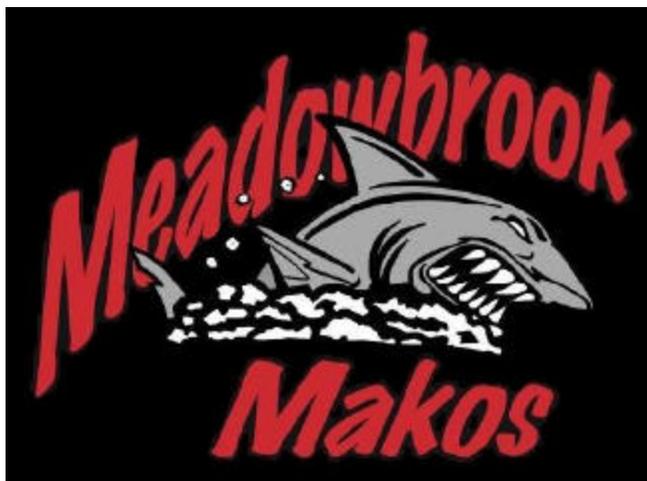


# **The Meadowbrook Woods Sporting Times**

**Preseason Edition**

**1 June 2010**



## Board of Directors

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## MBW Welcomes New Head Coach

When it comes to swimming and coaching, Tessa Jarrett is a natural. Like many youngsters growing up in Northern Virginia, she took a liking to the water at an early age and soon made the transition to year-around competitive swimming with QDD – one of several local clubs that have produced some terrific student-athletes over the years. After progressing up the ranks, she finished with The Senior Elite Training Group on the Curl-Burke Swim Club. No stranger to summertime swimming, Tessa participated in the Prince William Swim League (PWSL) throughout her teenage years.

Now the student has become a teacher. Tessa is a fully certified USA/ASCA swim coach with two years of year-around coaching experience. She currently serves as the Head Junior Coach at the Warrenton Aquatics and Recreation Facility for Curl-Burke West Swim Club. Tessa is also pursuing a college major in International Politics. She is looking forward to bringing her competitive background and upbeat attitude to the Makos.

The Makos are also pleased to add Rachel Severson to the coaching lineup as an assistant to Tessa. A 2008 graduate of Osbourn Park High School, Rachel arrives this summer with a strong background in swimming and coaching. She swam with Swat Swim Team (Radford, VA) and Giles Jet Swim Team (Pearisburg, VA) as well as local clubs including QDD, Wellington and OPHS between the years 1997-2008. Her experience includes being the head life guard at Signal Bay Waterpark as well as assistant coaching for Wellington since 2004.

Speaking of student-to-teacher transitions, area fans are welcoming back to poolside one of the most highly regarded swimmers ever to come through Meadowbrook Woods. On any given Saturday - with the Makos' relay locomotive whistling around the final curve and headed for home - he was always at-the-ready with a bucket of coal and a burning desire to deliver the victory. Amidst the cheers and general tight-rope-walking tension associated with the all-important anchor leg, he had the uncanny ability to accelerate just enough to snatch a win from the jaws of defeat.

Indeed, between the years of 1999 and 2009, Eric Sargent set the standard for sportsmanship, technique and speed by which future greats will likely be measured. As a swimmer-coach during the past several years, Eric has already helped many of the 8U and 10U swimmers improve their technique and looks to build upon that

groundwork this summer as an assistant coach. Welcome Tessa, Rachel, and Eric!

Special thanks goes out to the Makos Board of Directors who have worked diligently during the off-season to assemble the coaching staff and to perform a myriad of behind-the-scenes tasks including procurement of new suits and spirit wear, organizing of fundraisers and sponsorships, participation at league meetings, and coordination with the community HOA. Their hard work, patience, and dedication is much appreciated.

“How can I take advantage of this special opportunity?” you ask. Following are some tips:

- Set a goal each week. Beginners will likely be able to shed seconds off their times as technique improves while more established swimmers will likely want to focus on a single element each week (e.g. starts, turns, breathing, etc). Be specific - write down one item that you would like to improve upon each week.
- Get feedback. Ask a coach to watch your event and meet with him/her immediately afterwards to discuss achievements and opportunities for improvement.
- Eat the right foods at the right time. In addition to generally enjoying plenty of fresh fruits and vegetables, it's important power up with proteins and liquids at the right time. Speak with a coach to learn more.
- Look for opportunities to develop sportsmanship. Remain in the pool until all swimmers have completed the event and follow up with handshakes. Take a moment to congratulate fellow swimmers on their accomplishments.

