

2024 Meet Schedule

June 22	Southbridge	Home
June 29	Meadowbrook	Home
July 6	Ridgewood	Away
July 13	Ben Lomond	Away
July 20	Urbana	Home
July 27	Black Division Championship	Away

2024 Practice Schedule

Morning Practices (June 11th – July 26th)

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

June 22nd Home Meet Timeline

OBB 12 & Under Warm-up	6:10 am – 6:20 am
OBB 13 & Up Warm-up	6:20 am – 6:30 am
Visitor Warm-up	6:30 am – 6:50 am
1st Shift Volunteers Report	6:55 am
Meet start	7:00 am

OBB swimmers should arrive at the pool with enough time to be ready and on the pool deck for their designated warm-up time.

Reminder Breaker Families! There will be no practice on Wednesday, June 19th.

**In the spirit of competition
In the pursuit of excellence**



Great Swimming Breakers!



OBB: 2,706

vs.



Frogs: 1,964

What a beautiful day for our first dual meet and our first win of the season! All that hard work led to impressive swims by many!



Contributing massive time drops to the Breaker cause were: **Nolan Lucariello** (49.1), **Avery Seeger** (33.42), **Ryan Regan** (25.29), **Emi Shalal** (24.83), **Reem Srayi** (23.59), **Avery Lucariello** (22.49), **Levi Overstreet** (21.75), **Logan Wilder** (21.41), **Declan Relihan** (19.45), **Timothy George** (19.15), **Athena Hille** (19.13), **Ilyas Reghay** (18.23), **Marcus Seeger** (18.13), **Alaldor Degife** (17.52), **Rio Bartlett** (15.45), **Emma Valencia** (14.85), **Dylan Landers** (14.52), **Khori Overstreet** (13.1), **Josh Lyphan** (12.67), **Nolan Loera** (9.46), **Adam Reghay** (8.77), **Orion Hille** (8.43), **Connor Wilder** (8.32), **Paul Butler** (8.27), **Haley Davis** (7.91), **Henry Harkins** (7.19), **Cassidy O'Connor** (6.81), **Aubrey Zachariasen** (6.64), **Lilliana Davis** (6.47), **Mia Hutchison** (6.16), **Adam Fisher** (5.75), **Ethan Miller** (5.75), **Mathew Celis** (5.63), **Emma Ali** (5.55), **Makenzie Shepherd** (5.51), **Piper Mathis** (5.38), **Claire Loera** (5.26), **Ayden Landers** (4.63), **Scarlett McDonald** (4.22), and **Ruby Risdon** (4.13).

Keep reading for more great OBB swimmer highlights from our meet with the Dale City Frogs!

Questions?

Please contact Elizabeth George, OBB President, at elizabeth.ann.george@gmail.com

Meet Recap: Old Bridge Breakers vs. Dale City Frogs

Additional time drops earned by: Addy Mardeusz, Adilet Bektemirov, Alexander Kitta, Connor Bragdon, Connor Sigman, Daytona Davis, Dominic Mastrianni, Dylan Baerga, Eleia Valencia, Ethan Regan, Evan Wieczorek, Gia McIntosh, Gwen Smith, Henry Dennis, Isabel Relihan, Josh Gold, Julia Kitta, Kaleb Hickling, Liv Hickling, Logan Zachariasen, Maya Ejigu, Mila Ali, Miranda Hickling, Naomi Kabazzi, Natalie Butler, Nihal Srayi, Nizar Reghay, Phoenix Davis, Sera Wheeler, Talia Lyphan, Thrace Bartlett, Timur Arstanbek, Tirayan Bartlett, and Tyler Wieczorek.

Swimmers with first place finishes in one or more events: Adam Fisher, Addy Mardeusz, Alena French, Ashley Baerga, Aubrey Zachariasen, Avery Lucariello, Celeste Kipoliongo, Josh Lyphan, Julia Kitta, Logan Zachariasen, Makenzie Shepherd, Nolan Loera, Nolan Lucariello, Paul Butler, Rio Bartlett, Thrace Bartlett, Timothy George, Tirayan Bartlett, and Tyler Wieczorek.

Swimmers with [top 25 times](#) in the county this week: Rio Bartlett, Adam Fisher, Timothy George, Julia Kitta, Noloan Loera, Avery Lucariello, Nolan Lucariello, Ethan Miller, and Logan Zachariasen.

