



2022  
July 27th



## Breakers vs. Otters

OBB: 2,701      Urbanna: 1,454

Thank you to everyone who braved the hottest meet of the season and powered through to a win over Urbanna! There were many accomplishments to celebrate.

Posting time drops all of their events (significant time drops in parentheses) were: **Ethan Bodie** (over 10 seconds), **Luke Fetchko** (over 18 seconds), **Collin Hicks** (over 15 seconds), **Nolan Loera**, **Jax Mardeusz** (over 6 seconds), **Nizar Reghay** (over 5 seconds), **Audrey Bent**, **Maya Ejigu** (over 13 seconds), **Zoya Ejigu** (over 14 seconds), **Helen Hartman** (over 21 seconds), **Isabella Terndrup** (over 22 seconds), and **Talia Lyphan**, who dropped over 53 seconds!!



Posting big time drops were: **Mark French**, who dropped over 11 seconds in his 50 breast, **Declan Relihan** who dropped over 6 seconds in his events, **Austin Terndrup**, with over 6 seconds, **Amber Berghauser**, who dropped over 10 seconds on her 50 free and swam her first legal backstroke, **Emma Bodie**, with over 6 seconds in her events, **Natalie Butler**, with over 7 seconds, **Miranda Hickling**, who dropped over 8 seconds, **Jordan Rhodes**, who dropped over 7 seconds on her 50 breast, **Ayla Stewart**, who dropped over 6 seconds on her events, **Isabella Terndrup**, who dropped over 22 seconds in her events!

Also contributing to time drops: **Timur Arstanbek**, **Andrew Beaty**, **Connor Bragdon**, **Paul Butler**, **Alex Cashlioli**, **CJ Cashlioli**, **Nathan Davis**, **Adam Fisher**, **Josh Gold**, **Ryan Good**, **William Good**, **Thomas Hutchinson**, **Ayden Landers**, **Avery Lucariello**, **Nolan Lucariello**, **Ethan Lyphan**, **Cade Martin**, **Dominic Mastrianni**, **Kana Negussie**, **Ilyas Reghay**, **William Rhodes**, **Dylan Risdon**, **Connor Sigman**, **James Smith**, **Logan Zachariasen**, **Emma Eli**, **Hanne Ayala**, **Hazel Bent**, **Annie Bragdon**, **Claire French**, **Lily French**, **Mary Green**, **Liv Hickling**, **Addyson Hicks**, **Athena Hille**, **Mia Hutchison**, **Julia Kitta**, **Lily McDonald**, **Isabella McWhorter**, **Grace Mulligan**, **Hannah Salice**, **Gwen Smith**, **Nihal Srayi**, **Reem Srayi**, and **Emma Valencia**.



Finishing first in all of their events: **Adilet Bektemirov**, **Avery Lucariello**, **Logan Zachariasen**, **Alena French**, and **Julia Kitta**.



Finishing first in one or more events: **Joshua Gold**, **William Good**, **Geoff Hatfeild**, **Jax Mardeusz**, **Declan Relihan**, **Connor Sigman**, **Hanne Ayala**, **Rio Bartlett**, **Hazel Bent**, **Lily French**, **Addyson Hicks**, **Addy Mardeusz**, and **Grace Mulligan**.

**PWSL Results**  
Every week, the Prince William Swim League tallies the fastest swims in each event and ranks the top 25 in the entire league for individual events and the top 15 relays. To see how our Breakers ranked, week six results can be found [here](#). Go Breakers!

# Divisionals Swim Meet this Saturday, July 30th!



OBB vs. Stonewall Park vs. Veterans Park

This weekend, we'll wrap up our 2022 season by competing against two other teams, the Veterans Park Marlins and the Stonewall Park Seawolves, in the Orange Division Championship meet! It will be a fun day of swimming and a VERY close meet as we are vying for first place in our division against two teams close to us in size and strength. We need all our Breaker swimmers to show up ready to swim their hearts out – this is the meet to 'leave it all in the pool'!

## TIMELINE

6:00 am: Breakers check in with a coach  
6:10 am: Breakers warm up in pool  
6:40 am: Timer/recorder meeting  
7:00 am: Meet start

The Veterans Park Memorial Pool located at **14300 Veterans Drive, Woodbridge, Virginia 22191**.

**Directions from US 1/Jefferson Davis Highway in Woodbridge:** Turn onto Featherstone Road and proceed east towards the Potomac River. Once you cross the railroad tracks, take a left turn to continue on Featherstone Road. PLEASE OBSERVE the speed limits (25 & 15 MPH) as this is a residential area and there are many sports facilities. County and park police patrol this area for violators. The pool is located on the left side of the road past the skate park and soccer fields.

