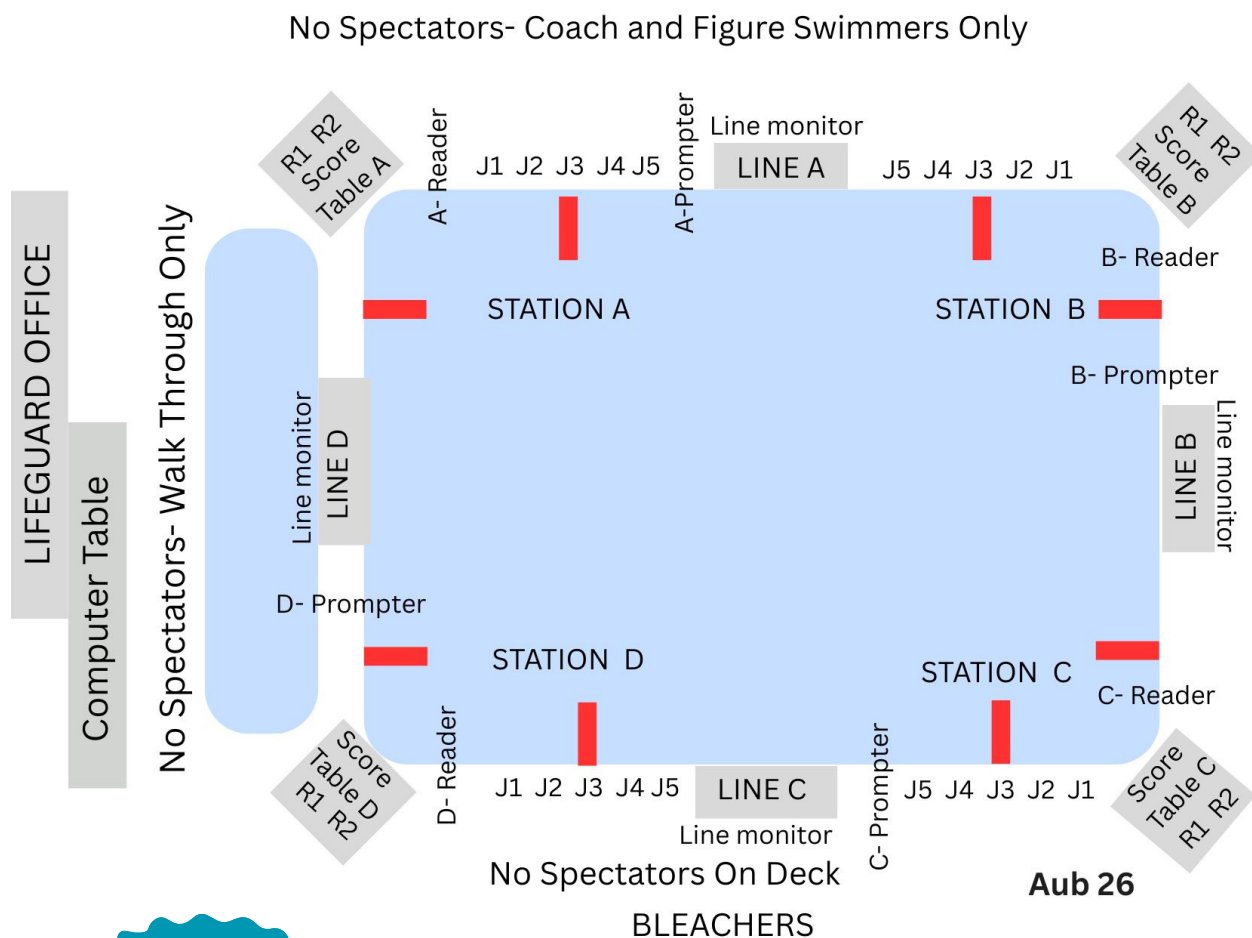
Mermaid Cafe accepts Venmo or Cash.

Place orders inside the pool deck next to the small activity pool.

Auburn Community Pool

Deck Layout and Spectator Information

League policy states no spectator on pool deck during competition.
Please refer to previous page for your teams designated bleacher assignment for viewing.



Awards for figure competition will take place Friday evening following the clean up of team areas and pool deck. Swimmers and families, please meet in your teams assigned bleacher area.

