

The Meadowbrook Woods Sporting Times

10 June 2006

Curtain Opens on 2006 Short-Course Season

The smell of freshly cut grass and mom's home-made apple pie cooling in the window can mean only one thing - it's time once again for the boys and girls of summer to make a splash! And while new hair styles and uniforms sometimes take time to grow on us (read "Johnny Damon" between the lines), fans are likely to feel right at home with the 2006 edition of the MBW Makos who are dawning near gear this summer. Special thanks to the team's managers for coordinating the apparel and accessories.

This year's roster exceeds 165-swimmers and is loaded with many returning stars from last summer's 3-3 squad along with a healthy mix of new faces. Following today's event, county-wide action begins in earnest next Saturday and the Makos will find themselves in the thick of the action as they travel to Lake Ridge. The team returns to the friendly confines of Superior Court in two weeks to host the Wellington Dolphins in the season home-opener. Other upcoming meets on the Makos' calendar include Ridgewood, Urbanna, Old Bridge, and Ashland, followed by the season-finale Divisional Tri-meet.

Time Trials Today!

This morning's event will be a simulated meet, complete with official time keeping, and is used to establish benchmark times for each swimmer. Unlike the President's Cup Golf Tournament and other professional sporting events, there is no charge to volunteer! Fans wishing to get a close look at the action may choose to be timers or recorders (water resistant shoes recommended). Take a close look around and you'll likely see runners, starters, stroke-and-turn officials, and other volunteers scurrying about to ensure a safe and enjoyable meet in what otherwise appears to be complete chaos. For more information on volunteerism, see your friendly neighborhood Meet Manager.

Top 5-Checklist for a Successful Meet

Meadowbrook Woods is known throughout the county for goodwill and sportsmanship. Volunteerism, flexibility, and patience create a positive atmosphere for some of the most exciting racing this side of the Rappahannock. Fans and swimmers are encouraged to consider the following items in preparation for the first meet.

- 5) Write down a goal to eat properly all summer long. Strive for a well-balanced diet that includes plenty of fruits and vegetables.
- 4) Be on time – the coaches love it when their detailed planning & scheduling comes together. Warm-ups for the home team begin at 6:00-am with the first event slated for 7:00-am. Be there or be square!
- 3) Bring goggles, extra towels, games/books, and sunscreen.
- 2) Maintain a neat and tidy swimming area – use the trash receptacles provided around the pool area.
- 1) Be a good sport – this includes congratulating heat winners and waiting in the water until all swimmers have completed the heat.

Faces in the Crowd

Troy Sattgast, a 2004 graduate of C.D. Hylton High School and rising junior at the University of Delaware where he competes on the varsity swim team, was added as an assistant to the coaching staff. Troy brings over 15-years of competitive swimming experience with him from his days with the local QDD swim team. His coaching experience includes two summers with the Dale City Frogs under the guidance of head coach James Tramel. Welcome aboard Troy!

Long-time neighborhood resident Howard Olson recently led a string of informal, Sunday afternoon indoor practice sessions at the nearby Freedom Center. Akin to baseball's spring training, this 10-week endeavor provided an excellent opportunity for athletes to knock off the rust and prepare for a safe and fun-

filled summer of swimming. This June, Howard returns to poolside along with veterans John Lund and Gary Pomajevich to head-up the popular mini-Makos program that is geared towards beginning swimmers.

A Thousand Words...



Eyes are focused on summertime fun (above) and the Makos are prepared to take flight (below) at Lake Ridge in the 2006 season opener.



Between racing action and social events slated for the next eight weeks, there will likely be plenty to cheer about this summer.



As warm summertime temperatures blanket the northern Virginia area, fans and swimmers are encouraged to drink plenty of water, stretch and otherwise “stay loose” to maximize the fun and to minimize the chance for injury.



Take time to breathe during the fast-paced action.

* Many thanks to Greg and Kary Heck for the 35-mm memories.