



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



Great Swimming Breakers!

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

**Reminder! Black division spirit wear is on sale
through July 14th. OBB should order lime green:**



https://stores.athletesmark.com/pwsl_black_division/shop/home



vs.



OBB: 2,248

Barracudas: 2,790

Congrats on a great meet with the Ridgewood Barracudas on Saturday! Our Breakers showed sportsmanship and kindness while giving it their all with the Barracudas. Way to go Breakers!



Contributing amazing time drops for the Breaker cause were: **Orion Hille** (32.9), **Jacob Seymour** (25.1), **Declan Smith** (23.2), **Ellie Seymour** (20.73), **Henry Dennis** (17.45), **Alaldor Degife** (17.14), **Bella Davis** (13.39), **Kelsey Ridley** (10.8), **Lucy Dennis** (10.04), **Claire Loera** (9.62), **Oliver Berghauser** (9.52), **Harli Overstreet** (8.32), **Isabel Relihan** (8.25), **Aneri Patel** (8.19), **Riley George** (7.34), **Amber Berghauser** (7.13), **Aubrey Mathis** (6.74), **Saylor George** (6.56), **Avery Lucariello** (6.17), **Jax Mardeusz** (5.95), **Noelle Kabazzi** (5.56), **Ilyas Reghay** (5.27), **Liv Hickling** (5.24), **Nizar Reghay** (5.06), **Miles Smith** (4.75), and **Talia Lyphan** (4.13).

Keep reading for more great OBB swimmer highlights from our meet with the Ridgewood Barracudas!

Questions?

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

Meet Recap: Old Bridge Breakers vs. Ridgewood Barracudas

Additional time drops earned by: Addy Mardeusz, Alexander Kitta, Athena Hille, Aubrey Zachariasen, Cassidy O'Connor, Celeste Kipoliongo, Connor Sigman, Connor Wilder, Daytona Davis, Declan Relihan, Dylan Landers, Dylan Risdon, Eleia Valencia, Emma Valencia, Ethan Miller, Evan Wieczorek, Grace Mulligan, Gwynn Mulligan, Helen Hartman, Isabella Terndrup, Josh Gold, Josh Lyphan, Julia Kitta, Kaleb Hickling, Kira McIntosh, Lisney Burgos, Logan Wilder, Logan Zachariasen, Makenzie Shepherd, Mia Hutchison, Phoenix Davis, Piper Mathis, Reem Srayi, Ryan Regan, Thrace Bartlett, and Tyler Wieczorek.



Swimmers with first place finishes in one or more individual events: Adam Fisher, Anna Fetchko, Avery Lucariello, Declan Smith, Emma Valencia, Ethan Miller, Evan Wieczorek, Isabel Relihan, Julia Kitta, Lisney Burgos, Makenzie Shepherd, Miles Smith, Nolan Lucariello, Timothy George, and Tyler Wieczorek.



Swimmers with [top 25 times](#) in the county this week: Isabel Relihan, Ethan Miller, Tyler Wieczorek, Anna Fetchko, Miles Smith, Nolan Lucariello, Nolan Loera, 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 11-12 100 Meter Medley Relay, Boys 15-18 200 Meter Medley Relay, and Boys 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 four 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.



Junior Coach Spotlight

Let's welcome our 2024 OBB Junior Coaches! This week we introduce our remaining junior coaches!

Lily French - Junior Coach

Lily is a rising Junior in the biomedical program at Osbourn Park High School, and a member of the cross country and track team. This is Lily's 9th summer as a Breaker! In her spare time she likes to go on a run, play the piano, and hang out with friends. Lily is looking forward to being a Breaker coach this summer and wants to help new kids on the team learn how to swim and build friendships that last a lifetime.



Lily McDonald - Junior Coach

Lily is a rising senior at Colgan High School where she is a member of the swim team and orchestras. This is Lily's 9th summer as a Breaker! In her spare time, Lily likes to play cello, write, take pictures, do interior design, and play video games. Lily is looking forward to coaching to help kids learn the joy and passion that can be found in swimming. Just like the Breaker coaches that coached her, she is excited to inspire the next generation of Breaker swimmers.



Josh Gold - Junior Coach

Josh is a rising junior at Colgan High School. He started with the Breakers in 2013 and this is his 12th summer swimming for the team. Josh has been swimming year-round for OCCS for the past seven years and a member of the Colgan High School Swim & Dive team for the past two years. Josh is a distance swimmer and enjoys competing in the 500 free, 1000 free and 1650 free events. In addition to coaching, Josh works as a lifeguard and started and runs his own car detailing business, Gold Detailing. He is excited to be a coach this year to help the younger members on the team become stronger overall swimmers.



Seraphine Wheeler - Junior Coach

Sera is a graduating senior at Woodbridge Senior High School. She plans to attend Nova for the next two years then transfer to a four year university. This is her 10th summer swimming as a Breaker. Outside of swim Sera likes to read, draw, and bake. She is excited to be a coach this year to help the younger swimmers grow throughout the season. Her favorite stroke is freestyle.