Novice Figures Flight 1

10 and Under

Station A

8U

1. Davies, Juniper	COR
2. Cougevan, Emmy	DAV
3. McCarthy, Sophia	FEC
4. Davies, Charlie	COR
5. McNaughtonParr, Monroe	AUB
6. Smith, Billie	COR
7. Whedbee, Betty	DAV
8. Seaver, Vivian	DAV
9. Russo, Maya	FEC
10. Ford, Allie	COR
11. Kendrick, Emily	AUB
12. Gregersen, Ellen	COR
13. Gale, Wendy	AUB

Station B

14. Gardella, Anica	COR
15. Anderson, Sienna	COR
16. Nakano, Gigi	DAV
17. Bonzell, Caroline	AUB
18. Brookins, Charlotte	FEC
19. Cahill, Cici	DAV
20. Shelton, Finnley	FEC

9-10

21. Luna, Lucy	COR
22. Shelgren, Ruby	AUB
23. Kuo, Olivia	FEC
24. Meeker, Isa	DAV
25. Gupta, Ivana	COR
26. Nakano, Mila	DAV

Station C

27. Kendrick, Riley	AUB
28. Bottom, Avery	DAV
29. Amarnath, Maddie	FEC
30. Rodriguez, Elena	DAV
31. Koohestani, Heeva	SUN
32. Seals, Amy	AUB
33. Quinn, Kalliope	AUB
34. Schroeder, Kaycie	AUB
35. Sulzburgh, Margaux	DAV
36. Dupler, Kenzie	COR
37. Delacruz, Emyline	FEC
38. Romero, Carina	COR
39. Doherty, Londyn	AUB

Station D

40. Tregenza, Lena	FEC
41. Elmer, London	COR
42. Mack, Gates	COR
43. Eastwood, Maylee	AUB
44. Caravantes, Josephine	AUB
45. Lorente, Valentina	COR
46. Bafus, Judy	COR
47. Moore, August	DAV
48. Cornelison, Vanessa	COR
49. Panther, Emmie	DAV
50. Brookins, Margaret	FEC
51. McGarvey, Scarlett	COR
52. Clark, Holland	COR

Novice Figures Flight 2

11 - 18

Station A

11-12

53. Nimavat, Nivika	SUN
54. Main, Ailey	DAV
55. Nickell, Lizzie	DAV
56. Martinez, Andrea	COR
57. Williams, Audrey	AUB
58. Corwin, Emery	DAV
59. Caravantes, Jenavieve	AUB
60. Mosunic, Michaela	FEC
61. Whedbee, Florrie	DAV

Station B

62. Gale, Hadley	AUB
63. Whiteman, Solin	DAV
64. Hagstrom, Isabelle	FEC
65. Boyal, Avani	AUB
66. Smith, Morgan	COR
67. Duke, Ellie	COR
68. Williams, Christine	DAV
69. Martorell, Cece	DAV
70. Rivers, Sam	DAV

Station C

71. Smith, Blake	DAV
72. Katches, Olivia	AUB
73. Seaver, Madeline	DAV
74. Ryder, Fiona	SUN
75. Murakoshi, Ada	DAV
76. Kruse, Penny	COR
77. Tershchenko, Veronica	AUB
13-14	
78. Grady, Sam	FEC
79. Siegel, Fina	DAV

Station D

80. Connors, Charlotte	SUN
81. Chau, Avery	DAV
82. Garcia-Jarquin, Camilla	AUB
83. Cole, Calliope	SUN
84. Luna, Alina	COR
85. Reeves, Lily	AUB
86. Caceres, Lucinda	DAV
15-18	
87. Reeves, Madison	AUB
88. Duke, Georgia	COR

Intermediate Figures

Station A

11-12

89. Hart, Brynn	SUN
90. Yanda, Emma	AUB
91. Herbert, Hannah	AUB
92. Meyer, Abigail	COR
93. Eastwood, Mya	AUB
94. Cozy, Sophia	AUB
95. Oates, Jane	AUB

13-14

96. Rowland, Sophia	DAV
97. Greenlee, Aria	AUB
98. Dean, Jocelyn	AUB
99. Foxworthy, Sara Rae	AUB
100. Heo, Eunjoo	FEC

Station B

101. Ceyeli, Mia	DAV
102. Salazar, Rachel	SUN
103. Ball, Lucy	FEC
104. Eastwood, McKenna	AUB
105. Crull, Allie	AUB
106. Meeker, Kiki	DAV
107. Barber, Lily	FEC
108. Wadell, Siena	FEC
109. Birkholz, Brynn	AUB

