

The Meadowbrook Woods Sporting Times

Leading Off

John Adams, Thomas Jefferson, Benjamin Franklin, Roger Sherman, and Robert Livingston made up the committee of five that drafted the US Declaration of Independence. Adams went on to become our 2nd president and Jefferson our 3rd. Adams envisioned how this triumphant day would be remembered. On July 3, 1776, in an excerpt from a letter Adams wrote to his wife Abigail:

"The day will be most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade; bonfires and illuminations (fireworks) from one end of this continent to the other, from this time forward forever more."

Adams would be proud of area youngsters for bringing the community together this weekend for some friendly races at the local cement pond. As you enjoy the day, take a moment to remember these five founders and the thousands of men and women after them who have served, sacrificed and continue to protect the freedoms we share.

Makos Swim Past Seals; Dale City in Town Today

After a brief pause to celebrate Independence Day on Thursday with family and friends, area swimmers will be back in action today for the middle stanza of the 2013 summer season that runs through July 27. The MBW Makos return home after a long two week road trip to take on their old cross-town rival. Both clubs enter the day coming off wins last week. The Makos earned their first dual meet victory of the season with a dramatic 2572-1869 win

over Southbridge while Dale City leaped past Veterans Park (2993-1971).

As is traditional when these two get together, fans are expecting a very close meet. The Makos will be trying to make it four wins in a row over the Frogs. Looking back at the last three times the two clubs have met, the Makos have a slight edge (7039 – 6168 total points over three meets). Way back in June 2004, the Makos defeated the Frogs by a razor thin margin (2371-2334) to start the summer thanks in part to then 12-year-old Rachel Lund who won the 50m Free and Fly races.

Last Saturday, MBW used a balanced attack up and down the lineup in their win over Southbridge. Jasmine Beckett won the 8U 25m Breaststroke and was followed closely by Sarah Gerhart, Lauren Crowley, and Jenna Meink. Their combined effort amounted to 41-team points in that event. Gerhart and Meink posted two of the top four times in the competitive field of (18) backstrokers. Ashleigh Stanley and Emma Pahls posted a rare numerical tie (1:05.05) for 5th place in the 10U 50m backstroke.

Andrew Healey and Josh Smith posted two of the top three times in the 10U 50m Freestyle at Old Bridge with a combined time of 1:25.97. Based on some high fidelity computer modeling and statistical analysis, Doris over in the Applied Physics Department projects that the boys could drop below 1:25.00 this Saturday. *Hope you're right, Doris. Hurry boys!*

Faces in the Crowd



Shown here receiving some pointers between heats from five of the county's fastest racers, up and coming 18U swimmers Sean Rouffa and Josh Feshari are working hard on technique this summer.

For their part, Hayden Shepherd, Chase Lingafelt, Sam Kaufman, Sean Lingafelt, and Gillian Rehrig are the backbone of a strong 8U program for the Manassas based Makos - could be an intriguing mixed medley relay team. At the Old Bridge meet, Sam dropped an amazing 8-sec off his 25m Freestyle time that was good for 6-team points.

A rising second grader at nearby Thurgood Marshall Elementary and aspiring gymnast, Rehrig has an affinity for chocolate and the movie 'Mary Poppins.' At Southbridge, she was within the top 15 finishes in the highly contested 8U 25m backstroke race could break the 45-sec barrier by week's end. "Spit-spot, Gillian!"

When he's not swimming, Shepherd enjoys playing basketball and football with friends. A fan of the movie 'Despicable Me,' Hayden will enter the 3rd grade this September at Marshall. Look for him to be in the thick of things in event #10 this week. He'll need to dip just below the 32-sec mark to be ahead of Dale City's Eli Zentner in the 25m Freestyle.

Like the storied Gambarani brothers whose combined careers with Makos spanned nearly 15-years and countless Saturday morning splashes, the Lingafelt brothers could prove

to be potent combination for the Makos in the years to come. Both are rising first graders at Marshall and are enjoying a variety of outdoor activities this summer including swimming and baseball. When it comes to powering up for swim meets, Sean favors bacon and eggs while Chase is a pizza guy. Fans are hoping they'll have plenty of energy this Saturday when the Dale City Frogs come to call. To make things a tad more interesting, we'll challenge them to bring their combined time in the 25m Freestyle under 1:20.00. Good luck, boys!

Known as good listeners, Rouffa and Feshari's time with 8U's paid dividends at Southbridge. Josh touched within the top three racers over three events. (Note to Team Captain Feshari - it's the 8U girls turn to wash and wax the DeLorean). Sean won the 18U 100IM (1:08.12). This Fall, Sean begin serving his role as Osbourn Park High School's rising senior class Vice President. Blessed with a great attitude, attention to detail, and good sense of humor, some might say he favors a character Gillian's favorite movie - "You are George Banks. Are you not?"



After practicing diligently earlier in the week, Coaches Bradley and Rachel gave the team a much deserved mid-week break and hit the links on Wednesday. Shown here just prior to teeing off, they'll regroup on Saturday morning at the friendly confines of Superior Court for a key PWSL matchup with Dale City. A win on Saturday would put the Makos at the Mason-Dixon line as they prepare to host Veteran's Park next week.



Shown here at a recent meet, Head Coach Bradley Morrison strikes a healthy balance between hard work and having fun. His approach to coaching is proving to be successful as the Makos collected a win last week and will now begin the 2nd half surge towards Divisionals Saturday slated for July 27 at Westridge. Hats off to the Skipper!



Time flies when you're having fun and it seems like just yesterday that fans were cheering on Rachel Lund during her decade(+) of swimming for the Makos. In her new role as MBW's assistant head coach, Rachel has the opportunity to work with the next generation of racers such as the Weiser sisters. An outstanding sister combination, Mary (left) and Kathleen (middle) are having another terrific summer for the Makos. Two weeks ago at Old Bridge, Kathleen's incredible butterfly effort in the 3rd leg of the 18U medley relay lifted the Makos to a 2nd place finish. Named Most Improved 14U Swimmer a year ago, Mary Kate won the 14U 50m Backstroke (36.78s) and Butterfly (36.58s) at Southbridge.



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. In addition to Kaucher, Ingram, Weiser, and Naujoks, look for 15-year-old Morgan Combs to also figure into the mix again this week.

For the Record

Mike Weiser 18U 50m Fly 28.65s