

The Meadowbrook Woods Sporting Times

Shade Tree Edition

27 July 2013

Leading Off

As temperatures soared towards the triple digit range in Northern Virginia, conditions were favorable for a jump into the pool. The Meadowbrook Woods Makos did just that and came up with a key win over Veterans Park (2695-2117) two weeks ago. The Makos got a lift from an old friend as Lauren Sargent returned from a two week academic event to chip in a triple win. Overall, the 18U girls had a terrific outing. Aubrey Naujoks won the 50m backstroke was second in the 100m IM. Devin Kaucher was 2nd in the 50m breaststroke and Shelby Ingram was 2nd in the 50m butterfly. The girls also swept 100m freestyle and medley relays.

The boys were sparked by Andrew Goff who pulled off a triple win in the 8U 25m back, breast and fly events. Jacob Ogden lowered his 100m IM seed time by more than 2-seconds and won that event with a time of 1:47.08. Ogden also won the 50m freestyle and teamed up with Troy Meink, Nolan Rehrig, Paul David Quimby and Andrew Healey to win the 10U 100m medley and freestyle relays.

Last Saturday, the Makos fell prey to the Sea Devils of Virginia Oaks in the dual meet season finale (2580-2318). MBW's Mike Weiser continued rewriting the record books with new numbers in the 100 IM (1:05.75) and 50 Fly (28.37s). Weiser teamed up with Josh Feshari, Matt Healey and Kevin Olsen to win the 200m freestyle with a record setting time of 1:48.62.

The Makos hope to keep momentum building this week heading into the highly anticipated Divisionals tri-meet. MBW will be at Westridge

to face the Waves and Ben Lomond Flying Ducks for the season ending affair.

Jersey Strong

As is customary at this point in the annual outdoor season, we gassed up the DeLorean and went "off the grid" with little more than a road map and results sheet to explore every highway, byway and pig path from Delaware to South Carolina in search of just the right spot to reflect for the annual shade tree edition of the *Times*. Doris over in the editorial department is on vacation...so we'll dispense with the usual SOL based vocabulary and share some Huckleberry Finn vernacular as we chat with folks about everything from short course swimming to fried pickles to college football.

Our journey begins with a sunset view of a large corn field outside Vincentown, New Jersey at sunset. Locals say the corn is so sweet that you can shuck and eat it on the spot (*we prefer ours grilled*). For supper, we dropped by the Vincentown Diner located at the intersection of Routes 206 & 38. The open faced tuna melt on rye with a vine ripe tomato is awfully good. Be sure wash it down with a homemade blueberry milkshake.

Next up is New Castle, Delaware. New Castle was originally settled by the Dutch West India Company in 1651, under the leadership of Peter Stuyvesant on a site known as "Tomakonck" ("Place of the Beaver").

After lunch at "Wayback Hamburgers" (known by New Castlers as the best burger under the bun) and a long afternoon of driving, we find ourselves at the Green Mountain produce stand located outside the small town of Tabernacle, New Jersey. Jack & Martha Barnes and their trusty hunting dog

(Wishbone) run the enterprise. A steady stream of vacationers peel off the two lane road to purchase a variety of fresh produce including sweet corn, tomatoes, blueberries, peaches, and cantaloupes from Jack and his wife Martha.

Column Intermission:

An entertaining stop this summer was Columbia, South Carolina, where we found Gamecock fans brimming with excitement about the upcoming football season. Columbia is home to one of our all-time favorite head coaches – the legendary and sometimes controversial Steve Spurrier. With his customary “ah-shucks” twang, Spurrier addressed the local boosters club over a lunch at Pawley’s Porch near campus.

We ‘preciate the support of the Universty. We’re pritty solid on defense and plan to pitch-it around a ‘lil on offense. Should be a fun season for our fans.

When asked about the Makos chances of winning a third Divisionals title this week, the ole ball responded; *I expect they’ll do pritty well. They’ve got great coaching, terrific fans, and a lot of talent. All you can do is coach-um up and see what happ’ns on Saturdee.*

When he’s not planting or harvesting produce, Jack is a fan of the sporting life. As the name implies, the dog was named after the legendary Paul “Bear” Bryant’s offensive scheme in the 1960’s and 1970’s. Wishbone has a beautiful spotted coat approaching thunder-head blue in color. At the moment, he’s resting comfortably with his snout propped on Jack’s boot. Jack’s rocking chair creaks in time with the big ceiling fan hanging from the wood rafters above. Martha is slicing watermelon samples on the side board.

Now in their 70’s, Jack and Martha have weathered many storms over the years and not much seems to bother them. From what we can tell, they’ve experienced everything from slow moving hurricanes to extreme drought during their lives in southern New

Jersey. Jacks says you can count on change as the only constant in life.

Jack pulls an ear of corn from a bushel and begins shucking. He and Martha have followed MBW via the team’s website and want to hear all about the Makos’ season. Wishbone keeps an eye a horsefly buzzing nearby.

Jack and Martha are particularly interested in team’s most improved swimmers that were awarded by the coaches at a recent ceremony and team party.