Ruby Risdon - Junior Coach

Ruby is a rising senior at Osbourn Park High School where she is on the field hockey and soccer teams. This is Ruby's 1st summer coaching and 3rd year as a Breaker. She enjoys coaching and helping her team improve. Ruby is also a member of the American Heritage Girls and is a Stars & Stripes candidate.

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. FREE SWIM CAPS TO ALL PARTICIPANTS.



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>

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

This Week! Away Meet @ Ben Lomond

We're on the road for the second week in a row, this time against the Ben Lomond Flying Ducks. We had a great meet with the Flying Ducks last year, so get to bed early on Friday, be sure to set your alarm, and get pumped!



The Duck's pool is located at Splashdown Water Park (7500 Ben Lomond Park Drive, Manassas, VA 20109):

- From Sudley Manor Drive, turn LEFT onto Ben Lomond Park Drive
- Splashdown Water Park will be on the right hand side of Ben Lomond Park.
- Drive through Ben Lomond Park until you reach the main parking lot.
- The meet entrance is at the back of the parking lot. Please do not try to enter through the main gate, as it will not be open.

July 13th Away Meet Timeline

Ben Lomond Duck's warm up	6:10 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

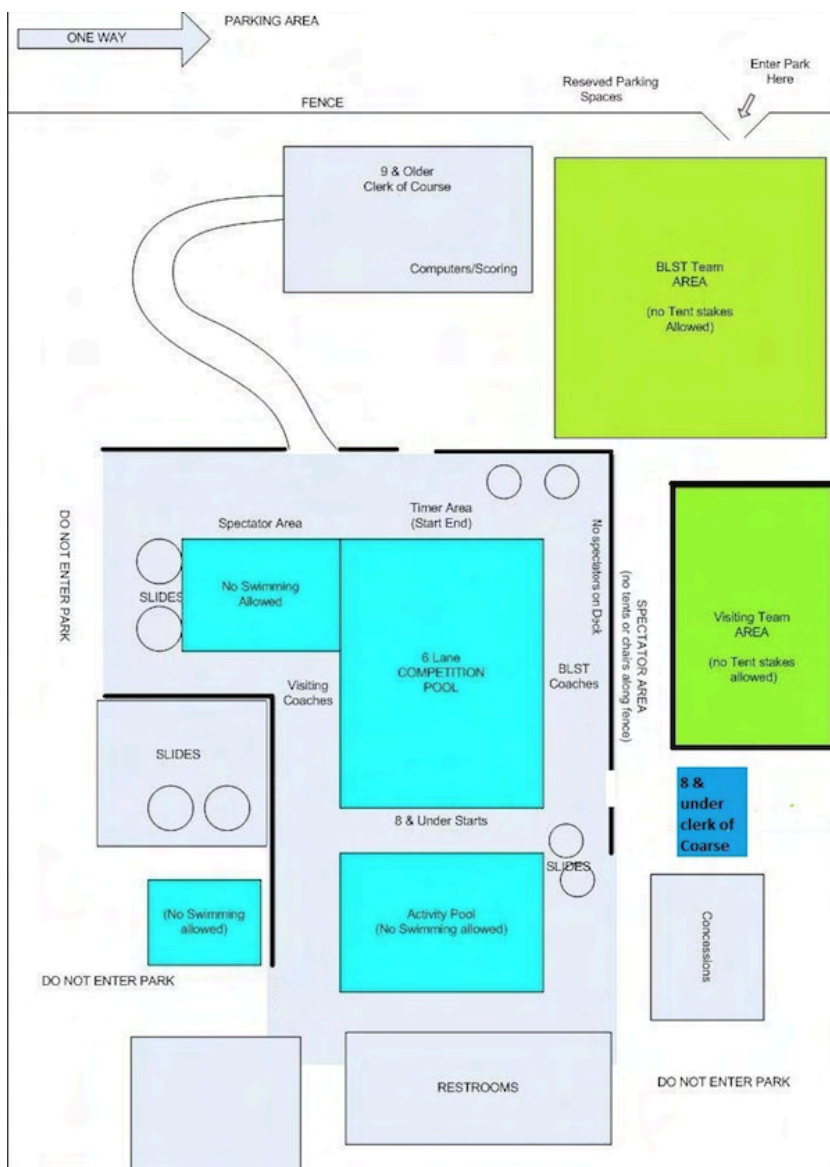
The Splashdown pool contains several pool areas and slides, which are closed during the meet. Our meet will take place in the 6-lane event pool. Spectators are asked to stay behind the roped-off pool deck unless filling a volunteer position on the deck. This area is off-limits to all tents and chairs.

Please note, no tent stakes are permitted.

Concessions will be available from the beginning of the meet, providing a selection of foods and drinks for sale.

For more information, check out the Visitor Info section of the Ben Lomond Flying Duck's Welcome Letter at:

<https://www.gomotionapp.com/team/recpwsblbfd/page/welcome>).