**Parking** is available in the lot in front of the pool. Once these spaces are filled, we will park in the field to the left of the pool. Park rangers will be available to assist with parking.

**Pool Entrance:** The entrance for the pool area for all teams will be behind the Community Center building. When facing the Community Center, go to the right and follow the sidewalk to the open gate. This will keep the traffic flow off of the pool deck. The gates will open at 5:45 am!

**Concessions:** Continental breakfast and a variety of hot/cold foods and drinks will be for sale starting at 6:15 am. Cash & electronic payments will be accepted.

**Orange Division Championship Shirts:** Preordered shirts will be available at the pool on Saturday morning.

**Volunteer Check-In:** If you have committed to work a volunteer shift during the meet, please check in with Shannon Zachariasen upon your arrival.

## Coach's Corner

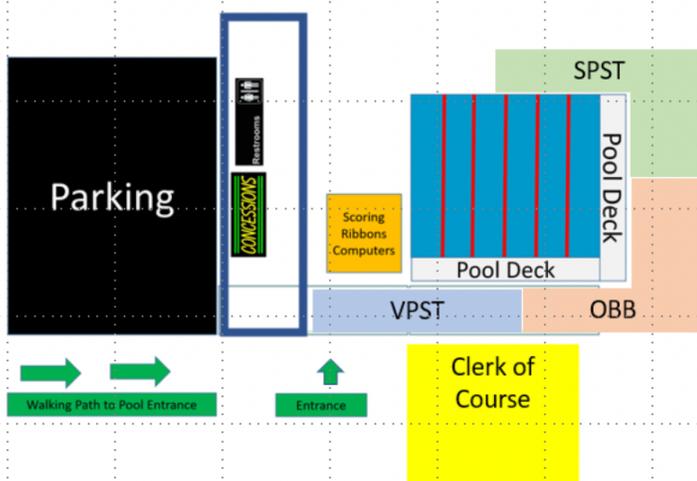
This weekend we have Divisionals! Many of you have challenged yourselves to improve your technique, learn new strokes, or improve your stamina. If you have given each practice your best effort, personal records might be broken and you can achieve incremental growth.

Although our season is too short and we really don't train hard enough for a true taper, we can still use some of the techniques for a taper to respect our bodies and prepare for competition. (A taper is the time leading up to a big competition where training volume is decreased while increasing rest to maximize VO2 max-maximal oxygen uptake- and for older swimmers their anaerobic thresholds.)

Here are just a few taper tips:

1. Get at least eight hours of sleep.
2. Stay well hydrated.
3. Stretch and/or massage.
4. Don't make any drastic diet changes.
5. Visualize your races.
6. Trust the process.

I'm excited to see the culmination of all your hard work this season! Coach Heather



## Divisionals Week Fun

Let's get pumped up for our Orange Division championship meet this Saturday (also known as divisionals)! Our week of "Christmas in July" activities and crafts started strong, and we've got more fun planned after practice each day. Our remaining activities include:

**Wednesday** - Making an OBB ornament

**Thursday** - Cookie decorating

**Friday** - Annual coin dive and pancake breakfast

### Coin Dive

A favorite tradition happens on Friday at the end of practice when swimmers get to dive for coins. If you'd like to share some of your spare change for the event, please bring coin donations to any Breaker board member at practice this week.

### Pancake Breakfast

We can't wait to see you at our annual pancake breakfast this Friday after practice (13 & over swimmers are welcome to come before their practice to eat). Bring your appetite for one of the highlights of our swim season!

### OBB Pre-Divisionals Spirit Night Event

The Old Bridge Breakers have the BEST team spirit around! Join us this **Friday night at 6:00 pm** as we celebrate that spirit and get ready for Saturday's divisionals meet. We'll meet at the cul-de-sac at the end of **Beaver Ford Road\*** to spend time together, decorate our cars, and have an ice cream treat. We'll have chalk window markers on hand, but please bring anything else you'd like to use for car decorating!

*\* Beaver Ford Road is NOT the same street on which our OBB pool is located; from the pool, drive back to Smoketown Road and turn right; follow to the next street, Beaver Ford Road, and turn right. Follow to the cul-de-sac at the end of the road.*

### Post-Divisionals Lunch

All Breakers are invited to meet up at the **Woodbridge Fuddruckers** directly following the swim meet on Saturday. Grab a bite with your OBB family and friends as we gather to enjoy each other's company and reflect on the many amazing moments we experienced this season!

