

# *The Meadowbrook Woods Sporting Times*

*29 June 2013*

## **Leading Off**

A welcomed cool front blew through Northern Virginia on Wednesday afternoon for the Potomac Nationals baseball game at nearby Pfizner Stadium. Nationals' southpaw slugger Bryce Harper was in town for a cup of coffee and to work on his timing prior to an expected return to the major leagues after a leg injury. To the delight of local fans on hand for the annual youth swim league outing, Harper blasted a solo shot that cleared the right field wall in the 3<sup>rd</sup> inning. Playing under nearly ideal conditions, the P-Nats gave locals their moneys' worth with a 6-5 comeback win over the Mrytle Beach Pelicans on a slicing line drive down the left field line off the bat of center fielder Billy Burns in the bottom of the eighth inning.

With all the usual fanfare and trimmings, Wimbledon started this week at the All England Club. Unfortunately, the gentlemen's draw will have to carry on without Spaniard Rafael Nadal (one of our all time favorites here at the *Times* who has kept us company during many July 4<sup>th</sup> holiday weeks over the years) who lost in the opening round. The good news is that a host of Americans such as Bobby Reynolds, James Blake, Denis Kudla, John Isner, and Rajeev Ram remain in the field. Number one seed Serena Williams along with 18-year-old Madison Keys are expected to bolster the American ladies contingent during the fortnight affair that runs through July 7.

Closer to home, local high schooler Lauren Sargent nearly wound up on another continent with airborne starts like the one shown below during the past two weeks. A rising senior at Osbourn Park where her relay team advanced to the Virginia State swim

meet last winter, Sargent flew to triple event wins in the 100m IM, 50m Breast and 50m Butterfly events at Old Bridge. She also rounded up some old friends (Aubrey Naujoks, Kathleen Weiser, and Claire Loper) and won the 200m Free and Medley relays. Amazingly, the girls are within the top 15 of 60 PWSL 18U relay times even though none are swimming on competitive club teams this summer. Their win in the 200m Medley relay was sparked by Weiser who got the early lead with a speedy butterfly and Naujoks who swam backstroke (her signature event). Sargent kept the lead during the breaststroke and Loper held on during the freestyle leg for the victory.



*An excellent swimming technician and all around student-athlete, seventeen-year-old Lauren Sargent takes to the air with picture perfect form at a recent meet. Outside the pool, Lauren has a keen interest in European History, leadership studies, and French.*

## Molly Marine and Semper Fidelis

Legend has it that the Marine Corps was founded in 1775 at the original Tun Tavern in Philadelphia. The décor of the Tun Tavern Restaurant at the National Museum of the Marine Corps near Quantico, VA, is the style of a colonial era tavern, and features a large painting depicting famous Marines from the founding of the corps to the present day. Located on the second deck, the Tun Tavern seats up to 30 and offers a full lunch menu.

The counter at the tavern is a great place to hear old stories from military veterans. The subject matter is, however, unpredictable. Topicality ranges from boot camp adventures to stories of great peril on the high seas. As any marine will acknowledge, one must have a good team and the right equipment for the mission.

Over a recent lunch consisting of Philly cheese steak sandwiches (*you'll need a fork to eat the thing*) and cold beverages, the museum's curator - a retired mechanical engineer/scientist (Bob) from Iowa - patiently tried to explain cavitation theory and associated dangers to a pair of semi-interested tourists from a small town in Italy.

Bob sipped his beverage and began to elaborate, "Cavitation is the formation and then immediate implosion of cavities in a liquid – i.e. small liquid-free zones ("bubbles") – that are the consequence of forces acting upon the liquid. It usually occurs when a liquid is subjected to rapid changes of pressure that cause the formation of cavities where the pressure is relatively low."

"Cavitation is a significant cause of wear in some engineering contexts. When entering high pressure areas, cavitation bubbles that implode on a metal surface cause cyclic stress through repeated implosion. This results in surface fatigue of the metal causing a type of wear also called 'cavitation'. The most common examples of this kind of wear are pump impellers and bends when a sudden change in the direction of liquid occurs. In devices such as propellers and

pumps, cavitation causes a great deal of noise, damage to components, vibrations, and a loss of efficiency."

After digesting Bob's discussion and the sandwich, the tourists surmised that cavitation is generally a bad thing and should be avoided.

As they finished the meal with a generous slice of apple pie and vanilla ice cream (*be sure to ask for two forks*), Bob rambled on - "Horsepower does you no good if you can't effectively transfer it to the water. That's why the right propeller is so important. From their size, shape and the number of blades to a host of other variable criteria, no one type or style of propeller is perfect for all boats and boating applications. Propellers can be likened to swimmers' fins. There are different designs, sizes and shapes to allow selection of the type and model that best meets the specific performance requirements of the particular application."

The visitors bid farewell to Bob and proceeded to tour the vast museum that includes all sorts of indoor and outdoor exhibits and memorabilia honoring our nation's military heroes. At Rally Point #5, they sat down on the stacked stone knee wall beside the newly constructed Molly Marine replica statue.

