

2024 Meet Schedule

July 27 Black Division Championship Away

2024 Practice Schedule

Morning Practices (June 11th – July 26th)

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

OBB Annual Awards Ceremony

Don't miss out on the fun as we wrap up the 2024 season... Please join us as we celebrate our swimmers, coaches and volunteers and look back on the summer with our amazing annual OBB video!



OBB Awards Ceremony

Sunday, July 28th

3:00pm - 6:00pm

Garfield Senior High School Auditorium

Use Door #36 to enter, underneath the tunnel.
Please park in the lot near the football stadium.

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.

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



Congratulations Breakers!



vs.



OBB: 2,891.5

Urbanna: 1,564.5

Congrats on a great win over the Urbanna Otters on Saturday! We wrapped up our at-home meets for the season with some great swims. Way to go Breakers!



Contributing massive time drops for the Breaker cause were: **Loujain Sajid** (59.93), **Avery Mardeusz** (58.01), **Ellie Bortner** (55.39), **Marcus Seeger** (30.64), **Henry Harkins** (17.8), **Audrey Barrow** (17.63), **Harli Overstreet** (15.83), **Mierab Weldetnsai** (14.53), **Alaldor Degife** (14.14), **Ziyad Sajid** (11.48), **Athena Hille** (11.15), **Andrew Beaty** (10.19), **Isabella Espinoza** (9.48), **Quinten Bannan** (8.78), **Mila Ali** (8.2), **Gwen Smith** (7.5), **Reem Srayi** (7.43), **Timur Arstanbek** (7.36), **Henry Dennis** (7.16), **Ilyas Reghay** (7.13), **Amber Berghauser** (6.98), **Jayden Kipoliongo** (6.89), **Benjamin Terndrup** (6.86), **Isabella Terndrup** (6.51), **Phoenix Davis** (5.39), **Adilet Bektemirov** (5.09), **Logan Wilder** (4.97), **Cassidy O'Connor** (4.58), **Grace French** (4.56), **Daytona Davis** (4.37), and **Dylan Landers** (4.1).

Keep reading for more great OBB swimmer highlights from our meet with the Urbanna Otters!

Questions?

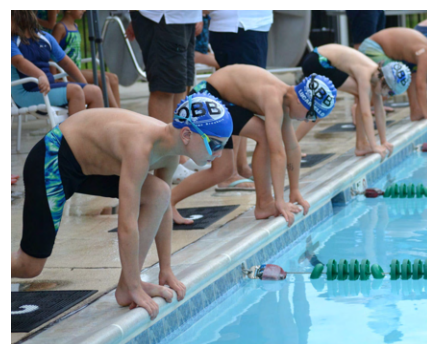
Please contact Elizabeth George, OBB President, at elizabeth.ann.george@gmail.com

Meet Recap: Old Bridge Breakers vs. Urbanna Otters

Additional time drops earned by: Adam Fisher, Adam Reghay, Addy Mardeusz, Alena French, Alexander Kitta, Amelie Aamantoure, Angelina Beaty, Aubrey Zachariasen, Austin Terndrup, Avery Lucariello, Avery Seeger, Bella Davis, Claire French, Connor Bragdon, Connor Sigman, Declan Smith, Denise Bannan, Dominic Mastrianni, Dylan Baerga, Emi Shalal, Emma Ali, Ethan Regan, Evan Wieczorek, Hanne Ayala, Jacob Ejigu, James Smith, Jax Mardeusz, Josh Gold, Julia Kitta, Khor Overstreet, Kira McIntosh, Lachlan Davis, Levi Overstreet, Lily French, Lily McDonald, Lisney Burgos, Liv Hickling, Lucy Dennis, Makenzie Shepherd, Maya Ejigu, Mia Hutchison, Miles Smith, Miranda Hickling, Natalie Butler, Nihal Srayi, Nizar Reghay, Noelle Kabazzi, Nolan Loera, Nolan Lucariello, Paul Butler, Riley George, Rio Bartlett, Ryan Regan, Saylor George, Scarlett McDonald, Sera Wheeler, Thomas Hutchison, and Tirayan Bartlett.