## Divisionals Scoring

**Relays:** The team finishing first receives 79 points. The team finishing second receives 53 points. The team finishing third receives 40 points. No team can score twice in an event. For example, if a team's A relay finishes first and their B relay finishes second, only the A relay will score points.

**Individual Events:** Points are awarded for the top 18 place-finishes in each individual event. The fastest six swimmers for each team will score points. Points are assigned in descending order from 19 points for first place, 17 points for second place, and 16 for third place and so on down to one point for the last scoring swimmer.

\*Note that this is not necessarily the top 18 finishers in the event. For example, Team A could have the top 10 finishers, but only their top six would score points. The remaining points would be scored by the other teams, with the top six from each team scoring.

## Divisionals Ribbons

There will be special **divisional ribbons** for the top 24 place-finishers in each individual event. Divisional ribbons will also be given out to the top four relay finishers in each relay event.

**Time improvement ribbons** will also be given out with special league time improvement ribbons for each event in which a swimmer drops one second or more. Team time improvement ribbons will be awarded for drops of less than one second.

## Still Looking for Your Photos!



Divisionals week is certainly a great time to capture special moments on 'film'! While taking pictures at our practices, divisionals events, and swim meet this Saturday, be sure to upload them to the site [www.oldbridgebreakers.shutterfly.com/](http://www.oldbridgebreakers.shutterfly.com/) (password: breakers).

You will see many of them in the beloved end-of-season Breaker video!



## Congratulations, Breaker Graduates!

*This weekend, we'll celebrate our class of 2022 as they compete for the last time as Breakers. Please join us to cheer their last swims on Saturday!*



### Ben Fields

Ben has been a Breaker since he was six years old. He graduated from Woodbridge High School in June. Ben swam for WSHS and was a three-time member of their state team. His relay team broke two school records this year. He will be attending the Aviation Institute of Maintenance in the fall where he will study to become an aviation mechanic. In addition to the Breakers, Ben swam for Amberjax Swim Club where he currently owns the record for 13/14 Boys 200 fly and 500 free. When not swimming, Ben can be found playing lacrosse or fixing something for money. His favorite Breaker memory is when his relay team broke their first record when he was 10. Ben went on to help break four additional Breaker relay records.

### Will Good

Will joined OBB when he was eight years old and has coached for two years. He graduated with honors from Woodbridge Senior High School as a member of the AP Scholars Program and National Honor Society. Will competed on the swim team at WSHS and was a member of the Mighty Vikings Marching Band, earning the positions of Brass Captain and soloist as an upper classman. He will attend Virginia Tech in the fall where he will major in National Security and Foreign Affairs. His favorite Breaker memory was breaking the fly record when he was younger!

### Sophia Luchini

Sophia became a Breaker in 2013. She recently graduated from Woodbridge High School where she was a member of the AP Scholars Program, National Honor Society, and the Math, History, and Science Honor Societies. Sophia was named WSHS Homecoming Queen this year in recognition of her involvement and positive impact at the school and in various charitable and leadership activities. Sophia will attend NOVA this fall with plans to matriculate at VCU. Her favorite OBB memories include being a Little Buddy, meeting her BFFs, and hearing Mr. Martin announce her name (on a regular basis) in such a special way.

### Cade Martin

Cade has been a Breaker since he was five years old and a coach for the last two years. He recently graduated from Woodbridge Senior High School Summa Cum Laude with an Advanced Diploma as a member of the Advanced Placement Scholars Program, Project Lead the Way Engineering Program & Governor's Early College Scholars Program. He was a member of the National Honor Society and competed for four years on the Golf, Swim, and Crew Teams, serving as Captain of all three teams his senior year. Cade will head to VA Tech this fall to study Civil Engineering while rooming with fellow Breaker Will Good – Go Hokies! His favorite OBB memory is of course playing water polo!

### Eva McIntosh

Eva has been a Breaker for 13 years and part of the coaching staff for the last two. She graduated last month from Osbourn Park High School and will attend Virginia Commonwealth University in the fall, majoring in Computer Science.

Being a part of the Breaker family is something she has cherished every summer as she had made a life-long friend and many happy memories. Her favorite Breaker memory would have to be when she and her friends would take their towels after practice and hang them between the fences to create a little tent; they would just sit and play while their parents talked, and she believes that is when she had the most fun during the practice days of the season. The past two years she's also had the privilege of coaching the younger Breakers, and it has meant so much to her to be able to give back to a team that's been such a big part of her life.

### Colin Rodgers

Colin has been a Breaker for four fabulous summers. He recently graduated from Woodbridge Senior High School and plans to attend NOVA in the fall while continuing to work. His favorite OBB memories are the battles of water polo over the years...the only thing that got him out of bed all these summers was playing water polo!

