CHOMP!

Meadowbrook Woods MAKOS Swim Team

CHOMP 2018 · ISSUE 10

Congratulations to all our Makos swimmers for a great swim season!

CHOMP!

SWIM JOKE

What kind of race is never run?

A swimming race!

MAKOS NEWS

- THANK YOU to all the parents, coaches and swimmers for your help in setting up, cleaning up and bringing your delicious salads, desserts and fruit dishes to our End of the Season Awards Banquet!
- The Meadowbrook Woods Swim Team is seeking volunteers for Board of Director positions! Position descriptions can be found here. *All persons wishing to volunteer for the Board may do so through Saturday, August 4th.* Anyone interested in volunteering must submit their name and the name of the position they are interested in filling to makos.communications@gmail.com. For more information, click here or scroll down for detailed information.
- The Makos OFF SEASON SWIM PROGRAM, available only to Makos swimmers, will begin in September at the PWCS Aquatic Center (at Colgan HS)! Stay tuned for more information!
- Check out our Facebook page for more great Makos pictures from our Minnow Meet and Divisionals!
- A big THANK YOU to all our Makos swim parents who volunteered to make our meets, social and spirit events a success this season! We couldn't do it without you!
- Thank you for a fin-tastic 2018 swim season! See you next summer!

MEET HIGHLIGHTS

DIVISIONALS

July 28, 2018

The Meadowbrook Makos swam against the Dale City Frogs and the Brookside Hurricanes in an exciting divisional meet last Saturday, July 28th! While the Frogs won the race, the Makos swam fin-tastically and records were broken!

Congratulations to **Matt Jensen** for breaking the Boys 11-12 100 IM record with a time of 1:18.46!

Congratulations to **Jason Smith** for breaking 2 records!

1. Boys 15-18 50 Back with a new time of 28.23!
2. Boys 15-18 50 Fly with a new time of 27.15!

Congratulation to **Nick Waiss** for breaking 3 records!

1. Boys 11-12 50 Free with a new time of 29.94!
2. Boys 11-12 100 IM with a new time of 1:17.90!
3. Boys 11-12 50 Breast with a new time of 38.37!

Final Score

Makos: 3,490.50 Frogs: 3,993.50 Hurricanes: 3,786

MAKOS AWARDS

HIGH POINT

8 & Under Boy: Victor Wall
9-10 Boy: Ian Smith
11-12 Boy: Nick Waiss
13-14 Boy: Josh Smith
15-18 Boy: Jason Smith

8 & Under Girl: Lauren Pahls
9-10 Girl: Gabby Hawver
11-12 Girl: Bailey Riedy
13-14 Girl: Sarah Gerhart
15-18 Girl: Angelina Nguyen

MOST IMPROVED

8 & Under Boy: Mark Kennedy
9-10 Boy: Patrick Stormer
11-12 Boy: Liam Silver
13-14 Boy: Nico Morgan
15-18 Boy: Troy Meink

8 & Under Girl: Ceci Gross
9-10 Girl: Ava Thomas
11-12 Girl: Vivian Quint
13-14 Girl: Ashley Tucker
15-18 Girl: Josephine Burke

COACHES AWARD

Boy: Andrew Lingafelt Girl: Chloe Ouellette

Congratulations to all our Makos award winners!

MAKOS TOP 25 - PWSL

July 28, 2018

Congratulations to the following Makos swimmers who ranked in the Top 25 in the Prince William Swim League for the week of July 28, 2018!

Event 2 Boys 9-10 100 Meter Medly Relay
#22 Ian Smith, Ronald Lui, Brian Doty, Patrick Gross 1:28.36

Event 3 Girls 9-10 100 Meter Medly Relay
#14 Kara Lingafelt, Gabby Hawver, Serafina Nguyen, Samantha Kennedy 1:22.92

Event 4 Boys 11-12 100 Meter Medly Relay
#6 Sean Lingafelt, Nick Waiss, Matt Jensen, David Doty 1:07.00

Event 5 Girls 11-12 100 Meter Medly Relay
#19 Jenna Meink, Bailey Riedy, Hannah Atkinson, Sarah Meltzer 1:14.25

