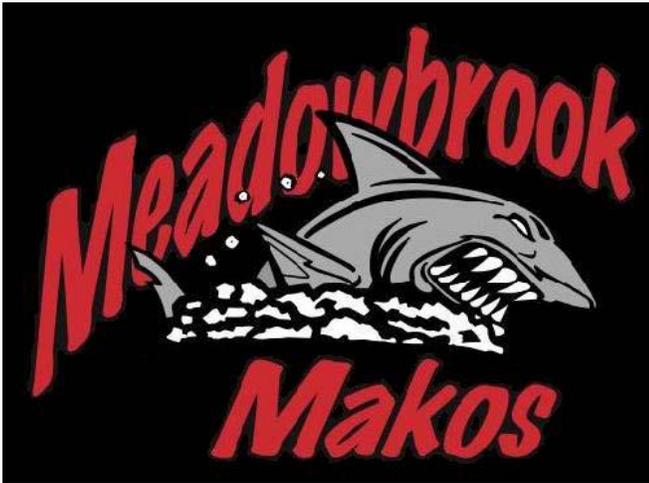


The Meadowbrook Woods Sporting Times

Final Edition

26 July 2014

children on the swim team, "Thank you, MBW!"



Leading Off

Research indicates that it takes a village to raise a child. Over the years, folks in the community have embraced this approach and the results are outstanding. Amongst countless other volunteers, special thanks goes to Swim Team Board Members Kathy Meltzer (President), Jeanine Cudahy (Vice President), Bob Marks (Treasurer), Kathleen Pahl (Communications), Beth Claessen (Meet Operations), Heather Duffett (Computers), and Kari Cassedy (Secretary) for their tireless efforts. Also a big shout-out to Head Coach Bradley Morrison, Assistant Coach Jillian Stevens, and swimmer coaches Lauren Sargent, Sean Rouffa, Mike Weiser, and Colin Turner for sharing their expertise and encouragement with younger swimmers. Seniors Sargent, Rouffa and Weiser will be gearing up the team's DaLorean one more time today at Divisionals and may just get it up to 88-mph before the day ends. Good luck!

The greater MBW community also deserves special recognition. It is through the MBW board of directors' guidance and support that the swim team thrives. On behalf of all the

Time to Close the Loop

During a recent college orientation session, a university administrator commended parents and communities like MBW for giving youngsters two things that will carry them far: "roots and wings." She also advised parents of incoming freshmen to shift their roles from coaching to cheer leading. *Sounds good to me!*

For today's final edition of the *Times*, we find ourselves resting beneath a shade tree overlooking the water at Great Falls, Virginia. Reminds us of those 3rd grade salt dough maps showing the fall line and other features of the state's geographic regions. As always, we're joined by a great big retriever who is eyeballing the snacks and wants to jump in the water.

Peering across the falls, we're reminded of how quickly time passes. As you file through the burger bar, be sure to take a moment today to recall some of your favorite memories with the Makos. One of ours came on June 29, 2005, when Kyle Weinberg, Peter Pomajevich, Claire Loper, and Kenny Parker set an 8U Mixed Medley relay record that endured exactly seven days before being broken by the club record that stands today. Like many youngsters from the summer of 2005, that foursome went on to participate in a wide range of sports at the high school level including long distance swimming, cross country running, field hockey, and lacrosse.

The future looks bright for the Makos with many emerging stars preparing to fill the ranks for our departing seniors. Triple event winners in the younger flights thus far this

summer include Sarah Gerhart, Paul David Quimby, Elizabeth Healey, Aidan-Claire Cudahy, Jared Rouffa, Brock Cudahy, Josh Smith, and Reese Orwig.