Congrats to the following OBB relay teams, who had [top 15 times](#) in the county: Mixed 8&U 100M Medley, Boys 8&U 100M Medley, Boys 11-12 100M Free Medley, Girls 13-14 200M Free Relay, and Girls 15-18 200 Meter Free Relay. Way to go!

Prince William Swim League (PWSL) Results

Each week, Prince William County Swim League releases all of the swim meet scores from across the county. You can find detailed PWSL week one results [here](#).



OBB Parents! Safety Reminder

Per USA swimming rules, no video or pictures may be taken behind the starting “blocks.”

This applies to the starting line for both individual races and relays (which sometimes have a start on the “turn” end of the pool). If you are timing or recording, you are operating in an official capacity for the team and can not be videoing or taking pictures. If you would like to record video or take pictures, you must stand in the spectator viewing area.



This Week! Home Meet @ Southbridge Seals

This week we will be swimming at home against our neighbors, the Southbridge Seals! As always, we look forward to seeing our Breakers bright and early and ready to give their all in the pool! **When swimmers have finished their races, be sure to check in with a coach before leaving the meet; coaches may need swimmers to stay and swim a relay.**



Parking

Please do not park in anyone's driveway or pipestem, in front of any yellow painted section of the curb, or too close to an intersection during practice or any of our home meets. We want to keep our neighbors happy by making it easy for them to get in and out. Please be considerate of our neighbors when parking and unloading your cars early in the morning – especially before home meets. Try to resist slamming doors and loud talking.

2024 Regular Season Concessions Menu & Pricing

Beverages.....	\$1
Candy.....	\$1
Chips/Snack.....	\$1
Doughnuts.....	\$1
Assorted Crackers Pack.....	\$1
Rice Krispy Treats.....	\$1
Ring Pops (2).....	\$1
Hot Dogs.....	\$2
Breakfast Burrito.....	\$3
Breakfast Burrito w/ Sausage.....	\$4
Fruit Cups.....	\$4
Hamburgers.....	\$4
Cheeseburgers.....	\$5
OBB Griddles (2).....	\$5
Garlic Parmesan Chicken Kabob.....	\$7
Pulled Pork Sandwich.....	\$7
Brisket Pork Sandwich.....	\$7

Concessions are cash-only!

Meet Commitments

Parents must let the coaches know if their child will be swimming in each meet via our OBB TeamUnify site (www.obbreakers.org).

If your child is committed to a swim meet, please make every effort to communicate with a coach if you need to leave early, including adding a note to your commitment in Team Unify. Especially for the relays at the end of the meet. If we know ahead of time we can find another swimmer to fill in. If there are not 4 swimmers the relay can't swim. That leaves some disappointed swimmers who stayed to the very end of the meet.

Do not assume your child is not in a relay. Check the meet entries all the way through the last event.

***** PLEASE COMMIT OR DECLINE YOUR SWIMMER BY 11:59 PM SUNDAY *****

Relay Reg

Hey Breakers! Relay Reg is on the move! He's been to the University of Maryland, Longwood University, the Grand Tetons, and stopped by Myrtle Beach this week!

Wherever your summer plans take you, Relay Reg is packed and ready to go! If you want to bring Relay Reg with you, please see a board member to grab your very own Relay Reg! Email your photos to Courtney Fetchko or Jen McDonald to post on [our Facebook page](#).



OBB Ornaments

OBB Families

We are offering something new this year - a commemorative OBB ornament. Ornaments are approximately 3.75x3.75 in size, design is on one side, and are made of hardboard.

For those that don't choose to put it on a tree or wait for the holidays, simply add an adhesive magnet to the back and enjoy it all year long.

Ornaments will be \$10 each and only available during this one time order. Money will be due at pick up in cash or check only

If you would like to order one please email Amiee Gold at amieegold10@outlook.com Or sign up at the spiritwear table this week. Orders close at 6:00pm on Sunday June 23.



Congrats Grads!

Congratulations to our OBB swimmers who officially wrapped up their high school careers:



- **Tirayan Bartlett** from Colgan High School
- **Dominic Matriann** from St. John Paul the Great Catholic High School
- **Bianca McIntosh** from Osbourn Park High School
- **Nicholas Miranda** from Gar-Field High School
- **James Smith** from St. John Paul the Great Catholic High School
- **Seraphine Wheeler** from Woodbridge High School

While we will get their Breaker bios and hear about their exciting plans for next year later in the season, for now we want to be sure they know how proud their OBB family is of their accomplishments!

