

CHOMP!



Meadowbrook Woods **MAKOS** Swim Team

CHOMP 2018 • ISSUE 5



Next Meet

6/30 - @ Southbridge
Arrive + Check-In
by 6:15am

Upcoming Meets

7/7 - @ Dominion Valley
7/14 - Dale City

SWIM JOKE

Where do ghosts like to go swimming?



Lake Eerie!

MAKOS NEWS

- The Meadowbrook Makos will head to Southbridge to take on the Seals this Saturday, June 30th! The pool is located at 17325 River Ridge Boulevard, Dumfries, VA 22026. Parking is available in the community center parking lot on both sides of the facility as well as street parking on River Ridge Boulevard. Please check-in by 6:15am. Warm-ups begin at 6:30am! For a layout of the Southbridge pool deck, click [here](#).
- Thank you to all the Makos parents who have volunteered for our upcoming meet against Southbridge this Saturday! Almost all jobs are filled! **We are still in need of a timer for the 2nd shift!** Please contact **Jean Meink** as soon as possible if you are able to be a timer!
- No swim cap? No goggles? No problem! Kari Cassidy and Karen Gerhart always have caps, goggles and goggle straps for sale. Kari and Karen will have these items with them at the meet this weekend if you need them!
- The Makos Family Cornhole Tournament is this Friday, June 29th at 6:30pm! Any swim family (or multiple families) can sign up to be a team. There will be a total of 16 teams. Each team will have one parent and one swimmer playing at a time with other team members subbing in and out at any time during the games. Please email **Coach Bradley** at bradm90@vt.edu if you would like to register a team for this event! Also, please let Coach Bradley know if you are able to bring one or more cornhole boards that can be used for the tournament!
- The Makos Scavenger Hunt is this Monday, July 2nd at the Meadowbrook Clubhouse from 1:00-3:00pm! Everyone is welcome!
- 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! Please let Jean also know if you have signed up and are no longer able to volunteer by contacting her directly at (703) 895-2703.
- Parents – please let Coach Bradley know ASAP if your child is no longer able to attend a meet that they are signed up for! If your child is in a relay and they are a no show on the day of the meet, this often results in the relay team being scratched. This can be disappointing for the swimmers who were scheduled to be in that relay race and are no longer able to swim that relay event. 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** before the meet time on Saturday.
- Parents - If you have not volunteered for a job this season, we need you to sign up for a shift at our meet against Dominion Valley on July 7th!



MEET SCHEDULE



- 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			🏊

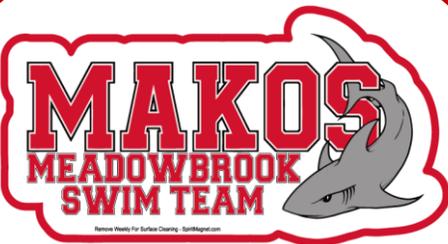


LOOK IN THE MIRROR... THAT'S YOUR COMPETITION.

MEET HIGHLIGHTS

Meadowbrook vs. Lake Ridge June 23, 2018

Under clouds and light rain, the Lake Ridge Lancers stormed into Meadowbrook and won the battle against the Makos last Saturday, June 23rd! It was a great meet with these Colgan Sharks coming together to compete as friendly rivals!



SWIM MEET CHECKLIST

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

EXTRAS

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



And, congratulations to Nick Waiss for setting a new record in the 11-12 Boys 50 Meter Breaststroke with a time of 40.40!



Final Score

Makos: 2,077.50

Lancers: 2,994.50



MAKOS TOP 25 - PWSL

June 23, 2018

Congratulations to the following Makos swimmers who ranked in the Top 25 in the Prince William Swim League for the week of June 23, 2018!

