

# ***The Meadowbrook Woods Sporting Times***

## ***Holiday Weekend Edition***

### ***3 July 2010***

#### **Storm Brewing at Brookside; Can-do Makos Ready**

Way back on July 23, 2005, MBW needed to swim fast, very fast, faster than the dangerously FAST Hurricanes of Fauquier County. Choppy waters along with a tidal surge occurred just after sunrise... *Yes, Gilligan. It was only supposed to be a 3-hour tour.* The Makos threw caution to the wind and threw themselves head-first into the hurricane. Although conditions were sketchy in the early going, Ronald Peterson, Sean Gambarani, Madison Barns, Devin Kaucher, Clayton Bellamy, Julia Vaccaro, and Nicholas Vaccaro all had personal best times and were able to steer the Makos to victory on that 4<sup>th</sup> Saturday of July by a score of 2487-2336. *Whew! Made out alive.*

The Makos now find themselves swimming into a familiar situation. This time, they'll be matched against another club based in Fauquier County: the Hurricanes of Brookside. Generally speaking, we fans only request that they swim fast and have fun. The good news is that they tend to do so much more without any asking...

We never asked the boys 14U relay teams to put on a clinic last week at Bridlewood and solidify their place as possibly the best overall foursome in team history. No one suggested that new records in both the 200m Medley (2:19.85) and Freestyle (2:00.19) relays were in order (*thank you very much Mr. Olsen, Mr. Rouffa, Mr. Weiser, and Mr. Curry*). They did it anyway...

We never asked Noah Meltzer to blaze a trail for his younger brother (Zach) who is swimming in his rookie season for the Makos. We didn't suggest that Noah rear up and drop an amazing 10-sec off his butterfly. Nope, nada, didn't mention it. You guessed it; he did it anyway... *P.S. 6-year-old Zach rose to the occasion and banged*

*out a nice 25m Freestyle swim which may very well deserve a prize in the 6U division.*

We never asked Jimmy Baumstark to go full tilt for the Makos on Saturday morning only to come back five-hours later and play his heart out on the baseball diamond for the Coles 10U tournament team. He did it anyway...

Swimming in her first season for the Makos, we never asked Aidan-Claire Cudahy to carry the 8U girls onto her shoulders (during the past two weeks, she has a total of five 1<sup>st</sup> place finishes). She did it anyway...

We never asked Matthew Healey for a midsummer pick-me-up via a record breaking swim in the 12U 50m Fly (35.05s). Moreover, we never suggested that he grab Daniel Smith, Hunter Herbert, and Brock Cudahy and dash to a win in the 12U 100m medley relay. He did it anyway...

Not once did we ask Shelby Ingram and Claire Loper to fight for their lives and hold the lead in the middle stages of the 14U Medley (2:34.54) and Freestyle (2:12.49) relays for two of the fastest bookends in the county (Rebecca Baumstark and Lauren Sargent). They did it anyway...

Never did we ask Emily Sterling, Peyton Whitaker, Samantha Townsend, and Elizabeth Healey to give us a swim for the ages in the 10U 100m Freestyle race that was too close to call by the naked eye and possibly the first ever numerical tie in MBW relay history (1:12.84). They did it anyway...

What will they do this week? Don't ask.

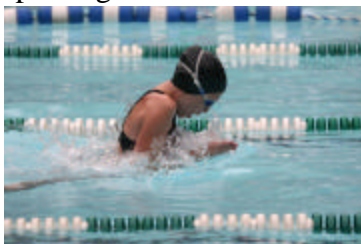
## This Week in Makos History

Independence Day Weekend has always been a special time for area families and the Makos have been known to come up with some remarkable efforts on or around the holiday. Back on July 2, 2005, Peter Pomajevich set the 8U 25m Breaststroke club record at 24.27s at Kingsbrooke. At that same meet, Joe Cornwell, Trevor Heckman, Cougar Hagen, and Corbin Foucart set a team record in the 12U 100 Medley Relay (1:09.98).

Rachel Meltzer will try to carry on that tradition after celebrating her 9<sup>th</sup> birthday on Friday, July 2. She is off to a terrific start for the Makos this summer – particularly in the butterfly event in which she is a full 3-sec faster than last year. Shown here with a heat ribbon at the Wellington meet, look for Rachel to be in the thick things again this week.