15-16

110. Paradise, Eden	AUB
111. Bielefelt, Lucy	AUB
112. Cacere, Simone	DAV
113. Jones, Francis	AUB

Station C

114. Goodman, Elinor	DAV
115. Patriquin, Daphne	DAV
116. Garrett, Chloey	COR
117. Dupree, McKenna	COR
118. Spang, Lucy	DAV
119. Bond, Mary	AUB
120. Oswald, Kali	FEC
121. Lazark, Avery	FEC
122. Heo, Eunwoo	FEC
123. Hanes, Maricela	FEC
124. Garcia, Brisa	SUN
125. Clark, Delaney	SUN
126. Grutzmacher, Lilia	AUB

Station D

127. Heuseveldt, Cora	AUB
128. Dunnaway, Zoe	FEC
129. Greenlee, Aurora	AUB

17-18

130. Mahoney, SJ	DAV
131. Sakauke, Erica	FEC
132. Wittenburg, Coral	DAV
133. Nistor, Keeley	AUB
134. Rowland, Issie	DAV
135. Sorenson, Noe	DAV
136. Felton, Janae	COR
137. Lea, Tegwyn	DAV
138. Ball, Maddy	FEC

Cordova Community Pool

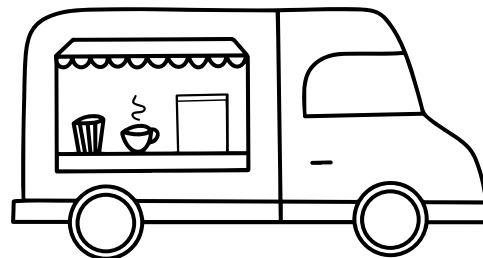
Team Area Assignments and Facility Information



Additional parking can be accessed through the park.
Use parking pass to avoid park entry fee's.



