

# **The Meadowbrook Woods Sporting Times**

**9 June 2007**

## **Swimmers Rev Engines for Start of Outdoor Season**

Over the past two weeks, coaches kicked the tires and topped-off the fuel tank on a very sleek and speedy edition of the MBW swimming machine. The 2007 model comes complete with a host of optional extras that would tempt even the most discriminating 007 to lift an eyebrow. With the return of old favorites along with rookies and free agents acquired during the off-season, short-track racing fans are sure to find an abundance of speed, endurance, and raw power on Superior Court this summer.

And like any good NASCAR event, fans should expect plenty of high-powered engines and fast straight-a-ways mixed with a few end-over-end flips. Given that the squad is more than 150-swimmers strong and is supported by an experienced “pit-crew” of coaches and parent-volunteers, the Makos are looking to build upon a successful 2006 season in which they scored a total of 3655 team points and posted dual-meet wins over Wellington and Old Bridge.

Following today’s time trials, the Makos wrap-up training camp next week and hit the road to open up the season against the Ridgewood Barracudas who are coming off a 4-2 record in 2006. Warm-ups are slated for 6:30 am with the green flag set to wave at 7-o’clock. This year’s schedule also includes contests with Kingsbrooke, Wellington, Ben Lemond, Braemar, and Dale City.

Like professional race-cars, these high-performance swimmers require upkeep and the following routine maintenance program is suggested for best results:

- 1) Use only “premium fuels” that include healthy portions of fresh fruits and vegetables.
- 2) Check coolant-level frequently to avoid overheating the engine. Add water as required.
- 3) While a standard outer-coating environmental package designed for an 80-year service life is included, continuous protection against UV rays is important. Liberally apply a high-

numbered SPF every hour or 500-laps, whichever comes first.

- 4) During practice and meets, ensure drivers’ “head-sets” are tuned to the same frequency as that broadcast by coaches and officials – good communication is important.
- 5) Recharge the battery each evening. Lights automatically turn themselves off at approximately 9:00pm (perhaps later for older models).
- 6) Rookie drivers are encouraged to observe their teenage counterparts for track etiquette that includes post-race handshakes and all around good sportsmanship.

## **Smarter than a Fifth Grader?**

Between heats and while filing through the burger buffet, consider this purely hypothetical scenario. Highly anticipated and much appreciated capital improvements, including pool deck enlargement and neighborhood entry signage, were recently completed for the 2007 season. Working closely with the MBW Advanced Planning Group, students at nearby Marshall Elementary are designing a giant water slide and high-dive structure to be located in the grassy area adjacent to the pool parking lot for the 2010 season (follow-on construction including retractable roof and luxury sky-box seating slated for 2012). One design concept includes a 12-ft tall cylindrical concrete tank with a 44-ft outside diameter and a 2-ft wall thickness supported by a 51-ft square x 3-ft thick concrete mat foundation. Assuming concrete costs \$100 per cubic yard, what will be the material cost of the concrete for tank and foundation (excluding taxes, transportation, contractor’s overhead and profit, etc.)? For purposes of this estimate, take  $\pi = 3$  and consult a friendly neighborhood 5<sup>th</sup> grader – no calculators please. (Hint: There are 27-cubic feet per one cubic yard.)