Swimmers with first place finishes in one or more individual events: Adam Fisher, Addy Mardeusz, Alena French, Avery Lucariello, Ayden Landers, Claire Loera, Eleia Valencia, Ethan Regan, Evan Wieczorek, Grace Mulligan, Josh Gold, Julia Kitta, Logan Zachariasen, Makenzie Shepherd, Miles Smith, Nolan Loera, Nolan Lucariello, Rio Bartlett, and Tyler Wieczorek.



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

Congrats to the following OBB relay teams, who had [top 15 times](#) in the county: Boys 15-18 200 Meter Medley Relay, Boys 8&U 100 Meter Free 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 six results [here](#).

This Week! Black Division Championship Meet @ Ridgewood

This year we join the Lake Manassas Blue Dolphins and the Ridgewood Barracudas for the 2024 PWSL Black Division Championship Meet. We look forward to a well-organized event that is safe, fun and fast!! See below for some key information for this weekend's Divisionals swim meet!

- The Barracudas' pool is located at 12350 Oakwood Drive, Woodbridge, VA 22192
- Concessions (breakfast and lunch) throughout the duration of the meet
- **Parking:** Visitors can park along Oakwood Drive and along the side streets. There is no parking along Old Bridge Road and violators will be towed. The Barracudas have 2 handicap spaces available per team. Please email the volunteer coordinator (sahahn1@gmail.com) if more are needed

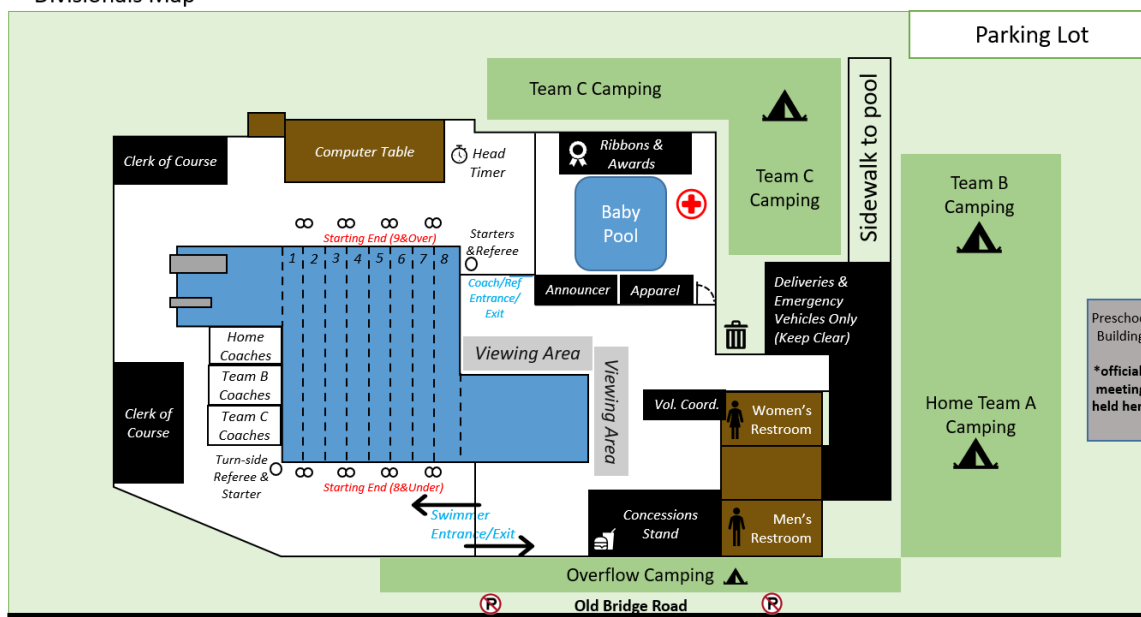
July 27th Divisional Meet Timeline

Ridgewood Barracuda's Warm up	5:30 am
Old Bridge Breakers Warm ups	6:00 am
Lake Manassas Warm ups	6:30 am
Officials' Meeting	TBD
Timer & Records Meeting	TBD
Meet Begins	7:15 am



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

Divisionals Map



Note: On the map above, Old Bridge Breakers are "Team B". With three teams at Divisionals, team camping space is limited! Please consider consolidating canopies with your fellow Breakers!