Fourteen years ago today, Craig and Vickie Kaucher welcomed a baby girl into the world that would go on to be one...excellent...swimmer. A year-around swimmer and rising freshman at Osbourn Park High School, Devin Kaucher is not only a great student-athlete, but more importantly, she's a great person. Two of the things that coaches really like about her are her willingness to improve (she earned *Most Improved Swimmer of the Year* honors on three occasions during her early years with the Makos) and her team-oriented attitude. As they say, "She's a keeper." Shown here at the Dale City meet a year ago, Devin is part of a strong 14U group that grabbed seven of the top ten finishes in the 50m Freestyle race at Bridlewood. Her tireless work during the winter months is paying big dividends for the Makos this summer (her 100m IM is nearly 6-sec faster than last year and improving each week). Happy birthday, Devin!



## Highlights from the Week that Was



*Olympic gold medal sprinter Usain Bolt would be proud of this crowd. The Makos will be off to the races again on Saturday at Brookside as shortcourse action continues. The Hurricanes enter this week's contest with a 1-1 record that includes a win over Ben Lomond (2710-1935) and a loss to Dominion Valley (2359-2749).*



*With warm, summertime conditions presiding over Northern Virginia, everyone is reminded to drink plenty of fluids. Shown here at the Bridlewood meet, Sabrina Townsend and Madison Barns take a break between events. The pair placed overall third and fourth, respectively, in the 12U 50m Breaststroke.*



*It was a good day for swimmer Andrew Healey who earned a heat ribbon for the Makos at Bridlewood. He and his 8U buddies will be swimming into the eye of the hurricane this week. Look for him to challenge Brookside's Nathan Kim in the 25m Freestyle race this week. Good luck, Andrew!*



*Zoe Nowoslawski (16), Stephanie Bellamy (16), and Audrey Miller (15...but turning 16 on July 8 – happy birthday Audrey) are an important part of the 18U girls' squad and will likely figure into the mix again this week at Brookside. On paper, they match-up very well with the Hurricane's Courtney Rice, April Heckathorn and Abigail Cottrell in the 50m Freestyle event. Fetch us some team points, girls!*



*Sometimes jovial, sometimes serious, but always fast, Ronald Peterson (left) and Nicholas Derderian*

*(below) are a key component of the boys 10U relay teams – along with Clayton Bellamy, Jimmy Baumstark, Sam Case, Nicholas Olsen, Noah Meltzer, and CJ Brenner – that looked strong last week and appear to be pointed in the right direction for another great meet this Saturday. At Bridlewood, Derderian placed 2<sup>nd</sup> in both the 50m Backstroke and 100m IM events. Peterson was 5<sup>th</sup> in the IM and 4<sup>th</sup> in the Backstroke.*



*Triple-event winner Lauren Sargent prepares to take action as her 14U colleagues look on with eager anticipation during a relay event. In addition to anchoring both relays, Lauren went on to pace the Makos in 50m Freestyle (30.84s), Backstroke (36.98s), and Breaststroke (41.41s).*



*After earning a heat ribbon at Bridlewood, Julia Vaccaro will look to improve again this week. Watch for her to be neck-and-neck with Brookside's Olivia Guiliani in the 50m freestyle.*



*Sixteen-year-old Sarah Olsen teamed up with Lindsay & Mary Kate Sterling and Rachel Lund to drop their 200m freestyle relay seed time by 6-seconds at Bridlewood. Locals are hoping for a repeat performance this week at Brookside.*



*Local favorites Bekah Martin, Erin McEvoy and Rhyanna O'Neal have good reason to smile. Martin shaved a full 2/10-sec off her 50m Freestyle time and another 1/2-sec off her 100m IM. McEvoy got off the wall quickly, executed a nice flip turn and lowered her freestyle time by nearly 2-sec. O'Neal comes from a family of fast swimmers and is diligently improving her technique each week. Look for her to have a break-out day during one of the upcoming meets (when she does it, remember – you heard it here first). Let's go girls!*



*Seven-year-old Emily Heisen pals around with some friends at the Bridlewood meet. After tucking teddy safely into his chair, Emily proceeded to place 6<sup>th</sup> of 24-swimmers in the 8U 25m Backstroke event. She also swam a nice race with Katie Marks, Abby Willever, and Chloe Ouellette in the 100m Freestyle relay. Great work, Emily!*





Photos courtesy of Amy Olsen