Event 6 Boys 13-14 200 Meter Medly Relay
#15 Josh Smith, Paul David Quimby, Drew Jensen, Nicholas Lacy 2:18.03

Event 7 Girls 13-14 200 Meter Medly Relay
#21 Emma Weaver, Sarah Gerhart, Jasmine Beckett, Katelyn Cassedy 2:38.73

Event 8 Boys 15-18 200 Meter Medly Relay
#14 James Turner, Mike Gerhart, Jason Smith, Jared Rouffa 2:02.66
#22 Walker Kamb, Carter Guice, Andrew Lingafelt, Andrew Healey 2:08.78

Event 9 Girls 15-18 200 Meter Medly Relay
#8 Angelina Nguyen, Josephine Burke, Chloe Ouellette, Victoria Kennedy 2:18.27

Event 10 Boys 8 & Under 25 Meter Freestyle
#11 Victor Wall 18.63

Event 13 Girls 9-10 50 Meter Freestyle
#12 Gabby Hawver 36.74

Event 14 Boys 11-12 50 Meter Freestyle
#5 Nick Waiss 29.94

Event 15 Girls 11-12 50 Meter Freestyle
#24 Bailey Riedy 33.84

Event 16 Boys 13-14 50 Meter Freestyle
#12 Josh Smith 27.68

Event 18 Boys 15-18 50 Meter Freestyle
#11 Jason Smith 25.56

Event 19 Girls 15-18 50 Meter Freestyle
#15 Angelina Nguyen 29.74
#23 Chloe Ouellette 30.25

Event 21 Girls 10 & Under 100 Meter Medly
#9 Gabby Hawver 1:30.59

Event 22 Boys 11-12 100 Meter Medly
#10 Nick Waiss 1:17.90
#12 Matt Jensen 1:18.46

Event 24 Boys 13-14 100 Meter Medly
#25 Josh Smith 1:12.91

Event 28 Boys 8 & Under 25 Meter Backstroke
#20 Victor Wall 24.09

Event 32 Boys 11-12 50 Meter Backstroke
#9 Matt Jensen 37.03
#13 Sean Lingafelt 37.88

Event 34 Boys 13-14 50 Meter Backstroke
#10 Josh Smith 32.53

Event 36 Boys 15-18 50 Meter Backstroke
#5 Jason Smith 28.23

Event 42 Boys 11-12 50 Meter Breaststroke
#7 Nick Waiss 38.37

Event 43 Girls 11-12 50 Meter Breaststroke
#23 Jenna Meink 45.44

Event 44 Boys 13-14 50 Meter Breaststroke
#17 Paul David Quimby 37.22

Event 47 Girls 15-18 50 Meter Breaststroke
#16 Angelina Nguyen 38.44

Event 48 Boys 8 & Under 25 Meter Fly
#21 Victor Wall 24.69

Event 50 Boys 9-10 25 Meter Fly
#18 Patrick Gross 18.97

Event 51 Girls 9-10 25 Meter Fly
#14 Gabby Hawver 18.66

Event 52 Boys 11-12 50 Meter Fly
#8 Matt Jensen 34.29
#17 Sean Lingafelt 36.74

Event 54 Boys 13-14 50 Meter Fly
#14 Paul David Quimby 30.30

Event 56 Boys 15-18 50 Meter Fly
#5 Jason Smith 27.15

Event 57 Girls 15-18 50 Meter Fly
#15 Chloe Ouellette 32.13

Event 58 Boys 8 & Under 100 Meter Freestyle Relay
#19 Ethan Hawver, Adam Smith, Ryan Lui, Victor Wall 1:36.35

Event 60 Boys 9-10 100 Meter Freestyle Relay
#18 Ian Smith, Brian Doty, Ronald Lui, Patrick Gross 1:14.66

Event 61 Girls 9-10 100 Meter Freestyle Relay
#14 Kara Lingafelt, Samantha Kennedy, Serafina Nguyen, Gabby Hawver 1:12.18

Event 62 Boys 11-12 100 Meter Freestyle Relay
#6 Sean Lingafelt, Matt Jensen, Nick Waiss, David Doty 59.46