The sun is fading and the retriever wants his dinner. Time to go home now. *Swim fast and have fun at Divisionals. Go Makos!*

For the Record

Following are club records set thus far this summer. Doris over in the statistics department detected an extremely rare occurrence in the 12U group. While club records come and go, “double-dropping” by two swimmers in the same season is well below the 5% fractile of possibility on a standard bell curve. Such a phenomenon last happened way back in late June and early July of 2011 when Lauren Sargent and Courtney Mizerak each lowered the girls’ 18U 50 Fly time on successive Saturdays. This season, not only have Jarred Rouffa and Jason Smith shattered the 50 Fly on the same day, they did it twice – a truly remarkable first in club history. Their current best times are listed below. Along with Michael Gerhart, Smith’s and Rouffa’s 50 Fly times are among the 25 fastest posted in the 24-team Prince William County League this summer. *Congratulations gentlemen.*

At the 18U level, Mike Weiser is on track to lower the 50m backstroke record in a fourth consecutive season. Also watch for Weiser and his colleagues to take aim at the freestyle and medley relays this week. *Hurry boys!*

Jarred Rouffa	12U 50 Fly	33.32s
Jason Smith	12U 50 Fly	33.24s
	12U 50 Back	35.56s
	12U 100IM	1:19.56

Jason Smith, Carter Guice, Jared Rouffa, Michael Gerhart 12U Medley Relay 1:07.44

Michael Gerhart, Andrew Healey, Jason Smith, Jared Rouffa 12U Free Relay 1:01.25

Mike Weiser	18U 50 Back	30.22s
	18U 50 Fly	28.37s
	18U 100 Medley	1:04.90

Matt Healey, Sean Rouffa, Kevin Olsen, Mike Weiser	18U 200 Free Relay	1:47.25
	18U 200 Medley Relay	2:01.16

Faces in the Crowd –

June 18, 2011 as freshmen – shown here enjoying a lighthearted moment between events.



2011 - Four of the most proficient swimmers in Prince William County, Lauren Sargent, Sean Rouffa, Michael Weiser and Kevin Olsen sparked an explosive freshman class for the Osbourn Park Yellow Jackets this winter. Along with Tanner Curry, the boys currently hold the MBW 14U 200m freestyle relay record which they set at Bridlewood on June 26, 2010 (2:00.19). Sargent led the Makos in team points last summer and holds the club record in the 14U breaststroke that she set on July 10 vs. Ashland (39.90s).

Villavicencio Ending on High Note

Swimming in just his second season with the Makos, Alex Villavicencio adds much needed depth to the boys' 18U squad and has learned stroke technique rapidly while practicing with some of the region's best freestylers. Swimming is an incremental improvement sport and he fondly remembers breaking the one-minute barrier in the 50m freestyle event.

Outside the pool, Alex's many interests include running, weight training, shooting sports and martial arts, but his most acclaimed accomplishments have been in music. Alex was first flute in the Wind Symphony of the Youth Orchestras of Prince William County, finalist in several solo performance competitions, and paid guest soloist for the Crossroads Youth Orchestra. An excellent student, Alex was home schooled and dual-enrolled at the Manassas Campus of the Northern Virginia Community College last year where he maintained a 4.0 grade point average. Alex will continue his work at Northern Virginia Community College this fall where he plans to study in computer science while continuing to broaden his flute playing skills.

A member of nearby Grace United Methodist Church in Manassas, Alex actively participated in the church youth choir, youth group, and youth council. He has also participated in various mission trips and charity functions. Grace UMC is known throughout the area for its community and national outreach programs. During the past several years, the church sent parent led youth teams to support relief efforts in Louisiana and New Jersey after hurricanes devastated those portions of those states. Special thanks to Alex for his contributions to various church sponsored programs.

This summer, Alex's improvements in the pool have been music to local fans' ears. At the Montclair meet, he lowered his personal best times in both the 50 backstroke and

breaststroke races. He also participated in the team's 200 freestyle and medley relays.



“We Seeee Ya, Aubrey!”