Let's go Breakers!



Award Nominations

The Carol Taylor Volunteer Award

Summer swim would not be possible without the hard work and dedication of numerous volunteers who contribute their time and effort to make our OBB season a success, and this is especially true this summer with so many of our meets being just us at the pool. Each week timers, stroke and turn officials, announcers, scorers, and numerous other folks behind the scenes combine their time and talent to make each meet run smoothly. It is these volunteers who truly make the Breakers great. Breaker mom Carol Taylor exemplified the very best of the Breaker volunteer spirit. As an original member of the team, she participated in every meet running the OBB clerk of course for over 10 years. Even when ill with cancer, she was poolside helping wherever possible and inspired everyone around her. This annual award is presented at our end of year ceremony to the OBB adult volunteer who best represents the spirit of our team. Please note, OBB board members and coaches are exempt. Nominations are due by 5:00 pm on Sunday, July 14th. Submit your nomination via [Google form](#) or on [the OBB website](#).

The Brian Fields Spirit Award

Our Breaker family lost a vital member a few years ago with the untimely passing of Brian Fields. Brian was a dedicated husband to Keri, father to Ben and Matt, and friend to all who knew him. Along with being a kind, loyal, caring, faithful, steadfast and funny presence in our lives, he was a loud, proud and spirited supporter of all things OBB. As a way to celebrate the strong spirit he possessed and the positive impact he had on so many involved with OBB over the years, a team award is given each season to someone who exhibits the positive influence and spirited nature that so defined Brian as a person. Anyone affiliated with the team can be nominated for the Brian Fields Spirit Award – swimmer, coach, parent, family member, etc. Please think long and hard about who most reminds you of the spirit that Brian brought to the team, and nominate them on the attached form (which can also be found on the OBB website under 'documents'). The Breaker board will review all nominations and jointly select the recipient who will be announced at the season end awards ceremony. Nominations are due by 5:00 pm on Sunday, July 14th. Submit your nomination via [Google form](#) or on [the OBB website](#)

You are Cordially Invited....

OBB Awards Ceremony

Sunday, July 28th

3:00pm - 6:00pm

Garfield Senior High School Auditorium

If you are unable to attend the awards ceremony, please make arrangements for another family to pick up your swimmers' awards, and email your intentions to Laura Sigman at laura_sigman@hotmail.com.

We love our coaches!

We love our volunteer and junior coaches and want to be sure they know it! Please join us in thanking them for all their hard work this season. It's easy to show your gratitude – just pitch in to the gift collection, all we receive will be shared with the entire volunteer and junior coaching staff.



Coaches gather at Coach Nicole's house

You can contribute via Venmo (use friends & family to send money to @laudelina-beaty with a note about OBB coaches gifts), or visit our collection box available at practices, swim meets, and our family pool party.

Make your donation by July 26th! Gifts will be presented at our awards ceremony on Sunday, July 28th. Thank you!

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!



Ridgewood Barracudas

<https://photos.app.goo.gl/qgjWRXWqcgXXJH1c9>

OBB Practices, Monday Funday, & Water Polo

<https://photos.app.goo.gl/m9MP58iusW9bdtnX9>

OBB Social Events

<https://photos.app.goo.gl/2x6tg5YdjiGBkaFQ9>

Coaches Corner w/ Coach Nicole

You've all been working so hard this season, and your dedication is really paying off! To help you continue improving, here are some common terms you'll hear on the pool deck:



- **Streamline:** The fastest body position in the water. Swimmers might look funny doing it on deck, but in the water, it's the most efficient way to move.
- **Drag:** This is something we don't want. Drag can happen if your suit is too loose, if you have long hair not in a cap, or if you're wearing jewelry in the water.
- **Pulling Water:** Swimmers move through the water by pushing the water out of the way. There are techniques to pull more water, which makes you swim faster.
- **Recovery:** The part of the stroke that is out of the water. This is important for getting ready for the underwater pull.
- **Drills:** Breaking the stroke into parts to focus on one specific part. Swimming is unique because it uses every part of your body.

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

Attention Breakers!

We appreciate your support and enthusiasm for Monday Funday! We kindly ask that you refrain from bringing water guns. While we encourage fun and playful activities, water guns can sometimes get in the way of the fun. Thank you for your cooperation in helping us maintain a safe and enjoyable environment for everyone.

Share Your Adventures with Relay Reg!

Relay Reg is moving non-stop on his summer adventures! If you have a photo of Relay Reg you'd like to share, email it to Courtney Fetchko or Jen McDonald to post on [the OBB Facebook page](#).



OBB Social Summer

Frostie Moose Spirit Day

Head to Frostie Moose anytime this **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!

Divisionals Week is just around the corner and we're hard at work planning lots of fun activities!

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!
28 End of Season Awards Ceremony	29	30				

Thank You to Our 2024 Gold Sponsors!

