



2024 Meet Schedule

June 15	Dale City	Away
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 29th 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.

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



Great Swimming Breakers!



vs.



OBB: 2,138.50

Seals: 2,655.50

Saturday sure felt like summer! What a great meet against the Southbridge Seals. We are grateful for our years-long friendship with the Seals who pushed us to swim fast with lots of time drops by the Breakers!



Battling through the heat to deliver massive time drops for the Breaker cause were: **Amber Berghauser** (27.92), **Helen Hartman** (20.46), **Dylan Baerga** (17.35), **Hanaa Erzuah Siam** (15.43), **Amelie Aamantoure** (14.62), **Oliver Berghauser** (14.42), **Quinten Bannan** (14.2), **Connor Wilder** (12.99), **Jocelyn Adair** (12.83), **Timur Arstanbek** (12.5), **Nolan Lucariello** (12.47), **Ethan Seeger** (12.08), **Avery Seeger** (11.18), **Gwynn Mulligan** (9.33), **Ethan Regan** (9.21), **Claire Loera** (8.81), **Isabel Relihan** (8.51), **Haley Davis** (8.45), **Henry Harkins** (7.88), **Audrey Barrow** (5.44), **Avery Lucariello** (5.43), **Adam Reghay** (5.37), **Logan Wilder** (4.64), **Piper Mathis** (4.59), **Luke Fetchko** (4.3), **Julia Kitta** (4.28), and **Saylor George** (4.08).

Keep reading for more great OBB swimmer highlights from our meet with the Southbridge Seals!

Questions?

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

Meet Recap: Old Bridge Breakers vs. Southbridge Seals

thank you!

Special thanks to the Loera family, who donated Gatorade for our officials and volunteers on deck. It was greatly appreciated on such a hot day!



Additional time drops earned by: Adam Fisher, Adilet Bektemirov, Alaldor Degife, Alexander Kitta, Andrew Beaty, Ashley Baerga, Bella Davis, Bianca McIntosh, Connor Bragdon, Declan Relihan, Dominic Mastrianni, Eleia Valencia, Ellie Seymour, Eloise Relihan, Emma Valencia, Ethan Miller, Evan Wieczorek, Gia McIntosh, Ilyas Reghay, Jacob Seymour, James Smith, Josh Gold, Kaleb Hickling, Kira McIntosh, Lilliana Davis, Logan Zachariasen, Maya Ejigu, Mila Ali, Natalie Butler, Nihal Srayi, Nizar Reghay, Nolan Loera, Paul Butler, Phoenix Davis, Ryan Regan, Scarlett McDonald, Sera Wheeler, Thomas Hutchison, Thrace Bartlett, and Timothy George.

Swimmers with first place finishes in one or more individual events: Avery Lucariello, Ethan Miller, Helen Hartman, Julia Kitta, Makenzie Shepherd, Nolan Loera, Nolan Lucariello, Rio Bartlett, Timothy George, and Tirayan Bartlett.



Swimmers with [top 25 times](#) in the county this week: Nolan Lucariello, Nolan Loera, Helen Hartman, Rio Bartlett, Logan Zachariasen, Timothy George, Ethan Miller.

Congrats to the following OBB relay teams, who had [top 15 times](#) in the county: Mixed 8 & Under 100 Meter Medley Relay, Girls 9-10 100 Meter Medley Relay, Boys 8&U 100 Meter Free Relay, and our Boys 11-12 100 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 two 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 @ Meadowbrook Makos

This week we will be swimming at home hosting the Meadowbrook Makos! As in years past we expect the Makos to bring great competition as skilled swimmers and one of the biggest teams we will compete against this season.



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, 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 on our team website. 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 *****

VETERANS PARK Relay Carnival

This year OBB is participating in the Veterans Park Relay Carnival. Swimmers will enjoy unique races like a kickboard relay, boy/girl teams, and mixed team relays all for fun! Four teams are participating this year: our hosts the Veterans Park Marlins, Meadowbrook Makos, Montclair Seahawks, and us! Because there is finite lane space, a limited number of Breakers will be invited to swim, but all are welcome to come out and cheer for the fun!!! Wednesday, July 26 6:15pm - 8:15pm at the Vets Park pool (14300 Veterans Drive, Woodbridge). If you committed your swimmer to participate, please watch your email to see if your swimmer is in a relay.

Coach's Corner w/ Coach Nicole

Why is Coach putting my kids in the events they are in?

When our coaches register swimmers for meets, there's a lot of careful planning involved. We use a specialized software to help with details like ensuring swimmers aren't entered in too many events as per league rules and determining the fastest combination of four swimmers for our A and B relay teams. However, technology isn't foolproof, so we meticulously double-check, and sometimes even triple-check, our entries.



It's also essential to have valid times for each swimmer in preparation for the divisionals meet. If a swimmer hasn't competed in a specific event during a regular meet, they cannot participate in that event during divisionals. We aim to record times for as many events as possible early in the season rather than scrambling at the end. Plus, we always strive to score as many points as possible during each meet.

