

# CHOMP!



Meadowbrook Woods **MAKOS** Swim Team

CHOMP 2019· ISSUE 4 \*Senior Edition\*



### Next Meet

06/29 - Southbridge (Home)  
Arrive & Check-In  
by 5:45am

### Upcoming Meets

07/06 @ Old Bridge  
07/13 @ VA Oaks  
07/20 @ Dale City

### Divisionals

07/27 @ Stonewall

## MAKOS NEWS

- ✦ The Meadowbrook Makos will host the Southbridge Seals this Saturday, June 22<sup>nd</sup>! Please check-in by 5:45am. Warm-ups begin at 6am!
- ✦ Come join us at the Meadowbrook Clubhouse this Friday, June 28<sup>nd</sup> at 6:30pm for a Pep Rally!
- ✦ Parents – please let Coach Bradley know ASAP if your child is no longer able to attend a meet that they are signed up for! If your child is in a relay and they are a no show on the day of the meet, this often results in the relay team being scratched. This can be disappointing for the swimmers who were scheduled to be in that relay race and are no longer able to swim that relay event. If you forgot to OPT your child OUT for our upcoming meet, or have a change of plans after you have signed up, please contact [Coach Bradley](#) before the meet time on Saturday.
- ✦ No swim cap? No goggles? No problem! Kari Cassidy and Karen Gerhart always have caps, goggles and goggle straps for sale! You can find Kari or Karen at the concession stand during our home meets. Kari or Karen will also have these items with them at away meets and at practice. If you know in advance that you will need one of these items, please email [Kari](#) or [Karen](#) and they will be happy to meet you at your child's practice.



### *Hey! We're looking for you!*

We need a few more volunteers on Saturday to have a successful meet. So sign in and choose your volunteer 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!

Volunteer positions still needed: For Saturday volunteers, we are still in need of **4 for Clerk of Course** (*cannot run a meet without*), **1 Head Timer**, **1 Concessions**, etc. Please sign up online or contact Jean Meink 703-895-2703. If something in your schedule has changed and you can no longer work your volunteer position, please let Jean know ASAP!

**Parents** - If you are signed up for a job at our upcoming meet, **please CHECK-IN** when you arrive (even if you are signed up for a later shift) **with** our meet manager, **Jean Meink**, who may also provide further instructions. *And, if you have signed your spouse up for a job, please don't forget to let them know!* Please let Jean also know if you have signed up and are no longer able to volunteer by contacting her directly at (703) 895-2703.



# SWIM MEET CHECKLIST



- Swimsuit
- Goggle(s)
- Swim Cap(s)
- Towel(s)
- Sunscreen
- Water
- Snacks

## EXTRAS

- Tent
- Chair(s)
- \$ for Concessions

# MORNING PRACTICE SCHEDULE

Regular Season Practice – June 12<sup>th</sup> – July 26<sup>th</sup>  
Practice held 5 days per week (No practice Thursday, July 4<sup>th</sup>)

	7:45 – 9:00 am	8:45 – 9:45 am	9:30 – 10:45 am
Minnows		🏊	
8 and Under		🏊	
9 – 10 Age Group	🏊		
11 – 12 Age Group	🏊		
13 – 14 Age Group			🏊
15 – 18 Age Group			🏊

**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

Check out our *Makos Seniors!*  
We are so proud of them, for them and wish them the very best !!

# CLASS OF 2019

*Go Makos!  
Chomp!!*

Not these seniors...



# UPCOMING EVENTS



🐟 Come join us at the Meadowbrook Clubhouse this **Friday, June 28<sup>nd</sup> at 6:30pm for a Pep Rally!** We'll be serving pizza! Please bring the following:

- 🐟 Last names: A-G: Fruit,
- 🐟 Last names: H-O: dessert, and
- 🐟 Last names: N-Z: a green salad

As always, please bring your own beverages—and don't forget something for the kids!

🐟 Our next social event is the long anticipated **Scavenger Hunt!**

**EVENT: SCAVENGER HUNT!**

**When: July 2, 1-3pm**

**Where: Meadowbrook Woods Clubhouse**

**Who: Makos of all ages**

**Cost: FREE!!**

**Registration Deadline: June, 30 2019**



Please RSVP if you will be attending so we can have enough supplies for all to enjoy!



Check out some AWESOME MAKOS pictures on the last page of CHOMP!



More MAKOS pictures can be found on our Facebook page!

