

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



Great Swimming Breakers!



vs.



OBB: 1,898

Makos: 3,119

Saturday was another hot one! We gave it our best against the massive Mako team!



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



Important Reminder



There is **no swim practice** on Thursday, July 4th.



It's like Christmas in July! OBB towels and ornaments have arrived! Please see Amiee Gold at practice on Friday, July 5th or contact Aimee [via email](#) to make arrangements for pickup.



Contributing tremendous time drops for the Breaker cause were: **Ellie Bortner** (78.97), **Amber Berghauser** (57.79), **Ziyad Sajid** (27.71), **Austin Terndrup** (27.27), **Oliver Berghauser** (16.29), **Harli Overstreet** (16.13), **Ayden Landers** (15.51), **Declan Smith** (13.68), **Samuel Adair** (11.86), **Ellie Seymour** (11.27), **Gwynn Mulligan** (11.1), **Haley Davis** (9.37), **Benjamin Terndrup** (8.67), **Loujayn Sajid** (8.54), **Alaldor Degife** (8.22), **Scarlett McDonald** (6.78), **Ryan Regan** (6.46), **Claire Loera** (5.94), **Jocelyn Adair** (5.94), **Luke Fetchko** (5.84), **Khori Overstreet** (5.78), **Emma Valencia** (5.62), **Julia Kitta** (5.04), **Phoenix Davis** (4.77), **Miranda Hickling** (4.74), **Lillian Davis** (4.25), **Bella Davis** (4.22), **Audrey Barrow** (4.16), **Cassidy O'Connor** (4.03), and **Adam Fisher** (4.01).

Keep reading for more great OBB swimmer highlights from our meet with the Meadowbrook Makos!

Questions?

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

Meet Recap: Old Bridge Breakers vs. Meadowbrook Makos

Additional time drops earned by: Adam Reghay, Addy Mardeusz, Adilet Bektemirov, Alexander Kitta, Amelie Aamantoure, Andrew Beaty, Avery Lucariello, Connor Sigman, Connor Wilder, David George, Daytona Davis, Declan Relihan, Dylan Landers, Eloise Relihan, Emi Shalal, Evan Wieczorek, Grace Mulligan, Isabel Relihan, Isabella Terndrup, Jacob Seymour, Jax Mardeusz, Josh Gold, Kaleb Hickling, Kira McIntosh, Lily McDonald, Logan Wilder, Logan Zachariasen, Lucy Dennis, Makenzie Shepherd, Maya Ejigu, Mia Hutchison, Miles Smith, Nolan Lucariello, Paul Butler, Quinten Bannan, Rio Bartlett, Thomas Hutchison, Timothy George, Timur Arstanbek, and Tyler Wieczorek.



Swimmers with first place finishes in one or more individual events: Adam Fisher, Nolan Loera, Nolan Lucariello, and Timothy George.



Swimmers with [top 25 times](#) in the county this week: Adam Fisher, Anna Fetchko, Julia Kitta, Miles Smith, Nolan Lucariello, Evan Wieczorek, Nolan Loera, Rio Bartlett, Logan Zachariasen, and Timothy George.

Congrats to the following OBB relay teams, who had [top 15 times](#) in the county: Mixed 8&U 100 Meter Medley Relay, Boys 9-10 100 Meter Medley Relay, Boys 11-12 100 Meter Medley Relay, Boys 8&U 100 Meter Free Relay, and Boys 11-12 100 Meter Free Relay. Nice job!

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 three 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.



Order Divisionals Spirit Wear!

The 2024 Black Division tri-meet is Saturday, July 27 at the Ridgewood Pool. Swimmers must have officially competed in two (2) dual meets this season to participate (exhibition swims do NOT count). For individual events, swimmers must have a 2024, legal "seed" time before divisionals to swim that event in the divisionals meet.

Black division t-shirts are on sale **now through July 14** so that ordered shirts can be delivered on the day of the meet. OBB should **order lime green** shirts/hoodies using this link:



https://stores.athletesmark.com/pwsl_black_division/shop/home. OBB will receive all the profits from OBB purchases.

Order Team Photos!

Reminder Breakers! Team pictures are available for order [here](#). Proofs have arrived for those swimmers who had individual pictures taken. If you have not received your proofs, see Elizabeth George at practice to pick them up.

Ribbons

Each week, a hardworking group of volunteers works throughout every meet and again for several hours following the competition "writing ribbons" for our swimmers. First through twelfth place ribbons are awarded in each age group.

Each swimmer who drops any amount of time in an individual, legal swim earns a Breakers time improvement ribbon. New swimmers who have yet to place or drop time are awarded a Breakers participation ribbon. Every swimmer who swims in that week's meet will be awarded at least one ribbon. FYI - time improvement ribbons are based on times from this season only.

