

# **The Meadowbrook Woods Sporting Times**

**11 June 2005**

## **Time Trials Today!**

After cooler than normal weather conditions gave way to steamy heat this week, the MBW Makos completed a two-week practice session and will kick off their 2005 summer swim season today with time trials in preparation for next Saturday's home opener vs. Dale City. This morning's event will be a simulated meet, complete with official time keeping, and will be used to establish benchmark times for each swimmer.

## **Preseason Poll Favors Makos**

While savvy sporting enthusiasts traditionally downplay preseason polls, fans and coaches alike can hardly contain their excitement about the 2005 edition of the MBW Makos who are entering their 7<sup>th</sup> season of competition ranked 7<sup>th</sup> in the 22-team Prince William Swimming League (PWSL). This year's squad of over 160-swimmers is looking to build on last summer's results that included wins over Dale City, Ashland, and Veteran's Park. The 2004 campaign was capped with an outstanding showing at the Divisional 3-team meet at nearby Ashland where the Old Bridge Breakers edged the Makos by the narrowest of margins (4058-3764). Ashland took 3<sup>rd</sup> place with a score of 3175.

The PWSL is comprised of 6-Divisions wherein "pods" of teams with similar experience compete against each other. Teams are moved up or down annually by league officials depending on the previous year's results to maintain parity. The Makos jump up a notch this year from Division 4 to Division 3. While the competition will be keen, returning coaches Kate Southcott, Michelle Blue, Shannon Smith, and new coach Nancy Tebell have the Makos pumping on all cylinders and the swimmers are sure to make a big splash this summer. For a complete schedule along with other information about the team, visit [www.pwcweb.com/makos](http://www.pwcweb.com/makos).

## **Top 5-Checklist for a Successful Meet**

Meadowbrook Woods is known throughout the county as a great host. Volunteerism, flexibility, patience and sportsmanship create a positive atmosphere for some of the best competition you'll see anywhere. More specifically, consider the following items in preparation for our first home meet.

- 5) Eat properly before the race – strive for a well-balanced diet that includes 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 clean and tidy swimming area – use the trash cans provided.
- 1) Be a good host – this includes congratulating heat winners and waiting in the water until all swimmers have completed the heat.

## **Makos Trivia Quiz**

So you're avid sports fan? Test your knowledge of swimming vernacular with the following quiz. In the world of swimming, the letters "SC" stand for what?

- (a) Stanley Cup
- (b) Short Course
- (c) Strawberry Cupcake
- (d) Both (a) and (c)
- (e) None of the above

Answer: Short Course. For races longer than 50-meters, a distinction is made to indicate that a pool length is 50-meters rather than 100-meters. In general, the shorter the pool, the faster the time for the same total distance because swimmers gain speed from pushing off the wall after each turn at the end of the pool.