

CHOMP!



Meadowbrook Woods **MAKOS** Swim Team

CHOMP 2018 · ISSUE 3



Next Meet

6/16 - @Westridge
Arrive + Check-In
by 6:15am

Upcoming Meets

6/23 - Lake Ridge
6/30 - @ Southbridge

MAKOS NEWS

- The Meadowbrook Makos head to Westridge this Saturday, June 16th for our first meet of the season! For detailed information about this meet, such as parking, team area, etc., please scroll down to the last page.
- **Parents – We are still in need of a few volunteers for our meet against Westridge this Saturday!** The following jobs are available – Clerk of Course (2nd shift), Ribbons, Runner (2nd shift), and Scorer/Verifier (2nd shift). We greatly appreciate all of our volunteers and *need all families to volunteer if your child is swimming in a meet.* Please contact Jean Meink ASAP via [email](#) or by phone at (703) 895-2703 to volunteer for one of these positions!
- **Parents** - If you are signed up for a job at our upcoming meet, **please CHECK-IN** when you arrive (even if you are signed up for a later shift) **with** our meet manager, [Jean Meink](#), who may also provide further instructions. And, if you have signed your spouse up for a job, please don't forget to let them know! 😊
- **Can't make the meet?** If you forgot to **OPT** your child **OUT** for our upcoming meet, or have a change of plans after you have signed up, please contact [Coach Bradley](#) (bradm90@vt.edu) before the meet time on Saturday. Please let our meet manager, [Jean Meink](#), also know if you have signed up and are no longer able to volunteer by contacting her directly at (703) 895-2703.
- Our evening clinics began this week! Clinics are held every Tuesday and Thursday evening and are 30 minutes long. They give swimmers an additional opportunity to work on a specific stroke or skill. For more information, click [here](#).
- **Parents** – If you have not signed up to volunteer for a job at one of our upcoming meets, *please do so on our website!* *If your child is swimming in a meet, we need you to sign up for a job!*



SWIM FACT



The average high school swimmer swims 1 million strokes per season!

MEET SCHEDULE



- 6/16 - Westridge (Away)
- 6/23 - Lake Ridge (Home)
- 6/30 - Southbridge (Away)
- 7/7 - Dominion Valley (Away)
- 7/14 - Dale City (Home)
- 7/21 - Ben Lomond (Home)
- 7/28 - Divisionals (Away)

MORNING PRACTICE SCHEDULE

Regular Season Practice – June 11th – July 29th
Practice held 5 days per week (No practice Wednesday, July 4th)

	7:45 - 9:00 am	8:45 - 9:45 am	9:30 - 10:45 am
Mini Makos			
8 and Under			
9 - 10 Age Group			
11 - 12 Age Group			
13 - 14 Age Group			
15 - 18 Age Group			

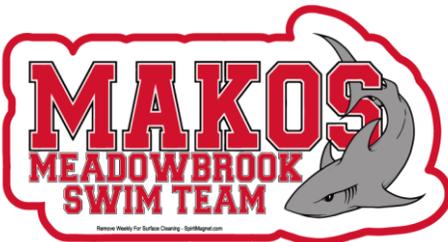
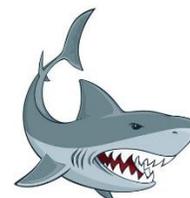


NEW MAKOS SWIMMERS!

Your first swim meet is this Saturday, June 16th against the Westridge Waves!

Here are some tips to help you have an AWESOME first meet!

- Pack your bag the night before the meet! Check out the **Swim Meet Checklist** for the things you need to bring!
- Don't stay up late the night before the meet! Get a good night's sleep!
- Set your alarm! On the morning of the meet, you should arrive no later than 6:15am! Warm-Ups will begin at 6:30am!
- When you arrive, please CHECK-IN so you know what events you are in!
- If your parents are volunteering, please remind them to check-in with Mrs. Meink!
- Don't forget your goggles! And bring extra towels!
- The meet officially starts at 7:00am! Keep your ears open to hear when you need to line up for your event!
- Finally, the most important thing you need to do is to **HAVE FUN! CHOMP!**



SWIM MEET CHECKLIST

- Swimsuit
- Goggle(s)
- Swim Cap(s)
- Towel(s)
- Sunscreen
- Water
- Snacks

EXTRAS

- Tent
- Chair(s)
- \$ for Concessions

7 Tips for Successfully Surviving a Weekend Swim Meet

- Summer Sanders (www.babble.com)



I have spent my fair share of weekends at swim meets, perched poolside from 7 a.m. until 9 p.m. in the sun or huddled under a tree to keep from getting heat stroke. But that really isn't impressive, as I was a kid and it was what I wanted to do. What is impressive is that my parents did the exact same thing, except they weren't competing or cooling off in the water. They just spent countless weekends sitting on harder than hard benches or timing countless heats all summer long to support me. With summer upon us, lots of parents (including me) will be attending their kids swim meets, so I thought I'd share some advice for the newbie swim parent on how to successfully survive a weekend swim meet. Welcome to my guide to surviving adventures in chlorine-land!