FOOD TRUCKS

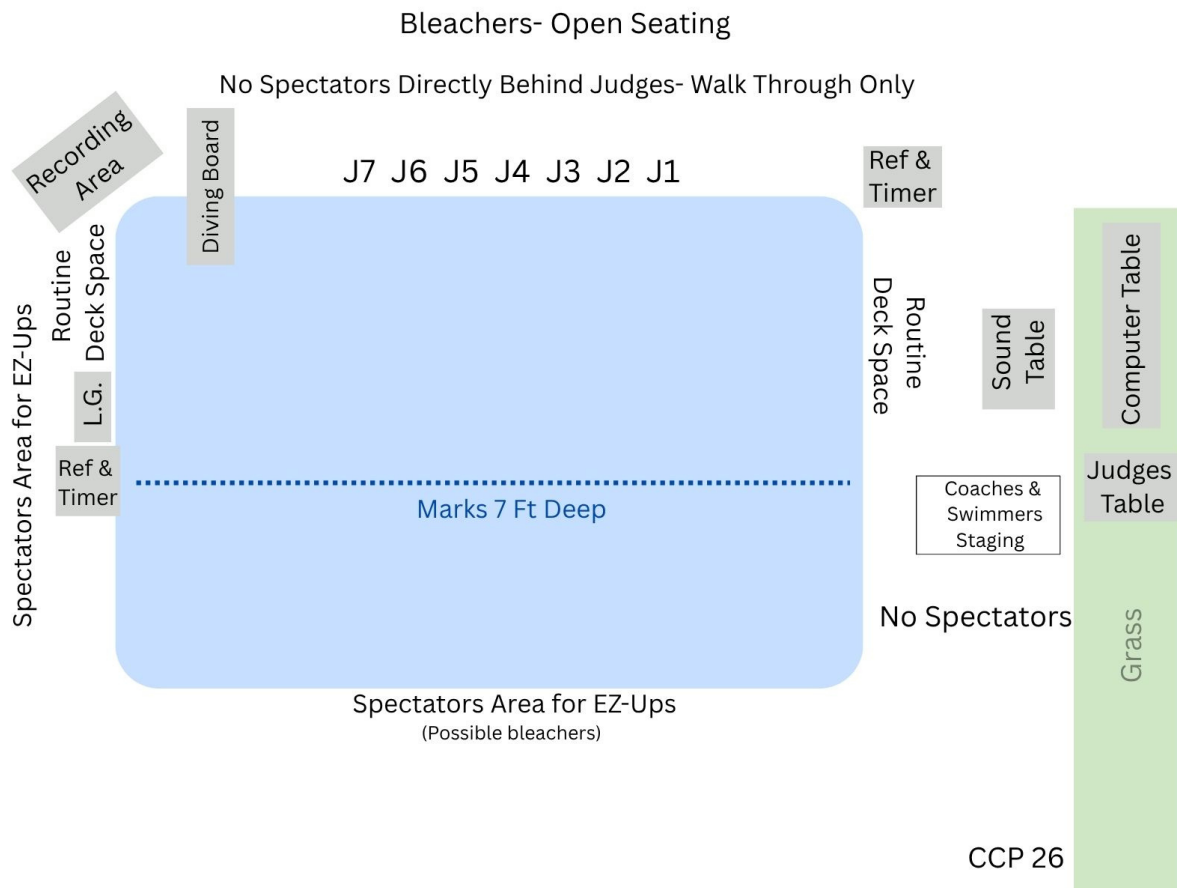


7:00 am- 5:00 pm- Dubbs Lunchboxx
9:00 am- 5:00 pm- Chickz on Wheels
9:30 am-5:00 pm- Little Rich's Italian Ice

(See park layout for location)

Cordova Community Pool

Pool Deck Layout and Spectator Information



League policy states no spectators on pool deck near judges panel, sound table or computer table during competition.

Open seating in bleachers is limited, please bring a chair and refer to deck layout on seating availability. Ez-up shade structures may also be placed along viewing area but are required to have weights. This is Cordova Community Pool and Cordova Recreation and Park District policy, failure to comply will result in the removal of shade structures.

Showers will be blocked off from use to prevent damage to the facility from Knox Gelatin. Any swimmer found removing Knox on premises, in pool or shower, risks dismissal from Cordova Community Pool by management and disqualification from routine competition.

Routines

Duets

10 and Under Novice

1 . Better in Stereo

FEC

Maddie Amarnath & Margaret Brookins

2 . I2I (eye to eye)

COR

Allie Ford & Sienna Anderson

11 - 14 Novice

3 . Brit Boy Pop

DAV

Ailey Main & Sonia Whitby

4 . The Bangles

DAV

Isa Meeker & Madeline Seaver

5 . Beverly Hills Cop

DAV

Blake Smith & Fina Siegel

6 . Phantom of the Opera

SUN

Charlotte Connors & Calliope Cole

7 . Whitney Houston

DAV

Lucinda Caceres & Christine Williams

Routines

Duets

11 - 14 Intermediate

8 . How to Train Your Dragon

Aria Greenlee & Brynn Birkholz

AUB

15 - 18 Intermediate

9 . Dracula

Chloey Garrett & McKenna Dupree

COR

10 . Save Us

Maddy Ball & Erica Sakaluke

FEC

11 . 1,2 Step

Brisa Garcia & Delaney Clark

SUN

12 . Gloria Estefan

Coral Wittenburg & Daphne Patriquin

DAV

13 . Star Wars

McKenna Eastwood & Lucy Bielefelt

AUB

14 . Shadow Waltz

Zoe Dunnaway & Maricela Hanes

FEC

Routines

Teams

12 and Under Novice

15 . Footloose

DAV

Florrie Whedbee, Isa Meeker, Madeline Seaver,
Emery Corwin, Ailey Main, Sece Martorell, August Moore
& Ada Murakoshi

16 . Beyond

AUB

Maylee Eastwood, Riley Kendrick, Josephine Caravantes,
Kalliope Quinn, Olivia Katches, Amy Seals, Ruby Shelgren
& Kaycie Schroeder

17 . SING!

COR

Carina Romero, Holland Clark, Judy Bafus, Morgan Smith,
Valentina Lorente & Lucy Luna

18 . Sunny

FEC

Maddie Amarnath, Margaret Brookins, Emyline Delacruz,
Isabelle Hagstrom, Olivia Kuo & Sophia McCarthy

13 and Over Novice

19 . Puss N Boots

AUB

Hadley Gale, Avani Boyal, Veronica Tereshchenko,
Madison Reeves, Lily Reeves, Jenavieve Caravantes,
Londyn Doherty & Maylee Eastwood

20 . Journey

DAV

Fina Siegel, Blake Smith, Sonia Whitby, Lucinda Caceres
& Christine Williams

Routines

Teams

11 - 14 Intermediate

21 . Guardians of the Galaxy

AUB

Sophia Cozy, Jane Oates, Allie Crull, Emma Yanda,
Aria Greenlee, Hannah Herbert, Jocelyn Dean
& Sara Rae Fotworthy