Event 3 Girls 9-10 100 Meter Medley Relay

#14 Kara Lingafelt, Gabby Hawver, Serafina Nguyen, Samantha Kennedy 1:27.22

Event 4 Boys 11-12 100 Meter Medley Relay

#5 David Doty, Nick Waiss, Matt Jensen, Sean Lingafelt 1:08.40
#23 Zach Smith, Aaron Baker, Chase Lingafelt, Reese Orwig 1:20.01

Event 5 Girls 11-12 100 Meter Medley Relay

#18 Lily Quimby, Jenna Meink, Bailey Riedy, Sarah Meltzer 1:16.54

Event 6 Boys 13-14 200 Meter Medley Relay

#14 Josh Smith, Paul David Quimby, Drew Jensen, Nolan Rehrig 2:23.18

Event 7 Girls 13-14 200 Meter Medley Relay

#23 Emma Pahls, Jasmine Beckett, Sarah Gerhart, Katelyn Cassedy 2:43.53

Event 8 Boys 15-18 200 Meter Medley Relay

#15 Jackson Kamb, Mike Gerhart, Jason Smith, Jared Rouffa 2:06.38

Event 9 Girls 15-18 200 Meter Medley Relay

#19 Taryn Darr, Angelina Nguyen, Chloe Ouellette, Brigit Turner 2:29.00

Event 12 Boys 9-10 50 Meter Freestyle

#19 Timothy Gross 39.22

Event 14 Boys 11-12 50 Meter Freestyle

#22 Matt Jensen 33.63

Event 16 Boys 13-14 50 Meter Freestyle

#11 Josh Smith 28.89
#13 Paul David Quimby 29.00

Event 18 Boys 15-18 50 Meter Freestyle

#3 Jason Smith 25.54

Event 19 Girls 15-18 50 Meter Freestyle

#13 Angelina Nguyen 30.52
#16 Chloe Ouellette 30.72

Event 21 Girls 10 & Under 100 Meter Medley

#8 Gabby Hawver 1:34.68

Event 22 Boys 11-12 100 Meter Medley

#10 Nick Waiss 1:19.84
#21 Matt Jensen 1:24.47

Event 24 Boys 13-14 100 Meter Medley

#22 Josh Smith 1:16.14

Event 26 Boys 15-18 100 Meter Medley

#10 Jason Smith 1:05.63

Event 28 Boys 8 & Under 25 Meter Backstroke

#15 Victor Wall 25.23

Event 31 Girls 9-10 50 Meter Backstroke

#24 Serafina Nguyen 49.75

Event 32 Boys 11-12 50 Meter Backstroke

#12 Sean Lingafelt 38.85
#17 Nick Waiss 39.97

Event 33 Girls 11-12 50 Meter Backstroke

#17 Bailey Riedy 41.64

Event 34 Boys 13-14 50 Meter Backstroke

#13 Josh Smith 34.41

Event 41 Girls 9-10 50 Meter Breaststroke

#13 Gabby Hawver 51.22

Event 42 Boys 11-12 50 Meter Breaststroke

#8 Nick Waiss 40.40

Event 43 Girls 11-12 50 Meter Breaststroke

#19 Jenna Meink 46.60

Event 44 Boys 13-14 50 Meter Breaststroke

#7 Paul David Quimby 36.57

Event 47 Girls 15-18 50 Meter Breaststroke

#15 Angelina Nguyen 40.52

Event 48 Boys 8 & Under 25 Meter Fly

#20 Victor Wall 26.87

Event 51 Girls 9-10 25 Meter Fly

#12 Gabby Hawver 19.13

Event 52 Boys 11-12 50 Meter Fly

#7 Matt Jensen 35.43
#19 Sean Lingafelt 38.18

Event 54 Boys 13-14 50 Meter Fly

#8 Paul David Quimby 30.86

Event 56 Boys 15-18 50 Meter Fly

#4 Jason Smith 27.69

Event 57 Girls 15-18 50 Meter Fly

#10 Chloe Ouellette 32.64

Event 58 Boys 8 & Under 100 Meter Freestyle Relay

#19 Ryan Lui, Logan Pierret, Ethan Hawver, Victor Wall 1:41.77

Event 61 Girls 9-10 100 Meter Freestyle Relay

#13 Kara Lingafelt, Maggie Hao, Serafina Nguyen, Gabby Hawver 1:15.64

Event 62 Boys 11-12 100 Meter Freestyle Relay

#5 David Doty, Sean Lingafelt, Matt Jensen, Nick Waiss 1:00.15

Event 63 Girls 11-12 100 Meter Freestyle Relay

#12 Lily Quimby, Sarah Meltzer, Jenna Meink, Bailey Riedy 1:04.64