- a) \$39,900    b) \$40,000    c) \$40,100

**For the Record**

**Meadowbrook Woods Makos SC Records as of 7/29/2006**

**Girls**

8U	25 Free	17.32	7/13/02	Courtney Mizerak	Vs. Lake Manassas
	25 Back	20.13	6/24/00	Leanne Ralph	at FAST
	25 Breast	21.72*	7/27/02	Courtney Mizerak	Divisionals
	25 Fly	17.72*	7/27/02	Courtney Mizerak	Divisionals
	100 Free Relay	1:20.8	7/22/00	E. Hagen, G. Mizerak, L. Ralph, R. Lund	Vs. MSST
	100 Medley Relay	1:30.02	7/30/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	32.28*	7/31/04	Courtney Mizerak	Divisionals
	50 Back	38.74	7/10/02	Courtney Mizerak	Vs. Ashland
	50 Breast	45.01	6/26/04	Courtney Mizerak	Vs. Montclair
	25 Fly	15.94	7/31/04	Courtney Mizerak	Divisionals
	100 Free Relay	1:03.00*	7/20/02	E. Hagen, G. Mizerak, R. Lund, L. Ralph	Vs. Westridge
	100 Medley Relay	1:13.44	7/20/02	L. Ralph, E. Hagen, G. Mizerak, R. Lund	Vs. Westridge
	100 IM	1:23.21	7/31/04	Courtney Mizerak	Divisionals
12U	50 Free	30.82	6/29/02	Kali Gaskill	Vs. Ashland
	50 Back	34.72	7/20/02	Kali Gaskill	Vs. Westridge
	50 Breast	38.26	7/01/06	Courtney Mizerak	at Ridgewood
	50 Fly	33.78	6/24/06	Courtney Mizerak	Vs. Wellington
	100 IM	1:17.66	7/22/06	Courtney Mizerak	at Ashland
	100 Free Relay	1:00.22	7/21/01	C. Ralph, S. Baumgartner, J. Lyons, C. Redmond	at Virginia Oaks
	100 Medley Relay	1:08.28	7/31/04	M. Ferrone, E. Hagen, G. Mizerak, R. Lund	Divisionals
14U	50 Free	28.57	7/29/06	Gabrielle Mizerak	Divisionals
	50 Back	33.30	6/24/06	Gabrielle Mizerak	Vs. Wellington
	50 Breast	40.06	6/24/00	Kelly Goggins	at FAST
	50 Fly	30.67	7/29/06	Gabrielle Mizerak	at Ashland
	100 IM	1:12.07	7/08/06	Gabrielle Mizerak	Vs. Urbanna
	200 Free Relay	2:02.88	6/17/06	R. Lund, M. Ferrone, K. Gully, G. Mizerak	Divisionals
	200 Medley Relay	2:21.29	7/23/05	R. Lund, M. Ferrone, E. Hagen, G. Mizerak	Divisionals
18U	50 Free	32.01	7/19/03	Mikell Larson	at Ben Lomond
	50 Back	35.49	6/16/01	Leslie Campbell	at FAST
	50 Breast	39.77	7/21/01	Kelly Goggins	at Virginia Oaks
	50 Fly	34.75	6/30/01	Leslie Campbell	at Westridge
	100 IM	1:20.47	7/26/03	Jenny Lyons	Divisionals
	200 Free Relay	2:12.04	6/30/01	L. Campbell, K. Goggins, K. DeMeyer, D. Lyons	at Westridge
	200 Medley Relay	2:30.25	6/30/01	K. DeMeyer, K. Goggins, L. Campbell, D. Lyons	at Westridge

