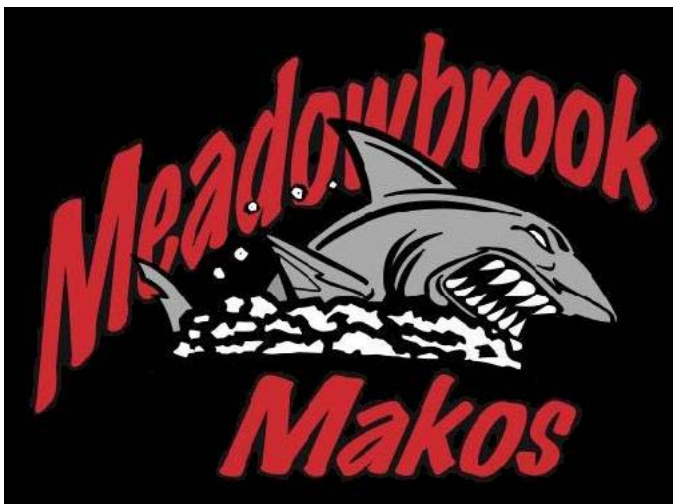


The Meadowbrook Woods Sporting Times

15 April 2008

2008 MBW Makos Board of Directors

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Balanced Makos Primed for Olympic Summer

Striding purposefully across the Chinese landscape a few kilometers outside Beijing, the runner was looking forward to the upcoming Olympic festivities to be hosted in her home country. While gazing at the brilliant orange-red sunrise on the horizon, she was reminded of Olympic torch that would soon be passing through this tiny village during its "Journey of Harmony" – the theme of the 2008 Summer Olympics relay. As the flame flickered its way into the distance in her mind's eye, she considered the meaning of "harmony" and its relationship to the Chinese philosophical pursuit of balance between

humankind and nature, among people, and between one's body and soul. Soon, the world's youth will assemble for the XXIX Olympiad.

Half a world away, at precisely the same time the Beijing sun peaked over the horizon to begin its daily trek, Trevor Heckman's outstretched fingers touched the wall of the Freedom Center pool to conclude another rigorous evening practice session. Heckman, who was part of the neighborhood record setting 12U 100 medley relay team back in July of 2005 (1:09.98), is one of many neighborhood swimmers wrapping up indoor work-outs with local teams such as the Patriots, Amberjax, OCCS, and Riptide. Other notables include Nicholas Schreiber, Lucas and Trevor Fearson, Sean and Jared Rouffia, Joey and Gigi Maniaci, and Mary Kate, Lindsey, Natalie, and Emily Sterling. In a few weeks, swimmers will turn their attention toward the annual summertime short-course season at the "Olympic Village" on Superior Court.

The "medal-count" is expected to soar this summer as the Makos field an extremely well-balanced group that includes a cast of returning favorites along with newcomers in every age-group. Longtime parent-volunteer Howard Olsen sees this season as a perfect opportunity for new swimmers to add depth and make an immediate impact on an already thriving program. He added, "We've done the ground-work over the past several years through the feeder program and now the benefits are showing."

Indeed, the popular mini-Makos program has benefited dozens of beginning swimmers in a nurturing, non-competitive setting in which younger children are able develop skills at their own pace. Many of the youngsters "graduate" and are swimming at Saturday morning meets quicker than they may have expected. As they progress up the ranks, swimmers work closely with coaches on

technique and endurance. The team's ongoing mission is to provide a safe and fun environment for swimmers of all experience levels to learn proper swimming techniques, good sportsmanship, and the experience of team competition.

Founded in 1972, the Prince William Swim League (PWSL) is comprised of approximately twenty-three neighborhood teams. Boys and girls up to age 18 are invited to register for the 8-week season that includes dual-meets each Saturday followed by a season-ending Divisionals tri-meet. The most common reasons for joining the team include spending time with friends, participating in social activities, learning a life-long sport, and swimming really fast! Younger swimmers need not look far for role models. The upper ranks are filled with a host of respectful, hard-working, and fun-loving teenagers that know the system well and are eager to help.

