

The Meadowbrook Woods Sporting Times

21 June 2008

Makos Enjoying the Best of Times

At the end of a recent international business trip, the busy Northern Virginia executive squeezed in a short vacation. Her first stop was a tiny village outside Beijing where she was befriended by the eldest and wisest community member. The old man took a liking to the newcomer's thirst for spiritual enlightenment. When it was time to depart, he gave her a gift of words by saying "May you live in interesting times."

Immediately upon leaving the village, the woman began a search for good times. Her hop-scotch itinerary included a stroll through Warsaw's stone-gray cityscape (with a well-worn copy of *Atlas Shrugged* in hand), a sampling of Vienna's "food circus," and exploration of the pyramids in Cairo. With plenty of time to ponder the old man's gift, the young lady felt renewed and invigorated. She ended the trip with a personal pledge to find adventure in every opportunity as she journeyed home to family and friends.

After touching down at Dulles International Airport and driving home, she discovered a heat-sheet on the kitchen countertop and broke into a broad smile. Scanning the familiar list of hometown heroes from top to bottom, it became apparent that she need look no farther than her own backyard for interesting times.

Makos Kick-off 2008 Season at Ridgewood

Short-course action got underway last Saturday as the Makos hooked-up with neighborhood rival Ridgewood. The highly touted 18U boys led the way by winning five of the top seven places in the 50m freestyle. Between them, Alex Hoak, Caelen Alonge, Ty Lang, Cougar Hagen, and Eric Sargent racked up 49-team points for the Makos in that event. Sargent, Lang, and Hagen later joined Andrew Gambarani to break the 2-minute barrier and won the 18U 200m freestyle relay at 1:54.88 which eclipsed the old neighborhood record of 2:02.54.

In her very first meet for the Makos, 8U Katherine Dolan had a great time last Saturday. She swam the 25m Freestyle and Backstroke in 38.13s and 54.45s. Congratulations to Katherine on a great day!



At times (above), nail-biting action last Saturday at Ridgewood was almost too much to bear.



As younger swimmers (above) squared their shoulders and searched for heroes, the mighty 12U boys showed up in the nick of time (below). Sean Kingsbury, Kenny Parker, Kevin Olsen, and Sean Rouffa had a big day for the Makos. Kingsbury, Olsen, and Rouffa combined for 23-team points in the 50m Freestyle. Parker won 1st place in the 50m Backstroke (41.03s).





Rebecca Heck (above) plays “peek-a-boo” with the camera during a freestyle event. While fans found themselves sweltering in sauna-like conditions after a rare mid-morning rain shower, 8U girls Rachel Landry and Lauren Pion (below) were all smiles. Rachel lowered her personal best time by 0.29s in the 25m Fly in route to a 3rd place finish. Lauren earned a PWA⁺ time in the 25m Breaststroke (29.95s).



Shown here at time trials, Sarah Olsen and the remainder of the 18U and 14U girls are off to a great start. There was plenty of glad-handing at Ridgewood as Alex Lund (bottom of opposite column) placed 3rd in the 14U Breaststroke with a personal best time of 46.28s which earned 10-points for the team. 18U Shannon Drollinger dropped more than a second off her 50m Backstroke (45.88s) and 5-seconds off her 50 Butterfly (45.12s). Anchored by Mary Kate Sterling, the 18U girls 200m relay squad won 2nd place at 2:14.96.

8U Boys Relay Extends Win Streak

The 8U boys continued their winning ways last Saturday in the 100m Freestyle relay, extending a streak that dates back to June 2007. Lead-off man Jimmy Baumstark set the table for middle swimmers CJ Brenner and Jared Rouffa. Ronald Peterson held on for the win at 1:37.91.



Shown here at time trials, the 8U boys are ready to dive into action.

Thumbs Up for 12U Girls

Sixth graders at nearby Benton Middle School recently completed a science unit focused on moon phases and associated tidal action. For days, lively dinner table discussions centered on the effects of neap and spring tides and debates over whether Cocoa Beach, FL, is truly the “small wave capital” of the world as well as the center of the universe. Swimming under near full-moon conditions today, the 12U girls will put their knowledge into practice in search of heat ribbons.

In addition to being a case study for good sportsmanship, this cohesive group is extremely talented. Tristen LeBlanc led the way last Saturday by anchoring the 100 Freestyle Relay team that won 2nd place and 32-team points (1:07.56). Other notables included Courtney Rojas who dropped 0.57s off her 50m Backstroke time (51.81s PWB), Aubrey Naujoks who earned a PWB time in the 50m Freestyle (39.03s), and Emma Skelley for her PWA effort in the 50m Backstroke (46.34s). Win or lose, these girls can be seen cheering hard for each other and doing all the things that make parents proud. And while schoolwork is important, there is one thing, above all else, that these swimmers should remember. Check with your friendly neighborhood “Claire Bear” (pictured below) for the answer to this riddle.



Makos Welcome Marlins

Today the Makos play host to Veterans Park in the 2008 season home opener. Both teams will try to get into the win-column after losses last week. The Marlins were stung by Ashland (2735-1970) while the Makos fell prey to Ridgewood (2758-2142).

Watch for fast and furious action from the get-go, starting with the 8U 100m Medley Relay (event #1). The Marlins will rely on siblings Kolbe and Kyla Bachman along with Amy Freeze and Aaron Entzminger (1:48.09) while the Makos will likely counter with Elizabeth Healy, Emily Sterling, Clayton Bellamy, and Jimmy Baumstark (1:49.59) and Ronald Peterson, Lauren Pion, Samantha Townsend, and Jared Rouffa (2:07.51). Ava Niknejad (49.44s) will battle the Makos' Riley Curry (48.91s), Sabrina Townsend (49.38s), and Gigi Maniaci (49.63s) in the 10U 50m Freestyle. Rebekah Martin (43.31s) and Elizabeth Kerner (44.09s) will be neck-and-neck with the Marlins' Samantha Heggenstaller (43.46s) in the 12U 50m Freestyle. Jumping to the 18U division, Eric Sargent (1:08.59) will need to hurry as Connor Schwalm of Veterans Park enters the day with an impressive seed time of 1:07.28 in the 100m IM.

As always, the ever exciting freestyle relays are likely to resemble orchestrated chaos. The girls 14U relay is expected to be especially close as Colleen Hoffman, Rebecca Bellinger, Sarah Heggenstaller, and Julia Heggenstaller (2:20.67) bring their game against the Makos' Alex Lund, Rachel Ferrone, Lindsay Sterling and Alycia Rouffa (2:21.91). The 18U Marlins will likely be represented by Melanie Erickson, Linda Erickson, Brittany Williams, and Sammy Neuhaus (2:09.54) while the Makos may counter with Melissa Ferrone, Rebecca Heck, Rachel Lund, and Mary Kate Sterling (2:06.06).

Faces in the Crowd



Photos Courtesy of Greg and Kary Heck