In the sporting life, subtleties are easily overlooked because accomplished athletes make difficult tasks look easy. Ever notice star outfielder Bryce Harper call-off the first baseman on a looping liner at Wrigley for the put-out? “Can’t recall,” you say? Ok, try again. Ever notice Chris “The Birdman” Andersen setting a screen or grabbing behind-the-scene rebounds for King James on the hardwoods in Miami. “Didn’t notice,” you say? Try once more, closer to home this time. Ever see a middle leg relay swimmer refuse to give up the lead based on sheer will and determination? Ah yes, that would be our very own Aubrey Naujoks.

A recent graduate of Osbourn Park High School where she earned two varsity letters and has been a faithful Mako for as long ago as memory serves, Aubrey Naujoks is every coach's dream – a light hearted, hardworking, results oriented swimmer with an infectious smile.

Aubrey began swimming with the Makos nearly a decade ago at age nine and quickly became proficient at all four strokes. But it was the backstroke that became her signature event. One of her best efforts in the early years came on July 7, 2007, at Ben Lomond. Swimming in the 10U flight on picture perfect holiday weekend Saturday, Aubrey posted PWA times in the 25m

backstroke and 50m freestyle. Over the years as her individual and team point totals continued to climb, Aubrey became one of the club's cornerstone swimmers.

Outside the pool, Aubrey enjoys basketball and hiking. She also became an excellent soccer player and was captain for a club team here in Manassas. Amongst other community activities, Aubrey donated time as an educational assistant for children with special needs.

This fall, Aubrey will travel to Morgantown where she will study Sports and Exercise Psychology at The University of West Virginia. It will be a clash of two football powerhouses as the Mountaineers open their season in Atlanta vs. the Crimson Tide of Alabama in an ESPN special on August 30th at the Georgia Dome. See you afterwards at The OK Café in Buckhead for a vegetable plate and post-game analysis. Good luck and have fun, Aubrey!



Shown here at a recent meet, Aubrey Naujoks rarely missed a Saturday morning race for the Makos over the past decade and consistently lowered her personal best times each summer. Very proud of you Aubrey.

Weiser Saves Best for Last

On December 23, 1972, John “Frenchy” Fuqua was thrown a pass near the end of a football game. This was no ordinary pass thrown by no ordinary quarterback in no ordinary game in no ordinary city. The scene was a packed house Three Rivers Stadium in

Pittsburgh with the AFC championship on the line and 30-seconds to play in the game. Frenchy was leveled by Oakland Raider’s All-Pro safety Jack Tatum and the ball popped loose. While replays are inconclusive, footage shows Franco Harris snagging the ball just before it touched ground and running for the game winning touchdown. It would become known as “The Immaculate Reception” in NFL folklore.

Over the years, we’ve shared many stories about the Steelers, Pirates, and Penguins; and the hardworking, fun loving fans that support them. This fall, Pennsylvanians will be receiving one of our very best when Mike Weiser comes to study Criminal Justice and swim with the Golden Knights of Gannon University in Erie.

Mike’s knack is saving his best for last and did just so at last winter’s Virginia State Championship Meet in Richmond. He was one of only two Osbourn Park High swimmers to compete in two individual events at states (50m and 100m Freestyle). After making the B Final in the 100 Freestyle, Mike swam his best race of the year in the Finals, posting the 5th best time of the meet at 48.26s. That magical effort capped an impressive high school career that took off his sophomore year and saw him go from a depth swimmer to one of the state’s top sprinters.

Most recently, he reconnected in a race with pals Matt Healey, Kevin Olsen, and Brock Cudahy that had all four members from the OP state level relay team swimming in an individual event for the Makos. (Doris over in the accounting department confirms it was club first.)

A prolific short-course record breaker for the Makos, Mike is swimming in his fifth summer at Meadowbrook Woods. One of his high points came at Divisionals a year ago when he and Kevin Olsen, Josh Feshari, and Matt Healey became only the second 200m Freestyle relay team in club history to break the 1:50.00 barrier (1:47.25). The foursome also lowered the neighborhood 200 IM relay record to 2:01.16 on that final Saturday of

July. Mike holds club records in three individual events (18U 50 Free, 50 Back, and 50 Fly) and has lowered the backstroke record in each of the three last years; two of which came during the season finale Divisionals. Can he do it again today? Only time will tell.