Event 64 Boys 13-14 200 Meter Freestyle Relay

#14 Nolan Rehrig, Drew Jensen, Josh Smith, Paul David Quimby 2:04.15

Event 66 Boys 15-18 200 Meter Freestyle Relay

#10 Jared Rouffa, Mike Gerhart, Jackson Kamb, Jason Smith 1:49.62

Event 67 Girls 15-18 200 Meter Freestyle Relay

#14 Angelina Nguyen, Taryn Darr, Brigit Turner, Chloe Ouellette 2:08.08

UPCOMING EVENTS



Friday, 6/29 – Family Cornhole Tournament



Meadowbrook Clubhouse
6:30pm

Monday, 7/2 – Scavenger Hunt

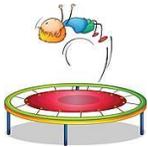
Meadowbrook Clubhouse
1:00-3:00pm

Monday, 7/9 – Kayaking (Rising 8th Graders & Up)

Lake Ridge Marina
1:00-3:00pm



Wednesday, 7/11 – SkyZone (7th Grade and Under)



SkyZone Manassas
1:00-3:00pm

Friday, 7/13 – Pep Rally

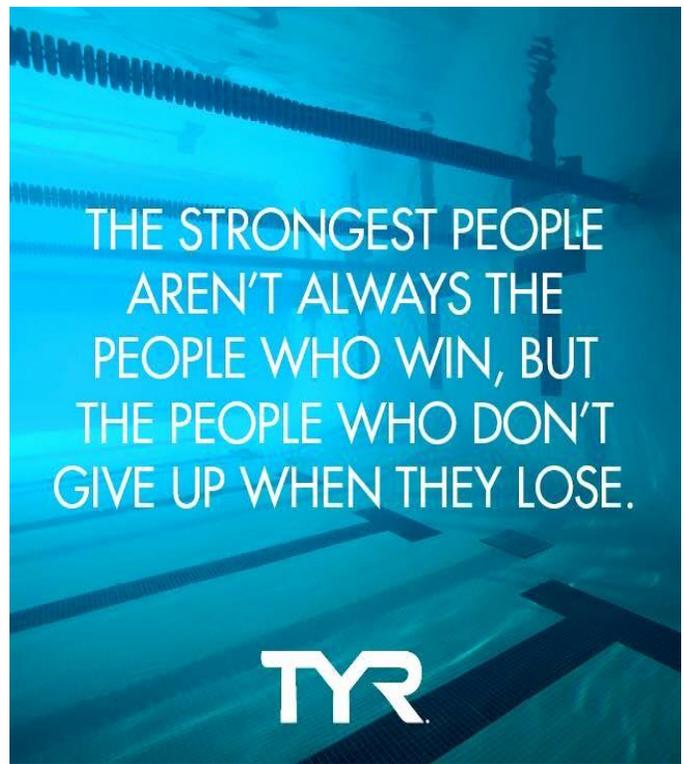
Meadowbrook Clubhouse
6:30-8:00pm

Friday, 7/20 – Pep Rally

Meadowbrook Clubhouse
6:30-8:00pm

Saturday, 7/21 – Shark Week Kickoff!

Waterworks Waterpark
7:30-9:30pm



SWIMMING BRAIN TEASER:

A man was fishing on a large lake when he suddenly fell in. Although the man was an accomplished swimmer and was only a few yards away from shore, he eventually drowned. Why did this happen?

(answer on last page)

IT'S ALL ABOUT FAMILY

- Donna Hale (swimswam.com)

Perhaps more than any other sport, swimming is truly a family affair. It takes more than 40 volunteers to run a small summer meet and some USA meets probably require three times that many. After being involved in this sport for more 14 years, I am still amazed and at times frustrated that meet directors and coaches often have to plead with parents to get out of the stands and on the deck. Parents, if you are not engaged in this sport along with your swimmer, you truly don't know what you are missing. Here are five reasons that you should be an active parent volunteer for all teams that provide your child with the amazing life lessons, wonderful friendships, and pure joy that are a part of swimming.

1. Your children learn by watching you. If you want them to grow up to be engaged and involved citizens in their communities and world, set an example. There is no more important lesson that you can teach your children than the importance of being involved. Both of my girls are active volunteers. They don't even realize there is another way. Your children are watching.

2. The hours spent driving to practices, washing towels, and traveling to meets mean so much more to you, when you get involved. You will fall in love with swimming like my husband and I even if you've never swam a lap. By getting involved, you too will start wonderful friendships with parents from all over the community and in some cases the nation. You will look forward to spending weekends on deck with your new family. Yes, swimmers' families become your extended family. I am already feeling the deep void of not seeing my lifelong families as my daughter heads to college. My daughter grew up with these amazing people and many touched her life in amazing ways. Just maybe my husband and I did the same.