Divisionals Scoring

Did you know? Points work a little differently at Divisionals, where three teams compete at a single meet vs. the two-team format in our regular season swim meets. Here's a bit more about how scoring will work:

Relays:

In relays, no team can score twice in an event. For example, if a team's A relay finishes first and their B relay finishes second, only the A relay will score points. Points are awarded for:

- The team finishing first receives 79 points
- The team finishing second receives 53 points
- The team finishing third receives 40 points

In relays, ribbons are awarded through 4th place.

Individual Events:

Points are awarded for the top 18 place-finishes in each individual event. The fastest six swimmers for each team will score points. Points are assigned in descending order from 19 points for first place, 17 points for second place, and 16 for third place and so on down to one point for the last scoring swimmer.

Ribbons are awarded to the top 18 legal finishes regardless of team

Divisional Ribbons

After all Divisional meets are complete, Prince William Swim League conducts a "Cyber Meet" - placing all teams at once against each other for individual events. PWSL awards ribbons for the top 24 finishers in each individual event across the league. So if a swimmer has a fastest stroke that has been in the top 25 and they can swim that event for Divisionals, they've got a shot at making this list...which is always cool!



Coach's Corner w/ Coach Nicole

I can't believe there's only ONE more meet left!! It has been an amazing summer swim season. Look at how far you've come! Some of you wouldn't even get in the water on the first day. Now, you can do side breaths, swim butterfly, do flip turns, complete full workouts, swim in meets, and wear a swim cap. Each of you has accomplished so much this summer, it's hard to list everything. I truly hope I've helped create a few aquaphiles over the past 8 weeks.



Aquaphile (noun): someone who loves water; someone who loves to swim. The word comes from "aqua," meaning water, and "phile," meaning love of.

This last week of swimming, since we have a big meet coming up, practices will be a bit different. There will be fewer laps and more focus on diving, finishes, and turns. We'll also talk about the mental aspects of swimming, like visualizing the races. This time is called a Taper. For our short season, it's not a true taper, but we can still enjoy the excitement before an important meet. During a taper, swimmers swim less yardage and rest more. After working hard, it's time to let your body rest, save energy for the meet, and let your muscles recover.



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

Divisionals Week Fun & Last Chance for Spirit Wear!

Divisional week is upon us!

Be sure to join us after practice for fun activities!!

Divisionals shirts ordered online before 7/14 can be picked up at the pancakes event on Friday or at the meet on Saturday. **If**

you'd like to purchase a lime green Divisionals shirt, [the spirit link is active again.](#) Order by Sunday, 7/28. Orders will be shipped after Divisionals, with shipping fees applicable.



Congrats to our 2024 OBB Grads!



Bianca McIntosh

Bianca graduated summa cum laude from the biotech program at Osbourn Park H.S. She earned 10 Varsity letters, in soccer, cross country, indoor and outdoor track. She'll be attending Georgia Military College Preparatory School and then going into the U.S. Coast Guard Academy where she'll continue her soccer career and run track. She will be majoring in Management and minoring in Nautical Science. Her favorite Breaker memories are diving for pennies for 4th of July and swimming relays with her friends.



Dominic Mastrianni

Dominic graduated from Saint John Paul the Great H.S. where he served as swim team captain this past year. He loves to swim, talk and help others. He has been an Old Bridge Breaker for life – 13 years to be exact. He has enjoyed swimming every year as a Breaker and making new friends. He has many memorable moments, but overall he just enjoyed hanging out with his fellow swimmers and coaches. He is currently making plans to enlist in the United States Navy this fall, and hopes to continue swimming competitively or for fun and make a difference in the world.



