

# The Meadowbrook Woods Sporting Times

19 June 2010

## Makos and Dolphins Cooking up something Special. What'll Ya Have?

Now that summer vacation is upon us, fans of the sporting life will be able to devote more attention to recreation and leisure activities. Continuing our occasional focus on "good eats," today we offer up a southern icon and potential destination on your next trip through the metro-Atlanta area. Located in the heart of downtown and just a stone's throw from The Georgia Institute of Technology, "The Varsity" is arguably the world's largest drive-in restaurant. Curbside servers have a distinctive flair and are known to memorize large orders with no need for pen and paper. On football game-days, when the Yellow Jackets are playing at home against the likes of the UVA (*Go Cavs!*) or Virginia Tech (*Go Hokies!*), more than 30,000 thousand people have been known to stop by for a bite to eat.\*



Established in 1928, The Varsity is a community focal point that has fed many hungry sports fans during its 82-year life. If you chose to eat inside,



listen closely and you'll hear the walls whispering tales of past events and local sports heroes such as Henry Aaron, Dale Murphy, Dominique Wilkins, Pete Maravich, and Steve Bartkowski. However, be aware that there is no time to be "horsing around" when one approaches the counter where speed is the name of the game! Order takers snap the million dollar question "What'll ya have?" and patrons have what feels like milliseconds to respond before being asked to step aside so that another customer can be helped.

The Varsity has its own unique vernacular and here are few tips for your next visit:

Walking dog:	Hotdog to go
Tall F.O.:	Frosted orange
Regular hamburger:	Mustard, ketchup & pickles
Glorified hamburger:	Regular + lettuce, tomato & mayonnaise

Closer to home, volunteers will be filling orders for "lunch" at or around 9:30am this morning as the Makos visit the Wellington Dolphins. Featured items on the menu today include:

**No. 79: The Sunrise Celebration** - Start the day off right with two eggs, bacon, toast and grits as you watch the 18U relays. Katelyn Marzo, Audrey Miller, Sarah Olsen, Zoe Nowoslawski, Kelsey Gehr, Alycia Rouffa, Mary Kate Sterling, Lindsay Sterling, and Rachel Lund will team up and try to recreate last summer's magic. Gehr led the way at time trials last week. She dropped nearly 2 ½ seconds off her 50m fly seed time and nearly a second off her 50m freestyle. Nowoslawski and Miller dropped time in the 50m backstroke and will also likely figure into the mix this summer. Lund and M. Sterling are part of the relay squad that set club records in the 200 freestyle (2:06.06) and 200 medley (2:26.00) relays at the Ridgewood meet back on June 14, 2008.

On the boys side, look for Trevor Heckman, Sean Gambarani, Joshua Feshari, Philip Heil and Dylan Gehr to serve up some fast times. Heckman is nearly 2 ½ seconds faster in the 100IM than last summer. Feshari and Gehr both dropped significant amounts of time in the 50m backstroke at time trials.

**No. 2: The Power Blaster** – Fruit smoothie with fresh strawberries, bananas and blueberries. This one pairs well with the 8U boys group. Joshua

Smith and Nicholas Derderian *blasted* their 25m freestyle seed times last week by a combined total of 41.55-seconds! Jason Smith, Jared Rouffa, Jacob Ogden, Carter Guice, Liam Graydon, Reid Sutton and Andrew Healey also looked sharp at time trials.

**No. 14: The Natural** – A hearty bowl of oatmeal with diced apples, raisins and skim milk. We suggest this one while watching the 12U girls who are naturally gifted swimmers and will put their might to work this Saturday at Wellington. Riley Curry, Megan Garman, Rachel Lowman, Sabrina Townsend and Madison Barns were well below last summer’s personal best times in the 50m freestyle at time trials and will look to improve those marks again this week. One of the races to watch will be Curry and Wellington’s Rachel Shriver whose 50m freestyle times are virtually identical.

There you have it... something for just about everyone is on the menu today. Just one question remains - *What'll ya have?*

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**This Week in Makos History**

Back on June 13, 2009, triple-event winners Rebecca Baumstark, Jared Rouffa, and Emily Sterling (below right) sparked the Makos to a 2597-2433 win at Old Bridge. On July 11, Elizabeth Healey (below left) matched that feat as the Makos defeated Westridge by a score of 2867-1857. Elizabeth and Emily are back this summer to lead a strong 10U group that will face their first test this Saturday at Wellington. These two clubs last met in dual meet action on June 24, 2006, and the Makos won by a slim margin (2496-2433).



WST was victorious a tri-meet affair on July 12, 2008, that included MBW and Dominion Valley (WST 4250, MBW 3668, DVST 3373).

*\* Editor’s Note: While ‘The Varsity’ is a great place for people-watching and a quick bite to eat, the following tried and true favorites are recommended for those with more discriminating pallets: Fellini’s Pizza, The O.K. Café, The Flying Biscuit, and Canoe Restaurant.*

**Faces in the Crowd**



*With a host of hardworking youngsters on hand, coaches Rachel, Tess, and Eric have plenty to smile about this summer. Thank you coaches!*



*Volunteerism continues to be the backbone for community-based swim clubs like MBW. Special thanks goes out to all those who participated on Time Trials Saturday.*



*Having completed their 3rd and final year at nearby Louise A. Benton Middle School, the 14U girls are relaxed and ready to battle some of the county's best this summer. Amazingly, these girls have nearly 50-years of combined swimming experience between them and some are entering their 7<sup>th</sup>, 8<sup>th</sup> or 9<sup>th</sup> seasons with the Makos. On paper, they stack up well against the top eight 14U Dolphins – their aggregate time in the 50m freestyle is 297.89s vs. 317.89s for WST. But there will be no room for error...could be a photo finish. As at least on ESPN commentator would say: "Don't rush, girls; but you'll need to hurry!"*



*Starts and turns are often the keys to success in short-course swimming and the Makos have been working hard on technique during the past several weeks. They'll break camp this Friday and dive into a three week road trip prior to returning to the friendly confines for the season home opener on July 10.*



*Research indicates that swimming improves circulation, enhances fitness and relieves stress. We're not sure the 14U boys could be any more relaxed as they enjoy a lighter moment between events at Time Trials. Like the 14U girls, this bunch has been swimming together for several years and is one of the core groups for MBW.*



*Longtime standouts Alycia Rouffa, Kelsey Gehr, Mary Kate Sterling, Lindsay Sterling, and Sean Gambarani will lead the charge in the 18U division this summer. Look for Gambarani in the 50m freestyle as he battles WST's Dylan Hayes in what should be a good one.*



Photos courtesy of Amy Olsen