

# **The Meadowbrook Woods Sporting Times** **Special Holiday Week Edition** **8 July 2006**

## **Man of Steel Returns to Theaters Nationwide;** **Makos Top the Box-office List**

Millions of movie-goers enjoyed the much anticipated and long awaited return of an American icon last week and nearly as many hit the turn-styles over the past month to cheer our own hometown heroes. Like their iron-bending, building-leaping counterpart, the MBW Makos are covering vast distances in mere seconds to save the day.

Two weeks ago, the Makos held off a talented Wellington squad (2496-2433) that included some the closest nail-biters this side of Great Falls. While individual performances were brilliant, the win was due in large part to teamwork in the always exciting relay events. Alex Pion, Sam Pomajevich, Emily Sterling, and Zachary Gehr led things off with a win in the 8U mixed medley relay (1:47.20). Peter Pomajevich, Kenny Parker, Kevin Olsen, and Kyle Weinberg followed up with a victory in the 10U 100 medley relay (1:23.45) as did Rebecca Baumstark, Hannah Braley, Ella Vanderzyl, and Lauren Sargent (1:31.29). Alycia Rouffa, Alexandra Lund, Courtney Mizerak, and Lindsay Sterling turned in a dazzling performance to take the 12U 100 medley relay (1:13.37). Joe Cornwell, Corbin Foucart, Cougar Hagen, and Eric Koob grabbed the 14U 200 boys medley relay (2:25.99), while Natalie Sterling, Gabrielle Mizerak, Elli Hagen, & Melissa Ferrone (2:24.15) and Grace Ham, Rebecca Heck, Mary Kate Sterling, & Kendra Gully (2:39.41) landed a one-two punch on the girls side.

Heading into the freestyle relays, the score was too close to call. Zachary Gehr, Trevor Fearson, David Bennett, and Sam Pomajevich boosted the Makos with a win in the 8U 100 (1:30.43). Kevin Olsen, Kyle Weinberg, Kenny Parker, and Peter Pomajevich blasted their way to win in the 10U 100 event (1:11.43) and missed the neighborhood record by one-second. Lindsey Sterling, Alexandra Lund, Alycia Rouffa, and Courtney Mizerak took 1<sup>st</sup> place in the 12U 100 (1:02.40). Corbin Foucart, Joe Cornwell, Eric Koob, & Cougar Hagen (2:09.89) and Ty Lang, Roman

Naujoks, Daniel Miller, & Nicholas Marsilio (2:27.47) pumped the crowd up with a 1-2 win in the 14U 200 relay as did Melissa Ferrone, Natalie Sterling, Kendra Gully, & Gabrielle Mizerak (2:05.84) and Grace Ham, Elli Hagen, Rebecca Heck & Mary Kate Sterling (2:16.06).

Short-course heroics continued last Saturday which found chicken-sandwich chewing fans running for shade at Ridgewood as temperatures soared in to the 90's. In the second sibling-sponsored, double triple-event win of the season, Courtney and Gabrielle Mizerak won the 12U 50 Free, 50 Breast, 100 IM and 14U 50 Free, 50 Back, and 100 IM events, respectively. Triple-event winner Sam Pomajevich took a page from his older brothers' notebooks and came up with 1<sup>st</sup> place in the 8U 25 Free, 25 Breast, and 25 Fly.

## **For the Record**

Vs. Wellington, Andrew Gambarani, Brett Spencer, Richard Arena, and Eric Sargent chopped 3-seconds off the neighborhood 18U 200 Free relay record and more than a second off the 200 Medley relay record with times at 2:04.10 and 2:34.50, respectively. Sam Pamajevich flew to an 8U 25 Fly record at 19.17 while his brother, Matt, trounced the 12U 50 Backstroke and 100IM records at 39.15 and 1:21.93, respectively. The Mizerak sisters, Courtney and Gabrielle, eclipsed the 12U 50 Fly and 14U 50 Back records with times of 33.78 and 33.30, respectively. Kenny Parker knifed his way to a record in the 10U 50 Back at 41.55.