*And now, let the fun begin...*

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## **Times to Get Back to the Future... Part I**

Seventeen-year-old Marty McFly peered into his 4-dimensional GPS tracking device. He and his traveling companions were barreling through space-time continuum at a velocity approaching 100-times the speed of light. The years and months flew past...2005, 2006, 2007, 2008, 2009, 2010... January, February, March, April, May....May 22...perfect. “Stop the car, Doc. This is it!”

It was just after 9:30 pm on Saturday evening, May 29, 2010. Darkness had settled over Manassas and trees swayed gently as a ghostly breeze blew from the northeast. The smell of freshly cut grass hung in the air, mixed with the smoky aroma of backyard barbeque as Memorial Day weekend festivities were underway. Just a few miles up the road, the Potomac Nationals dropped a 4-3 decision to Salem in extra innings in front of 5,524 at the Pfitz. Potomac struck out 20 Red Sox, but in a true twist of irony lost the game on a strikeout.

As locals filed through the turn-styles and headed for home, they saw a blue streak in the northern sky and heard a faint “whoosh.” At precisely that moment, Dr. Emmett Smith, an acclaimed theoretical physicist and inventor from the little town of Hill Valley, slammed down the brake pedal and the silver DeLorean screeched to a halt at the corner of Hoadly and Kahns Roads.



*Shown here with their faithful four-legged friend (Einstein), Marty McFly (Michael J. Fox) and noted inventor Emmett*

*Brown (Christopher Lloyd) were recently seen traveling along Hoadly Road in a silver DeLorean.*

“What do you see, Marty?”

“Doc, we’re just in time for the annual outdoor swimming season. Time trials are just a couple of weeks away!”

“Perfect. It’s ok to watch. Just be sure to avoid damaging the space-time continuum by interacting with locals.”

“Don’t worry, Doc. I’ll grab a Mako Burger, hang out for a while, meet-n-greet, enter a couple of events in the 18U division; and no one will know the difference. It’ll be a blast!”

Marty and Doc Brown started their adventures together back in 1985 when the good scientist discovered that time travel was possible using a special “flux capacitor.” The biggest challenge to its ongoing usage is that it requires an amazingly large amount of electrical power to operate. Doc originally conceived the idea for it on November 5, 1955 when he slipped and hit his head on the sink while standing on the toilet to hang a clock.



*Shown here in its traditional Y-configuration, the well-known flux capacitor is the key to time travel.*

According to an archived newspaper story that our time traveling duo purchased in the year 2015, the summer of 2010 had been a special one for Northern Virginia swimmers and especially for Marty’s future nieces and nephews who were participating in the PWSL. The McFly family was known for its swimming prowess and Marty wanted to share their successes firsthand by swimming with a local club. Doc Brown was leery about the idea but agreed to accompany his young companion disguised as a timer.

In addition to the possibility of accidentally altering the future, there was another problem to consider. Marty’s band was scheduled to play at the end-of-summer *Enchantment under the Sea*

dance scheduled for the evening of July 31, 1985 - exactly 25-years back from this season’s Divisionals Tri-Meet - and the flux capacitor was running low on energy. How to generate the 1.21-jigawatts of power necessary to travel home in time for the dance? The answer hit Doc Brown like a ton of bricks.

“Of course, Marty. Why didn’t I see this before?”

“Speak English, Doc.”

“It’s so simple. The Makos are known as a powerful bunch. We’ll use energy generated at the swim meets by connecting my newly invented super-delux-enerpro-watt-catcher to the swimming pool. I call the device ‘Mr. Fusion’.”



*Above, Marty greets his parents (George and Lorraine) at the original ‘Enchantment under the Sea’ dance in July of 1955. Earlier that day, George and Lorraine had helped their neighborhood swim team – the Hill Valley Hammerheads – to a victory at Divisionals. Lorraine was known for her graceful butterfly technique while George was one of the fastest freestylers in all of Hill Valley.*

“Doc, it looks more like a ‘Mr. Coffee’.”