Coaches Corner w/ Coach Nicole

Sportsmanship



We hear the word "sportsmanship" a lot, but what does it mean to act in a sportsman-like way? Sportsmanship is all about respect! Respect means recognizing that everyone has value and worth. All people deserve respect.

Here's how we show respect:

- Respect all genders.
- Respect people of all racial, ethnic, and religious backgrounds.
- Respect those you have relationships with and those you interact with.
- Respect your body by making good choices about what you put in it and what you ask it to do, both physically and mentally.

To show good sportsmanship, we must respect ourselves, our teammates, our competitors, and the volunteers who help with our events.



Every day, we leave an impression on the people we meet and interact with, both in practice and in life. Ask yourself:

- Are we kind?
- Do we see the best in each other?
- Do we bring out the best in others?
- Do we care?

Our focus should be on how we conduct ourselves with everyone we meet. Sportsmanship is about treating others the way we want to be treated in every moment of our lives.

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

Share Your Adventures with Relay Reg!

Relay Reg has been on the move! Email your Relay Reg photos to Courtney Fetchko or Jen McDonald to post on [the OBB Facebook page](#).



This Week! Away Meet @ Ridgewood Barracudas

Our second away meet of the season is against the Ridgewood Barracudas at their pool. We had a close battle with the Barracudas last year, so get to bed early on Friday, be sure to set your alarm, and get pumped!



- The Barracudas' pool is located at 12350 Oakwood Drive, Woodbridge, VA 22192
- Concessions (breakfast and lunch) throughout the duration of the meet.
- **Parking:** The Barracudas have 4 handicapped spots. Please contact the team president or volunteer coordinator if you need more handicap parking. Most of the parking in the pool lot is reserved, so visitors will need to park along Oakwood Drive or the other side streets. There is a strict No Parking policy on Old Bridge Road and in the field next to the pool. No vehicles may drive up to the pool. All equipment and tents must be walked up the hill to the pool!!!

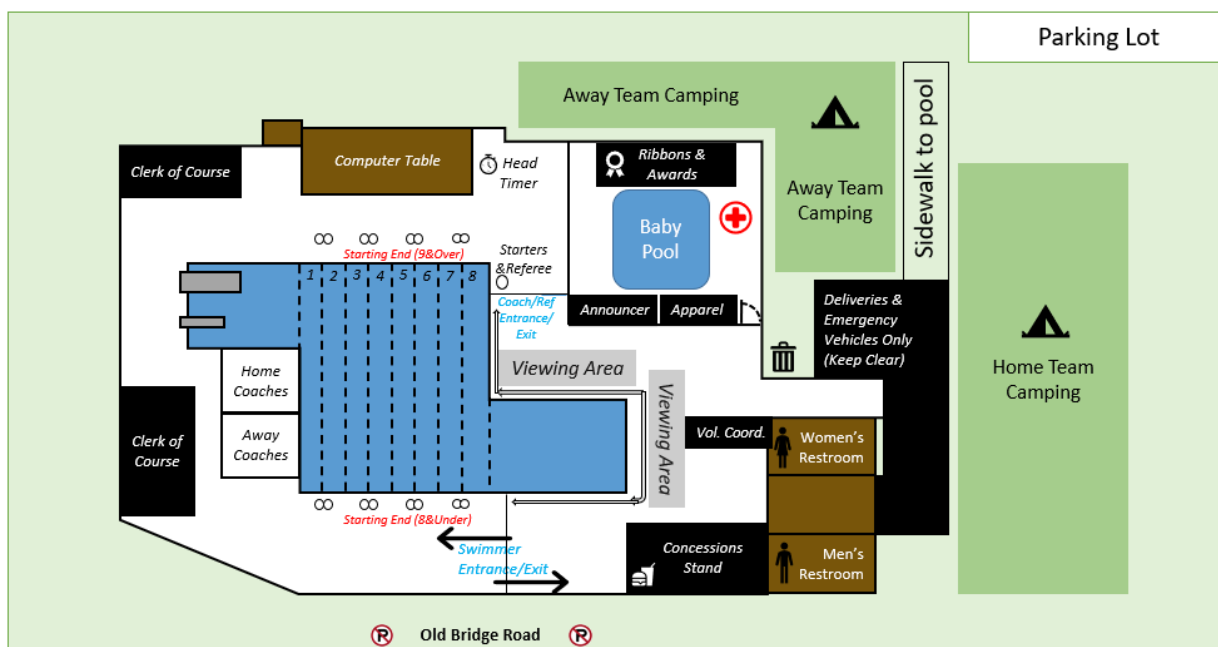
July 6th Away Meet Timeline

Ridgewood Barracuda's warm up	6:05 am
OBB 12 and under warm up	6:30 am
OBB 13 and over warm up	6:40 am
Officials' Meeting	6:30 am
Timers' Meeting	6:45 am
Meet Begins	7:00 am



Please note, visitor set-up is not allowed until the morning of the meet..

