

# *The Meadowbrook Woods Sporting Times*

22 June 2013

## **Leading Off**

At the end of each summer, a cyber meet is conducted that includes all PWSL swimmers. The 2012 top 25-times were well populated with Makos. Following is a sampling of results. Complete details are available at the Makos' website.

Aidan-Claire Cudahy reached the top 20 in all four individual events. Elizabeth Healey's 36.82s 12U 50m backstroke was good enough for overall 5<sup>th</sup> place. Lauren Pion was 17<sup>th</sup> in the 50m breaststroke (44.40s). Kathleen Weiser checked in at 22<sup>nd</sup> in the 14U butterfly. Josh Smith was 7<sup>th</sup> in the 8U 100m IM (2:04.38). With a terrific effort at Divisionals, Carter Guice ended the season overall 10<sup>th</sup> in the 10U 50m breaststroke (50.03s). Jared Rouffa placed 18<sup>th</sup> in the 10U 100m IM (1:40.92). Sam Case was 22<sup>nd</sup> in the 12U 50m breaststroke. Matt Healey and Brock Cudahy were within the top 20 in both the 14U 50m breast and 100m IM. Breaststroke specialist Sean Rouffa (one of our all time favorites here at the *Times*) cracked the top 25 with an overall 15<sup>th</sup> place finish in the 18U 50m event (35.27s).

## **Area Swimmers Tuning Up for Outdoor Season**

Armed with top-of-the-morning protein drinks and a toolbox, Coaches Bradley and Rachel walked purposefully across the gravel parking lot towards the unlit metal building. A light mist hung in the early morning air and all was quiet except for the hum of cicadas. Bradley keyed the padlock and tugged the chain fall. After having been closed for ten months, the mighty metal door groaned and complained before moving slowly upward.

Bits of dust drifted downward from the roof as the pair entered the vast garage. MBW's two Divisionals championship banners hung from the roof trusses and gently swayed in the slight morning breeze. The team's silver DeLorean (with genuine flux capacitor) was resting comfortably in the back corner. Rachel flipped a wall switch that caused the neon green sign in the window to flicker a few beats before shining brightly: "Makos Swim Club – Open for Business."

A dust covered results sheet from Divisionals 2012 laid on the metal work bench. After surging past Urbana (2762-1806) to cap the dual meet season, the Makos ramped the DeLorean up to 88-mph on the final Saturday of July at Westridge and barely missed second place by a slim 16-team points. It was a successful day and many saved their best efforts for last. One of several highlights for the Makos was Fiona Barks who set a personal best in the 10U 50m freestyle. Three club relay records were also lowered.

Josh Feshari was a big part of MBW's success last year and will be swimming in his final season with the Makos this summer. *(Good to have you back my friend. Keys to the DeLorean are on the counter; have the 8U boys wash and wax it.)*

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*Column Intermission:*

*MBW and surrounding communities continue to produce terrific student-athletes. Whether you're cross-training for a land based sports, learning basic stroke technique, or seeking a team oriented atmosphere in which to thrive, there's room for everyone with the Makos this summer. Many thanks to all the parent-*

volunteers that are vital to the success of Saturday morning swim meets.

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The task at hand for Bradley and Rachel was daunting. Scanning the early season results, they saw broken freestyles, single-handed butterfly wall touches, roly-poly flip turns, out-of-gas IM's, and too may disqualifications. (In the world of swimming, "DQ" has nothing to do with grilled burgers and milkshakes.)

Fortunately, MBW is blessed with two of the best coaches in the league and a host of talented teenage swimmer coaches. What to do? Where to start? *Ahha - Make a to-do list and host a DQ clinic.* Bradley grabbed a wrench and started on the flux capacitor while Rachel scribbled notes on the day's Work Order sheet (see attached).

After working closely with coaches during the past several days, the Makos begin a two week road trip today with stops at Old Bridge and South Bridge before returning to the friendly confines of Superior Court on July 6 to host Dale City. They'll take a breather this Wednesday evening (June 26) and attend the Potomac Nationals baseball game at nearby Pfitzner Stadium. The P-Nats completed the first half of the 2013 campaign with a league-best 42 victories and a guaranteed playoff spot after being crowned Carolina League First-Half Northern Division Champions with an 8-0 shutout win on June 16. First pitch vs. Myrtle Beach for the mid-week affair is slated for 7:00pm. Should be a good one.