Good luck in college, Mike. *Go Knights!*

Olsen Makes History for Makos

Research indicates that a good sense of humor is a sign of high intelligence. One of our all-time favorites here at the *Times*, Kevin Olsen is blessed with a crack-up sense of humor and a speedy freestyle that has entertained us all the way from Bridlewood to Braemar.

Every team needs a Kevin Olsen. Simply plug him into any event, and you just may wind up with a club record on any given Saturday. One of our favorite memories of Kevin came on June 19, 2010, at Wellington. It was an early season affair that occurred just days after summer vacation dismissal at nearby Louise A. Benton Middle School. Then swimming in the 14U division, Olsen made history in the 50m backstroke event with a blistering time of 33.77s that eclipsed the previous club record that had stood for five years. Kevin went on to win the 100IM (1:15.31) and 50m Butterfly (32.91s) events on that third Saturday of June. He also teamed up with Sean Rouffa, Michael Weiser, and Tanner Curry to win the 200m IM Relay (2:22.89). During the course of that magical summer, the boys added Nick Vaccaro to the mix and set records in the 200m freestyle (2:00.19) and medley (2:18.92) relays. It was the beginning of what would become a dominating 18U relay squad.

Kevin began swimming with the popular Mini-Makos program at age five. According to his parents, he wouldn't put his head under the water that first summer, but once he started to swim he became proficient at all four strokes during the winter months. The following summer, he swam two legal IM's at age six and was off to the races!

Now one of the club's best sprinters, Kevin's favorite event is the 50m freestyle. His fondest team memories are the relays with the music blaring and screaming fans on their feet. He also recalls the greased watermelon event in which youngsters gather around an adult officiator who heaves a slippery watermelon into the pool. The team who pushes it to the wall first wins!

An excellent student-athlete, Kevin earned an academic letter last year and graduated cum laude from Osbourn Park High in Manassas. He lettered all four years and reached the Virginia State swim meet in Richmond for the Yellow Jackets last winter where he posted a personal best 22.48s split time in the 200m freestyle relay. Amazingly, all four boys of that 200m Freestyle Relay team reside here in Meadowbrook Woods. Matt Healey, Brock Cudahy, Kevin Olsen, and Mike Weiser's time of 1:30.41 was overall 14th best in the state meet.

Outside the pool, Kevin enjoys playing guitar and longboarding. He will attend James Madison University this fall to study accounting. The Dukes kickoff their 2013 campaign at Maryland on Saturday, August 30th. This winter, fans will be hoping for another banner season in basketball coming on the heels of last year's run to the NCAA's Sweet Sixteen. Good luck, Kevin!



Shown here at a recent home meet at Meadowbrook Woods, Kevin Olsen will long be remembered not only as one of the best all-around swimmers ever to come through MBW but also for his sportsmanship and fun loving attitude.

Sargent Perfect in Final Home Appearance

Five years ago – almost to the day – this newspaper saluted one of the most talented swimmers ever to come through Meadowbrook Woods. Today’s nearly identical headline is a tip of the cap for the second stanza of a combination that has earned the most combined team points of any brother-sister combination in club history (to the best of our knowledge).

Now swimming in her 14th and final season for the Makos, Lauren Sargent’s accomplishments are many. A swim team captain and four-year letter at Osbourn Park High, Lauren led the Yellow Jackets’ relay teams to top 8 state finishes in 2013 and 2014 while earning the Coaches Award during those two seasons. Most recently, she was named Potomac Valley Scholar Athlete as well as being selected for the All-State Swim Team.