Tirayan Bartlett

As we say goodbye to senior Tirayan, we remember their journey from age 8, when coach Kathy helped them swim across the pool without a breath, earning the most improved award. Tirayan also enjoyed water polo, even finding fun in getting hit by the ball. Now, they are headed to Emory and Henry College in southwest Virginia to major in Creative Writing and join the Division 2 Swim Team on an academic scholarship. Though they will miss the Colgan H.S. community and choir, they are excited to continue singing and pursue their dreams of becoming an author and editor.



Nicholas Miranda

Nicholas graduated from Gar-Field High School in 2024 and was in OBB for three years. He competed in the Special Olympics swim team for three years and swam with the Gar-Field swim team for four years. Swimming has always been his favorite sport. Nicholas also did taekwondo for many years and was in the National Honor Society. He plans to join the Project SEARCH program and then attend the Mason LIFE program at George Mason University. Nicholas enjoyed being part of OBB and the team.



Seraphine Wheeler

Seraphine graduated from Woodbridge High School where she was part of the AP Scholars program and was on the swim team for two years. Sera earned her Silver Award in Girl Scouts. She has been a Breaker for 11 years. Her favorite Breaker memory is being a coach this year and getting to work with the younger swimmers. Sera plans to attend Northern Virginia Community College this fall, and transfer to UVA, to major in Psychology.



James Smith

Have you ever heard the tragedy of James Smith the Swimmer? I thought not, it's not something the breaststrokers would tell you. It's a Breaker legend. James graduated from St. John Paul the Great Catholic H.S., a Breaker for 7 years. The Anakin Skywalker of swim, he started his training at a later age with many attachments forbidden by the swim council. He will attend Dean College in Franklin, MA, and major in Sports Broadcasting. He has two favorite Breaker memories: working with Mr. Zachariasen on the end of season video last year and convincing coaches not to put him in breaststroke. It's ironic, he could save others from breaststroke, but not himself. Remember Breakers, trust your count, keep your heads high, the strokes will be with you, always.

OBB Social Summer

Divisionals Spirit Night!

The Old Bridge Breakers have the BEST team spirit around! Join us this **Friday night at 6:30 pm** as we celebrate that spirit and get ready for Saturday's Divisionals meet. We'll meet at the cul-de-sac at the end of Beaver Ford Road* to spend time together, decorate our cars, and have an ice cream treat. We'll have chalk window markers on hand, but please bring anything else you'd like to use for car decorating! GO BREAKERS!!



**Beaver Ford Road is NOT the same street on which our OBB pool is located; from the pool, drive back to Smoketown Road and turn right; follow to the next street, Beaver Ford Road, and turn right. Follow to the cul-de-sac at the end of the road*



Coin Drive

Breaker families, we are in need of your spare change! A highlight of divisionals week happens on Friday at the end of practice when swimmers get to dive for coins. Will you help us by sharing some of your spare change? Keep an eye out for Linda Beaty and her coin bucket this week and next at practices!



OBB Social Spotlight



OBB swimmers and families enjoy Swim for Hope, Divisionals Week fun activities, and our annual pool party!

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!

Urbanna Otters

<https://photos.app.goo.gl/WFTqUC5Fw8yWyeRN8>

Swim for Hope

<https://photos.app.goo.gl/wLet19TEnYGx8j8E7>

2024 OBB Pool Party

<https://photos.app.goo.gl/3SnAfoY7yixeD2vV6>

Coach Gift Reminder!

You can still contribute via cash or Venmo to @laudelina-beaty with a note about OBB coaches gifts; or see Linda Beaty at practice this week or Divisionals! Make your donation by July 26th!



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	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 Current 2024 Gold Sponsors!