For more information, check out the Visitor Info section of the Ridgewood Barracuda's team site at: <https://www.gomotionapp.com/team/recpwrbbva/page/visitor-info>).



Swim for Hope 2024

Join the Old Bridge Breakers swim team at Swim for Hope 2024 to fight cancer. This bi-annual event unites our community to celebrate survivors, remember loved ones, and raise funds for cancer advocacy, research, and patient support. Let's work together 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

Thank you to those that have uploaded photos for our meet photo albums this season!

Check out Google Photos for recent OBB events!

Meadowbrook Makos

<https://photos.app.goo.gl/LuJbSh6HS5h4vCCC6>

Veterans Park Relay Carnival

<https://photos.app.goo.gl/XB9hWjffj8MH1y2w6>



Junior Coach Spotlight

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

David George - Junior Coach

David is a rising senior at Colgan High School where he is a member of several orchestras and is an officer of the D and D club. This is his 11th summer as a Breaker! In his spare time, David likes to play D and D and online games with his friends, and he enjoys playing the violin and the harp. David has always wanted to help younger kids learn to swim and improve and he is excited to have the opportunity to be a coach this summer. David's favorite stroke is backstroke.



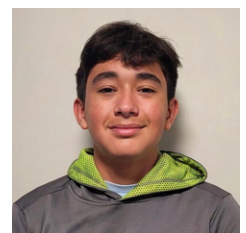
Grace Mulligan - Junior Coach

Grace is a homeschooled rising junior starting dual enrollment at Liberty University this summer. This is Grace's 5th summer as a Breaker! In her spare time, she enjoys acting, singing, playing piano and guitar and photography. Grace is looking forward to coaching this summer to both help young swimmers improve their technique and to continue to promote a positive environment for kids to enjoy the pursuit of swimming and their summer along with it!



Kaleb Hickling - Junior Coach

Kaleb is a rising Junior at Thomas Jefferson High School where he managed the swim team, and is a member of the orchestra and crew team. This is Kaleb's 4rd summer as a Breaker. In his spare time he likes to play piano and bass. Kaleb is looking forward to gaining experience as a coach, helping others and sharing his love of the sport. His favorite stroke is freestyle.



Find us on Facebook

If you haven't already, like us on Facebook to stay up to date on the latest and greatest OBB information!

<https://www.facebook.com/obebreakers/>.



OBB Social Summer



Pirate's Cove Waterpark

Summer is in full swing, so let's beat the heat at Pirate's Cove Waterpark on **Tuesday, July 9th from 11-1:30!** Please visit [Signup Genius](#) for details; cost is \$9/ person*. We need 20 participants for a group rate and we are required to submit one group payment prior to entry, so **payments are due no later than Monday, July 8th**. All entering the waterpark are required to pay the entrance fee—this includes non-participating adults.

Frostie Moose Spirit Day

Head to Frostie Moose anytime on **Wednesday, July 10th** for some tasty ice cream and Breaker family fun! Don't forget to mention you're with the Old Bridge Breakers—15% of all sales **all day** will go back to our team. We'll take over the tables outside from **6-8pm** and enjoy some time together.

Save the Date: Breaker Pool Party

The annual OBB pool party is making its return! Join us on **Saturday, July 20th, from 8pm-10pm**. Grab a floatie and enjoy a relaxing evening with Breaker friends—you don't want to miss it!

OBB July Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Happy Fourth of July! NO PRACTICE	5	6 Ridgewood (Away)
7	8	9 Social Event: Pirates Cove Water Park (11 am)	10 OBB Spirit Night at Frostie Moose	11	12	13 Ben Lomond (Away)
14	15	16 Swim for Hope Event (pm)	17 Social Event: Roller Skating	18	19 Set Up (pm)	20 Urbana (Home) OBB Pool Party! (8pm)
21 DIVISIONALS WEEK! ➔	22 Olympic-themed Craft Activity	23 "Torch" Cupcake Decorating	24 Pictures with Zeus	25 OBB Olympic Games	26 Coin Dive/ Pancake Breakfast Car decorating (pm)	27 DIVISIONALS at Ridgewood!

Thank You to Our 2024 Gold Sponsors!

