

The Meadowbrook Woods Sporting Times

Holiday Week Edition

7 July 2012

Summer Swim Season Heats Up; Makos at Old Bridge Today

Traditionally one of the busiest of the year, Fourth of July week offers something for just about every fan of the sporting life.

Sometimes we have more questions than answers. Across the pond, will Roger and Raffa have tea with the Queen this year? Or will it be defending Wimbledon champion Novak Djokovic that catches Her Majesty's eye? Will fans forgive "The Decision" and support King James as he shoots for an Olympic gold basketball? Who will win a major championship/Super Bowl first – Tiger or the Redskins? Which pop-tart flavor does Bryce Harper favor? Can Lochte out-duel Phelps in London? *Oh the drama!*

Closer to home, fans are pondering similar questions about our own MBW Makos. Last week, 8U girls Joy Combs, Maggie Stade, Emma Weaver, Carley Mayers, Lauren Crawley, Emma Pahls, and Jasmine Beckett all finished in the top twelve 25m racers and dropped a combined 1.89s. Will they continue their surge?

Nathan Claessen is another swimmer to watch in the exciting 8U division. Last week, he shaved ½-sec off his 25m freestyle and was overall 10th in the field of 31-swimmers. Claessen also dropped his 25m butterfly by nearly 1 ½-second. Can he match that effort this week?

The Makos will try to get back into the win column today at Old Bridge after falling to Wellington last week by a score of 2811-2132. MBW and OBB last met in June 2009 and the Makos swam away with a victory that first Saturday of June (2597-2433). Then swimming in the 8U division, Brigit Turner,

Kelly Sikora and Avery Ouellette were part of the 1st place 100m freestyle relay team (1:39.30). Going back even farther, the Makos defeated the Breakers back in July of 2006 (2576 – 2522).

Prognosticators at reachforthewall.com are forecasting several photo finishes this Saturday. In the 12U 25m freestyle, Brock Flanders will battle OBB's Kieran Weldon while Owen Orwig will be neck-and-neck with Joshua Forrest. Longtime Makos Clayton Bellamy and Max Derderian will be 1-2 in the 12U Freestyle if they can hold off OBB's Whit Benson. MBW's Ryan Marks will figure into the story against John Brennan. On the girls' side, look for Lauren Pion to match wits with Camila Heredia.

Matthew Healey – who enters the day with two triple-win Saturdays to his credit this summer – will spearhead a strong 14U flight. Brock Cudahy, Daniel Smith and David Bennett are in position to sweep the 50m freestyle pending a surge from OBB's Liam Brennan. Kathleen Weiser matches up well with OBB's Katherine Karlen on the girls' side.

News from the farm continues to be positive where Coach Kathy Meltzer says the Mini-Makos are improving rapidly. Six-year-old Lily Quimby was called up for the Ben Lomond meet where she successfully swam the 25m freestyle and breaststroke. A week later, she lowered her times in both events to 36.01s and 46.52s, respectively. Following in her older sister's footsteps, Maddie Ingram swam the 25m freestyle for the very first time (at Wellington - 42.24s). Carley Stade is another Mini-Mako that will likely see Saturday morning action as the season progresses.

Faces in the Crowd

This year's MBW swim club features several talented sister combinations. Shown here at Wellington, the Utsler girls are one such pair that is making steady gains for the Makos. Casey (7) lowered her 25m backstroke by nearly 4-seconds last Saturday. Isabelle (9) shaved nearly 3-sec off her 50m backstroke and a whopping 13-sec off her 50m breaststroke. (A tip of the cap to 'Mr. Fixit')



The Manassas based Makos are proud to have swimmers like Katie Marks, Bailey Case, Rachel Landry, Avery Ouellette on the 10U roster this summer. At Wellington, Marks chipped in 22-team points over three events and swam the lead-off leg for her 100m freestyle relay team. Case dropped 4-sec off her 50m freestyle which was good for a PWB time. Landry had a busy morning – she swam in a total of five events and added 12-team points for the Makos. Ouellette swam anchor for the 100m Medley Relay that placed overall 2nd place.