The original statue is located at the intersection of Canal and Elks Place in New Orleans and was dedicated in 1943 at the height of World War II. Molly Marine was commissioned by a local Marine recruiter with the goal of helping to recruit women during wartime. Created by Enrique Alferez, the statue was cast in concrete, the only (somewhat) suitable material available during wartime. It was fashioned in the likeness of former Marine and New Orleans native Judy Mosgrove.

During their trip homeward to Italy, the tourists summed up their day at the Marine Corps Museum with two thoughts:

- 1) Be loyal and faithful to your teammates.  
and

2) Buy the right flippers to avoid cavitation.

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Closer to home, the MBW Makos came together as a team and swam with increasing efficiency last Saturday at Old Bridge during week 2 of the annual outdoor season. Seventeen year olds Shelby Ingram and Devin Kaucher led the time droppers with personal best times over four events. Hats off also to eight year old Sam Kaufman who lowered his seed time in the 25m Free by more than 8-seconds.

Today the Makos conclude a two week road trip at South Bridge before heading home for a holiday weekend showdown with Dale City.

## Faces in the Crowd



10-year-old Fiona Barks (above left) and Lily Quimby (below left) wrapped their arms around the situation last Saturday and came up with good results at Old Bridge. A rising 5<sup>th</sup> grader at nearby Thurgood Marshall Elementary School, Barks set personal best times in the 50m Free and Back events. Outside the pool, Fiona enjoys a variety of activities including lacrosse, singing, dance, and cheering.

Quimby lit up the score board early and often over three individual events and two relays at Old Bridge. She was involved in more than 100-team points for the 8U's. Libby Weaver (below right) also had plenty to smile about as she led off the 8U girls 100m IM relay team

that dropped nearly 6-sec. Weaver has PWB times in the 8U 25m Free and Backstroke events.



Shown here bracketed by pals Fiona Barks and Lauren Rotante, Emily Ames sliced 6-seconds off her 50m Backstroke at the Old Bridge meet. An aspiring gymnast and pianist, Ames will soon enter the 4<sup>th</sup> grade at Marshall Elementary. Rotante recently dropped in from Australia to swim with the Makos and – even more recently – dropped a second off her 50m Freestyle time at Old Bridge. A rising 5<sup>th</sup> grader at Marshall Elementary, Lauren enjoys the performing arts in addition to swimming. Look for her on the playbill of coming attractions at the Hylton Performing Arts Center in Manassas where she has been in the casts of the last three Pied Piper Theatre Company productions.



*When he's not springing off the wall for the Makos this summer, you may find Ronald Peterson playing soccer with friends. Locals got a kick out of his effort last week as he chipped in 17-team points over three individual events and set a personal best time in the 14U 50m Freestyle. A rising freshman at Manassas Park High School, Ronald recently earned an academic honor role award as well as 1<sup>st</sup> class rank with the local Boy Scouts troop.*



*With warm summertime conditions expected this weekend, longtime Makos Josh Smith and Andrew Healey may be looking for a bit of shade to beat the heat. At Old Bridge, they stepped out of the shadows and into the spotlight. Healey was overall 6<sup>th</sup> in the field of (18) 50m 10U freestylers and Smith was 1<sup>st</sup> in the 50m backstroke event. They also teamed up with Troy Meink and Jacob Ogden for 2<sup>nd</sup> place in the 100m freestyle relay. Look for them to be in the thick of things again this week as the Makos travel to Southbridge.*



*Pictured here making the traditional "book opening" at the start of his breaststroke in which he recently established a PWB time, 14-year-old Sam Case is one of many multi-faceted student-athletes swimming for the Makos this summer. His results sheet from the Old Bridge meet made for interesting reading. In the early going, Sam racked up 29-team points over three individual events that included a personal best in the 50m Fly (42.40s). He also swam the 2<sup>nd</sup> leg for both the 200m Medley and Free relays that piled on another 64-team points. Outside the pool, Sam enjoys baseball and guitar. This fall, he will attend The Thomas Jefferson High School for Science and Technology and hopes to play for the school's baseball team next spring. Go Colonials!*

## For the Record

After being called up from the Makos' farm system in upstate New York, Nicholas and Max Derderian set an unofficial club record for the longest commute to a swim meet. Arriving into the area on Friday evening prior to the Old Bridge meet, the boys grabbed a few hours of rest prior suiting up for the Makos. Their combined individual and relay races last Saturday resulted in 139-team points for MBW.

In another milestone event for Meadowbrook Woods, the boys' 18U mantle was passed from Makos' former great Eric Sargent to rising senior Mike Weiser last Saturday at Old Bridge. With a speedy effort in the 50m butterfly, Weiser now has club records in all four individual events and will be chasing only himself in the record books from this point forward. Doris over in the editorial department strives to steer us clear of clichés, but issued a rare waiver today for an old favorite one liner that has been used on only one other occasion in the history of the *Times* –

*Him one fast hombre Kimo Sabe.*

Congratulations to both gentlemen for their relentless pursuit of greatness.

Mike Weiser            50 Fly            28.88s

### Author's note:

This edition of the *Times* is dedicated to the United States Marine Corps along with all those youngsters striving to make good teams better. Whether you're traveling internationally this summer or simply headed down the road to The Marine Corps Heritage Center to visit Molly Marine, be sure to take time to meet-n-greet with a curator who can provide valuable insights about the exhibits.

