

The Meadowbrook Woods Sporting Times

8 August 2008

Lauren Sargent, and Rebecca Baumstark) were also splendid in their swim that was a photo-finish second place to the Stingrays (1:02.33).

Late Surge Lifts Makos to Divisional Crown

Surveying the roster back in May, Coach John Gullickson knew the Makos were deeply talented but he may have wondered – “Just how far can this team go?” After the usual rollercoaster ride of highs and lows, his answer finally arrived two weeks ago with a spectacular win at the season-finale Divisionals Tri-Meet...but it didn't come easily. Going into the freestyle relays, the Makos were dead-locked with a powerful Ashland squad and an Urbanna team that just would not go away.

Lauren Pion and the Makos were sitting pretty heading into

Divisionals but found themselves knotted with two pesky rivals as the morning wore on.



While they appear to be rather cute at first glance, the 2008 Makos are dangerously fast.



Both the boys and girls 14U teams battled their way to 3rd place finishes. All four of the boys (Michael Cornwell, Dylan Gehr, Joshua Feshari, and Kyle Alonge) are just 13-years old and will be a strong force next season. The girls (Alex Lund, Lauren Kingsbury, Lindsay Sterling, and Alycia Rouffa) have steadily improved this season and chipped in 40 valuable team points in the event.

With time running out on our hometown heroes, the last ten races of the day played out something like this...

A fired-up 8U boys relay squad led off and blasted their seed time by nearly 7-seconds in route to a 1st place finish and a whopping 79-team points (1:24.07). Jimmy Baumstark and Steven Cornwell book-ended the effort while Ronald Peterson and Clayton Bellamy held the lead through the middle stages. On the girls' side, Emily Sterling, Brigit Turner, Elizabeth Healey, and Samantha Townsend placed 2nd and earned 53-team points (1:29.58). In the 10U bracket, David Bennett, Douglas Barns, Matthew Healey, and Zachary Gehr won 2nd place (1:16.20) while the girls (Sabrina Townsend, Riley Curry, Megan Garmen, and Madison Barns) were fourth.

Had famed broadcaster Keith Jackson been on hand for the 12U relays, he undoubtedly would have wailed his signature “Whoa Boy!” as Lucas Fearson, Sean Rouffa, Tanner Curry, and Kevin Olsen won by a hair over Ashland. The girls (Emma Skelley, Aubrey Naujoks,

Longtime Makos fans have waited years for the 18U group to develop. Their patience finally paid off this summer. These swimmers aren't just good – they're “scary good.” Fifteen-year-olds Caelan Alonge, Ty Lang, Cougar Hagen, and Joe Cornwell gave the Otters all they could handle in route to a strong 2nd place finish (1:57.92) while the girls brilliantly executed a blue ribbon swim that was nearly 4 ½ seconds better than second place Urbanna (2:11.56). A mix of 15 and 16 year olds, Rebecca Heck, Megan Baner, Mary Kate Sterling, and Rachel Lund are likely to dominate next season.

Swimming on his 16th birthday, double-event winner Cougar Hagen teamed up with anchor-man Eric Koob (right) along with Caelan Alonge and Joe Cornwell for a 1st place finish in the 18U 200m Medley Relay (2:15.52).



After the dust settled, the scoreboard read MBW 3844, Ashland 3764.5 and Urbanna 3551.5. Asked by fans after the meet, longtime official and current club chairman John Lund was hard pressed to recall the Makos' last Divisional Championship. Given that championship titles only come around every once in a while, fans lingered at poolside and savored the taste of sweet summertime victory on this final Saturday of July as Coach Gullickson hoisted the Green Divisional trophy. Congratulations to the swimmers and dozens of parent-volunteers that made the season possible.

Business Section

The Makos refreshment group posted record earnings this summer based on hotdog and hamburger sales along with various snack items – thanks to Deb Rapone and her assistants. Their work, coupled with a well organized Board of Directors, drove the MBW stock to an all time high. Capital improvements included new flags and a cover for the lane lines. Investors who sold short on Makos' times were rewarded heavily as seed times dropped nearly every week. The program is expected to grow again next year and volunteers are needed in key positions to keep things running smoothly. Please contact a board member for more information.

Mini-Makos Host Little-Rays

As older swimmers prepared to compete with two of the county's best programs at Divisionals, there was also a flurry of activity down on the farm. Mini-Makos coach Kathy Meltzer couldn't help but smile regarding the first ever Makos mini-meet held on the evening of July 23. The tree-shrouded pool area on Superior Court provided the perfect setting as more than fifty up-and-coming swimmers from MBW and Ashland assembled for a twilight affair of freestyles and kick-boarding races. Watch for more mid-week mini-meets next season.

As Jade Beckett (left) and Abbey Willever (right) adjusted their eye-wear, Joseph Willever signaled that all systems were "go" for the



Mini-Makos as they made new friends and raced against children from Ashland that they'll be seeing again many times in the years ahead.

