

CHOMP!

Meadowbrook Woods Swim Team *Makos*

www.meadowbrookmakos.com

7 Things Swimming Will Teach You About Life

By Olivier Poirier-Leroy,
former national level swimmer and the author of the books *YourSwimBook* and *Conquer the Pool*

Swimming isn't just about bad tan lines, having raccoon eyes and early mornings. And it's not just about records, gold medals and best times.

Although there are plenty of those.

Swimming, and sport in general, provide a proving ground for some of the most fundamental and critical things that you will carry with you for the rest of your life.

Whether in your career, in personal relationships, or even different sports, swimming will teach you the importance of hard work, of being humble, and of being a team player.

Here are 7 things swimming will teach you about life:

1. You have to work hard for the things you want.

Nothing worth having in the pool or in life comes without effort. (Despite what I am about to tell you in the next point.) Accomplishing cool stuff will always require giving what sometimes may seem like unnatural levels of effort. Make working hard your talent and you will never go without success in the pool and in life.

2. Sometimes it's just not fair.

You know the swimmer—shows up to practice once or twice a week, but because they have been gifted with plates for hands and the height and gangliness of an LA Laker they still crush you anytime you step up on the blocks. In the long run a work ethic will always take you more places than natural talent and physical gifts without effort. Always. It's just hard to remember that when you are getting destroyed by two body lengths in a 50 by the guy who never goes to practice.

3. You learn how to cope with failure and setbacks.

It's not always going to be fair. And things won't always go our way. There will be times where no matter how hard we work the results don't match our effort in practice. Or there will moments where you get flustered as you get up on the blocks and totally choke. These moments sting, they hurt, and they take us down a peg. But they also teach you how to be mentally tough. To overcome. And to be humble.

4. Being a team makes everyone better (including you).

Ever wonder why so many swimmers seem to have superhuman speed when it comes to relay legs? I've seen it so many times, from my own swimming, dropping nearly a second on my best 50m freestyle best time, to [Jason Lezak and his otherworldly 46.0 at the Beijing Olympics](#)—there is something that happens when you race for something besides just yourself. I get the temptation to want to do it on your own. To be able to say that you did it with no help. But when you can corral the effort and the will of the group for a common goal incredible things start to happen. I've said it before, and I will say it again: One swimmer chasing greatness is powerful, but a group chasing greatness is unstoppable.

5. It's a process.

Somewhere along the way swimming will teach you a profoundly important lesson. And that is that wanting something is not the same thing as accomplishing something. In order to be successful, in order to crush that personal best time you have to do more than just dream endlessly about it. More than writing it out. And more than telling people about it. You need to adopt the [daily routines and habits](#) that will get you there. You must, in other words, learn to love the process of becoming the swimmer you want to be. Swimming shows you first-hand that when you master the process you master the goal.

6. You learn to discipline yourself.

As you progress through your swimming career you will learn to become more reliant on your own devices to stay on top of your training. For some the moment they turn 16 and get a driver's license is a breaking point—gone is the forced wake-up call in the morning from the parents. (Or the cold glass of water over-the-head my old man got me with a couple times.) This is when discipline really rises to the surface, the moment where it's just you and that alarm clock. Where the tug of the warmth of the sheets conflicts with the goals and commitment you have made for yourself. Conquering that alarm clock is tough, and once you do it, everything else that comes your way will seem easy in comparison.

7. How you lose is as important as how you win.

Winning is great, and losing stinks. We can both agree to that. But I believe that how we do both matters more than the outcome. You will lose many times over the course of your swimming career. You don't have to like it, but being able to lean across the lane line and shake the winner's hand means that even though you didn't conquer the competition you conquered yourself. Similarly, there will be triumphs and highs during your time in the pool. Being a champion is more than just being the first swimmer to the wall—it's being humble in victory, congratulatory to others, and setting an example for those to come.

A reason to
celebrate on
July 12th!

Makos'
20th Annivers
ary!

