

The Meadowbrook Woods Sporting Times

21 July 2007

Makos Tangle with Dale City in Dual Meet Finale

The message on the mechanic's wall was clear – “We do three kinds of work: Fast, Good, and Cheap...Just not all at the same time.” Fast & Good but not Cheap; Fast & Cheap but not Good, and Good & Cheap but not Fast. Indeed, striking a balance on this precarious 3-legged stool is a life-long endeavor spanning nearly every discipline. This summer, swimmers focused on a heavy dose of “Good” technique early in the season and are now enjoying “Fast” times as they peak prior to Divisionals. As expected, it wasn't “Cheap” but was earned through hard work, focus, and determination.

Determined fans working hard to focus on the action are in for a treat today as a classic neighborhood rivalry is renewed when the DC Horned Frogs hop in the pool to battle the surging MBW Makos. If history is any indication, one can toss out the record book and flip a coin when these two get together. The Makos were victorious in the past two dual meets (2004 and 2005) by a combined razor thin total of just 40 team points. Dale City showed their vigor at last season's Divisional meet where they provided pre-meet entertainment before racing to a victory over the Makos and Old Bridge (DCST 3813, OBST 3805, Makos 3655). Both squads are well coached and ready to rumble. Grab a lily pad and get set for a big day of racing.

Races for the Ages at Braemar

Sandwiched between two lively Blast fans, the humble third shift MBW timer squinted into the sun and smiled. In this smorgasbord of orchestrated chaos that we call the Sporting Life, she new something special was about to happen. Dripping with chlorinated H₂O, 12U Lauren Sargent had just shattered her personal best 50 Fly by more than 5-seconds – yes, you read that correctly – in route to a second place finish at 44.31-s. Doing a double take at the stop watch, the timer thought she'd seen it all – *not quite*.

Quietly simmering beneath the surface of the overall hoopla and mayhem were subplots that left Chic-fil-A

chomping fans licking their proverbial chops for more. As time stood still for a few ticks prior to the ever popular relays, the two Blast fans mentioned that the 8U boys relay team was undefeated for 2-years running. The MBW hopeful gazed over at the lanky Makos relay team she'd followed all summer – Trevor Fearson, Benjamin Russo, Clayton Bellamy, and Sam Pomajevich. Did they have enough left in the gas tank? Were they hungry enough? Could they do the unthinkable?

Intermission #1 – We interrupt this story to ask a question. Ever thought of volunteering for a high level management position for the Makos organization in 2008? Competitive salaries and relocation packages to sunny Northern Virginia are available. And now, back to the story.

The gun blasted and the 8U 100 freestyle relay was on. Fearson and Bellamy fought their way through the first two legs and set the table for round one between two of the county's best tri-brother families. Russo came up a huge swim against BRB's Dylan Doyle. Anchor man Sam Pomajevich put on his “A” game and brought home the heat ribbon for the Makos (1:19.03) against Will Cumberland (1:19.88).

Ding (Round #2) – fast forward to the 10U boys 100 freestyle relay event. Leadoff man Kenny Parker bounced in anticipation and felt the tingle of excitement. He knew he would have to hurry to get an early lead against another potent Blast relay squad. He did just that and middlemen Douglas Barns and John Laufer “pounded the pavement” for all their worth to keep it close. Peter Pomajevich (1:16.60) stormed into the pool with only 25-meters to go and came up just short against a very speedy Brandon Doyle (1:07.69). Had enough of the Doyle brothers yet? Let's run it back one more time in the rubber match.

Intermission #2 - Following today's meet, the Frogs and Makos move on to their respective Divisionals. Dale City will be at Birchdale to face Bridlewood and Ben Lomond. The Makos will travel to 10-lane

Wellington where Kingsbrooke will also join the festivities.

Ding (Round #3) – While some athletes crumble with fear under a big stage, others seem to thrive on pressure (*read Rafael Nadal and Roger Federer between the lines*). In a race for the ages at Braemar and with only one Doyle brother left standing, Kevin Olsen, Thomas Hajec, Samuel Fleshman, and Matt Pomajevich knew they had their work cut out. Olsen shot himself from a cannon to cover the first 25-meters in a flash. Middle relievers Hajec and Fleshman kept pace through the middle stages. Finally, Pomajevich (1:04.03) brought the heat in the bottom of the ninth to nip Justin Doyle (1:04.13) at the wire by a fingernail’s length. Congratulations to everyone and many thanks to the Laufer, Barns, Fearson, Russo, Bellamy, Parker, Doyle, Cumberland, Pomajevich, Hajec, Olsen, and Fleshman parents for loaning to us their boys that make for entertaining summertime stories.

For the Record

This season the 18U boys are deeper than ever. At Braemar they took gold in the medley relay and swept all five individual events. The only tarnish on a nearly perfect day was a DQ in the freestyle relay. Eric Sargent led the way and continued his winning ways with triple event wins (50 Free 27.82, 50 Back 33.95, and 50 Fly 31.51) including a neighborhood record in the 50-m Backstroke event. Andrew Gambarini won the 100 IM and 50 Breast events at 1:22.25 and 40.70, respectively.

For the ladies, 8U Jessie Jones and 10U Aubrey Naujoks chipped in “A” standard times in the 25 Back (28.74) and 50 Free (41.09) events respectively. On the boys side, 8U Benjamin Russo (25 Back 26.46 and 25 Free 20.79) 10U Matthew Healey (25 Fly 21.44) also had “A” standard times.

Neighborhood records set at Braemar

Event	Swimmer	Time
10U 25Fly	Kenny Parker	17.38
10U 100IM	Kenny Parker	1:30.40
12U 50Back	Matt Pomajevich	37.67
18U 50Back	Eric Sargent	33.95

Neighborhood records set at home vs. Ben Lomond

Event	Swimmer	Time
14U 50Free	Cougar Hagen	28.16
18U 100IM	Rachel Lund	1:15.81
18U 50Fly	Rachel Lund	33.64
12U 50Back	Matt Pomajevich	37.87

Faces in the Crowd



“Yep, that’s right. They’re selling hamburgers at 9:30am.”



“Howard, are you aware that a man-eating shark is atop your cap?”



One way or the other, we're all "Captive Witnesses" to the Sporting Life.



