



CATHY METCALF (2013)

Cathy grew up in South Carolina, but never learned the state dance until after moving to Virginia in 1985. In 1997, Cathy joined the Northern Virginia Shag Club (NVSC) and took that first step towards learning to shag. She has been passionate about the dance, events, friendships, and shag music ever since that first outing.

With NVSC she has held the office of President, Director-at-Large, Dance Committee Chair, Co-Chair of the annual Shag-a-Thon Charity fundraiser for Hospice and has served on a variety of other committees through the years.

Cathy has been a long-term volunteer dance instructor for NVSC, encouraging others who are learning and helping them to approach the dance with confidence. Cathy joined the Competitive Shaggers Association (CSA) in 2004 and began competing. Along the way to attaining CSA Pro status in August 2015, she (with her partner Vaughn Royal (VSHOF, 2012)) won the O.D. Arcade's SOS Smoothies Contest in Spring 2011. They also placed 2nd in the Non-Pro division of the 2012, 2013 and 2014 USA Grand Nationals Dance Championships in Atlanta GA, after placing 3rd in this same competition in 2011. Cathy actively participated in CSA competitions, the Non-Pro and Senior divisions of the National Shag Dance Championships in Myrtle Beach SC, and the Non-Pro and Team divisions of the USA Grand Nationals. Cathy was also a member of the two different Virginia Shag Dance teams formed in 2004 and 2006, as well as co-captain of the 1st NVSC Shag team formed in 2019.

She has been an SOS regular since 1997 and has also been a member of the Battlefield Boogie Club (BBC) in Fredericksburg, VA.