Preparations for summer 2008 are underway with time trials slated for June 7 - *swimmers wanted!*

The regular season includes meets with Ridgewood, Veterans Park, Ashland, Urbanna, Wellington & Dominion Valley, and Westridge. The season concludes on July 26 at the Divisional tri-meet to be hosted by Ashland. More information can be found at the team's website - www.pwcweb.com/makos.

Watch for the following special events this season:

- Unique Age Group Socials (e.g. Lazer Tag, Bowling, and Roller Skating)
- A Mini Mako Invitational Swim Meet
- Team (Past, Present, Future)/Community occasions to ring in the Olympic Year

Welcome Coaches!

John Gullickson takes over the coaching helm this season with a skilled group of assistants that have decades of combined coaching experience. John was born in El Salvador and raised in the Mount Vernon area of Virginia. His competitive swimming background as an 8U with the Mansion Swim Piranhas (NVSL) in 1989 and continues to

this day with Virginia Masters Swim Team. Other teams he swam with include Mount Vernon Yacht Club Dolphins (DCCL), Fort Belvoir Swim Team, Arlington Aquatic Club (PVS) in addition to Mount Vernon and West Potomac High School & JMU College Club Swimming.

John's coaching experience consists of 9-teams in 13-seasons throughout the state of Virginia ranging from Summer Leagues (DCCL, NVSL, PWSL), High School Leagues (VHSL, VSIS) and USA Swimming Teams (VAST, PWSC, OCCS). Having worked with swimmers ranging from Bubble Blowers to Junior National athletes, John emphasizes stroke mechanics but more importantly he brings enthusiasm, enjoyment and education through the sport of swimming. Currently, he is a coach by morning (OCCS) and evening (Bishop Ireton High School) in addition to teaching Middle School P.E. at St. Thomas Aquinas Regional School by day.

Makos' Story Continues to Unfold

A myriad of questions remain in the ongoing saga of the MBW Makos. Last season the 8U boys ripped through the relay competition in route to an undefeated season and a county-best time in the 100-m freestyle relay (Trevor Fearson, Clayton Bellamy, Ben Russo, and Sam Pomajevich - 1:16.70). Can the squad repeat? Fans are pinning their collective hopes on returning stars Bellamy, Jimmy Baumstark, Steven Cornwell, and CJ Brenner to carry the 8U torch forward. Along with Fearson and Russo, workhorse Sam Pomajevich moves up to the 10U group this season. Can he recreate the magic from last year's county-record setting swim at Westridge (25 Fly 16.92s)?

With Alex Pion, Douglas Barns, Zachary Gehr, Daniel Smith, Nicholas Schreiber, Walker Landry, and David Bennett all returning, the 10U boys are in great shape to battle some of the county's best programs.

(Intermission #1: The Makos board of directors is dedicated to providing a high quality recreational swimming program. Please feel free to contact a board member with constructive thoughts and ideas that may improve the system. Also, visit the Makos' website for news and upcoming events: www.pwcweb.com/makos)

Lauren Sargent and Rebecca Baumstark return this summer to provide leadership for the 12U girls. Notables from last year's team include Rebekah Martin, Shelby Ingram, and Jessica Rapone – all of whom improved sharply as the season progressed. On the boy's side, record-setters Kenny Parker and Peter Pomajevich move up to join Sean Roufa and Kevin Olsen in what appears to be a very speedy 12U relay squad. Parker, who excels at several strokes, needs to drop just 0.21s off his personal best 50m backstroke to eclipse the current record set by Mathew Pomajevich set last season at Braemar (37.67s). Other 12U favorites that are expected to push the team-point totals include Sean Kingsbury and Tanner Curry.

The boys 14U 200m freestyle team flirted with the 2-minute barrier throughout the summer of 2007. From that fast-flapping powerhouse squad, Joe Cornwell, Eric Koob, Ty Lang, Cougar Hagen, and Roman Naujaks fly up to join Nicholas Marsilio, Eric Sargent, and Andrew Gambarini in the 18U ranks. This appears to be the strongest senior boys group ever assembled by the Makos. Only time will tell how much damage can they do to the record book.

(Intermission #2: Calling the teenage crowd! Swimmer-coaches are needed. Watch the website for applications.)