Most Improved

- 8U - Katelyn Cassedy, Sam Kaufman
- 10U - Ashleigh Stanley, Paul David Quimby
- 12U - Hailey Stanley, Collin Foster
- 14U - Jessica Feshari, Noah Meltzer
- 18U - Shelby Ingram, Alex Villavicencio

Coaches Award

- Boys - Mike Gerhart
- Girls - Lauren Rotante

JB = Jack Barnes

ST = MBW *SportingTimes* beat writer

ST: *Says here Katelyn was 3rd in the highly contested field of 8U freestylers at Virginia Oaks.*

JB: *Wonder if she also likes to shuck corn? Here, take a bag full to her family.*

ST: *Villavicencio and his brother Alex have come a long way with summer in their first season with the Makos. At Virginia Oaks, the brothers set personal best times in five events.*

JB: *Wish we had five more just let ‘em. Send a bag of tomatoes their way...vine ripe.*

ST: *Shelby Ingram – one of our all time favorites.*

JB: *Ours too. Grab a watermelon for her family.*

ST: *A little hard to read because I spilled blueberry juice on the page, but looks like Noah Meltzer placed 3rd in the 14U 50m*

freestyle last week. He also set personal best times in the backstroke and butterfly.

JB: Sounds like a hard worker. Grab a carton of strawberries for his family.

It's late now and Wishbone is fast asleep. As we pack the cooler with produce and head for home, Jack and Martha bid farewell and say "Go Makos."

Faces in the Crowd



A rising 5th grader at nearby Thurgood Marshall Elementary who enjoys arts and crafts, Abby Willever helped the Manassas based MBW swim club to another successful season this year. Abbey and the Makos are planning to sling-shot past the competition as the annual outdoor season in Prince William County wraps up this week. It will be an all hands on deck situation as the Makos take on the Westridge Waves and Flying Ducks for the Divisionals Crown. Good luck Abbey!



Lauren Pion, Emily Brenner, Bridget Turner, and Bailey Case had plenty to smile about this summer as the 12U girls flight continues to be a bright spot for the Makos. A rising 7th grader at Benton Middle school, Turner had an exciting day at Virginia Oaks and hit for the proverbial cycle: 1st in the field of twenty-two 50m freestylers (36.84s), 2nd in the 50m butterfly and 3rd in the 100m IM. Turner and Pion also participated on the 12U freestyle and medley relays that set season best times. Case set personal best times over three events vs. Veterans Park.

Another of many multi-sport enthusiasts for the Makos, Brenner plays travel soccer and competes in Irish dance. Emily particularly enjoys Friday practices that focus on starts and turns which she very much enjoys.



Shown here book-ended by pals Fiona Barks, and Emily Ames, Ninva Maniaci worked hard to improve stroke technique this summer with the Makos. Since the early meets, Ninva has dropped nearly 10-sec off her 50m freestyle and cited the coaches for helping her attain goals. The girls will put their heads together one more time this week as the annual outdoor season concludes at Westridge.

Feshari Finishes Strong



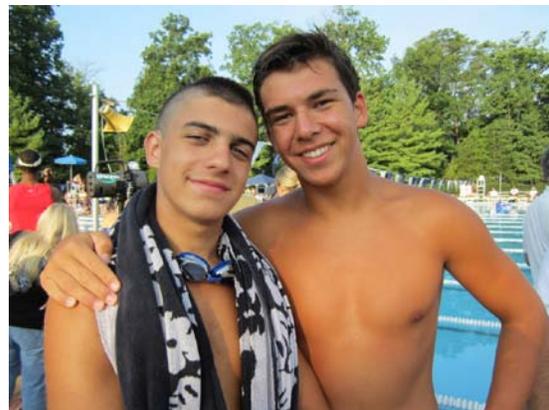
At a recent swim meet, a young 8U swimmer asked his dad it means to be “balanced.” The words friendship, stability, and character came to the father’s mind but he didn’t speak. Instead, he simply pointed at the 18U breastroker headed their way. One of Prince William County’s best student-athletes, Josh Feshari will be swimming in his final meet for the Makos today.

A 2012 graduate of Osbourn Park High School, Feshari joined the MBW swim club the summer before his freshman year of high school. While studying in the school’s bio-technology program, Josh continued swimming and his relay team advanced to the Virginia State Championships his senior year for the Yellow Jackets. Throughout high school, Josh balanced high academic standards (National Honor Society inductee) with community service at the local Volunteer Fire Department. He also found time to coach the mini-Makos last summer.

Over the years, Feshari has consistently been one of MBW’s best swimmers. Most recently, his 200m freestyle relay team set the club record last week at Virginia Oaks. Congratulations Josh!



Shown here at his final home meet for the Makos, Feshari is known as a strong competitor with a broad smile and a keen interest in helping others. He will long be remembered as of the best all around swimmers to come through Meadowbrook Woods.



Now a rising sophomore at James Madison University where he participates on the school’s swim club, Josh values the friends that he has made on the Makos team and kept in touch with many as he has gone on to college.