As coaches, we've quickly gotten to know our swimmers well. We understand the little tricks they might use to avoid a chilly pool, their favorite strokes, and the areas where they need improvement. We can gauge whether a swimmer can handle multiple events (three individual and two relays) in one meet or if they're ready for a relay team. Parents, your input is invaluable! If your child expresses a desire to swim a specific stroke, but they haven't mentioned it to us, leave us a note when you commit to a meet. This is particularly helpful if you need to leave early, so we don't place your swimmer in late events, like the freestyle relay.

We constantly challenge our swimmers, especially those new to the sport. It's okay to get disqualified (DQ). It's okay to make mistakes, like swimming the wrong stroke or direction because your goggles slipped off, accidentally entering another lane after a flip turn, or even picking up a toy from the bottom of the pool during a race. It's normal to feel scared, nervous, excited, or anxious. Swimming is unique because it blends individual achievements with team spirit. Individually, swimmers can celebrate personal milestones: avoiding a DQ, nailing a flip turn, swimming in their first meet, achieving a personal best time, or outpacing a seemingly faster swimmer. As a team, we may win or lose a meet, but each swimmer can still have their best performance.



Remember, practice is much tougher than meets. The number of laps swum in practice far exceeds the total laps in all meet events combined, even for our youngest swimmers.

Keep up the great work, and **don't forget your swim caps!!!!**



Swim for Hope 2024

Join the Old Bridge Breakers swim team and passionate supporters to fight against cancer at the Swim for Hope 2024. This bi-annual event unites our community to celebrate cancer survivors, remember loved ones lost to cancer, and raise funds to improve the lives of people with cancer and their families through advocacy, research, and patient support to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

Swim for Hope 2024

Tuesday, July 16 from 7-10 PM
(rain date July 18)
Old Bridge Estates
Community Pool
3600 Beaver Pond Road,
Woodbridge, VA 22192



Join our American Cancer Society Fundraising Team: <https://bit.ly/swimforhope2024>
Swimmer Sign Up: <https://bit.ly/swimforhope2024signup>
Volunteer Sign Up: <https://bit.ly/swimforhope2024volunteer>

FREE SWIM CAPS TO ALL PARTICIPANTS.

For more information or for questions please email the Swim for Hope Coordinator at michelle.pelaez@gmail.com.

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 22nd meet with the Southbridge Seals:



<https://photos.app.goo.gl/q1kwtL9Ajkv5pbRH7>

Junior Coach Spotlight

Let's welcome our 2024 OBB Junior Coaches! We'll introduce and share a little about them each week!

Anna Fetchko - Junior Coach

Anna is a rising Junior at Colgan High School where she plays the viola and was a member of the 2022 Junior Regional Orchestra. This is her 11th summer as a Breaker! In her spare time, Anna enjoys French, knitting, reading, traveling, and playing the piano and the guitar. Anna loves to coach and see a swimmer's growth in the water and in their growth in confidence! She loves to share her extensive knowledge of swimming with younger swimmers. Her favorite stroke is backstroke.



Annie Bragdon - Junior Coach

Annie is a rising senior at Colgan High School where she is a member of the swim team and debate team. She is involved in many school clubs and is a national leader for Girl Scouts, completing her Gold Award last summer (Just Keep Swimming). This is her 9th season as a Breaker! Annie loves helping beginning swimmers learn how to swim and watching their joy as they master new skills. She is looking forward to being a coach so that she can support and believe in younger swimmers, just as many Breaker coaches did for her. Her favorite stroke is backstroke. Annie is the Breaker Buddy Coordinator.



Connor Sigman - Junior Coach

Connor is a rising Junior at Gar-Field High School where he is a triple letterman for Show Choir, Crew and Swim & Dive teams. He was named the MVP for swim in the 2023 - 2024 season. This is his 11th summer as a Breaker! In his spare time, Connor enjoys photography and recently participated in the Congressional Art Competition, where he earned special recognition for his piece "Honor & Sacrifice". Connor loves being a mentor to the younger swimmers, just as many Breaker coaches were to him. His favorite stroke is backstroke.



OBB Social Summer

Pizza Pep Rally

The weather looks gorgeous on Friday, so the pizza pep rally is on! Join us for "Pizza at the Park" this **Friday, June 28th, at 6:00 pm**. Bring your own drinks and bring your water toys/super soakers for an epic battle! After the fun, let's head on down to the pool and lend a hand with setup. Visit the [SignUp Genius page](#) for details and to order pizza!



June Book Club *this Saturday Night!*

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 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
23	24	25	26	27	28	29
		Healthy One Adventure Park	Relay Carnival at Veterans Park (6:00 pm)		"Pizza in the Park" Pep Rally (6pm); Set up (7:45 pm)	Meadowbrook (Home) Moms Book Club Meeting (6-9pm)

Thank You to Our Current 2024 Gold Sponsors!