Like the boys, the 18U girls will be much improved as Rebecca Heck, Mary Kate Sterling, Kelsey Gehr, and Shannon Drollinger advance from the 14U group to join veterans Rachel Lund, Amanda Garner, Melissa Ferrone, Jessica McEvoy, and Lauren Moretti. A junior at Osborn Park High School, Rachel Lund anchors the girls' squad. Known for her work ethic, dedication, and willingness to help younger swimmers, Rachel currently holds all but one neighborhood individual record in the 18U division. She needs to shave just 0.21s off her 2007 Divisionals time to break the 50m breaststroke record set way back in 2001 by Kelly Goggins at Virginia Oaks (39.77s).

Aside from last season's in-pool heroics, the Makos enjoyed a surge in volunteerism that left the meets running smoothly and on-schedule. Many thanks in advance to the coaches, clerk-of-the-course, runners, timers, recorders, officials, ribbon distributors, computer technicians, broadcasters, and managers that grease the wheels on an already well-tuned swimming machine. Special thanks go to the award-winning and nearly famous Makos cookout squad for grilling up plenty of delicious hotdogs and hamburgers. Officials are needed for the swim meets. Please watch the website for information.



On paper, the Makos' talent appears to be deeper than ever in 2008... They'll spring into the Olympic Summer at time trials on June 7.



Faces in the Crowd – Retro Edition

These photographs were taken July 2nd, 2005 courtesy of Greg Heck. How many “faces in the crowd” can you identify?



For the Record

Meadowbrook Woods Makos SC Records as of 7/28/2007

Girls

8U	25 Free	17.32	7/13/02	Courtney Mizerak	Vs. Lake Manassas
	25 Back	20.13	6/24/00	Leanne Ralph	at FAST
	25 Breast	21.72*	7/27/02	Courtney Mizerak	Divisionals
	25 Fly	17.72*	7/27/02	Courtney Mizerak	Divisionals
	100 Free Relay	1:20.8	7/22/00	E. Hagen, G. Mizerak, L. Ralph, R. Lund	Vs. MSST
	100 Medley Relay	1:30.02	7/30/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	32.28*	7/31/04	Courtney Mizerak	Divisionals
	50 Back	38.74	7/10/02	Courtney Mizerak	Vs. Ashland
	50 Breast	45.01	6/26/04	Courtney Mizerak	Vs. Montclair
	25 Fly	15.94	7/31/04	Courtney Mizerak	Divisionals
	100 Free Relay	1:03.00*	7/20/02	E. Hagen, G. Mizerak, R. Lund, L. Ralph	Vs. Westridge
	100 Medley Relay	1:13.44	7/20/02	L. Ralph, E. Hagen, G. Mizerak, R. Lund	Vs. Westridge
	100 IM	1:23.21	7/31/04	Courtney Mizerak	Divisionals
12U	50 Free	30.82	6/29/02	Kali Gaskill	Vs. Ashland
	50 Back	34.72	7/20/02	Kali Gaskill	Vs. Westridge
	50 Breast	38.26	7/01/06	Courtney Mizerak	at Ridgewood
	50 Fly	33.78	6/24/06	Courtney Mizerak	Vs. Wellington
	100 IM	1:17.66	7/22/06	Courtney Mizerak	at Ashland
	100 Free Relay	1:00.22	7/21/01	C. Ralph, S. Baumgartner, J. Lyons, C. Redmond	at Virginia Oaks
	100 Medley Relay	1:08.28	7/31/04	M. Ferrone, E. Hagen, G. Mizerak, R. Lund	Divisionals
14U	50 Free	28.57	7/29/06	Gabrielle Mizerak	Divisionals
	50 Back	33.30	6/24/06	Gabrielle Mizerak	Vs. Wellington
	50 Breast	40.06	6/24/00	Kelly Goggins	at FAST
	50 Fly	30.67	7/29/06	Gabrielle Mizerak	at Ashland
	100 IM	1:12.07	7/08/06	Gabrielle Mizerak	Vs. Urbanna
	200 Free Relay	2:02.88	6/17/06	R. Lund, M. Ferrone, K. Gully, G. Mizerak	Divisionals
	200 Medley Relay	2:21.29	7/23/05	R. Lund, M. Ferrone, E. Hagen, G. Mizerak	Divisionals
18U	50 Free	29.22	7/28/07	Rachel Lund	Dvisionals
	50 Back	34.75	6/23/07	Melissa Ferrone	Vs. Kingsbrooke
	50 Breast	39.77	7/21/01	Kelly Goggins	at Virginia Oaks
	50 Fly	33.35	7/28/07	Rachel Lund	Divisionals
	100 IM	1:15.81	7/21/07	Rachel Lund	Vs. Dale City
	200 Free Relay	2:07.82	6/30/07	M. Ferrone, J. McEvoy, J. Lyons, R. Lund	at Wellington
	200 Medley Relay	2:30.25	6/30/01	K. DeMeyer, K. Goggins, L. Campbell, D. Lyons	at Westridge

