

The Meadowbrook Woods Sporting Times

Special Holiday Week Edition

9 July 2005

Highflying Makos Return Home with Heroes Aplenty

The past 21-days have been a truly remarkable stretch for the MBW Makos, who return home today from a 2-week road trip to entertain the Montclair Seahawks. After slipping past Dale City by just 3-points in week one, the Makos cruised past Ashland (2502-2075) before to falling to Kingsbrooke by 54-points (2372-2318) last week. They'll try to get back into the win column today against a strong Montclair squad entering the affair with a record of 2-1 that includes victories over Dale City and Stonewall. Regardless of the outcome, one can be sure of two things – new friends will be made and records will fall.

“Patience Young Skywalker”

While parents instill patience as a virtue in their younglings, the Jedis of Meadowbrook simply couldn't contain themselves against Dale City. The brothers Pomajevich broke out their light sabers and, between them, blasted their way to four neighborhood records. Matt set a 10U 25 Fly record at 18.62s while Peter set 8U records in 25 Free, Breast, and Fly events at 18.18s, 25.77s, and 20.40s, respectively. Gabrielle Mizerak was in top form as she checked in with new records in the 14U 50 Free, 50 Back, and 100 IM with times of 30.38s, 34.90s, and 1:14.22s, respectively. “The Force” was definitely with Kenny Parker who sped to an 8U 25 Backstroke record in 21.75s. Eric Sargent established the 14U 50 Fly record at 32.28s. When this crowd swims, break out your stopwatches and don't blink – they get to the wall in a hurry!

Pirates of the Carribean

Captain Jack Sparrow couldn't have selected a better bunch of swashbucklers than the Makos' boys relay teams who really know how to “swab the deck.” With reckless abandon, Eric Koob, Cougar Hagen, Trevor Heckman, and Corbin Foucart swiped the 12U 100 Medley Relay record (vs. Dale City) in a blistering time of 1:12.99s. Later in the meet, Koob, Foucart, and Hagen returned with Michael Cornwell to take another

crown jewel – the 12U 200m Free Relay record with a time of 2:10.75s. Hagen also established a new 12U 100 IM record at 1:25.83s. Not to be outdone, Devin Wright, Andrew Gambarani, Eric Sargent, and Richard Arena set records in the 14U 200 Medley Relay (2:30.65s) and 200 Free Relay (2:10.75s) events.

One week later (vs. Ashland), Kenny Parker, Sam Pomajevich, Kyle Weinbuerg, and Matt Pomajevich grabbed the 8U 100 Free Relay record in 1:22.81s. On the ladies' side, the exciting foursome of Rachel Lund, Melissa Ferrone, Elli Hagen, and Gabrielle Mizerak reeled in the 14U 200 Free (2:10.64s) and 200 Medley Relay (2:26.88s) records.

Breakfast with the Makos

Tempted by the lure of excitement, droves of local fans skipped Wimbledon action last Saturday morning for “Breakfast with the Makos” instead. At Kingsbrooke, the Makos “served up” a healthy portion of exciting races much to the crowd's delight. On a holiday weekend with the tennis tournament at its zenith, observant sporting pontificators might be inclined to analyze the similarities between those great players at the All England Club and our own home grown talent. For example, Andy Roddick and the 8U Makos know only three speeds – fast, faster, and fastest. The Williams sisters and the 10U & 12U girls share a desire to complete while paying close attention to the latest fashion trends. Lindsey Davenport and the 14U & 18U girls combine beautiful strokes with raw power. Roger Federer and the 12U & 14U boys are known for technique, endurance and attention to details.

Kenny Parker, Peter Pomajevich, Matt Pomajevich, Cougar Hagen, Eric Sargent, and Gabrielle Mizerak provided much of the heavy lifting for the Makos at Kingsbrooke - each set new neighborhood individual records at the meet. Parker and P. Pomajevich teamed up with Kyle Weinberg and Claire Loper to set the 8U 100m mixed medley relay record at 1:31.46s. Parker, Weinberg, Sam Pomajevich, and P. Pomajevich provided their usual heroics in the 8U 100m Free relay event with a record setting time of 1:22.43s.

“Foucart for three...Yes!”