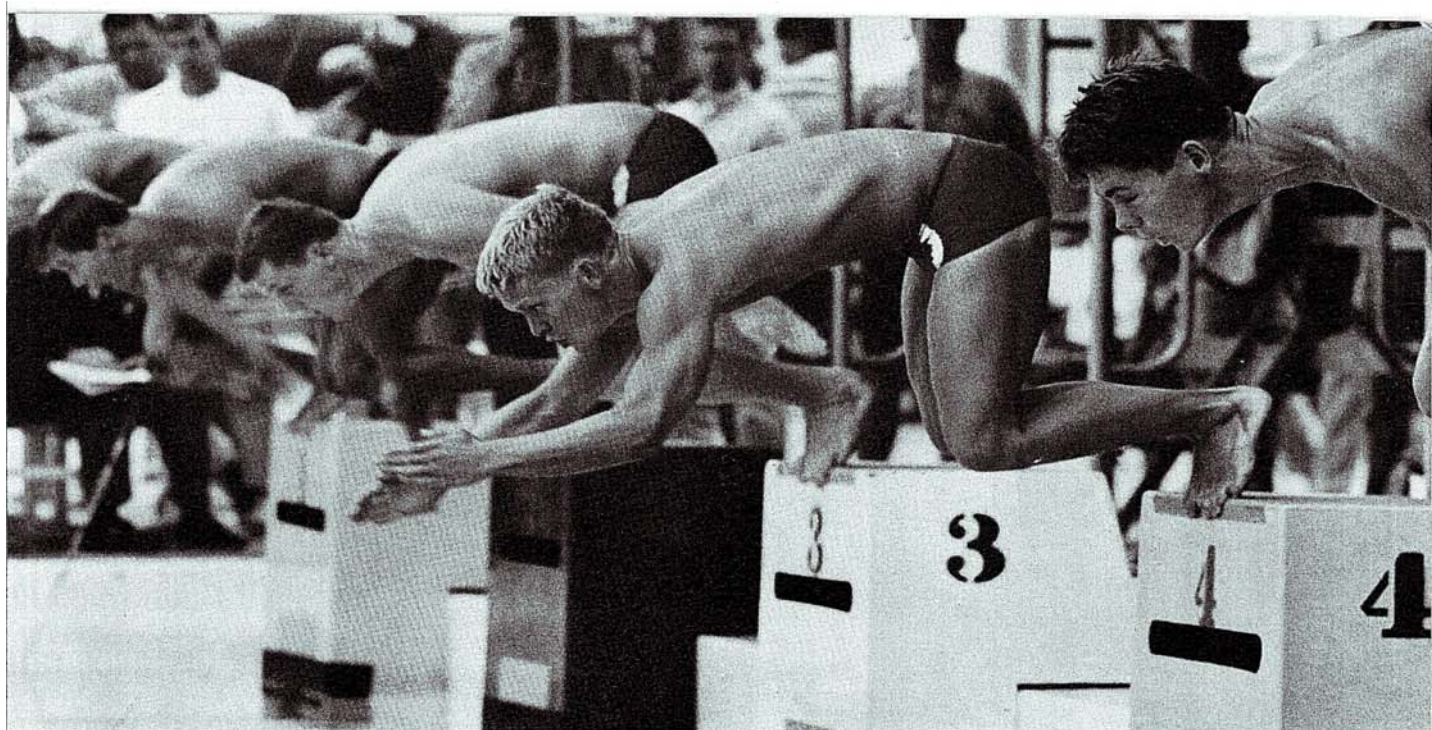
\* PWSL Record

**Boys**

8U	25 Free	17.64	7/02/05	Kenneth Parker	at Kingsbrooke
	25 Back	20.84	7/30/05	Kenneth Parker	at Divisionals
	25 Breast	24.27	7/02/05	Peter Pomajevich	at Kingsbrooke
	25 Fly	19.17	6/24/06	Sam Pomajevich	Vs. Wellington
	100 Free Relay	1:22.43	7/02/05	K. Parker, S. Pomajevich, K. Weinberg, P. Pomajevich	at Kingsbrooke
	100 Medley Relay	1:30.02	7/02/05	K. Parker, E. Vanderzyl, P. Pomajevich, K. Weinberg	Divisionals
10U	50 Free	34.38	7/30/05	Matthew Pomajevich	Divisionals
	50 Back	41.55	6/24/06	Kenneth Parker	Vs. Wellington
	50 Breast	48.28	6/30/01	Eric Sargent	at Westridge
	25 Fly	18.28	6/18/05	Matthew Pomajevich	Vs. Dale City
	100 Free Relay	1:10.42	7/30/05	M. Cornwell, M. Surkamp, T. Hajec, M. Pomajevich	Divisionals
	100 Medley Relay	1:20.51	7/15/06	K. Parker, K. Olsen, N. Vaccaro, P. Pomajevich	Divisionals
	100 IM	1:31.02	7/16/05	Matthew Pomajevich	at Ridgewood
12U	50 Free	31.69	7/15/06	Matthew Pomajevich	Vs. Old Bridge
	50 Back	39.15	6/24/06	Matthew Pomajevich	Vs. Wellington
	50 Breast	41.56	7/09/05	Cougar Hagen	Vs. Montclair
	50 Fly	36.02	7/30/05	Corbin Foucart	at Divisionals
	100 IM	1:21.93	6/24/06	Matthew Pomajevich	Vs. Wellington
	100 Free Relay	1:01.46	7/30/05	C. Foucart, E. Koob, T. Lang, C. Hagen	at Divisionals
	100 Medley Relay	1:09.98	7/02/05	J. Cornwell, T. Heckman, C. Hagen, C. Foucart	at Kingsbrooke
14U	50 Free	28.41	7/02/05	Eric Sargent	at Kingsbrooke
	50 Back	34.24	7/09/05	Eric Sargent	Vs. Montclair
	50 Breast	36.84	6/25/05	Eric Sargent	Vs. Ashland
	50 Fly	31.89	6/25/05	Eric Sargent	Vs. Ashland
	100 IM	1:11.51	7/30/05	Eric Sargent	at Divisionals
	200 Free Relay	2:06.75	7/29/06	C. Foucart, E. Koob, T. Lang, C. Hagen	Divisionals
	200 Medley Relay	2:23.93	6/17/06	J. Cornwell, C. Hagen, C. Foucart, E. Koob	at Lakeridge
18U	50 Free	27.56	7/29/06	Eric Sargent	Divisionals
	50 Back	34.58	7/01/06	Eric Sargent	at Ridgewood
	50 Breast	35.16	7/29/06	Eric Sargent	Divisionals
	50 Fly	30.50	7/22/06	Eric Sargent	at Ashland
	100 IM	1:09.60	7/29/06	Eric Sargent	Divisionals
	200 Free Relay	2:03.57	7/29/06	B. Spencer, A. Gambarani, R. Arena, E. Sargent	Divisionals
	200 Medley Relay	2:34.37	7/22/06	R. Arena, A. Gambarani, E. Sargent, S. Band	at Ashland

