



## 2024 Meet Schedule

|         |  |             |
|---------|--|-------------|
| June 8  | Time Trials  | <b>Home</b> |
| June 15 | Dale City  | <b>Away</b> |
| June 22 | Southbridge  | <b>Home</b> |
| June 29 | Meadowbrook  | <b>Home</b> |
| July 6  | Ridgewood  | <b>Away</b> |
| July 13 | Ben Lomond   | <b>Away</b> |
| July 20 | Urbana   | <b>Home</b> |
| July 27 | Black Division Championship<br>(OBB vs. Ridgewood vs. Lake Manassas) | <b>Away</b> |

## 2024 Practice Schedule

### After-School Practices (May 28 – June 7)

|                  |                   |
|------------------|-------------------|
| Ages 8 and under | 5:45 pm – 6:15 pm |
| Ages 9 to 12     | 6:15 pm – 7:00 pm |
| Ages 13 and up   | 7:00 pm – 7:45 pm |

### Morning Practices (begin Tues, June 11)

#### Monday Fun Day

|                   |                    |
|-------------------|--------------------|
| Ages 12 and under | 8:00 am – 9:00 am  |
| Ages 13 and up    | 9:00 am – 10:00 am |

#### Tuesday through Friday

|                  |                    |
|------------------|--------------------|
| Ages 8 and under | 7:45 am – 8:30 am  |
| Ages 9 to 12     | 8:30 am – 9:20 am  |
| Ages 13 and up   | 9:20 am – 10:20 am |

## Online Registration is Open!

**Registration for the OBB 2024 season is now OPEN to OBE residents and returning non-resident families!**

An OBB team t-shirt is included in the registration fee for each swimmer. Please be sure to indicate your swimmer's t-shirt size during registration. Please make sure that you have chosen the appropriate size (youth vs adult). Registrations received by May 2nd will receive team shirts at the beginning of the season. Those who register after May 2nd will not receive their team shirt until July. Family members who wish to purchase a team t-shirt will be able to purchase one in our online teamwear store. Information on how to do this will be coming soon.



As always, we will be using TeamUnify as our website platform, which allows for easy online registration, communication, and information about your swimmer(s). The site can be reached at [www.OBEBREAKERS.org](http://www.OBEBREAKERS.org).

Registration questions may be directed to Angie Kitta at [angelakitta@hotmail.com](mailto:angelakitta@hotmail.com). All other questions should be directed to Elizabeth George.

## OBB Open House

**Thursday May 2nd, 5:00pm - 7:30pm @ Woodbridge Senior High School, Upper Cafeteria**

Sport Fair will be there with the team suits. Caps, towels and magnets will be available (personalized items for order). Payment with cash or check only. We look forward to seeing returning and new OBB families!

*Interested in being an OBB Volunteer Coach / Breaker Buddy this year? Sign up at the Open House!*

### Questions?

Please contact Elizabeth George, OBB President, at [elizabeth.ann.george@gmail.com](mailto:elizabeth.ann.george@gmail.com)

## Welcome back Coach Nicole!

I am so glad to be returning to coach the OBB team for my second summer! My family and I moved to Lake Ridge last year. We had been living in Estonia for 4 years prior to our move to Lake Ridge. I have 2 children who attend Springwoods Elementary. I am also teaching at Springwoods, so maybe I have seen some of you already!

Swimming runs deep in my family. My grandfather was an official in Los Angeles for many years. My parents met on a junior college swim team. (Ended up going to rival colleges, still happily married today) We have a few other swimmers in the family, even an Olympic Gold Medalist. I swam in my first swim meet at age 9 in Bonn, Germany. My mom was my coach. I didn't necessarily love swimming at that age. But what I loved were the meets. Having big kids and little kids on the same team. Having the big kids cheer for me, and watching the big kids glide through the water so effortlessly. There was no better way to spend a weekend! I continued to swim on and off because my family moved a few more times until we settled in California where I went to High School. That's when I realized I LOVED swimming, I was good at it and it was good for me.

I went on to swim and play water polo for a Div 1 Swim Team. During college summers I started coaching summer leagues, then USS teams, masters, and high school. Becoming an elementary school teacher also meant I could continue to coach my beloved rec team in the summer. I stopped coaching in 2012 when my daughter was born.

One of the best things about swimming is you can do it all your life. And since the earth is 71% water it's a very important life skill in my opinion. I can't wait for the season to start so I can get to know everyone and share my love of swimming with you.

[dennisnicoler@gmail.com](mailto:dennisnicoler@gmail.com)



## News You Can Use!

### OBB 2023 Team Photo

Our annual team photo will be on **Monday, June 10th @ 7:45am.**

Please come in your team suit or a solid color suit in team colors (blue, green, or black).



### Volunteer Coach & Breaker Buddy Sign-Up

Interested in learning more about being an OBB Volunteer Coach / Breaker Buddy this year? **Sign up at the Open House on May 2nd!**



## Welcome Assistant Coach Bill!

Hi everyone!

