

# **The Meadowbrook Woods Sporting Times**

**18 June 2005**

## **“It’s Show Time!” Makos to Host Dale City in Season Opener**

After completing time trials last Saturday and enjoying the community picnic at the pool area on Sunday, the MBW Makos are set to battle some of the area’s best swim teams this summer in PWSL action. As a point of interest, many of the times registered last week are in the range of 2-seconds faster than seed times (from last season).

The tranquil grounds of the neighborhood pool area will witness a bit of orchestrated mayhem this morning when the Makos collide with cross-town rival Dale City. With both teams featuring top-notch coaches and a healthy mix of returning & new swimmers, the action is expected to be fast and furious. The Makos are trying to make it two wins in a row against the Frogs after last year’s victory in Dale City.

Following today’s meet, our hometown heroes hit the road for the next two Saturdays to visit Ashland and Kingsbrooke before returning to the friendly confines on July 9 to host the Montclair Seahawks. Mark your calendars and strap yourselves in for what is likely to be a wet and wild summer!

## **This Week in Makos History**

Exactly one year ago this week, the Makos narrowly nipped the Frogs in a come-from-behind nail-biter (2371-2334). Triple event winners Courtney Mizerak and Eric Sargent led the way in the closely contested meet. Rachel Lund, Gabrielle Mizerak, Cougar Hagen, and Nicolas Gonzales chipped in with double event wins as the Makos slipped away with the victory.

## **MBW Makos – Just Add Water!**

With all the organizing, cheering and general hoopla associated with swimming meets, one can build quite an appetite. As you file through the line for a mouth-watering burger or hotdog this morning, be sure to inquire about today’s featured entree that is a real

crowd pleaser sure to tempt even the most discriminating pallet.

### Ingredients:

20,000-gallons water (approximate)  
30-heaping cups of chlorine (approximate)  
160-U18 swimmers and 250-parent/volunteers  
One package of “Blue Skies”  
One box of puffy white clouds

### Cooking Instructions:

Add water to large mixing bowl/tank  
Heat to 72° F minimum (increase to 85°F for best results).  
Mix in chlorine to taste.  
Add one “Mako Man” for pep and zip.  
Garnish pool area with lane markers, posters, ribbons, tents, and inflatable sharks.  
Stuff swimmers with balanced diet prior to meet (let chill on night before meet).  
Combine swimmers and water early on Saturday morning.  
Agitate water furiously (shaken, not stirred) for approximately 4-hours.  
Enjoy!

## **Makos Trivia Quiz**

With more than a half-century of coaching experience among them, the Makos coaches really “know their stuff” and pay close attention to details. In addition to stroke technique, starts & finishes garner particular attention from coaches and stroke-and-turn officials. Test your knowledge of swimming rules with this week’s quiz regarding race completion. A two-hand touch at the wall is required to properly finish events using which stroke?

- (a) Breaststroke
- (b) Backstroke
- (c) Freestyle
- (d) Both (b) and (c)
- (e) None of the above

Answer: Breaststroke