Pep Rally

(details to follow next week)



MAKOS NEWS

- 🐟 The Meadowbrook Makos will swim at Old Bridge on 07/06
- 🐟 **Can't make the meet?** If you forget to **OPT** your child **OUT** or plans have changed, please contact Coach Bradley (bradm90@vt.edu) ASAP. *If your child is on a relay team and they don't show up, the coaches must find a replacement. Oftentimes no one is available to fill in and the relay team must be scratched. Not only do we miss out on the chance to score points, we end up disappointing the swimmers who were scheduled to be on the relay team. Sour faces and tears have no place at a swim meet!*



HELP WANTED – 07.06.19

We need a few more volunteers to run a successful meet. Go to the website and choose your spot while the picking is hot! Maybe even sign-up your spouse, you can pretend you told them about it months ago. We promise not to tell you volunteered them!

Volunteers needed:

1 for Clerk of Course (*cannot run a meet without*)

1 Timer (second shift)

1 Ribbons

Please sign up online or contact Jean Meink 703.895.2703

Next Meet

07/06 - @ Old Bridge

Arrive & Check-in by 6:15am

Warm-ups begin at 6:30 am!!!

(Visiting Pool Information - Page 6)

Upcoming Meets

07/13 @ Virginia Oaks

7/20 @ Dale City

7/27 - Divisionals (Away)

UPCOMING EVENTS

- **July 9th: Makos After Dark!**
From 8-10PM at the Meadowbrook Woods pool.
- **July 12th: Pep Rally to celebrate the Makos' 20th Anniversary!** Details next week.
- **July 26th @ 9:00am - Pancake Breakfast**
Makos 3rd Annual Pancake Breakfast
IT'S THE LAST DAY OF PRACTICE!!! AND...TIME TO CARB LOAD!!!. Awesome swim parents are serving up flapjacks at the Makos 3rd Annual Pancake Breakfast! After each practice we will be serving your favorites at an all-you-can-eat pancake breakfast on Friday, July 27th.
Breakfast will be served from 9:00 am – 11:30 am at the Meadowbrook Clubhouse. Pancakes from our secret recipe, savory sausages, fruit, and juices are on the menu. WE NEED VOLUNTEERS! If you can help we will need volunteers to flip pancakes, do the cooking...Boy Scout Dads, you know who you are!!! We also need griddles. If you can help, please sign up under the "Job Signup" link.

PLACE YOUR ORDER

The [Black Divisional Shirt Shop](#) is open for orders!

Get your **custom 2019 Divisionals shirt** today at this link:
<https://www.customink.com/fundraising/pwsl-meet>

These shirts have a unique design that's ours only and won't be available anywhere else. We will not sell them at the meet or order extras.

You can order and pay directly [from this link](#) through **midnight July 9** for delivery before Divisionals. (Please add "MAKOS to the comments when ordering so we can sort your order out and deliver them to you.)

[Order yours today](#), and be championship ready!

CLINICS

Tuesday and Thursday evenings for 30 mins.

Other than the Breast/Fly and DQ Clinics all other clinic topics will be determined and displayed at morning practices.

6:00-6:30: 11&Over Clinic

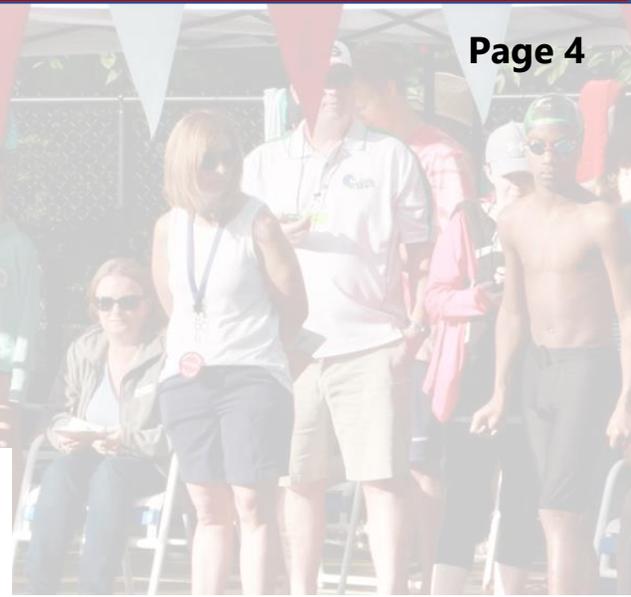
6:00-6:30: DQ Clinic (*open ONLY to swimmers with an individual DQ from the most recent swim meet*)

6:30-7:00: 8 & Under Clinic

7:00-7:30: Breast/Fly Clinic (*open ONLY to swimmers who do not have a legal time in Breast and/or Fly this season*)

7:30-8:00: 9 – 10 Clinic

TOP 25 Individual TOP 15 Relay



Congratulations to the following swimmers who ranked in the Top 25 and those that ranked in the Top 15 for relays!