Professional basketball announcer Marv Albert would have had a field day last Saturday had he been on hand to call the action. Abigail Foucart led the parade of multiple event winners with picture perfect performances in the girls 10U 50 Free, 50 Breast, and 25 Fly events. Other triple event winners included Courtney Mizerak, 12U 50 Breast, 50 Fly, 100 IM; Eric Sargent, 14U 50 Free, 50 Back, 100 IM; and Matt Pomajevich, 10U 50 Free, 50 Breast, 25 Fly. Double event winners included Michael Cornwell, 10U 50 Back and 100 IM; Gabrielle Mizerak 14U 50 Back, 100 IM; and Jenny Lyons 18U 50 Back, 100 IM.

The Person in the Mirror

Many years ago, an old ball coach on a sun-baked field reminded his players that the person in the mirror is their toughest competition. That thought still rings true today for the Makos. While swim meets & records come and go, in the end, it is the person in the mirror that measures one's success. Hats off to everyone participating in the meets and especially to those who established personal best times over the past three weeks:

Boys: (8U) Stephen Cornwell, David Bennett, Zachary Gehr, Matthew Healey, John Laufer, Mohamed Mohsen, Peter Pomajevich, CJ Scroggins, Kyle Weinberg; (10U) Daniel Goldfarb, Joey Chrabot, Samuel Fleshman, Thomas Hajec, Kevin Olsen; (12U) Sean Gambarani, Eric Koob, Derek Sikora, Cougar Hagen, Ty Lang; (14U) Devin Wright, Andrew Gambarani, JT Ploschnitznig, Joey Ploschnitznig, Alex Sabol, Eric Sargent; (18U) Jacob Laufer.

Girls: (8U) Nichole Koob, Rose Conway, Devin Kaucher, Tristen LeBlanc, Claire Loper, Kendra Sabol, Ashley Skertic, Madison Sterne, Hannah Braley, Erica Crawford, Luella Garner, Devin Kaucher; (10U) Rebecca Baumstark, Lauren Sargent, Katie Lang, Lexie Bisconti, Abigail Foucart, Hayley Racine, Carissa Scroggins, (12U) Liliana Besosa, Rachel Conway, Engie Mohsen, Shannon Drollinger, Kelsey Gehr, Grace Kam, Alexandra Lund, Sarah Olsen, Terran Barger, Ashley Chrabot, Alexis (14U) Melissa Ferrone, Claire Harris, Gabrielle Mizerak, Amanda Garner, Marissa Hajec, Rachel Lund; (18U) Cassie Bisconti, Lauren Krukar, Jenny Lyons, Michelle Koob, Samantha Koob, Stephanie Baumgartner.

Smith to Visit Czech Republic

Coach Shannon Smith will miss the next two meets in order to participate on the United States International Lacrosse Team in the Czech Republic. Good luck to our coach as she competes against some of the world's finest.

TWIB Notes

This week in baseball, the Makos' own Derek Sikora & Chris Harris and their 11U Coles Little League tournament teammates battled local competition in district play. In last Saturday's roller coaster ride, Coles posted four runs in the bottom of the fourth to break a 2-2 deadlock and went on to defeat the Annandale-North Springfield American team by a score of 9-2. Sikora had two clutch hits including a double in the action packed affair. Harris scored a key run after working his way out of a "pickle" while trying to steal home. Coles streak ended on Tuesday evening with a 7-1 loss to Lower Loudon County.

Faces in the Crowd

One of the most improved swimmers in her division, Jenny Lyons is a fan-favorite and spark for an up and coming girls 18U group. Her strokes are crisp and she smiles a lot – what a combination! Jenny currently owns the girls 18U 100m IM record (1:20.47) and is likely to rack up a bevy of points in the coming weeks as she and the other Makos ramp up towards Divisionals. Watch for her in the girls 200m Freestyle relay as she teams up with Cassie Bisconti, Lisa Goggins, and Stephanie Baumgartner. They'll need to be just about a baby's breath below 2:18s to beat last week's time.



Swimmers receive last minute instructions from Coach Southcott at the Kingsbrooke meet.



12U Rebecca Heck acknowledges the crowd prior to an event while her friend Terran Bargeron (facing opposite) watches the action.



Goggles (\$15), water (\$1/bottle), hotdog (\$1.50), picture perfect breaststroke – priceless!



Future “Mako Man”? After graduating from the Mini-Makos instructional program, Daniel Smith brought home a heat ribbon in the boys 8U 25m freestyle event in his very first competitive meet.



Closing time
 Time for you to go out to the places you will be from
 Closing time
 This room won't be open till your brothers or your
 sisters come
 So gather up your towels, move it to the exits
 I hope you have found a friend
 Closing time
 Every new beginning comes from some other
 beginning's end



One can only wonder what might be transpiring during this conversation between two of the “angelic”8U boys.