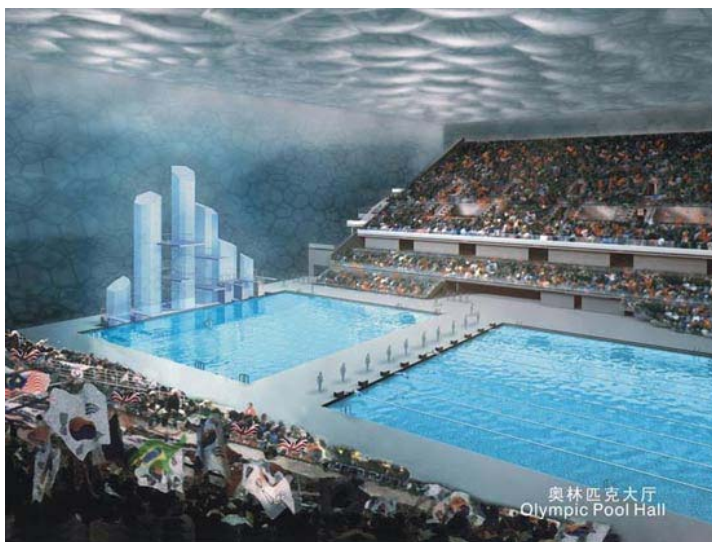


The Meadowbrook Woods Sporting Times

7 June 2008

Pieces Fitting Together for Makos

Affectionately known as the “Water Cube,” the Beijing National Swimming Centre is an engineering wonder that will amaze the world during the XXIX Olympiad and will remain as a dramatic and exciting sporting venue. Students enjoying the bio-technology program at nearby Osborn Park High School will be interested to know that architects and engineers took inspiration for the facility’s structural design from the naturally occurring fundamental arrangement of organic cells and the natural formation of soap bubbles. The support framing of the translucent building is based on a repeating 3D array of 12-sided and 14-sided polyhedrons and required approximately 22,000 steel-beam members. This premier recreation facility will cover 90,000 m², contain five pools (including one with a wave machine), and seat 17,000 spectators. While slightly outside this fiscal year’s budget, plans are being considered for a similar facility to be constructed on Superior Court in time for the 2012 season.



Artist's Impression of Water Cube's Interior during the Olympic Games

As Beijing settles into nighttime, aspiring Olympians half a world away are awakening to the aroma of toasted bagels, fresh-brewed coffee,

burgers on the barbeque and the excitement of a new season of PWC swimming. Indeed, the “Olympic Village” on Superior Court re-awakens today as neighborhood youth assemble in search of heat ribbons, mustard laden hotdogs, and long-lost friends.

This summer’s “jigsaw puzzle” comes complete with over 150-swimmers bordered with an experienced coaching staff and energetic parent-volunteers. Today’s time trials are the first step towards transitioning a random group filled with raw talent into a well-tuned swimming machine. It is a simulated meet complete with timers and officials ready to help swimmers establish seed times for the upcoming dual-meet season.

Over the past two weeks, coaches have worked hard to emphasize stroke technique in the early going. The other key components for success are listening skills and good sportsmanship. Swimmers are encouraged to pay close attention to the clerk-of-the-course and her assistants to make the meets run smoothly. Makos parents enjoyed the ultimate compliment last season when a visitor commented “Wow, one can see that MBW is well coached. They wait in the pool until all swimmers have completed the event and then shake hands before exiting.”

Following today’s event, the Makos travel to Ridgewood next week prior to returning on June 21 for the season home-opener with Veterans Park. The schedule also includes dual meets with Ashland, Urbanna and Westridge. An away tri-meet is scheduled for July 12 with Wellington and Dominion Valley. The season finale is slated for July 26 at Divisionals with Urbanna and Ashland.

Makos Welcome Assistant Coach Lauren Patch

Coach Lauren was born in North Conway, NH but has lived in Fairfax and Bristow, Virginia for the past 18 years. Lauren is sophomore at the University of Rhode Island where she is a member

of Chi Omega sorority on campus and works as a part of their executive board. Lauren majors in French and Textile Merchandising and Design and is hoping to minor in Journalism or Business.