A perennial high point winner on the MBW girl’s side, Lauren has had many exciting finishes for the Makos over the years. One of her personal bests was a club record setting 50 Fly time of 32.45s at Wellington on June 25, 2011. Along with Rebecca Baumstark, Courtney Mizerak, Alycia Rouffa, Lauren holds the current club record in the 200 Free (2:01.22) and Medley (2:15.45) relays that were set at Divisionals in 2011. She also set the girls 14U 50 Breaststroke club record at 39.90s on July 10, 2010.

Over the years, Lauren was particularly successful against Ashland whose fans light heartedly joked “Will that girl ever graduate?” We summed things up on August 8, 2008, with the following caption.

August 2008 - A rising 7th grader at Benton Middle School, Lauren Sargent improved sharply this summer and earned high-point honors for the 12U squad. At Divisionals, she battled Ashland’s Moira Murphy all morning long. The crowd roared its approval for both swimmers as Sargent took both the 50m Freestyle (32.61s) and the 50m

Butterfly (36.92) while Murphy won the Backstroke by a fingernail at 38.30s.

2007 Makos vs. Dale City



Recently, in her career final home meet, Lauren sparked the Makos to a victory over visiting Urbanna (2933-1666) with triple event wins including a personal best time in the 100IM (1:19.60) as well as anchoring the 200m freestyle and medley relay wins. It was a fitting finish for one of the best to ever come through MBW and begs the question of which sibling was the better swimmer. Doris over in the game theory department conducted extensive research and calls it a draw. We’ll leave the debate to supper table discussions in the coming decades. Lauren and Eric will be remembered as leaders and coaches who also learned to swim right here in our own backyard.

This fall, Lauren will attend the University of Virginia where she will study in the College of Arts and Sciences. Go Cavs!



Shown here during a meet in 2013, Lauren Sargent set a high standard for sportsmanship, scholarship, and coaching for the Manassas based Makos swim team.

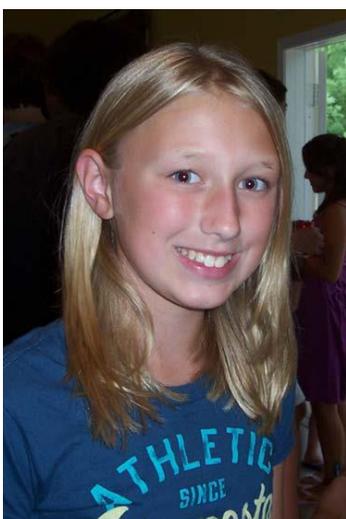
Kaucher Still Improving for Makos

One of the best things about the sporting life – and life in general – is the opportunity to improve. During the past decade of summers, Devin Kaucher has set the standard for improvement at MBW with her diligence, resilience, and hard work. This newspaper saluted Devin back on August 8, 2008, with the following photo and caption.

August 2008 - The Manassas based MBW swim club couldn't ask for more from 12-year old Devin Kaucher, a rising seventh grader at Benton Middle School.

During the 8-week outdoor season, her stroke technique and endurance improved through hard work and dedication.

Saving her best effort for last, Devin lowered her 50m Freestyle time by more than a second at Divisionals. She was recently awarded "Most Improved" for the 3rd time in the last four years for the Makos.



A recent graduate of Osbourn Park High School where she was a member of the Key Club and earned the 3.5 or higher Academic Award and Citizenship Award, Devin's motto is "Always believe in yourself. Everything happens for a reason."

One of her most notable high school accomplishments was being captain of the school's Forensics Team in which student competitions span between debate and three areas of public speaking: acting, reading, and interpretation. College bound students from around the region compete in several Saturday tournaments throughout the school year. During her junior year, Devin advanced through the region and state levels to represent the Yellow Jackets at the National Tournament.

Devin will continue to enhance her public speaking skills this fall as a freshman at George Mason University in Fairfax, Virginia, where she plans to study psychology and participate in the school's public speaking program (*Go Patriots!*). She is also considering joining a sorority to enjoy social opportunities and continue her work in the area of community volunteerism.