“Indeed, there is a certain elegant simplicity to it.”

“Ok, but where do we hide the DeLorean in the meantime.”

“There’s a perfect spot by the jogging track at the local middle school...Benton, I think it is. When ready, we’ll accelerate the DeLorean up to the

required 88-mph on the track and – poof – away we go!”

“Doc, let me get this straight. Is our ability to return to our own time directly dependent on the Makos’ times in the near future?”

“Precisely! Marty”

“Far-out. What’s the swim schedule, Doc?”

“Marty, it says here that the Makos have dual meets with Wellington, Bridlewood, Brookside, Ashland, Stonewall, and Veteran’s Park; followed by the eagerly anticipated season-ending Divisionals Tri-Meet at Piedmont.”

“Let’s take a look at the roster, Doc. If these guys and girls swim fast enough, we may just be able to pull this off.”



*Under the cover of darkness, Doc and Marty conduct a test run on the short-track at nearby Louise A. Benton Middle School to determine whether it is possible to bring the DeLorean up to 88-mph.*

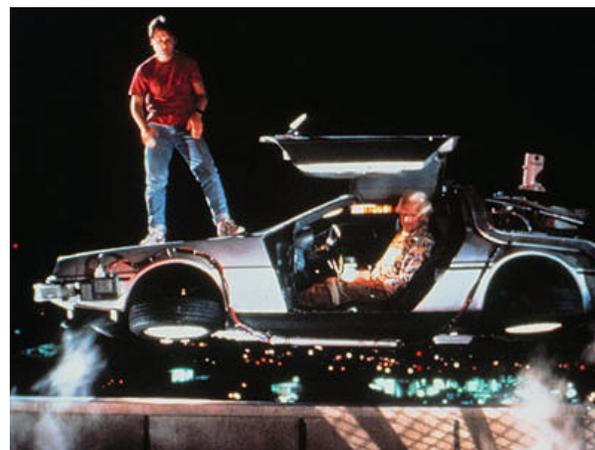
Scanning the roster and reviewing last summer’s results, Marty was pleased to see that the Makos were successful in 2009 and are well balanced in every age group again this summer. With a host of returning swimmers and newcomers onboard, it’s the depth of this year’s squad that has the Hoadly Road crowd buzzing at local pizzerias, coffee shops and pancake houses. Sixteen-year-old swimmer-coach Sean Gambarani will take over the leadership duties in the 18U division from his older brother, Andrew – a mainstay for the Makos

during the last decade – who graduated a year ago. He’ll be joined by other longtime favorites such as Joshua Feshari, Dylan Gehr, and Eric Koob in what should be an exciting relay team. On the girls’ side, notables Kelsey Gehr, Audrey Miller and Alycia Rouffa are returning in an 18U division that is growing stronger each year.



*The two time travelers have also conducted experiments at the parking lots of both Twin Pines and Manassas Malls. Fans*

*and swimmers will be hot-footing it over to the pool this summer for what is shaping up to be a fun and exciting 8-weeks of short-course swimming. Time trials are set for June 12. Swimmers wanted!*



*Marty and Doc hover over the MBW pool. Note the “Mr. Fusion” canister visible atop the trunk compartment.*

Not one, not two, but count ‘em, three Maniaci siblings are returning to bolster the Makos in multiple age-groups. Last summer, they sparked an explosive squad that reeled off four wins in a row to start the season - possibly the club’s longest ever winning streak. Here’s a glimpse of how they and others did it. Joey was part of the 14U boys group that put-up an impressive 619-team points on June 13 at Old Bridge (Makos 2597 – Breakers 2433). One week later, Gigi

ignited the 10U girls with a 3<sup>rd</sup> place overall finish and 10-team points in the 50m freestyle at home vs. Dale City (Makos 1898 – Frogs 1518).

