

# **The Meadowbrook Woods Sporting Times**

## **24 June 2006**

### **Siblings Seize the Day at Lake Ridge. Wellington Comes to Call in Season Home-Opener!**

Warm summertime temperatures blanketed northern Virginia this week and swimmers appear to be in top form. Action continues today and fans of both the Dolphins and Makos are in store for some of the most exciting short-course racing this side of the Potomac. Many thanks to the legions of parent-volunteers and the award winning Makos cookout squad for making today's meet pleasurable.

While neighborhood and personal best times come and go, seldom do siblings shatter records to the extent seen last Saturday at Lake Ridge. The sisters Mizerak made history by combining to set four new team records: Gabrielle in the 14-U 50 Free (29.40), 50 Fly (31.42), and 100 IM (1:12.65) and Courtney in the 12-U 50 Breast (38.82). In a rare "double triple-event-win," the Pomajevich brothers (Sam and Matt) won the 8U 25 Free, 25 Breast, & 25 Fly and 12U 50 Free, 50 Back, & 100 IM events, respectively.

Eric Sargent cruised to record low times in the 18-U 50 Fly (30.88) and 100 IM (1:12.94) while his sister, Lauren, tossed in an "A" time in the 10U 25 Fly (20.74). Cougar Hagen slashed his way to double-event wins in the 14U 50 Free (30.50) and 50 Breast (38.57) while his sister, Elli, placed third in the 14U 50 Breast (42.95). The Gambarani boys hammered out top-four times in a total of five events: Sean in the 12U 50 Free (38.90), 100 IM (1:39.07), & 50 Butterfly (46.84) and Andrew in the 18U 100 IM (1:29.15) and 50 Breast (41.71).

The Lund sisters posted top-three times in four events: Alexandra in the 12U 50 Back and Rachel in the 14U IM (1:16.45), 50 Breast (41.19) and 50 Fly (35.70). The Cornwell brothers checked in with top-three times in three events: Michael in the 12U 50 Free (38.62) and Joe in the 14U 50 Free (34.13) and 50 Back (39.02). The Sterlings were golden all morning long: Natalie with an "A" time in the 14U 50 Fly, Lindsay and Mary with top-four times in three events, and Emily with a personal best time. Lauren and Sean

Kingsbury kicked in ten team points over four events. Michael & Christopher Kerner posted personal best times as did Rachel & Walker Landry and Hannah & Austin Southcott, Mathew & Elizabeth Healey, Kevin & Sarah Olsen, and Aaron & Hannah Bish. Congratulations to these and all siblings for making swimming a family affair.

### **Meanwhile, Down on the Farm**

Successful sporting franchises often include strong minor league or feeder systems. The Los Angeles Dodgers of the 1980's built strong teams around players that originated in their minor league systems. More recently, the Atlanta Braves enjoyed an "echo effect" in which they started two rookies from local suburbs who grew up watching their hometown heroes. Closer to home, the MBW Makos are experiencing a similar phenomenon of youngsters that are excelling in the 8-U and 10-U ranks. Many thanks to parents, mini-Makos coaches, and older brothers & sisters for encouraging growth in an already vibrant swimming program.

### **The Game within the Game**

An old ball coach once asked his players "What could be more important than winning today's game?" After careful consideration, players' responses were the same as they might be today – respect for one's community, parents, and opponents is the name of the game. While the world of neighborhood swimming is virtually free of commercialism and comes to us without the burdens associated with hundred-million dollar contracts, designated hitters, television timeouts, end-zone cell phone calls, luxury skyboxes, and retractable roofs, it is still possible to lose sight of the big picture. "Successful" swim teams will likely long be remembered for their friendship, stability, and character rather than their win/loss records.

Younger swimmers and fans need not look far for role models. The 14U and 18U ranks are filled with veterans that exemplify respect for a life-sport that has given them so much. Pay attention and one is likely to

see fine details of sportsmanship such as the event winner staying in the pool until all opponents have completed their swims, followed with handshakes all around.

### For the Record

At Lake Ridge, Joe Cornwell, Cougar Hagen, Corbin Foucart, and Eric Koob muscled their way to a new neighborhood record in the 14U 200 Medley Relay (2:23.93) while Rachel Lund, Melissa Ferrone, Natalie Sterling, and Gabrielle Mizerak eclipsed the 200 Free Relay record with a time of 2:03.75.

The following swimmers posted personal best times: Benjamin Russo, David Bennett, Evan Claessen, Ryan Kam, Alex Pion, Nicholas Schreiber, Peter Pomajevich, Samuel Fleshman, Dylan Gehr, Trevor Heckman, Corbin Foucart, Cougar Hagen, Eric Koob, Daniel Miller, Emily Sterling, Sabrina Townsend, Kendra Sabol, Ella Vanderzyl, Rebecca Baumstark, Erin Mitchell, Emma Skelley, Katie Lang, Shelby Mains, Alycia Rouffa, Rebecca Heck, and Grace Kam.

### Faces in the Crowd



Ashley and Michelle Skertic are all smiles at Lake Ridge.



“Eat my bubbles!”



10U Boys pontificate prior to an event.



Dial “M” for Mako Man.

\* 35-mm memories courtesy of Greg and Kary Heck