## Faces in the Crowd – Retro Edition

In its September 2 edition, *Life Magazine* highlighted autumn fashions from Paris, advertised portable typewriters for incoming college freshmen (starting at just \$49.95), and featured a “whole new generation of kid swimmers” arriving in the wake of the Tokyo Olympic games. *Life* reported that times had dropped by 6-minutes during the past 6-decades in the 1500-m freestyle. “Fresh-faced usurpers” such as Catie Ball (14), Karen Muir (13), Patty Caretto (15), Claudia Kolb (16), and Pokey Watson (15) stunned the crowd by setting world records in nine events at the AAU swimming meet held in Lincoln, Nebraska. Was the year 1956, 1966, 1976, or 1986?



**Don Schollander** starts a race at Lincoln. He set records in 200- and 400-meter freestyle—1:56.2 and 4:11.6.

**SPORTS** | *In one swimming meet, nine world records broken*

# The Kids Keep Going Faster

With a whole new generation of superb kid swimmers pressing the proud elders from our '64 Tokyo Olympic team—some of whom are now nearing voting age—the national A.A.U. swimming meet at Lincoln, Neb. was expected to be a grand splash. It was. When competition ended last week, nine new world records had been set (the record-breakers and their times are shown on these pages). Some

old Tokyo hands were better than ever: freestylers Don Schollander, now 20 (above), and Pokey Watson, who at 13 was the baby of the 1964 team, each won five gold medals and broke records. But the fresh-faced usurpers, younger and swifter than ever, dominated the event. Some came out of the phenomenally successful Age Group program, which engages the energies of half a million U.S. young-

sters on 5,000 teams; some came from other countries. One world record was set by Karen Muir, a 13-year-old South African who couldn't find competition even among the boys back home. And Catie Ball of Jacksonville, Fla., who is 14, lowered a listed world breaststroke record—only to learn that it had recently been done even faster by a Russian girl, Irina Pozdnyakova, who is 13 years old.



**CATIE BALL, 14**  
100-m. breaststroke 1:16.3



**KAREN MUIR, 13**  
200-m. backstroke 2:26.4



**PATTY CARETTO, 15**  
1,500-m. freestyle 18:12.9



**CLAUDIA KOLB, 16**  
200-m. medley 2:27.8



**POKEY WATSON, 15**  
200-m. freestyle 2:10.5



**GREG BUCKINGHAM, 21**  
200-m. medley 2:12.4