Week three found the Makos at Westbridge and swimming under extremely windy conditions. 10U swimmers Ronald Peterson, Jimmy Baumstark, Clayton Bellamy, Trevor Fearson, Liam Turner, CJ Brenner, Stephen Shank, Timothy McEvoy, Dylan Howard, Sam Case, Max Derderian, and Ryan Marks were part of a dangerously fast 3-group relay team that lit up the scoreboard all morning long. On the 10U girls' side, Elizabeth Healy, Riley Curry, Emily Sterling, Ashley Pearson, Caroline Skelley, Elizabeth Caturano, Megan Garman, Jessie Jones, Taylor Tolson, Rachel Landry, Payton Harvey, and Jazmin Gering led the way. The visiting Makos overwhelmed the Waves that fourth Saturday of June by a final score of 2867 – 1857.

The Makos then took a break for the annual 4<sup>th</sup> of July festivities. Afterwards, things began to *really* heat up. Their next test came against archrival Dominion Valley on July 11 and the Makos held nothing back. Shelby Ingram, Emma Skelley, Lindsay Sterling, and Rebecca Baumstark clobbered their 14U 200 Medley Relay seed time by 6-seconds and racked up 47-team points in the process (2:34.36). Kevin Olsen, Sean Rouffa, Kyle Alonge, and Joshua Fesharia followed suite on the boys' side with a blistering pace and another 1<sup>st</sup> place finish at 2:21.81. The Makos held-on and escaped with a victory (2712 - 2489).

Our hometown heroes ran into a buzz-saw on July 18 at home vs. Ridgewood and couldn't swim past the visiting Barracudas, but the day wasn't without its share of heroics. Nicholas Olsen, Lauren Pion, Samantha Townsend, and Jared Rouffa pulled down a 1<sup>st</sup> place finish in the 8U 100m mixed medley relay (1:34.83). Pion would go on to win the 25m freestyle at 21.48s – an event in which the MBW girls grabbed *the top 9-slots*. The balance of that spectacular group included Lakyn Fearson, Brigit Turner, Julia Vaccaro, Becca Jones, Kelly Sikora, Peyton Whitaker, Katie Colletti Hao and Avery Oullette. If the Makos can return to last year's form, things could get interesting this summer.

Meanwhile, down on the farm, the path forward is shaping up for MBW. Ninva Maniaci will join Jasmine Beckett, Elizabeth Boyett, Nathan Claessen, Mayce Combs, Rachel Harvey, Sarah Meltzer, Zachary Meltzer, and Liam Page to lead the Mini-Makos. Like their fire-balling counterpart, pitcher Steven Strasburg currently with the Syracuse Chiefs (the Washington Nationals AAA affiliate) as of press time, these youngsters will likely move up to “the show” by mid-season.



*Marty participates in a 'jam session' with Marion Berry and 'The Starlights.' Following in his father's footsteps, Marty is an excellent freestyler and – like many of today's teenagers – enjoys his share of 'rock-n-roll' music.*

*Can the Makos generate the 1.21-jigawatts necessary to power him home in time for the big dance? Only times will tell.*

## **To Be Continued...**



Editor's Note: This edition of the *Times* is a tribute to Steven Spielberg's 1985 comedy “Back to the Future” which was one of Michael J Fox's first movie roles, and Christopher Lloyd's big break. Full credit is given to Spielberg and Robert Zemeckis for the story basis and fictional names used herein. It is also a tribute to all those fans of the sporting life and science fiction that will let their imaginations roam this summer through the medium of a good book or an entertaining movie. Go Makos!

## Faces in the Crowd



*Successful neighborhood swimming programs like MBW are driven by parent volunteerism. Raise your hand and get involved!*



*With the school year coming to a close, students – and parents – will be jumping for joy!*



*For area youngsters, the Sporting Life can be as social as it serious – particularly in the summer swim season. A fiendishly good time awaits those that choose to swim with the Makos this summer.*



*While sportsmanship is always the name of the game, the Makos were very competitive in the Green Division of the PWSL last summer and outscored opponents by an aggregate score of 12,526-11,040 that led to a 4-1 dual meet record.*



*This summer, local swimmers will be working to become proficient at the freestyle, backstroke, breaststroke, and butterfly. County-wide action begins on June 12 with time trials.*



*Northern Virginia is known as a swimming powerhouse. Many of the region's best have gotten started with neighborhood clubs such as MBW.*