

The Meadowbrook Woods Sporting Times

23 June 2007

Makos Entertain Sea Lions in Season Home Opener

Short-course action returns to Superior Court today as Kingsbrooke comes to call in a PWSL marquee match-up. Given that both squads are well coached and include a bevy of speedy swimmers, cheering fans are likely to be on their feet early and often. Makos head coach Nancy Tebell has her group focused on a series of personal and team goals that are likely to produce notable results over the next several weeks (and years). The overall emphasis is on fitness for life, safety, sportsmanship, and team work. Specific goals include increasing the percentage of youngsters swimming legal strokes, incorporation of swimmer-coaches, and focus on a matrix of basic to advanced level short-term goals that can be found on the Makos website (www.pwcweb.com/makos).

Practice days have been carefully scheduled and an abbreviated summary follows:

Mondays - Endurance and ribbons presentation.

Tuesdays - Round robin stroke with emphasis on backstroke and freestyle.

Wednesdays - Relays and starts.

Thursdays - Round robin stroke with emphasis on breaststroke and fly.

Fridays - Starts & turns and spirit.

For the Record

While county records are occasionally broken during the course of a season, seldom are they obliterated. At Ridgewood, Sam Pomajevich crushed the 8U 25 Fly PWSL record by more than half a second and broke the 17-second barrier with a sizzling time of 16.92s. The previous PWSL mark was 17.47s set in 2005 by Brandon Doyle of Wellington. The previous neighborhood mark was set on 2 July 2005 at Kingsbrooke (17.64s) by Kenny Parker who coincidentally led the way for the 10U boys at Ridgewood with triple event wins and a new neighborhood record in the 50 backstroke (39.56s). Sam also set a new neighborhood record in the 25 free at 17.44s. Brother Matt Pomajevich set a new

neighborhood record in the 12U 50 backstroke at 38.78s. Meadowbrook now has the distinction of holding both the boys and girls 8U Butterfly league records. Courtney Mizerak broke the girls' record in 2002 with a time of 17.72 seconds.

The 18U girls also had a huge day at Ridgewood. Double event winner Rachel Lund set neighborhood records in the 50 Free (30.24s) and 50 Fly (34.53s), eclipsing the old marks set by Mikell Larson in 2003 (32.01s) and Leslie Campbell in 2001 (34.75s), respectively. Melissa Ferrone followed suite and broke the 100 IM (1:18.97) and 50 Back (34.75s) neighborhood records previously set by Jenny Lyons in 2003 (1:20.47) and Leslie Campbell in 2001 (35.49s), respectively.

In the 14U freestyle relays, Trevor Heckman, Eric Koob, Ty Lang, and Cougar Hagen smashed old record of 2:06.75 set last year at Divisionals by Foucart, Koob, Lang, and Hagen with a new time of 2:03.50. Eric Sargent (18U) and Lindsey Sterling (12U) had triple event wins in the Free, Fly & IM and Breast, Fly, and IM, respectively.

Trivia Quiz

This week's question is dedicated to Makos' assistant coach Joey Kapurch – a rising senior at the University of Georgia. On a sunny autumn day in Athens way back in 1980, an unknown running back from tiny Wrightsville, GA, debuted for UGA against the University of Tennessee Volunteers and changed the landscape of college football on a single play by running over All-SEC linebacker Bill Bates in route to a 16-15 win. Legendary radio broadcaster Larry Munson's booming voice crackled across the airways "#34 just ran over their star linebacker. Who is that guy? Check the roster...my goodness, he's just a freshman!" The 1980 Bulldogs went on to an undefeated season, including a win over Notre Dame in the Sugar Bowl.

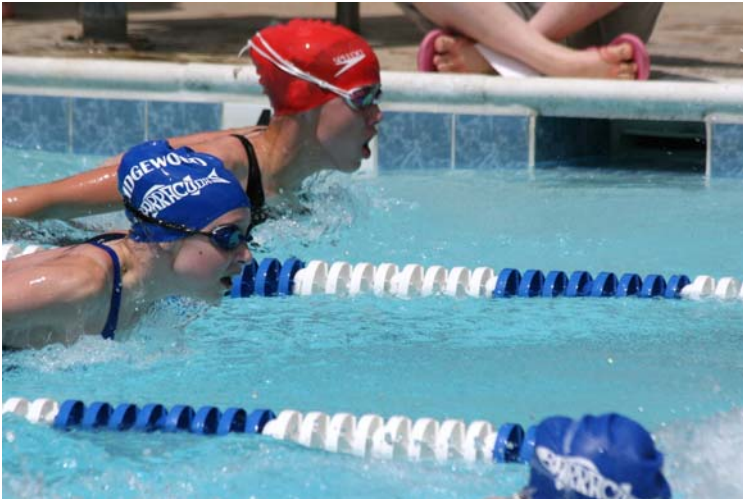
Name the storied UGA running back: (a) Tony Dorsett (b) Walter Payton (c) Herschel Walker or (d) Jim Brown

Faces in the Crowd



Things are looking up for the Makos this summer...

...as they go neck and neck with some of the county's best...



...and summer reading programs are in full swing.



Heavy emphasis is placed on stroke technique...

A strong crop of 8U boys (above) and girls (below) stand at the ready...



...and speaking of style – check out those spiffy new caps!



The 14U and 18U crowd continues to soar...
...as coaches keep a watchful eye on the action...



“Coach, is it really true that there is a sea lion in our swimming pool?”



Smiling ‘tweens enjoy a moment with a four-legged friend between events at Ridgewood.

Business Section **Stocks Tumble amidst Management Concerns**

While the bubbly bull market of 2007 continues to thrill swimming fans in the short-term, investors paused this month with the announcement that key positions within the MBW swim program remain open. At a gathering with stakeholders on June 8, former Federal Reserve chairman Allen Redspan hinted that the overall prospects for long-term value will be significantly eroded without volunteers in key positions such as Meet Manager and stroke & turn officials. Redspan pointed out that MBW has one of the largest groups of swimmers in the PWSL but the percentage of stroke & turn officials is too low. Also, with the pending “retirement” of executives Karen Gambriani and Lynn Sikora, the president and vice-president positions are available next year (signing bonuses could be huge).

Redspan noted that the surrounding community is home to some of the most talented home-makers, doctors & nurses, law enforcement professionals, entrepreneurs, computer scientists, economists, and armed forces officials in the free world. With such a strong community, the elder economist was surprised that key-position volunteerism has dipped.

Long-time parent-volunteer Tim Martin is part of new crop of concerned investors that responded to the news by taking a one-time, 2-hour seminar to become a stroke & turn official. With the Makos generating gigawatts of power on a weekly basis, the search is on for others that wish to maximize the Makos’ ROI. Many thanks in advance to other volunteers that may have already indicated their availability for key positions.

Photos courtesy of Greg and Kary Heck