Look for swimmers like David Bennett and Brock Cudahy to continue their good work in the 18U division this week. At the Brookside meet, Bennett dropped an impressive combined total of 2-seconds off his 50m Free, Breast, and Back times. In a marquee 50m Free matchup this week, he'll battle the Breakers' Ryan Graves and Liam Kaylor in what is anticipated to be a photo finish. With a speedy effort in the 50m Breast, Cudahy now has PWA times in three events. Brock will try to lower his breaststroke time again this week

as he races Zachary Saylor of Old Bridge. *Hurry boys!*

As of press time, Coaches Bradley and Rachel have the team just about tuned up and ready for Old Bridge. Please allow plenty of drive time to the meet. Be careful and drive defensively. Go Makos!

## For the Record

Every once in a while, you may ask yourself - "Wonder if we'll ever see something this special again?" Divisionals Saturday in 2009 was one of those days for MBW fans. Swimming in his final meet with the Makos on that 4<sup>th</sup> Saturday of July, Eric Sargent completed an incredible run by setting club records in the 50 Free and 50 Fly events. He also teamed up with Cougar Hagen and Andrew and Sean Gambarani to lower the 200 Free and IM relay records. During his decade long career with the Makos, Eric consistently challenged the county's best swimmers and is one the area's all time leaders in triple-win Saturdays. Joe Cornwell (2007) and Trevor Heckman (2011) also had record-breaking Saturdays for MBW in the 18U division.

Four years later, Mike Weiser recreated the magic in three individual events and a relay last Saturday vs. Brookside. Like Sargent before him, Weiser attends nearby Osbourn Park High School where he reached the state meet last winter. Congratulations Mike and good luck at Old Bridge!

New 18U club records set vs. Brookside

Mike Weiser	50 Free	25.25s
	50 Back	30.65s
	100 IM	1:06.02

Matt Healey, Sean Rouffa, Mike Weiser, Kevin Olsen 200 Medley Relay 2:03.53

## Faces in the Crowd



*Traditionally one of the strongest groups for the Makos is the 12U flight and this summer will be no different. Shown here at the Brookside meet where she shaved 4-sec off her 100m IM and nearly 3-sec off her 50m Fly, Katie Colletti-Hao (above) was impressive last week and will likely figure into the mix at Old Bridge. Week #2 of the summer season will also feature the Mako's Bailey Case (below) who set personal best times in the 50m Breast and 100m IM last week. Look for Colletti-Hao and Case in the early going with Kelly Sikora and Avery Ouellette as part of the Makos' 100m Medley Relay teams.*



*A rising sophomore at Osbourn Park High School where he swam for the Yellow Jackets last winter, 15-year-old Joshua Ogden is part of the speedy 18U Boys contingent this summer for the Makos. Josh was overall 6<sup>th</sup> in the highly contested field of 50m Freestylers vs. Brookside a week ago. He now has PWB times in the 50m Free and Backstroke. Outside the pool, he has achieved Life status in the Boy Scouts of America and is actively involved in the high school robotic club fondly known as the OP Metal Jackets. (Did you know they sell a good tasting salsa each year as a fund raiser?) Look for Josh to crank up the pace again this week at Old Bridge.*



*An aspiring pianist and rising 6<sup>th</sup> grader at nearby Louise A. Benton Middle School, Rachel Goff enjoys a wide variety of activities including softball, sketching, and riding horses. This summer, she's working to improve stroke technique and particularly enjoys the breaststroke in which she has achieved a PWB time. We're pretty sure that's music to mom's ears.*

# COACHES' TO-DO LIST

22 June 2013

PNATS Game  
June 26 7pm

UNVEIL 14U's SECRET WEAPON - MAX!

Review old Bridge old Scouting Report

Check fuel intake assembly for 10U boys. Parents reporting larger than usual protein requirements during summer swim.

CHECK TIMING-BELT 8U boys

check speedometer for 12U girls. Faster than normal speeds reported.

Congratulate 18U girls 200 Im relay. Picture Perfect form.

C.B. 50m Free  $\leq 33.0$  sec Hurry!

Discuss possibility of a combined boom free relay total  $\leq 5:50.00$  w/ misters Feshari, Healey, Olsen, Weiser, Cudahy, Ogden, Bennett, Ruffa, Smith, Turner, Pion, and Meir.

E. Pahl's 50m Back  $t \leq 1:21.74$

\* Check 8U Girls' steering column. Vehicle veers right during 25 m backstroke.\*

Lunch w/ Mom 11:45 Gunnis Grill

Draft keynote speech for end-of-season party

- Bananas
- Milk
- Eggs
- Bread
- O.J.
- Sunscreen

Gas-up DeLorean

Schedule engine and drive-train complete overhaul for makos masters group