Event 63 Girls 11-12 100 Meter Freestyle Relay
#17 Jenna Meink, Lily Quimby, Bailey Riedy, Sarah Meltzer 1:04.94

Event 64 Boys 13-14 200 Meter Freestyle Relay
#15 Drew Jensen, Nolan Rehrig, Josh Smith, Paul David Quimby 2:02.34

Event 66 Boys 15-18 200 Meter Freestyle Relay
#15 James Turner, Jared Rouffa, Mike Gerhart, Jason Smith 1:48.66

Event 67 Girls 15-18 200 Meter Freestyle Relay
#12 Victoria Kennedy, Angelina Nguyen, Taryn Darr, Chloe Ouellette 2:03.44

NOTICE OF ELECTIONS

The Meadowbrook Woods Swim Team is seeking volunteers for Board of Director positions. **All persons wishing to volunteer for the board may do so through Saturday, August 4th.** Positions are open to the parents or legal guardians of a swimmer who will be a member of the team in the upcoming swim season. Positions are open to residents and non-residents of Meadowbrook Woods. Board Elections will be held if more than one person volunteers to serve in any one position. Anyone interested in volunteering must submit their name and the name of the position they are interested in filling to makos.communications@gmail.com. Board Position Descriptions can be found below.

MAKOS Election Committee

- Jill Guice, President
- Eileen Rehrig, Vice President
- Jennifer Smith, Director of Communications

MAKOS Board of Director Positions

President shall provide overall leadership of the Board. The President, with input from other members of the Board, shall determine the agenda for each Board meeting, shall chair all Board meetings, and shall establish and maintain a good working relationship with the Board of the Meadowbrook Woods Home Owners Association (the HOA Board).

Vice President shall serve as a principle advisor to the President and shall lead and chair Board meetings in the absence of the President. The Vice President shall also establish and maintain a good working relationship with the HOA Board. The Vice President shall serve as the principle liaison of the swim team Board to the Pool Committee of the HOA Board and shall make him/herself available to the Pool Committee as required to keep a good relationship with that committee. The Vice President may chair committees as designated by the Board.

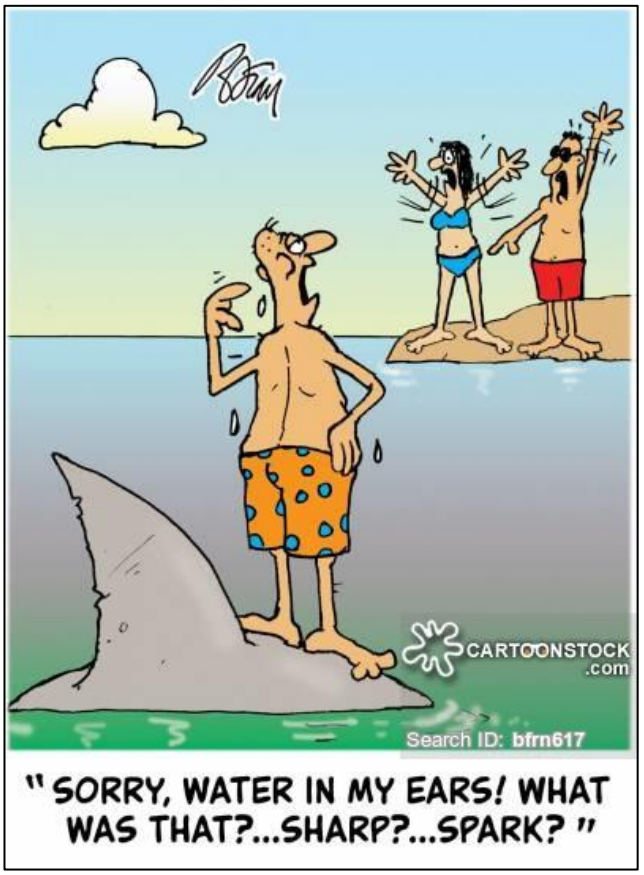
Treasurer shall provide oversight of all fund raising and financial management activities. The Treasurer may solicit volunteers from among the parents and guardians of team members to assist in fund raising, including the formation and leading of committees as necessary. The Treasurer shall maintain all necessary financial management and tax files, receive and manage all income from all sources, manage all payments and other disbursements, manage all banking accounts and investments, manage all insurance programs, and inform the Board of all issues related to compliance with insurance policies. The treasurer shall be prepared to present a current financial statement and any relevant analysis at each Board meeting and whenever otherwise requested by the President. All payments and other disbursements shall be approved by the Board. Approval for recurring payments may be granted in advance by the Board. The Treasurer may recommend the purchase of financial management systems and software as required supporting him/her in the performance of official duties.