# Makos



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

**Event #10 Boys 8&U 25M Free**

#1 Victor Wall 17.64

**Event #12 Boys 9-10 50M Free**

#17 Ian Smith 38.06

**Event #13 Girls 9-10 50M Free**

#1 Gabrielle Hawver 33.96

**Event #14 Boys 11-12 50M Free**

#1 Matt Jensen 28.26

**Event #18 Boys 15-18 50M Free**

#9 Jason Smith 26.15

**Event #19 Girls 15-18 50M Free**

#16 Chloe Ouellette 30.72

**Event #20 Boys 10&U 100M IM**

#10 Ian Smith 1:38.47

**Event #21 Girls 10&U 100M IM**

#2 Gabrielle Hawver 1:27.29

#18 Kara Lingafelt 1:42.68

**Event #22 Boys 11-12 100M IM**

#6 Sean Lingafelt 1:20.88

#17 Chase Lingafelt 1:26.87

**Event #28 Boys 8&U 25M Back**

#7 Victor Wall 23.39

**Event #29 Girls 8&U 25M Back**

#14 Ava Whitworth 22.50

#20 Aubrey Rossi 26.32

**Event #31 Girls 9-10 50M Back**

#2 Gabrielle Hawver 40.18

**Event #32 Boys 11-12 50M Back**

#1 Matt Jensen 32.97

#4 Sean Lingafelt 34.63

**Event #34 Boys 13-14 50M Back**

#22 Drew Jensen 36.37

**Event #36 Boys 15-18 50M Back**

#9 Jason Smith 30.16

**Event #38 Boys 8&U 25M Breast**

#16 Daniel Neagle 30.19

#21 Marek Kennedy 30.94

#25 Ryan Lui 31.71

**Event #40 Boys 9-10 50M Breast**

#14 Ian Smith 51.13

**Event #41 Girls 9-10 50M Breast**

#19 Kara Lingafelt 52.75

**Event #42 Boys 11-12 50M Breast**

#1 Matt Jensen 38.56

**Event #46 Boys 15-18 50M Breast**

#11 James Turner 34.64

**Event #48 Boys 8&U 25M Fly**

#4 Victor Wall 22.25

**Event #49 Girls 8&U 25M Fly**

#19 Aubrey Rossi 28.29

**Event #51 Girls 9-10M Fly**

#21 Ariana Warner 20.00

#25 Kara Lingafelt 20.51

**Event #52 Boys 11-12 25M Fly**

#4 Sean Lingafelt 34.01

**Event #56 Boys 15-18 50M Fly**

#7 Jason Smith 28.28

#18 James Turner 29.83

**Event #57 Girls 15-18 50M Fly**

#18 Chloe Ouellette 33.22

**Event #1 Mixed 8&U 100M Medley Relay**

#8 time: 1:42.52

Ethan Hawver

Mark Kennedy

Victor Wall

Ryan Lui

**Event #2 Boys 9-10 100M Medley Relay**

#14 time: 1:29.22

Gabriel Alguinta

Ethan Neagle

Ian Smith

Ronald Lui

**Event #3 Girls 9-10 100M Medley Relay**

#3 time: 1:19.63

Kara Lingafelt

Gabrielle Hawver

Ariana Warner

Samantha Kennedy

**Event #4 Boys 11-12 100M Medley Relay**

#9 time: 1:09.69

Sean Lingafelt

Chase Lingafelt

Matt Jensen

Patrick Burke

**Event #8 Boys 15-18 200M Medley Relay**

#7 time: 2:02.91

Jason Smith

James Turner

Paul Quimby

Jackson Kamb

**Event #58 Boys 8&U 100M Medley Free Relay**

#7 time: 1:29.91

Ethan Hawver

Dominic Rotante

Ryan Lui

Victor Wall

**Event #59 Girls 8&U 100M Medley Free Relay**

#14 time: 1:42.78

Sofia Morrow

Lily Thomas

Ava Whitworth

Aubrey Rossi

**Event #61 Girls 9-10 100M Medley Free Relay**

#6 time: 1:10.87

Kara Lingafelt

Margaret Hao

Samantha Kennedy

Gabrielle Hawver

**Event #65 Girls 13-14 200M Medley Free Relay**

#15 time: 2:17.25

Arianna Apim

Cecilia Alguinta

Bailey Riedy

Katelyn Cassidy

**Event #66 Boys 15-18 200M Free Relay**

#5 Time: 1:46.78

James Turner

Paul Quimby

Jackson Kamb

Jason Smith

**Event #67 Girls 15-18 200M Free Relay**

#15 time: 2:09.75

Angelina Nguyen

Morgan Berkeheimer

Brigit Turner

## Record Breakers for 2019!

**Gabby Hawver (06/15/2019):**  
Girls 9-10 50M Breast 44.91

**Matt Jensen (06/22/2019):**  
Boys 11-12 50M Free 28.26  
Boys 11-12 50M Back 32.97

**Sean Lingafelt (06/22/2019)**  
Boys 11-12 50M Back 34.63

## MEET RESULTS

Do you want the most up-to-date  
information **during** swim meets?