15 - 18 Intermediate

22 . DJ Mix

COR

Abigail Meyer, Chloey Garrett, Janae Felton
& McKenna Dupree

23 . Tomb Raider

AUB

Francis Jones, Keeley Nistor, Cora Heuseveldt,
Eden Paradise, Aurora Greenlee, Lilia Grutzmacher,
Mary Bond & McKenna Eastwood

24 . Top Gun

DAV

Coral Wittenburg, Lucy Spang, Issie Rowland,
Sophia Rowland, Mia Ceyeli, Tegwyn Lea
& Simone Caceres

25 . Private Lobster Shack

FEC

Lucy Ball, Maddy Ball, Lily Barber, Eunjoo Heo,
Eunwoo Heo, Avery Lazark, Kali Oswald
& Siena Wadell

Routines

Trios

10 and Under Novice

26 . Into the Unknown

AUB

Londyn Doherty, Riley Kendrick & Josephine Caravantes

27 . Little Birds

COR

Ivana Gupta, Scarlett McGarvey & Vanessa Cornelison

11 - 14 Novice

28 . I Think We're Under Pressure

COR

Morgan Smith, Andrea Martinez & Penny Kruse

29 . Kuduro Calabria

SUN

Calliope Cole, Fiona Ryder & Nivika Nimavat

30 . Goo Goo Girls

FEC

Sam Grady, Isabelle Hagstrom & Michaela Mosunic

31 . Super Mario

AUB

Hadley Gale, Avani Boyal & Veronica Tershchenko

32 . Girl Pop

DAV

Florrie Whedbee, Emery Corwin & Sece Martorell

15 - 18 Novice

33 . Back to the Future

AUB

Madison Reeves, Lily Reeves & Jenavieve Caravantes

Routines

Trios

11 - 14 Intermediate

34 . Divergent

AUB

Jocelyn Dean, Sara Rae Foxworthy
& Mya Eastwood

35 . Van Horn

FEC

Lucy Ball, Lily Barber & Eunjoo Heo

36 . Hip Hop

DAV

Kiki Meeker, Mia Ceyeli & Sophia Rowland

15 - 18 Intermediate

37 . Jumanji

AUB

Lucy Bielefelt, Keeley Nistor & Francis Jones

38 . Huey Lewis and the News

DAV

Tegwyn Lea, Simone Caceres & SJ Mahoney

39 . Pirates

FEC

Avery Lazark, Kali Oswald & Erica Sakaluke

Routines

Solo

10 and Under Novice

40 . 9 to 5	SUN
Heeva Koohestani	
41 . Purple Hat	COR
London Elmer	
42 . Fly	COR
Holland Clark	
43 . Material Girl	FEC
Olivia Kuo	

11 - 14 Novice

44 . Ex's and Oh's	FEC
Sam Grady	
45 . She Rocks	SUN
Charlotte Connors	
46 . Island in the Sun	COR
Ellie Duke	
47 . Don't Stop Me Now	SUN
Nivika Nimavat	

15 - 18 Novice

48 . Hero	COR
Georgia Duke	

Routines

Solo

11 - 14 Intermediate

49 . Experience

Siena Wadell

FEC

50 . It Don't Mean a Thing

Brynn Hart

SUN

51 . Thriller

Rachel Salazar

SUN

52 . Abracadabra

Abigail Meyer

COR

15 - 18 Intermediate

53 . Voila

Janae Felton

COR

54 . Cosmic Love

Kali Oswald

FEC

Routines

Combo

55 . Hoist the Colors

AUB

Cora Heuseveldt, Eden Paradise, Aurora Greenlee,
Lilia Grutzmacher, Mary Bond, Mya Eastwood,
Mckenna Eastwood, Lucy Bielefelt, Keeley Nistor
& Francis Jones

56 . Madonna

DAV

Coral Wittenburg, Lucy Spang, Issie Rowland,
Sophia Rowland, Mia Ceyeli, Elinor Goodman,
Tegwyn Lea, Kiki Meeker & Simone Caceres



Awards for routine competition will take place Sunday evening following the clean up of all team areas and pool deck. Swimmers and families, please meet in grass outside the pool deck with team.

Additional Information

SCAN QR Code to order your
VFCAL Champs Shirt!



VFCAL Website for league resources.