A ten year veteran with the Makos, Devin fondly remembers dancing with other 8U girls during the always exciting relay races, especially her good friend and fellow senior Shelby Ingram who also swam with the team for many years. A consummate team player, Devin is quick to credit friends for her success and recalls the occasion she saw Aubrey Naujoks accomplish a double underwater pullout in the breast stroke event. The following caption and photo appeared in the *Times* a year ago.

August 2013 - A rising senior at nearby Osbourn Park High School, Devin Kaucher has consistently improved as she progressed through the age groups for the Makos over the years. Outside the pool, Devin is working this summer and is involved in non-profit fund raising. At Southbridge, she won the 50m breaststroke (her signature event) and teamed up with Shelby Ingram, Kathleen Weiser and Aubrey Naujoks to win the 200m IM medley (2:40.87) and freestyle (2:21.05) relays. Kaucher and Ingram turned in the top two times in the 50m Freestyle while Weiser won the Butterfly. Fans are hoping for another sweeping effort from the 18U girls this week against the Frogs of Dale City.



Great work, Devin. Good luck!

“Yes We Will, Mr. Rouffa!”

In his recent commencement address at the nearby Patriot Center at George Mason University in Fairfax, Virginia, outgoing senior class vice president Sean Rouffa inspired the class of 2014 to do great things going forward. Leading by example here at Meadowbrook Woods, Sean has done just that for the community as a friend, mentor, volunteer, and swimmer-coach.

A breaststroke specialist and four year letter at Osbourn Park High, Sean won several district and regional championships for the Yellow Jackets. During his senior year, he captained the team to an impressive overall 15th place finish at the state meet and earned the OP Jacket Award for team spirit.

Sean also excelled in the classroom in one of the most talented classes ever to come through OP. Graduating summa cum laude in the school’s biotechnology program, Sean was a member of several honor societies and clubs including the Birmingham Green volunteer group in which he visited and assisted elderly folks. Known for his friendly and outgoing demeanor with a focus on betterment, Sean also participated on the school’s debate team and model United Nations club.

A prolific record breaker, Sean shocked the short course world while swimming at home on July 19, 2008, where he set the still-standing 12U 50m breaststroke club record with a time of 40.71s. This newspaper ran the following photo and caption also featuring former greats Kyle Alonge and Josh Feshari.

July 2008 - Twelve year old Sean Rouffa had one goal in mind at the beginning of the 2008 season - break the 50m Breaststroke team record. He reached his goal on July 19 at home vs.



Westridge, smashing a 3-year old record by 0.85-sec and returned one week later at Divisionals the lower the mark again to 40.71s which is also ranked 4th among the top 100 PWSL times. Kyle and Joshua (both 13) also had a big day at Divisionals, Kyle lowered his 100m IM time by nearly 3-sec while Joshua cut his 50m Freestyle time by 1.3-sec.

Two years later, Rouffa smashed the 14U 50 breast stroke record (36.65s) on July 24, 2010, and was featured again in the following excerpt from the *Times* (also shown are Matt Healey, Mike Weiser, and Sean Gambarani):

July 2010 - With temperatures soaring into the triple digit range last Saturday, fans weren’t expecting any “high-end” efforts from local swimmers when the Veterans Park Marlins came to call. “Just swim a good race and let’s go sit in the air conditioning.” However, that wasn’t part of the plan for fourteen-year-old Sean Rouffa. Two years ago, he set a goal to become the best breaststroker in 12U history for the Makos. He achieved that goal on July 19, 2008 at home vs. Westridge (40.71s). Rouffa may have thought to himself on that day - “What if I could break the 14U record exactly two years from now?” Yep, you guessed it. Almost exactly 24-months later, he lowered the 14U 50m Breaststroke record to 36.65s.



This fall, Sean will begin coursework at The University of Virginia in Charlottesville towards a degree in Biomedical Engineering. *Do a great job Sean - We'll hold the fort down here while you're gone.*

The Cavaliers will get their first test of the season when the Bruins of UCLA come to call on August 30 in a key gridiron matchup. See you on The Lawn. *Wahoowa!*