Top 25 Individual Times

- Event #10 Boys 8&U 25M Free
#1 Victor Wall 17.49
- Event #12 Boys 9-10 50M Free
#15 Ian Smith 37.78
- Event #13 Girls 9-10 50M Free
#2 Gabrielle Hawver 34.03
- Event #14 Boys 11-12 50M Free
#1 Matt Jensen 28.19
- #12 Sean Lingafelt 31.21
- Event #16 Boys 13-15 50M Free
#24 Drew Jensen 30.49
- Event #18 Boys 15-18 50M Free
#9 Jason Smith 26.15
- #12 James Turner 26.81
- Event #19 Girls 15-18 50M Free
#21 Angelina Nguyen 31.05
- Event #20 Boys 10&U 100M IM
#13 Ian Smith 1:38.38
- Event #21 Girls 10&U 100M IM
#23 Kara Lingafelt 1:41.90
- Event #22 Boys 11-12 100M IM
#7 Sean Lingafelt 1:18.46
- #19 Chase Lingafelt 1:25.79
- Event #28 Boys 8&U 25M Back
#14 Ethan Hawver 25.65
- Event #29 Girls 8&U 25M Back
#14 Ava Whitworth 25.72
- Event #31 Girls 9-10 50M Back
#1 Gabrielle Hawver 40.47

- Event #32 Boys 11-12 50M Back
#3 Sean Lingafelt 35.34
- Event #36 Boys 15-18 50M Back
#25 Carter Guice 32.24
- Event #38 Boys 8&U 25M Breast
#18 Mark Kennedy 29.84
- #23 Ethan Hawver 30.84
- Event #39 Girls 8&U 25M Breast
#20 Cecilia Gross 31.32
- Event #40 Boys 9-10 50M Breast
#13 Ian Smith 51.63
- Event #41 Girls 9-10 50M Breast
#14 Kara Lingafelt 52.37
- Event #42 Boys 11-12 50M Breast
#2 Matt Jensen 38.22
- Event #46 Boys 15-18 50M Breast
#11 James Turner 34.06
- #24 Carter Guice 35.62
- Event #48 Boys 8&U 25M Fly
#5 Victor Wall 22.47
- Event #51 Girls 9-10M Fly
#4 Gabrielle Hawver 17.57
- Event #52 Boys 11-12 50M fly
#2 Matt Jensen 32.03
- #15 Chase Lingafelt 37.22
- Event #54 Boys 13-14 50M fly
#22 David Doty 33.90
- Event #56 Boys 15-18 50M Fly
#6 Jason Smith 27.94
- #16 James Turner 29.25

Top 15 Relay Times

- Event #1 Mixed 8&U 100M Medley Relay
#11 time: 1:42.12
Ethan Hawver
Mark Kennedy
Victor Wall
Aubrey Rossi
- Event #3 Girls 9-10 100M Medley Relay
#6 time: 1:20.68
Kara Lingafelt
Gabrielle Hawver
Ariana Warner
Samantha Kennedy
- Event #4 Boys 11-12 100M Medley Relay
#5 time: 1:07.31
Sean Lingafelt
Chase Lingafelt
Matt Jensen
Brian Doty
- Event #6 Boys 13-14 200M Medley Relay
#14 time: 2:25.55
Drew Jensen
Aaron Baker
David Doty
Liam Silver
- Event #8 Boys 15-18 200M Medley Relay
#9 time: 2:05.12
Jason Smith
James Turner
Paul Quimby
Jackson Kamb
- Event #58 Boys 8&U 100M Medley Free Relay
#7 time: 1:29.08
Mark Kennedy
Ethan Hawver
Connor Sorden
Victor Wall