1. Pack multiple towels. I suggest you pack at least four towels — a towel for each race and one fresh one for the end. There's nothing worse than taking a shower only to have a chlorine-soaked towel dry you off. I actually forgot this tip until my daughter had her first swim meet last year. I only packed one towel, and after three races, it was drenched.

2. Bring a tent or canopy if outdoors. It is a good way to get your kid to relax, to keep track of them, and to provide much needed relief from the sun. Swim meets are FUN, and they should always be about camaraderie. The sun (not even counting the swimming) can drain the energy tank of even a 6-year-old. Shade can make all the difference.

3. Pack CARDS! The kids are off their feet, and their brains are at work! Cards are such an easy, fabulous art form. I played cards at every meet. I would play hearts or spades at the end of the meet or in between sessions, and we would play speed or spit to get us going before the finals.

4. Remember, "You don't have enough time." When you are trying to decide when to go to the bathroom, run out to your car, take a "quick" call, or anything else right before your child is about to swim, just don't. Remember I said this and you'll thank me. There is a ton of waiting around at swim meets, so don't wait until it's close to your kids' race to do something. Races are short. I've seen this happen WAY too many times — a parent waits and waits only to take two minutes to do something else, and they miss the race. That was my dad. He would go outside the pool area to smoke a cigarette, and inevitably he would come back in just as we were touching the wall. All that waiting to miss the race?! NO WAY, I won't let that happen to you. 😊

5. Have a COOLER. A stocked cooler is a MUST! Pack your lunches and snacks. (When I say lunches, I really mean around four for each kid.) Swimming is some calorie burning business, and although the hamburgers they whip up at 10:30 a.m. smell delicious, it isn't always the best thing for a kid about ready to swim the 50 butterfly. Pack your cooler full of fruit, string cheese, PB&J's, chocolate milk, reusable water bottles, yogurt pops, nuts, dried fruit, etc. Your kids will snack their way through the meet. Snacks at a meet need to get into their systems quickly and sustain them for a period of time, so pack accordingly. You, swim parent, are in charge of their energy.

6. Wear a LARGE hat. Kids don't run around worrying about the sun, but parents do and should. Get yourself that awesome safari-style full coverage hat. When you are at a swim meet, you generally arrive around 7 a.m. for warm ups, and at that time of morning, you aren't thinking about sun exposure. But before you know it, you'll have been roped into timing heats or something else, and it will be noon and you'll realize you never had time to put on sunblock. Getting yourself the hat will keep at least your face, head, and maybe part of your shoulders protected. **And as an extra tip, when you do use sunblock ... DON'T forget the tops of your feet!**

7. Double-check your kids' bags. Swimsuits are way too important, necessary, and expensive to NOT double-check that they made it into your kiddos swim bag. So before you leave any session of the meet, do a quick whip through to make sure you have their cap, goggles, and suit. The C.G.S. check! Believe me, I have shown up for finals without my suit, and it isn't pretty. The panic, I mean. 😊 There are 1,000 more things to remember as a newbie swim parent, but these seven will get you started. Watch your kids, cheer for them loudly, and love them unconditionally. As my mom always said, "You can't be hard on your kids when you can't even do a 200 butterfly yourself." Enjoy, my fellow swim parents!



SUMMER SWIM'S SPECIAL LURE

- Donna Hale (swimswam.com)

It's been a really long time since I took a vacation in June or July. So long I can't remember. That's summer swim season. My school year weekends are filled with long days spent in crowded indoor pools where Olympic hopefuls hone their craft before the sun rises. There's so much truth to the new Phelps commercial that it's what you do in the darkness that makes you shine in the light. Being an elite swimmer demands your everything every day.

But summer swimming offers all kids special things that are not the backbone of USA Swimming. The closest you ever get to that summer swim feel is competing in the NCAA and only a small number continue on that journey. So as we approach time trials, relay carnivals and swimming caravans that fill the roads each Saturday morning here are just a few of the treasures of summer swim.

1. Summer swim is all about community and family. Friendships are forged and bonds are strengthened that help us celebrate with joyful elation and support one another during unbearable tragedy. I've felt it, experienced it and appreciate it beyond words. Everyone should be so lucky as to experience this unique gift of community.

