

# The Meadowbrook Woods Sporting Times

28 June 2008

## Makos Stay on “Pointe” as Short-Course Action Continues

A beloved American president once said that a civilization’s overall success can be measured by the quality of its Arts and Cultural programs. Last Saturday at C.D. Hylton High School, locals were treated to a brilliant ballet, jazz and lyrical dance recital that would make any president proud of this great country. The Makos were represented by Ella Vanderzyl, Devin Kaucher, and Rebecca Baumstark at this particular event that left the audience in a New York City state-of-mind. Also on the cultural scene this summer are students such as Jessica Rapone that are volunteering at the Manassas Museum. Congratulations to all those youngsters that participated in cultural arts programs this year.

The president was also concerned with the health and well-being of our nation’s youth. He encouraged regular exercise, a balanced diet including plenty of fruits and vegetables, and a sense of fair-play. Clearly, our young ladies got their message. Today, they’ll trade in their ballet slippers for flippers and point their attention towards heat ribbons in lieu of hair ribbons as the Ashland Stingrays come to call in a key PWSL match-up.

Last Saturday, MBW took a bite out of Veterans Park (2721-1920) while Ashland fell prey to Ridgewood (2079.5-2834.5). The Makos set an unofficial team record in the number of triple-event winners for a single meet. The cast of stars included Sam Pomajevich, Kenny Parker, Trevor Heckman, Lauren Sargent, Lindsay Sterling, and Rachel Lund. Clayton Bellamy, Kevin Olsen, and Eric Sargent checked-in with double-event wins. With Olympic time trials looming, this crowd may be peaking at just the right time.

Both clubs enter today’s affair with 1-1 records and appear to be evenly matched. Following today’s meet, the Makos travel to Urbanna next week while Ashland will be at a tri-meet with Veterans Park and Stonewall Park.

## TWIB\* Notes

Way back in June of 1988, Nuke LaLoosh thrilled movie-goers with pin-point accuracy as a pitcher for the Durham Bulls. LaLoosh once started a game with nine straight strikes before “inadvertently” beaming the team mascot with a 97-mph fastball that got away from him.



Twenty summers later, we at the *Times* recently caught up with another fire-baller. During an enjoyable poolside chat, 9-year-old Andy Watkins demonstrated to us the ins-and-outs of throwing a waterlogged squishy-ball so that it rides inward on right-handed batters (*we also had a little trouble catching his knuckle-ball that tends to flutter*). A rising 4<sup>th</sup> grader at nearby Marshall Elementary, Andy enjoyed serving as a student government representative and participating on the school chess club this past year. Andy says his favorite food is cereal (any kind will do), his sports heroes are Hank Aaron and Mickey Mantle, and his best school subject is mathematics. Today he’ll be concentrating on a little subtraction as he tries to drop seconds on an already speedy 50m Freestyle time of 56.83s. A shortstop for the Coles Little League “Bats,” Andy is #4 on the scorecard but #1 in the hearts of many. Watch for Andy and his fraternal brother (Jack) as they continue an adventuresome summer today. *Hit the bull, boys.*

Tournament time has arrived for local ballplayers. Kenny Parker and Matthew Healey will be participating for the Coles Little League 11U team while Ty Lang

will be on the Junior team. Action for the 11U squad gets underway this Monday (June 30) with a 6:00pm first-pitch vs. Gainesville American. For more information, visit the team's website at [www.eteamz.com/colesll/index.cfm](http://www.eteamz.com/colesll/index.cfm).

\* TWIB indicates "This Week in Baseball" (or softball).

## Faces in the Crowd

Tennis action at the All England Club got under way last Monday and there appears to be something for every fashion aficionado in this year's fortnight classic. The cast of characters includes Serena Williams sporting her modified trench coat, Roger Federer looking crisp in a crème-colored cardigan and matching racket-holder, Tuxedo-clad Maria Sharapova, and a pirate named Rafael masquerading as a tennis player.

Closer to home, longtime parent-volunteer Greg Heck snapped some truly remarkable photos of the Makos last week at the Veterans Park meet. Fans are invited to visit the team website at [www.pwcweb.com/makos](http://www.pwcweb.com/makos) for a link to the "Heck Gallery."



## Mary Kate Sterling

Damage due to recent flooding has left Cedar Rapids, Iowa, and other mid-western cities scrambling to recover. Thoughts of concern are extended to all those affected and to the legions of volunteers offered helping hands during clean-up and sand-bagging efforts. Above, Mary Kate demonstrates picture-perfect form and is all-hands in the 18U 50m Breaststroke event. She placed 2<sup>nd</sup> in the event.



## RJ O'Neal

A couple of years ago, RJ needed a low-impact therapy program after a freak skateboarding injury left him rehabilitating a broken knee. It turns out that he is just what the doctor ordered for the Makos. In just his second year of competitive swimming, O'Neal is a rising star who earned his first blue ribbon last Saturday in the 14U 50m Breaststroke. He later teamed up with Trevor Heckman, Kyle Alonge, and Joshua Feshari to win the 200m freestyle relay (2:31.88).



## Elizabeth Healey

The Ashland meet is traditionally one of the summer's more festive affairs given that many of the swimmers know each other from school or other activities. There will likely be plenty of hand-shakes and smiling faces this morning as old friendships are renewed. Our own goodwill ambassador and swimmer-of-the-week, Elizabeth Healey, led the 8U Mixed Medley relay team to a first place finish at 1:41.10 vs. Veterans Park.



**Lauren Kingsbury (right)**

A rising freshman at Osborn Park High School, Lauren will be doing double-duty this summer as a swimmer and softball player. Her fast-pitch team placed 5<sup>th</sup> in a large tournament recently held at Valley View Park. Returning to poolside last week, Lauren and her teammates Alycia Rouffa and Sarah Olsen gave the Makos a 1-2-3 finish in the 14U 50m Breaststroke event vs. Veterans Park.