* PWSL Record

Boys

8U	25 Free	16.86	7/28/07	Sam Pomajevich	Divisionals
	25 Back	20.84	7/30/05	Kenneth Parker	at Divisionals
	25 Breast	24.27	7/02/05	Peter Pomajevich	at Kingsbrooke
	25 Fly	16.92	6/16/07	Sam Pomajevich	At Ridgewood
	100 Free Relay	1:16.70	7/28/07	F. Fearson, C. Bellamy, B. Russo, S. Pomajevich	Divisionals
	100 Medley Relay	1:30.02	7/02/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	34.38	7/30/05	Matthew Pomajevich	Divisionals
	50 Back	37.88	7/21/07	Kenneth Parker	Vs. Dale City
	50 Breast	46.98	6/30/07	Peter Pomajevich	at Wellington
	25 Fly	17.38	7/14/07	Kenneth Parker	at Braemar
	100 Free Relay	1:10.42	7/30/05	M. Cornwell, M. Surkamp, T. Hajec, M. Pomajevich	Divisionals
	100 Medley Relay	1:20.51	7/15/06	K. Parker, K. Olsen, N. Vaccaro, P. Pomajevich	Divisionals
	100 IM	1:30.23	7/21/07	Kenneth Parker	Vs. Dale City
12U	50 Free	29.96	7/28/07	Matthew Pomajevich	Divisionals
	50 Back	37.67	7/14/07	Matthew Pomajevich	at Braemar
	50 Breast	41.56	7/09/05	Cougar Hagen	Vs. Montclair
	50 Fly	36.02	7/30/05	Corbin Foucart	at Divisionals
	100 IM	1:19.64	6/23/07	Matthew Pomajevich	Vs. Kingsbrooke
	100 Free Relay	1:01.46	7/30/05	C. Foucart, E. Koob, T. Lang, C. Hagen	at Divisionals
	100 Medley Relay	1:09.98	7/02/05	J. Cornwell, T. Heckman, C. Hagen, C. Foucart	at Kingsbrooke
14U	50 Free	27.74	7/28/07	Cougar Hagen	Divisionals
	50 Back	34.24	7/09/05	Eric Sargent	Vs. Montclair
	50 Breast	36.84	6/25/05	Eric Sargent	Vs. Ashland
	50 Fly	31.89	6/25/05	Eric Sargent	Vs. Ashland
	100 IM	1:11.51	7/30/05	Eric Sargent	at Divisionals
	200 Free Relay	2:00.96	7/28/07	T. Lang, E. Koob, J. Cornwell, C. Hagen	Divisionals
	200 Medley Relay	2:23.63	7/21/07	J. Cornwell, C. Hagen, E. Koob, T. Lang	Vs. Dale City
18U	50 Free	27.44	6/23/07	Eric Sargent	Vs. Kingsbrooke
	50 Back	33.95	7/14/07	Eric Sargent	at Braemar
	50 Breast	35.16	7/29/06	Eric Sargent	Divisionals
	50 Fly	30.50	7/22/06	Eric Sargent	at Ashland
	100 IM	1:09.60	7/29/06	Eric Sargent	Divisionals
	200 Free Relay	2:02.54	7/21/07	N. Marsilio, A. Gambarani, J. Laufer, E. Sargent	Dale City
	200 Medley Relay	2:31.69	7/22/06	E. Sargent, A. Gambarani, N. Marsilio, J. Laufer	Dale City