At Ridgewood, Eric Sargent set a record in the 18U 50 Back at 34.58. He returned late in the meet as anchor for Andrew Gamarani, Aaron Bish, and Daniel Miller who set a record low in the 18U 200 Free Relay at 2:13.41.

## **Breakfast with the Makos**

Across the big pond, fans bid a fond farewell to tennis legend Andre Agassi this week as he fell to Spain's

Rafael Nadal. When asked by a reporter to elaborate on his feelings prior to his last venture to Wimbledon, Agassi replied that all the hard work, training, and preparation are over: “It’s time to simply enjoy the day.” Indeed, years from now, athletes and fans are likely to remember friendships, their commitment to excellence, and the process of improvements rather than the outcome of a single event.



Above and below: The Makos “flew” to many personal best times over the past several weeks and appear to be in mid-summer form.

**Mark Your Calendars**

“Picture and Media Day” is slated for Tuesday, July 11 (July 18 rainedate). A stroke clinic sponsored by Riptide winter swim team will be July 12 from 8:00-10:00 am.

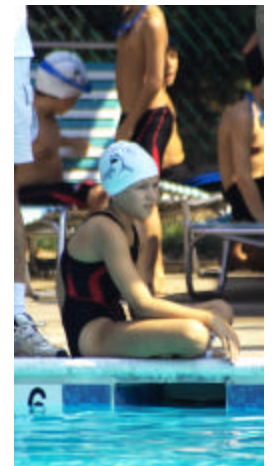


**TWIB Notes**

This week in baseball, District 10 All-star tournament play is in full swing and MBW is well-represented. At print date, the Coles Little League 10U boys have reeled off four straight wins after losing their opener. Ian Southcott had the game-winning hit in game 3 to keep the squad alive. A win against Annandale on Thursday evening at home would move the team into the semi-final round against Chantilly.

Michael Cornwell led the 11U team to a 10-4 win in their opener against Gainesville American, going 2 for 3 at the plate with a double.

In the 12U division, Ty Lang, Austin Southcott, and Derek Sikora won their first game 19-3 with solid hitting and a stingy defense. Sikora blasted a homer to solidify the win. Southcott bounced a double off the fence in a subsequent game. After falling into the lower bracket with a loss to SYA West, our hometown heroes battled hard before eventually coming up short against Fairfax National (9-5).



10U girls (above and right) are swimming fast and having fun.

**Faces in the Crowd**



Left: Curious 8U girls inch closer to gain insight from their teenage counterparts.



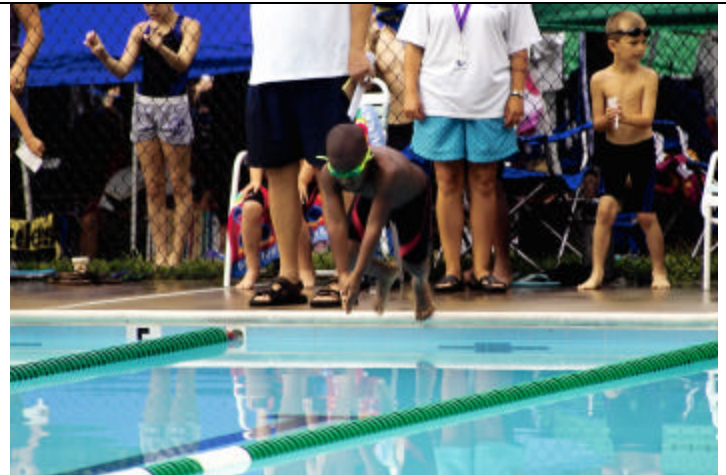
“Here I go, Mom”



When the world seems upside-down (above), find a shade tree and chill (below).



Above: “Hey, it’s a bird; no, it’s a plane; no, it’s a Mako Man! (below).



With cookouts, parades, and fireworks in full swing this week, everyone has plenty to smile about. The Makos salute our nation’s military personnel for their hard work and dedication.

Thanks in large part to help from coaches, parents, and older siblings, the 8U and 10U ranks are thriving with a bonanza of breast stroking boys.

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