Swimming in the 10U group, MBW's Rachel Goff and Chloe Ouellette had good outings last week at Wellington. Rachel lowered her 50m freestyle time by nearly 6-sec. Chloe dropped time in two events and has achieved PWA and PWB times in both the freestyle and backstroke, respectively. This Saturday, the Makos will wrap up 4th of July week festivities with a meet at Old Bridge.



Northern Virginia has been in the grip of a heat wave during the past week, but area swimmers like MBW's Collin Crawley managed to stay cool and collected. Thirteen year old Crawley has a PWB time in the 50m freestyle and swam lead-off for his medley and freestyle relay teams last Saturday. This Saturday, look for a tight race between Collin and OBB's Joshua Moreno in the 50m breaststroke.



Shown here between events at Wellington, Katie Coletti, Elizabeth Healey, Kelly Sikora, Mary Kate Weiser, Emily Guice, and Kathleen Weiser comprise an exceptionally strong core group for the Makos. Colletti (11) continues to chip away at her times every week. Last Saturday, she lowered both her 50m freestyle and backstroke. 12-year-old Healey placed overall 2nd in all three of her individual events and has PWA times in each one. Long time Mako Sikora lowered her 50m Fly by ¾-sec. Another 12U swimmer that is always improving, Guice dropped time the 50m freestyle, backstroke and breaststroke events. Swimming in the 14U division, the Weiser sisters have PWA or PWB time in all their individual events. Kathleen finished overall 2nd in both the 50m freestyle and butterfly events while Mary Kate was 3rd in the 100IM.

This Week in Makos History

Six years ago this week, moviegoers across the country were watching the latest “Superman” film. Then swimming in the 8U division, David Bennett helped the 100m boys’ freestyle team to a 1st place finish (1:30.43) on July 2, 2006. Six years later – almost to the day – Bennett would again make history for the Makos (see ‘For the Record’).

Kevin Olsen, Sean Rouffa, Mike Weiser and Nick Vaccaro set the 14U 200m Medley Relay club record (2:18.92) on July 3, 2010 at Brookside.



8U girls Libby Weaver, Sarah Meltzer, Joy Combs, Jazzy Beckett, Emma Weaver, and Emma Pahls had plenty to smile about in the first three weeks of the annual outdoor season. Last week, Combs, Weaver, Pahls, Beckett - along with Maggie Stade, Carley Mayers, and Lauren Crawley - all finished in the top twelve 25m freestyle racers and dropped an aggregate net 1.89s in that event.

When not hanging out with the ladies, 16-year-old Sean Rouffa swims a bit. Last winter, he helped the Osbourn Park High School team to a perfect 6-0 dual meet record and Cardinal District Championship. The O.P. boys finished 5th at the Virginia State High School Association swim meet held last February. Considered by many to be one the best breaststroke racers ever to come through MBW, Rouffa currently holds the 12U and 14U club records in that event.

For the Record

At Wellington, Brock Cudahy, David Bennett, Daniel Smith and Matthew Healey swam an incredible 1:59.54 and lowered the 14U 200m freestyle relay club record most recently set by Kevin Olsen, Sean Rouffa, Nick Vaccaro, and Mike Weiser on June 26, 2010 at Bridlewood (2:00.19). Other neighborhood greats to hold the record include Ty Lang, Eric Koob, Joe Cornwell; and Cougar Hagen (July 28, 2007 at Divisionals 2:00.96) and Trevor Heckman, Eric Koob, Ty Lang, and Cougar Hagen (2006 – 2:06.75). Last Saturday marked the first time that an MBW 14U 200m freestyle team has broken the 2-minute barrier. Healey also dropped his own club record in the 50m Fly to 32.59s.