Secretary shall manage and retain all official files and records of the Board and swim team, with the exception of financial management files maintained by the Treasurer. The Secretary shall record and maintain minutes of all Board meetings. The Secretary shall, at the direction of the President, or in his/her absence the Vice President, prepare a printed agenda and meeting minutes of the most recent Board meeting for distribution at each Board meeting. The Secretary shall receive and present to the President for approval, all requests for time and issues to be placed on the agenda of Board meetings. The Secretary may be reimbursed for reasonable printing/copying expenses.

Director of Communications shall provide all official communications from the Board to team members, parents/guardians, and other supporters of the team. The Director of Communications shall manage the team website, newsletter, email lists and accounts, and any other form of media or mass communication used by the team. The Director of Communications shall evaluate and advise the Board and employees of the team regarding the use of new and emerging forms of communication (social media, messaging, etc.) The Director of Communications shall, at the direction of the Board, provide regular communications year-round to keep team members, families, and sponsors informed, interested, and supportive of the team. The Director of Communications may solicit volunteer parents/guardians to assist in the performance of his/her duties.

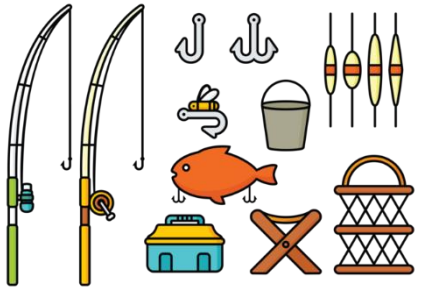
Director of Computing and Statistics shall serve as the chief computer operator and automation specialist for the team. This Director shall remain informed of all league policies and procedures regarding the use of computing and management of information relevant to the conduct of the league and meets. This Director shall coordinate as necessary with his/her counterparts on other teams to exchange and manage data necessary for the conduct of meets. This Director shall, at the request of other Board members, provide statistics and analysis to support the management of the team and Board functions. This Director may solicit volunteers to assist in his/her duties during meets.

Director of Meet Operations shall serve as the Meet Manager for all meets. This Director shall maintain a list of all volunteer positions required to run a meet, shall train volunteers as required, and shall be responsible for managing all team equipment used in meets and practices. This Director may solicit volunteers to assist in meet management and equipment management. This Director should coordinate with the Director of Communications to communicate meet volunteer needs in a timely and effective manner throughout the season. This Director shall coordinate with the Head Official regarding the recruitment and training of meet officials (stroke and turn, referee, starter).



BRAIN TEASER

Bob went out to buy some fishing equipment. He spent half of what he had plus $5 at the first store. At the second store, he spent half of what was left plus $4, and at the third store, he spent half of the remainder plus $3. He then had $5 left to put aside for bait. How much money did he start with?



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WHAT IS A COACH

- Donna Hale (swimswam.com)

Literally thousands of articles have been written about what qualities you find in the very best swim coaches. Having been around this sport for 14 years, I have seen my share of all types of coaches.

All too often the coaches who think they are the most effective and inspiring fall short. They are far too focused on the outcome, the cut, and the championship than they are the journey and impact they have having on someone's life. Others that are shining stars fade silently into the background unsung and modest but having an impact every day. They inspire hope.

Thousands of kids have been chased from the sport and given up not because they did not love swimming but because their coaches' ego was like slow acting poison that killed their dreams. Others have inspired struggling kids to hold fast to their passion in the face of the toughest of odds.

Here are the shining qualities of the best swim coaches.