3. There is a volunteer role that suits every parents' personality. If you like to be right in the middle of the action, you can time. You might get a little wet now and then, but this will feel awesome in the humid environment of indoor pools and refreshing on hot summer mornings spent at summer meets. If you thrive on understanding the technical end of the sport, you can become a stroke and turn judge or referee. You even get special shirts. If you love social interaction, you can volunteer for hospitality, program sales or as a marshal to help maintain safety. I've done practically every parent role at some point and as these final months of age group and senior swimming fade for me, I would not trade one moment spent helping my daughters' teams.

4. The sport can't happen without you. I have heard many young parents say: "that's why I pay for a coach." Hopefully you pay a coach to teach your child the sport of swimming, good sportsmanship and the value of hard work. They can't do their job at meets without your support in staffing the competition. I am always a little sad for the kids whose parents drop them off at meets and return at the end. What message does that send a child whose working hard every day?

5. You are making memories. The more involved you are as a parent volunteer, the richer these memories will be. I know there have been times when my daughter wished I was anywhere but on that pool deck. Let's just say I've been a vocal cheerleader. But as she looks back on her years as a competitive swimmer, her dad and I will be front and center in these memories because that's where we were — on deck and involved. She has even occasionally acknowledged in recent months how passionately we supported her dreams. She's never had to doubt that because she sees it. Knowing that they are loved and that their dreams matter, provides children with an unspoken comfort and security in an uncertain world. Your support gives them the freedom to pursue moments.



The Best Advice I've Ever Heard a Swim Parent Give Their Child

- Olivier Poirier-Leroy (swimswam.com)

Having been in and around the pool deck for almost my entire life I have seen all manner of swim parent. You got the red-faced screamer. The parent who thinks he is the coach. The bubble-wrap optimist. The scoreboard whisperer. And everything else in between. What do they all have in common?

They are trying to do right by their kid.

They are trying to give their young swimmer the best chance possible at making the most of their talent and ability, while also developing them into someone of character and who is resilient.

THE BEST 10, ERR, 11 WORDS A PARENT CAN TELL THEIR ATHLETE

I was strolling into the pool last week for a casual little swim workout when an SUV rolled up to the curb. The door swung open, and inside were the familiar frantic movements of a young athlete—running late—and his parent trying to gather the yard sale in the back seat into his swim bag.

“Are you late?” asked the parent, handful of swim towel in one hand.

“Nope, I should be able to get on deck in time,” said the young swimmer, probably no older than 10. The swim bag was double checked—everything looks like it is there—and the swimmer leaned out.

“**Be the hardest worker and the one having the most fun,**” came the parting words of the parent.

“Sounds good!” The truck door closed, and the swimmer scurried indoors, swim bag bouncing wildly off his back.

The parent’s statement stopped me dead in my tracks, if not physically, then definitely mentally. After all, this wonderful piece of advice was comprehensively powerful and gave exactly the right message: You can work hard, *and* have fun at the same time.

And really, isn’t that all we want?

For our young swimmers to challenge themselves, to learn proactive strategies for improving and developing themselves, while also feeling the satisfaction and pride that comes along with it?

Recent research on elite athletes has shown a set of consistent traits among the highest performers. A proactive and positive approach to challenges. And parents who were not only supportive, but generally hands-off. This situation helped to foster a situation of accountability and ownership where the athlete looked inwards for motivation (the familiar intrinsic motivation).

The statement that the parent gave that day exemplified this perfectly.

Work the hardest. And have all the fun.

As coaches and parents that’s all we could ask for or really want.



THIS WEEK IN PICTURES

June 23rd – Makos vs. Lancers



MORE MAKOS PICTURES!



AND MORE PICTURES!



CHECK OUT MORE AWESOME MAKOS PICTURES ON OUR FACEBOOK PAGE!

A big thank you to Bonnie Wall for these great pictures! We would love to publish any pictures you have from swim practice, meets or any other Makos events! Please email them to Donna @ dowaiss@fcps.edu or text them to 571.428.3610.

SWIMMING BRAINTEASER ANSWER:

The man was ice fishing on a frozen lake. Unable to find the hole through which he had fallen, he consequently drowned.