Lauren began her swimming career with the Braemar Blasters summer league at the age of 9. Soon she began swimming for OCCS year round and during the summers swam Olympic Course for OCCS. Lauren also swam at the high school level for Stonewall Jackson in Manassas, VA.

Lauren began teaching swim lessons and life-guarding at Splashdown Water Park for two seasons at the age of 14. At the age of 16 Lauren received her WSI certification and began to teach for the Learn to Swim Program at George Mason Universities Freedom Aquatics and Fitness Center. Lauren has been teaching at the Freedom Center for 4-years. For the past three summers, Lauren lived in Falmouth, Cape Cod, where she taught swim lessons and was a beach lifeguard. She also journeyed with her swim-kids from the Falmouth Heights Beach to compete in a swim meet where they won two years in a row. Lauren has worked with people ranging from infants to adults and has taught lessons to all of them. Her favorite stroke is the butterfly and her favorite event includes the relay teams for every age group.

Lauren's swimming philosophy includes teamwork, enthusiasm, and working towards self-improvement. Coach Lauren is looking forward to a great season with the Meadowbrook Makos and can't wait for to start the season!

A Swim Down Memory Lane

Scanning a coffee-stained heat sheet from June of 2003, it's clear that times are changing for the Makos. Five years ago, a then pint-sized Kendra Sabol (6) swam the 25m freestyle at 30.28s. Madison Barnes (5) joined in the fun with a time of 1:01.65 in the 25m freestyle. Alex Lund led the way for the 10U girls 50m freestyle at 38.87s. Kevin Olsen (7) swam the 100m IM at 2:27.32. Michael Cornwell (6) stroked his way to a time of 23.19 in the 25m backstroke while Katie Joe Lang (8)

arrived at 31.28. Rebecca Heck (10) clipped along nicely in the 50m breaststroke (1:29.39). While fans will find it readily apparent that this group's technique and times have markedly improved with age, it is their friendly attitudes and contagious smiles that make them memorable.

Highlights came in waves for the Makos during the summer of 2003 as neighborhood records fell early and often. Jenny Lyons set the 100 IM mark at 1:20.47 at Divisionals while Michael Cornwell set records in the 8U 25m Free, Back, and Fly events at 18.87s, 22.41s, and 20.90, respectively. Apparently inspired by Independence Day fireworks, Peter Pomajevich, Thomas Hajec, Mitchell Surkamp and Michael Cornwell skyrocketed to a new 8U 100 Freestyle Relay record at 1:23.15 on July 5 at Wellington.

The 10U boys relay squads enjoyed a huge day at Divisionals. Nick Surkamp, Corbin Foucart, Sean Gambarini, and Cougar Hagen set the 100 Free Relay record at 1:13.19. Surkamp and Hagen later teamed with Joe Cornwell and Eric Koob to set the 100 Medley Relay mark at 1:23.15.

June and July were incredibly good to the 12U boys. Eric Sargent set records in the 50 Free (32.15s) and 50 Back (39.53s) events on June 28 at Stonewall. Almost exactly one month later at Divisionals, he established new records in the 50 Breast (43.03s) and 50 Fly (39.39s). He later chipped in a record-setting 100 IM (1:26.34) at Montclair to complete a clean sweep of the individual events. On the relay side, Nicolas Gonzales, Andrew Gambarini, Mark Jaeger teamed with Sargent to set a new 100 Free Relay mark at 1:06.38 at Divisionals. William Lloyd joined Jaegar, Gambarini and Sargent to lower the 100 Medley relay mark to 1:17.82 at Stonewall on June 28.

The 14U boys also had an exciting summer. Jacob Laufer set the 50m Breast record (44.73s) vs. Montclair. He teamed-up Eric Jensen, Michael Benjamin, and Kevin Norris to set new marks in the 200 Free Relay (2:28.50) and 200 Medley Relay (2:52.79).