- Event #60 Boys 9-10 100M Medley Free Relay
#15 time: 1:19.74
Gunner Colbert
Adam Smith
Gabriel Alquinta
Ian Smith
- Event #61 Girls 9-10 100M Medley Free Relay
#6 time: 1:10.41
Kara Lingafelt
Ariana Warner
Samantha Kennedy
Gabrielle Hawver
- Event #62 Boys 11-12 100M Medley Free Relay
#6 time: 59.96
Sean Lingafelt
Chase Lingafelt
Brian Doty
Matt Jensen
- Event #64 Boys 13-14 200M Medley Free Relay
#15 time: 2:11.31
David Doty
Bryce Flanders
Liam Silver
Drew Jensen
- Event #66 Boys 15-18 200M Free Relay
#5 Time: 1:49.34
James Turner
Paul Quimby
Jackson Kamb
Jason Smith

Makos 2019 Amazing Record Breakers

- Matt Jensen (06.29.2019): Boys 11-12 50M Free 28.19
(06.29.2019): Boys 11-12 50M Breast 38.22
(06.29.2019): Boys 11-12 50M Fly 31.97
(06.22.2019): Boys 11-12 50M Back 32.97
- Sean Lingafelt (06.22.2019): Boys 11-12 50M Back 34.63
- Gabby Hawver (06.15.2019): Girls 9-10 50M Breast 44.91

THANK YOU SPONSORS

The Makos would like to **thank** all of our **Sponsors**



Visiting Pool Information

Please make sure to visit the Meadowbrook Makos Link for full details in regard to the Old Bridge Pool:

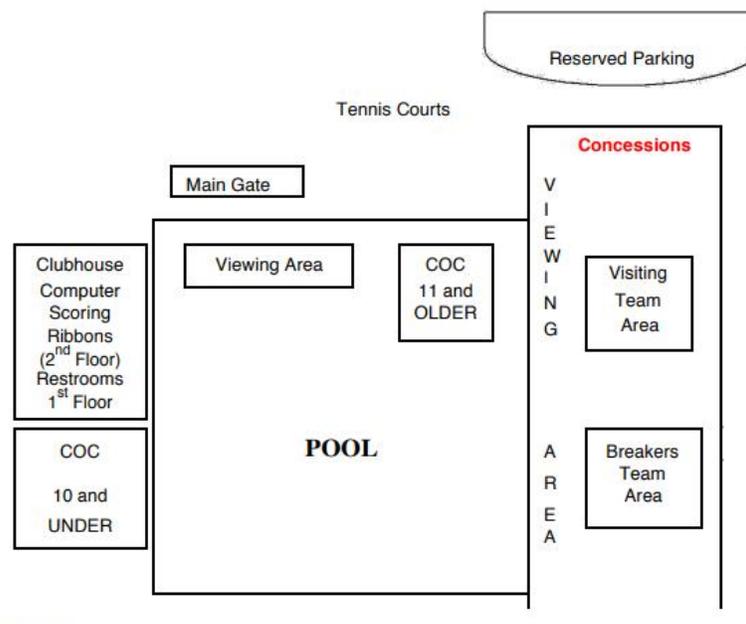
https://www.teamunify.com/recpwmstva/_doc_/Old%20Bridge%20Breakers%20Welcome%20Visiting%20Teams.pdf

Old Bridge Pool Highlights:

Parking:

Parking is available on the street on Beaver Pond Road, outside the pool. The pool address is 3600 Beaver Pond Rd. Woodbridge, VA 22192. Additional street parking is available on Catawba Drive and Valleyhill Drive, which intersects Beaver Pond Rd. immediately before and after the pool. Please do not park on pipe stems or in townhouse areas; these are private roads and are not available for parking. Also, please avoid blocking curb areas on Beaver Pond Rd. that are marked in yellow, or any area in front of a curbside mailbox. Our pool has a very small parking lot. We've reserved two spaces for your coaches. Please have them bring one of the enclosed parking passes.

Pool Map:



Team area

Team areas are on the tennis courts. Access will be available beginning at 5:30 a.m. Visiting team area is on the half of the court that is adjacent to the concessions stand, closest to Beaver Pond. Please do not use sharp-tipped objects, chairs, tents, etc., that can mar the court surface. No pets are allowed on the tennis courts. Visiting teams may begin setting up their tents between 8:30 - 9:00 p.m. on Friday night.