They never give up on swimmers even when the times are toughest. It is easy to be a great coach when everything is coming up roses. Races are being won. Times are dropping. But stand on deck with a swimmer and offer that support when they have just swam the worse race of their lives and listen and support them. That's the type of coach we all hope for.

They remember what matters in sports. And that is that we teach sportsmanship, character and determination. Most all kids go pro in something other than their sport. The superstar coaches know this and understand these are life lessons. Make them count.

They look for that special quality that makes your child special. They build up and do not tear down. I know I will get some pushback here. But the world would be much better with more pats on the back and less screaming.

They check their ego at the pool parking lot. If you choose to teach in this sport, then you accept the responsibility it brings. That responsibility is to coach to the individual and not to some ideal. Yes, a coach should encourage the best. However, they also must understand that their words have power to inspire or destroy. There is nothing wrong with being your own personal best. Even if that own best is not straight to the Olympics.

Finally – and this counts the most of all – they realize they are the seasoned one. They've had the ups and downs and life experiences. They are there for the brightest moments and the darkest days. And they never stop learning – knowing each kid has something to teach them as well.

After all it is not only the athlete who is charged to keep getting better.

The Makos have the BEST coaches! Thank you to all our fantastic coaches who support and inspire our swimmers every day! We appreciate you very much!

6 THINGS TO DO AFTER SWIM SEASON IS OVER

- Jacob Riley (swimmingworld.com)

Swim season is beginning to wind down for swimmers across the country. Whether your last meet has already happened, or it is yet to happen, I hope the results you get are what you've been working towards since the beginning. Regardless of whether you come out of the season feeling good or bad, there are some important things to do and remember for the offseason. Here are six of those things to remember:

1. Refresh your mind and your body in the weeks you take out of the pool.

This one is something that is really important to remember when you finish with your season. We all get the post season motivation, but you have to remember that your body needs some time off. You also need to remember that your mind needs to take some time off to get ready for next season.

2. Take some time to reflect on the pros and cons of your last season.

Whether you swam like you dreamed about, or you were severely disappointed about how you performed, you need to look back at your season as objectively as possible to figure out what went well, and what went wrong. You should take this pros and cons list and write it down. This can be used for next year when you're trying to figure out how to get the most effective training you can.

3. Celebrate your successes.

Even if you were disappointed in the end result of your previous season, there has to be something to celebrate! Maybe it just has to do with being a better teammate this year than you were last, but the point is that something in your season had to have gone well and you should celebrate this fact.

4. Write down some goals for next season.

This is the point in the season where you are most in touch with what you can do, so you should use that to set some goals for next season. You should also revisit these goals at the beginning of next season, and try to refine them as most as possible.

5. Get mentally ready to start the grind again soon.

Use your break to get ready to start the process all over again. We all know how good that first day without practice feels, but you have to remember that to accomplish the goals you just set for next season you need to get ready to start grinding again. Swimming is a sport where you have to love the grind, and every season hits a point where every practice hurts. Get yourself ready to hit training hard again soon.

6. Have some fun!

You worked hard for the past months, have some fun in your offseason.

THIS WEEK IN PICTURES

July 28th – DIVISIONALS!