Go to [www.pswim.org](http://www.pswim.org)!

Click on the team we are swimming  
against that week, then **Events**.  
Then, click on the individual event  
to see the scores!

# CLASS OF 2019

A Special Congratulations to our Seniors!!

**Hannah Campbell**



Hannah Campbell, is the daughter of Wendy and Thomas Campbell. Hannah swam her first meet at age 13 and has been a Mako for 5 years. Her favorite event to swim is the 50 M Butterfly. Her favorite Makos memory was Shark Week before Divisional meets.

Hannah attended Osbourne Park High School. She was on the Navy JROTC Drill Athletics and Academics Team.

This fall, Hannah plans to attend Auburn University to major in Forensic Nursing. She also plans to partake in the Army ROTC unit and then commission into the US Army.

We also want to recognize Wendy and Thomas, who have supported the team since 2015. Thanks for all the jobs you've volunteered for !

**Congratulations Hannah !  
Good Luck at Auburn ! Go Tigers !**

**Katie Collette-Hao**



Katie Colletti-Hao, is the daughter of Kristen and Stan Hao. Katie swam her first meet at age 7 and has been a Mako for 11 years. Her favorite event to swim is the backstroke. Her favorite Makos memory has been shark attacks and pep rallies.

Katie attended Woodbridge Senior High School. She was on the varsity swim team and earned a varsity letter. In addition to swim, she also worked with children at Sky Eagle Taekwondo and earned an Academic Scholarship. Katie also was a volunteer at Westridge Elementary School. She was a member of the Chic Fil A Leadership Academy at Woodbridge Senior High School, which provided community service. She was a volunteer swim coach for 2 years with the Mini Makos. Katie also earned her Silver Award in Girl Scouts.

Katie will attend Christopher Newport University this fall where she will major in business.

We also want to recognize Kristen and Stan Hao, who have supported the team since 2008. Thanks for all the jobs you've volunteered for !

**Congratulations Katie !  
Good Luck at CNU ! Go Captains !**

## Avery Ouellette



Avery Ouellette, is the daughter of Rick and Holly Ouellette. Avery swam her first meet age 6 and this is her 13<sup>th</sup> season with the Makos! Her favorite event is the backstroke. Her favorite Makos memory regards some of the older pep rallies, where they played Wii games and Guitar Hero in the clubhouse!

Avery attended Colgan High School. Her Jr Year she was on the Swim Team. In addition to swim, she was on the Student Council and received an Academic Letter all 4 years. In her spare time Avery enjoys Acting / Singing, Dance (Ballet, Jazz, Musical Theatre, Modern, Lyrical) and was on a Dance Competition Team for 2 yrs, and of course, hanging out with her dog.

Avery LOVES musical theatre and has performed in several plays and competitions. Avery has also always been actively involved with her Church Youth Group and has participated in several domestic mission trips as well as community outreach in Prince William area shelters.

Avery will attend James Madison University this Fall and plans to pursue a degree in Kinesiology/Pre-Physical Therapy.

We also want to recognize Rick and Holly, who have supported the team and a special thanks for all the jobs they have volunteered for !

**Congratulations Avery!**  
**Good Luck at JMU! Go Dukies!**

## Nick Olsen



Nick Olsen is the son of Amy and Howard Olsen. Nick has been a Mako since he was five. He has always enjoyed being on the team and hanging out with his friends.

In the fall, Nick will attend George Mason University to major in Applied Computer Science.

We also want to recognize Nick's parents, who have supported the team and a special thanks for all the jobs they have volunteered for !

**Congratulations Nick !**  
**Good Luck at GMU ! Go Patriots!**

## Jared Rouffa



Jared Tyler Rouffa is the son of Charlene and Wade Rouffa. Jared swam his first meet at age 4 and has been a Mako for 14 years. His favorite event to swim has been the 50M Butterfly. His favorite Makos memory has been when he first met his best friend, Jason Smith, so many years ago and being able to actually beat him in any race.