Many of you will have noticed me around the Breakers pool deck at some point each summer. I've spent Saturdays as an official hoping not to raise my hand for a stroke or turn infraction for the past 15 years! Many of you still remember Romain and Natan as Breakers and although they have moved on from swimming, their sense of Breakers discipline, team spirit, and friendship continues to motivate them today.



I love swimming, but am not much of a swimmer myself. Sure, I swim laps to stay in shape but I grew up, like many Boomers, playing football, basketball and baseball. I've lived here in Old Bridge Estates for the past 23 years and that's about the time when the swimming bug got a hold of me. I believe that swimming is the perfect sport / life skill!

For the past 12 years I've been teaching swim lessons at the CHINN Aquatics and Fitness Center as a WSI (Water Safety Instructor). I've worked with all levels of swimmers from 4 year olds, to adaptive(my favorite students), and adults who often want to overcome their fear and join their kids in the water.

Most of all, I love teaching kids how to swim fast with good technique. Not only so they can win a race, although that sometimes happens, but because it is so important for children to build self-confidence, and resilience. The Breakers Swim Team does this in an atmosphere of friendship and fun! I am so excited to help your swimmer reach their goals this summer and look forward to meeting you!

[billgraynotes@gmail.com](mailto:billgraynotes@gmail.com)

## Welcome College Coach Morgan!

Hello everyone, my name is Morgan Gold, and I am so excited to be one of the coaches on OBB this summer! I am currently finishing up my degree in music education at Michigan State University and have one year remaining. My goal after college is to become a middle or high school band director. I am a leader in the Spartan Marching Band and Spartan Brass and am a member of Delta Gamma sorority and the MSU figure skating team. I love staying busy and being surrounded by people, so I can't wait to get to meet everyone and get to work with you all.



Before college, I grew up in Woodbridge, VA and I graduated in 2020 from Colgan high school. Growing up, I was a member of OBB from the time I was 8 years old until I was 19 (I got to swim at 19 for no points after covid happened my senior year). My brother is still a member of the team, and my parents stay involved and volunteer for the team however they can. Even after graduating high school, I made sure to go to some of the swim meets to watch the team and my brother, as well as volunteering to dress up as Moana and take pictures with the kids last summer.

Some of the jobs that I have worked so far include teaching swim, figure skating, and baritone lessons, day camps, running a social media page for the Spartan Marching Band, lifeguarding (and managing a pool), teaching at a marching band camp at Colgan, substitute teaching, and working as a TA for special education.

Please feel free to reach out to me at any point if you need anything or have any questions!

[morgangold10@gmail.com](mailto:morgangold10@gmail.com)

# 2024 OBB Spirit Wear and Team Wear Update

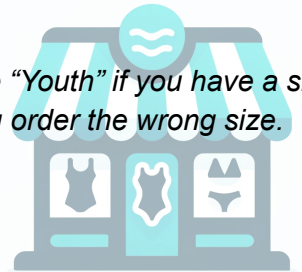
## OBB Spirit Wear Store

All registered swimmers will receive a team shirt. All swimmers that were registered by May 2nd will receive their team shirts during the week of May 28th at practices. If you register after May 2nd, you will receive your shirt during the week of June 24th. Parents can order these shirts in the online store for themselves. You do not need to order them in the online store for swimmers unless you want an additional shirt.

*Please note! You will receive the size that you order during registration - please choose "Youth" if you have a small child and "Adult" if you have a bigger child. We will not be able to exchange shirts if you order the wrong size.*

**The spirit wear store will be open two times this season:**

- May 1st - May 10th until 10:00pm, for pick up at the pool the week of May 28th
- June 1st - June 10th until 10:00pm, for pick up at the pool the week of June 24th



Please visit our store at <https://oldbridgeswimming.itemorder.com/shop/>.

## Team Wear (Not in Online Store)

Caps, Towels and Magnets are not available in the Online store. They will be available at the Open House (personalized items for order) and at various practices and meets during the season. These items must be paid for with cash or check only.

### Personalized Swim Caps

This year, we will be offering new blue colored OBB caps for our swimmers. Standard caps will be available for purchase at our Open House for purchase and personalized caps will be available for order at the Open House. We will have a large cap option (for swimmers with long/thick hair). Please bring cash or checks for payment. Swimmers will still be able to wear prior year OBB caps for meets if you do not wish to purchase a new one.



### OBB Towels

This year, we will be offering custom OBB Swim Towels. Towels will be 30x60 in size and will have your swimmer's name on the towel. Cost for the towel will be \$40, payable at time of order.

Towels are available now (email Amiee Gold @ [amieegold10@outlook.com](mailto:amieegold10@outlook.com)) and will be available at the Open House. If you can't attend the Open House, you can provide payment to Amiee. This year we will be doing a one-time order - we will not be doing this again next year so if you are considering towels, please order by May 5th!





Thank You to Our Current 2024 Gold Sponsors!