Coach's Corner w/ Coach Nicole

Swimming a Great Freestyle Race



The difference between a good and a great freestyle race can be small - just a few tenths of a second! You can improve your race by making a few simple strategy changes.

1. Don't breathe out of the start. When you do, you are putting the brakes on your forward momentum. You should be able to swim at least halfway across the pool before you take your first breath.
2. Only breathe when you need to. Often swimmers get into the habit of breathing every stroke, but doing so actually slows you down! You will have a hesitation in your stroke each time you breathe.
3. Don't breathe for the first two to three strokes out of a turn. Again, it slows your momentum.
4. Don't breathe into the finish. Once you are inside the green markers on the lane line (five to six strokes from the wall), you don't need another breath! It only slows you down. You will always win a close race if you don't breathe into the wall.
5. Enough about breathing – kick hard the entire race!!!
6. Perfect your streamline under the water. Kick hard. You are going faster in streamline under the water than you are when you are pulling on top of the water (if your streamline position is good).

Remember, for these strategies to become a habit, you have to repeat them over and over in practice, too.

DON'T FORGET YOUR SWIM CAPS!!!!

Breaker Spotlight!

Congratulations to Nicholas Miranda! Nicholas recently competed in the 2024 Special Olympics Virginia Summer Games, bringing home two gold medals and a silver!



OBB Social Summer



Date Change for the Pizza Pep Rally

Due to the extreme heat forecasted for this week, the Pizza Pep Rally has been moved to **Friday, June 28th, at 6pm**. Stay tuned for a signup genius!

Anita's Cotton Candy Truck

Pizza in the park may be delayed due to the heat, but we can cool off together with a tasty treat before setting up for the Southbridge meet! Come on over to the OBB pool parking lot on **Friday, June 21st from 5-8pm** to find Anita's Frozen Cotton Candy Truck. All are welcome, so invite your friends and neighbors! Anita's offered shaved ice in two sizes...small is \$4 and large is \$6.

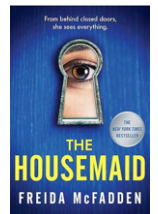


Healthy Fun One Adventure Park

Join us on **Tuesday, June 25th from 1:30-3:30 pm*** at Healthy Fun One Adventure Park Potomac Mills! The cost of approximately **\$18/person*** includes two hours of access to indoor rock climbing, a ninja warrior course, inflatable bouncy attractions, trampoline dodgeball, a high ropes course and more! Be on the lookout for a separate email with signup genius and more detailed information. **Times/ prices are being finalized.*

June Book Club

Like to read? Join fellow OBB moms and the NOVA Book Clubbers this June as we read "The Housemaid" by Freida McFadden! Meet us at **Aroma Tasting Room** in Old Town Manassas on **Saturday, June 29th, from 6-9pm** and bring a small snack to share. We'll discuss the book and enjoy some relaxing time together after the Meadowbrook meet.



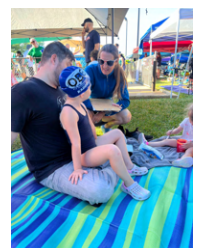
OBB Social Spotlight



OBB families enjoyed hanging out at the Stonebridge spray ground at Stonebridge and Donut Friday!

Call for Breaker Photos

Reminder, Breakers! We need photos from all our meets and events for our end of year video! Check out Google Photos for pictures from our June 15th meet with the Dale City Frogs:



<https://photos.app.goo.gl/ptzTtkE48Frn1c5X7>

OBB June Social Calendar



We will update calendar information as needed, so check the latest Breaker Bulletin for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Set up	8 Time Trials (Home) 6pm: Parent Social- Waters End
9	10 7:45 am-team pics	11 Morning practice begins!	12 1:30 pm: Meet at Stonebridge splash pad (play and ice cream at Campbell's)	13	14 First Donut Friday	15 Dale City (Away)
16	17 First Monday Funday!	18	19 Juneteenth: NO PRACTICE	20	21 Anita's Shaved Ice Event (5-8pm) Set up (7:45 pm)	22 Southbridge (Home)
23	24	25 Healthy One Adventure Park	26 Relay Carnival at Veterans Park (6:00 pm)	27	28 "Pizza in the Park" Pep Rally (6pm); Set up (7:45 pm)	29 Meadowbrook (Home) Moms Book Club Meeting (6-9pm)

Thank You to Our Current 2024 Gold Sponsors!