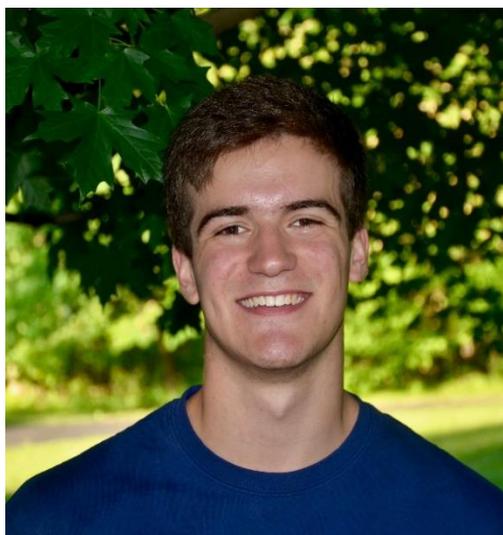
Jared attended Osbourne Park High School for one year and Colgan High School for 3 years. He was on the varsity swim team all four years, lettered each year and attended states two out of the four years. Jared also swam for NCAP and OCCS swim club teams. In addition to swim, Jared also did cross country, track and field, and choir. He was in the National Honor Society, received academic letters all 4 years, and graduated Summa Cum Laude in his class.

Jared will attend Virginia Tech University starting with their Summer Academy in July. He will be studying engineering.

We also want to recognize Charlene and Wade, who have supported the team since 2006. Thanks for all the jobs you've volunteered for !

**Congratulations Jared !  
Good Luck at Virginia Tech ! Go Hokies !**

## Jason Smith



Jason Smith is the son of Jennifer and Doug Smith. Jason swam his first meet at age 6 and has been a Mako for 12 years. His favorite event to swim has been the 50M Freestyle. His favorite Makos memory has been swimming relays with his best friends on Saturdays.

Jason attended Osbourne Park High School for one year and Colgan High School for 3 years. He was on the varsity swim team all four years, lettered all four years, and was the captain at Colgan for three years. He set 6 team records, has been a 5 time district champion, and a regional champ in the 50 M freestyle as a senior. He was a state swimmer 3 years, he ranked 10th in the state in the 50 M freestyle. Jason also swam on the OCCS swim club team as well. In addition to swim, he was in the school marching band all four years and an Eagle Scout. Jason has received academic letters all four high school years and graduated Summa Cum Laude in his class.

This fall, Jason will attend Virginia Tech University to study Music Education.

We also want to recognize Jennifer and Doug, who have supported the team since 2008. Thanks for all the jobs you've volunteered for !

**Congratulations Jason !  
Good Luck at Virginia Tech ! Go Hokies !**

## Brigit Turner



Brigit Turner is the daughter of Sharon and Robert Turner. Brigit swam her first meet at age 6 and has been a Mako for 12 years. Her favorite event to swim has been the 50M Backstroke. Her favorite Makos memory has been being so excited the night before a swim meet and sleeping in her bathing suit !

Brigit attended Colgan High School. She was on the varsity swim team and lettered in it. She also swam for the OCCS swim club team. In addition to swim, she also did Irish dance and cross country. She was a member of the Student Council Association, the National Honor Society, Keyclub, Youth Salute and received academic letters.

This fall, Brigit will attend James Madison University to study Social Work and plans to obtain a Masters degree in it.

We also want to recognize Sharon and Robert, who have supported the team since 2008. Thanks for all the jobs you've volunteered for !

**Congratulations Brigit !  
Good Luck at JMU ! Go Dukes !**

## James Turner



James Turner is the son of Karol and David Turner. James swam his first meet at age 9 and has been a Mako for 2 years. His favorite event to swim has been the 50M Freestyle. His favorite Makos memory has been his first few practices and meets with the team. He felt so welcomed to the Mako family and will always remember it.

James attended Colgan High School. He was on the varsity swim team and lettered in it all four years. He holds 3 relay records, 100M breaststroke record, Shark MVP Award recipient, 4 time state team member, and was team captain for 3 years. In addition to swim, he also did lacrosse and cross country. James was a member of 2019 Student Council Association, the National Honor Society and is a lifeguard.

This fall, James will attend the College of William and Mary study Government.

We also want to recognize Karol and David, who have supported the team since 2017. Thanks for all the jobs you've volunteered for !

**Congratulations James !  
Good Luck at William and Mary ! Go Griffins !**

## Julia Vaccaro



Julia Vaccaro is the daughter of Diane and Alan Vaccaro. Julia swam her first meet at age 4 and has been a Mako for 15 years. Her favorite event to swim has been freestyle. Her favorite Makos memory has been fun day practices especially water polo. Julia attended Colgan High School. In addition to swimming for the Meadowbrook Makos, she also played Varsity lacrosse and field hockey at Colgan.

Julia received academic letters and graduated Summa Cum Laude in her class.

This fall, Julia will attend James Madison University and hopes to play club lacrosse.

We also want to recognize Diane and Alan, who have supported the team since 2005. Thanks for all the jobs you've volunteered for !

**Congratulations Julia !  
Good Luck at JMU ! Go Dukes !**



On behalf of the Meadowbrook Makos Swim Team...  
We wish each of you congratulations, a wonderful summer and the  
very best on all your future endeavors!

# CHOMP!