Olympics Open Today

As the evening sun sets over Northern Virginia and the curtain falls on the annual short-course season, we'll leave it to our old pal Bob Costas to unveil a slightly larger stage of sporting endeavors half a world away. To the 600+ American athletes in Beijing, the Makos send their best wishes. We'll get back with you in just about 10-months with results.

Shown here amongst a throng of hungry Makos at his training facility in Northern Virginia, Mini-Makos coach, goodwill ambassador, and perennial 14U swimmer Howard Olsen is expected to medal in the watermelon tossing event at the XXIX Olympiad in Beijing. Good luck, Howard!



Faces in the Crowd



Rachel Lund

A prolific record breaker and rising Junior at Osborn Park High School, Rachel (16) also serves as a swimmer-coach for the Makos. After working with youngsters throughout the summer on technique, she proceeded to show them how it's done at Divisionals with wins in the 50m Free, Breast, and Fly events. In the Butterfly race, she shattered the team record with a nearly perfect swim at 33.14s. At 29.27s, her 50m Freestyle is ranked 5th among 100 18U PWSL swimmers.

Devin Kaucher



The Manassas based MBW swim club couldn't ask for more from 12-year old Devin, a rising seventh grader at Benton Middle School. During the 8-week outdoor season, her stroke technique and endurance improved through hard work and dedication. Saving her best effort for last, Devin lowered her 50m Freestyle time by more than a second at Divisionals. She was recently awarded "Most Improved" for the 3rd time in the last four years for the Makos.

Sean Rouffa, Kyle Alonge, and Joshua Feshari



Twelve year old Sean Rouffa had one goal in mind at the beginning of the season - break the 50m Breaststroke team record. He reached his goal on July 19 at home vs. Westridge, smashing a 3-year old record by 0.85-sec and returned one week later at Divisionals the lower the mark again to 40.44s which is also ranked 4th among the top 100 PWSL times. Kyle and Joshua (both 13) also had a big day at Divisionals, Kyle lowered his 100m IM time by nearly 3-sec while Joshua cut his 50m Freestyle time by 1.3-sec.



Alycia Rouffa and Megan Baner

Pictured here at the team awards ceremony, Alycia (14) and Megan (16) had a blast with the Makos this summer. At Divisionals, Alycia, a rising sophomore at Osborn Park High School, placed 3rd out of 16 swimmers in the 50m Breaststroke. She also earned an A-Standard time in the 100m IM. The season highpoint for Baner came at the Urbanna meet in which she won three individual events. A student at Forest Park High School, she posted A-Standard times in three events and placed 2nd in a field of fifteen swimmers in the 50m Freestyle at Divisionals.



Lauren Sargent

A rising 7th grader at Benton Middle School, Lauren improved sharply this summer and earned high-point honors for the 12U squad. At Divisionals, she battled Ashland's Moira Murphy all morning long. The crowd roared its approval for both swimmers as Sargent took both the 50m Freestyle (32.61s) and the 50m Butterfly (36.92) while Murphy won the Backstroke by a fingernail at 38.30s. Lauren also swam anchor for the Makos' 100m Medley Relay team that lowered their seed time by more than a second (1:15.59) and placed 2nd to the Singrays.



Clayton Bellamy

Eight-year-old Clayton had his eyes on a Divisional Championship and made it happen for the Makos. A rising 3rd grader at Marshall Elementary whose favorite subject is mathematics, Bellamy anchored the nearly unbeatable 8U relay squad throughout the 8-week season. Known for his raw power, Clayton worked hard on technique this summer and turned in some impressive results. At 18.50s, his 25m freestyle time is ranked 7th among 100 PWSL 8U swimmers. A multi-sports enthusiast, he also enjoys soccer and football.

Joe and Michael Cornwell



The eldest of the three swimming brothers and a rising sophomore at Osborn Park High School, sixteen year old Joe is a well-rounded athlete who enjoys a wide-variety of sports including basketball and football. Standing well over 6-ft tall, the lanky Virginian gets across the pool quickly and had a great year for the Makos. At Divisionals, he chipped in an

unbelievable effort in the 18U 50m Backstroke – lowering the existing record from 33.95s to 32.32s. The family’s middle son, Michael (below), was recently honored with the Coach’s Award for his enthusiasm and dedication to the team.



The Sterling Sisters – Emily (8), Lindsay (13) and Mary Kate (15)

While the Makos have been blessed with many multiple-swimmer families over the years,



rarely has a single group of siblings made such an impact on the scoreboard. This season may be the first



in which three sisters earned high-point honors their respective age groups. The girls are looking forward to honing their



skills this school-year at the nearby “Freedom Center” aquatic facility and are expected back next summer from more thrilling outdoor races.

MBW Makos

2008 Green Divisional Champions!



Photos Courtesy of Greg Heck