

# The Meadowbrook Woods Sporting Times

20 June 2009

## An Old Friend Returns to Seal the Deal

International pop star Natasha Bedingfield sums things up nicely in her hit single - *A Pocket Full of Sunshine*. The lyrics speak of a magical place where no one cries and the sky is filled with butterflies. While establishing such a utopian setting is easier said than done, Saturday mornings at the pool area on Superior Court come mighty close. As short-course action heats up, parents have but two simple requests of youngsters this summer: *swim fast and have fun*. Last Saturday at Old Bridge, the Makos did ... just ... exactly ...that!



*Taking a page from last summer's season ending "fun-n-games" practice, the Makos steamrolled Old Bridge last Saturday to start the annual outdoor season. They'll try to keep the ball rolling this week at home vs. Dale City.*



Away at a University of Virginia sponsored academic event for the better part of last summer, Eric Sargent returned in a relaxed but "cavalier"

state-of-mind to spark the Makos with wins in the 50m breast and fly. But the team's victory was far from a one person show. The traditionally strong 8U boys and girls pounded the scoreboard all morning long. Nicolas Olsen, Lauren Pion, Samantha Townsend and Jared Rouffa got things rolling right off the bat with a win in the mixed medley relay (1:33.47). Jason Smith, Carter Guice, and Jason Ogden were all in the top ten in the field of (30) 25m freestylers. On the girls' side, Brigit Turner, Mayce Combs, Katie Colletti Hao, Tess Wingblade, Payton Whitaker, and Jade Beckett combined for a whopping 47 team points in the 25m freestyle. Townsend and Turner later teamed up with Kelly Sikora and Avery Ouellette to win the 100m freestyle relay (1:39.30).

Occasionally, siblings rule the day with some unusual heroics such as new team records, double-triple wins or, even more rarely, triple-triples. Fans on this first Saturday of the 2009 season were treated to two pairs of speedy siblings swimming together in the same relay events (possibly a first for MBW). Sean and Andrew Gambarani combined with Trevor Heckman and Eric Koob to win the 18U 200m medley relay (2:15.98). Heckman and the Gambarani's later joined Caelan Alonge to set a new team record in the 200m freestyle (1:57). On the 18U girls' side, Rachel and Alex Lund swam with Megan Baner and Mary Kate Sterling to place 2<sup>nd</sup> in the medley relay (2:32.70).

The Makos cushioned their lead as the morning continued and won, going away, by a score of 2596.5 - 2432.5. Emily Sterling, Rebecca Baumstark and Jared Rouffa chipped in triple wins while Samantha Townsend, Emma Skelley, Trevor Fearson, Sean Rouffa, and Joshua Feshari were double event winners. Fans are hoping for another "sweet escape" this Saturday as the Dale City Frogs come to call in the season home opener. Volunteers are needed at virtually every position. See your friendly neighborhood meet manager and the team's website for more information.

Faces in the Crowd – Smiley Faces Edition



Photos (2008) courtesy of Greg Heck