2. Summer swim is one of the ways our children grow and become role models in a safe and nurturing environment. One day they are 8 and under learning to fly and in the blink of eye they are the ones on deck leading the way for the ones starting out. They are face painting, cheering and encouraging others — even the coolest 17 year olds! It's all about the possibilities.

3. In a world where technology rules our world summer swim is still mostly hands on. You get to know your neighbors in close-by communities when you time side by side for four hours 7 or 8 Saturdays in row. Races are mostly decided by stop watches. And kids still have not found a way to lug their iPhones to the Clerk of Course or the starting line. So something amazing happens. They talk! They laugh! And make memories captured by the loyal team photographer.

4. Summer swim teaches sportsmanship from day one. The first lesson my daughter learned at four was you shake your opponent's hands on both sides of the lane — win or lose. It is something she has never forgotten or failed to do. It's as much of a race ritual as putting on your goggles.

5. Traveling tacos, snow cones and a grilled burger are simple joys in a complex world. When I close my eyes and think about a summer meet, I can smell the sweet pleasures of a summer competition or a team pasta dinner. They remind me of friends loved and lost, smiling little ones once covered in chocolate and soon headed to college, and treasured friendships that stand the test of time.

I only have a few summer seasons remaining. But summer swim will forever be embedded in my heart. It's where my baby developed an intense passion for the sport. It's where I first met many of my closest community friends. And it gave my children something that can be missing in our insane and fast moving world: A sense of community and memories to treasure for a lifetime.

Time for summer swim. Here we go!



SWIMMING BRAIN TEASER:

One day a person was swimming and came across a shark.
He kissed it, sat on it, and played along with it and he survived!

What happened?

(answer on next page)



Meadowbrook Makos vs. Westridge Waves

Saturday, June 16th

The Meadowbrook Makos head to Westridge this Saturday, June 16th for our first meet of the season! The Westridge Pool is located at 12764 Quarterhorse Lane Woodbridge, Virginia 22192.

Directions – After turning onto Westridge Drive from Old Bridge Road, turn left onto Quarterhorse Lane. The pool facility is located at the end of Quarterhorse Lane.

Parking – There is a parking lot at the Westridge pool yet it fills up quickly. There is plenty of street parking on Quarterhorse Lane, Westridge Drive and at the tennis courts at the end of Wimbley Lane. Please respect owners' driveways and mailboxes. Additionally, the parking lot at Westridge Elementary School may be used.

Team Area – Visiting teams may set up tents in the area along the shallow end of the pool near the pond side of the pool deck. Westridge sets up along the deck near the toddler pool. While Westridge has a large deck area and have maximized tent locations to allow good views of swimmers, they ask that families share tents as much as possible. The smaller adult pool located on the opposite side of the clubhouse is off limits during the meet, it will not have a lifeguard on duty so it is not to be used for tents or swimming.

Deck Access & Viewing – Only working officials, volunteers, coaches and swimmers who have been called for their events are permitted on deck. When swimmers have finished their events and have reported to their coaches, they are asked to leave the deck and return to their sitting area.

Parents are welcome to watch from the seating area or near the pool deck. Westridge asks that no spectators be present at the start and finish ends of the pool as it gets very crowded and interferes with both the swimmers and the timers/recorders/runners. They also ask that there be no spectators near clerk of course so that the swimmers and runners can get by.

Concessions – Concessions will be available throughout the meet. Drinks include coffee, water, juice, sodas and Gatorade. The WAVES famous "Breakfast Burger", donuts, muffins, Panera bagels, Chick-fil-A sandwiches, yogurt & granola parfaits & fresh fruit will be sold first thing in morning. One specialty item from OUTBACK STEAKHOUSE, along with hot dogs and burgers, will be offered later in the meet. Assorted candies, nachos and chips will also be on sale.

Adult Relay – Coaches & Parents interested in swimming in an adult relay should wear swimwear under their clothing. Time permitting Westridge will have an adult relay race 100 meter freestyle (4 x 25 meter) at the conclusion of the meet. Each team may have up to (2) adult teams (8 swimmers) for the event. This is always a fun event for kids and adults alike.

Figure 2: General Parking & Layout



Figure 4: Team Areas



MEET RESULTS

Do you want the most up-to-date information *during* swim meets? Go to pwswimmeets.com! Click on the team we are swimming against that week, then **Events**. Then, click on the individual event to see the scores!



Please send us your pics! We would love to publish any pictures you have from swim practice or from our meets! Please email them to Donna @ dowaiss@fcp.edu or text them to 571.428.3610. Thanks!

SWIMMING BRAINTEASER ANSWER:

It was a toy shark that was a pool toy.