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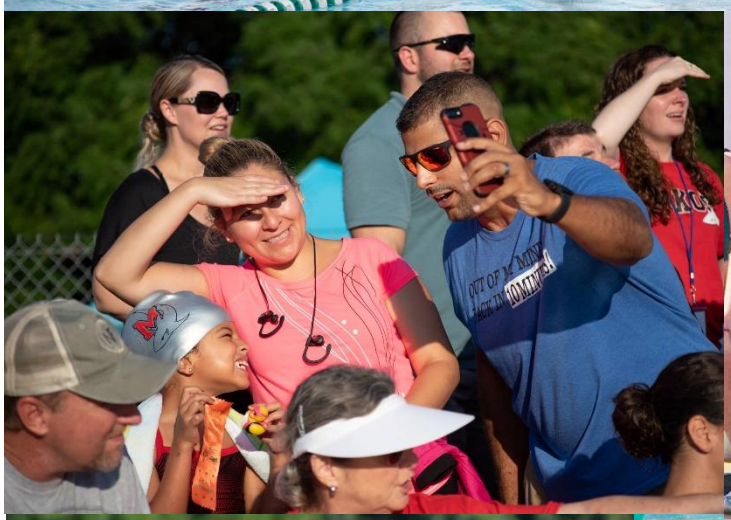
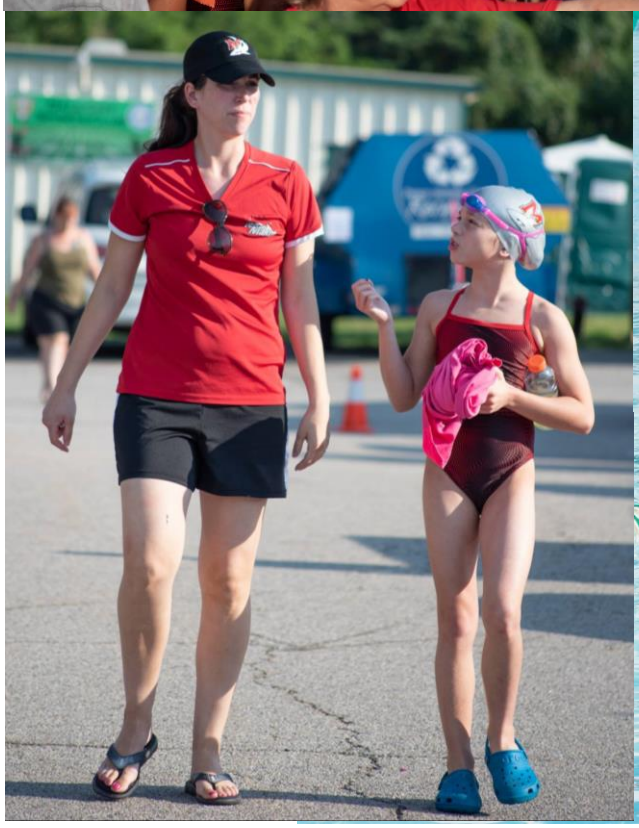
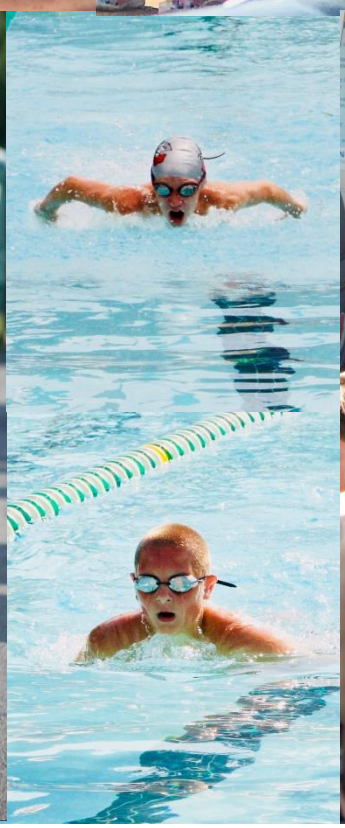
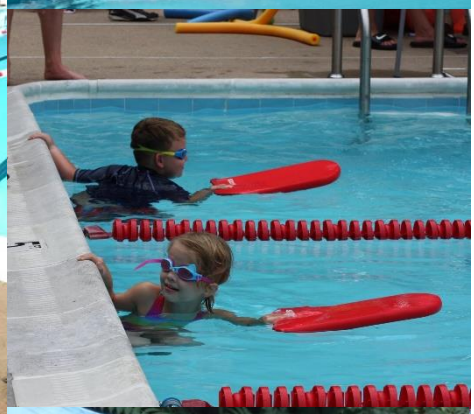






Mini Makos Minnow Meet Pics!

More Minnow Meet Pics!



Makos Awards Banquet Pics!

Makos Awards Banquet Pics – Page 2

Makos Awards Banquet Pics – Page 3

Makos Awards Banquet Pics – Page 4

Makos Awards Banquet Pics – Page 5

THANK YOU TO ALL OUR WONDERFUL COACHES!

CHECK OUT MORE AWESOME MAKOS PICTURES ON OUR FACEBOOK PAGE!

BRAINTEASER ANSWER:

$90