

Blending Youth and Experience

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Sept. 7 at Paul VI in Fairfax, Va. So far, according to Cantor, youth and experience are jelling well for the Bulldogs.

"I think that we have a lot of returning players that are all really close and we're getting really close with the freshmen," Cantor said. "I think that's going to help us a lot when competing to win the division, regionals, states, everything. I think that we have a great chemistry and that's going to help us go far this year."

Cantor, a forward, scored 12 goals last season and is one of Churchill's top offensive threats.

"She has that intensity that you can't coach," Hakopian said. "She loves the game and the team so much that it's absolutely, positively as hard as she can go every single time she's on the field."

Lambergman takes over for graduated first-team All-Met selection Rachel Marincola as the pivotal central defender in Churchill's 3-4-3 formation.

"I was concerned about whether I was going to keep that formation going or not," Hakopian said. "That's what we've played in the last three years. We had Rachel Marincola — ridiculously talented, very consistent — and I wasn't sure if we were going to be able to do that again. Jackie stepped right in and has done everything that we've asked her to do."

Lambergman has started since her freshman year, but her new role is enough to challenge even a player with her level of

experience.

"I'm excited to do it for the team, but it's also a lot of pressure because the central defender last year, Rachel Marincola, was amazing," Lambergman said. "She was the prodigy in terms of defense, so filling her shoes is tough, but I'll do what's best for the team and play the best that I can. ..."

"In the back of my mind I keep Rachel in mind, what she would do. But also, me, I know myself well and what I can handle."

Junior Becca Ewell steps in as a first-year starter at goalkeeper.

"Every once in awhile," Hakopian said, "because of the way things happen, especially in a three-back [formation], the goalie needs to come up big and needs to be able to make some saves that technically she shouldn't get. That's what we have in Becca."

Junior forward Zoe Foster is the team's offensive catalyst. While she likely won't receive much in the way of statistical recognition, Hakopian said she will play an important role in starting plays.

"If she's playing well," Hakopian said, "we're going to be very, very hard to beat."

Hakopian said the team's goal is to capture the program's first region championship. Whether or not that happens will depend largely on whether youth and experience come together.

"We're going to go as far as our consistency takes us," the coach said. "That's going to be the thing: how quickly we jell the young talent with the returning players."



PHOTO BY HARVEY LEVINE/THE ALMANAC

At Baltimore Grand Prix

Potomac native Eric Langbein, 36, finished second in the F2000 class at the Baltimore Grand Prix on Saturday, Sept. 3. Langbein competed in a Citation racing car that he built himself from parts supplied by the manufacturer. He is one of the few people in the U.S. who has both the skills and specialized tools to build a Citation, which only comes in parts — there are no pre-assembled models available. Langbein is self-employed as an engineer with various racing teams and fabricates race cars and custom parts in his shop in Annapolis.

'Beyond Barre' at Potomac Pilates Yields Total Workout



PHOTOS BY SUSAN BELFORD/THE ALMANAC

Ulrick Rosemond teaches Beyond Barre.



Beyond Barre Glide Board and other equipment used in the class.

BY SUSAN BELFORD
THE ALMANAC

Beyond Barre" sounds like an exercise program that mainly incorporates ballet stretches and movement. It would seem to suggest more about grace than exercise — until seeing the equipment. As one of the class members exclaimed, "Welcome to boot camp — that's what this class really is."

And it's more like a boot camp than a ballet class. This new workout tones the upper body and incorporates weights, cardio and gliding with the use of a ballet bar, mats and a patent-pending Glide-Board.

It is a total body workout that challenges every part of the body.

"It is unique, fun and different," said Ann Baker, one of the students in the class. "It gets my heart rate up, works on my core and fits in perfectly with the reformer pilates that are taught here. I find the class fast-paced and an amazing workout. We work every part of our body and I come away from it totally soaked."

"Beyond Barre" is Potomac Pilates' newest class. The 55-minute session consists of ballet-inspired barre leg work to build long lean legs, free weights for upper body sculpting, a stomach-flattening abdominal series and the use of the BeyondBarre glide board. The participant uses the glide board to slide back and forth, almost in a speed skating motion. It is a cardio workout that increases endurance and strength. This exercise program also focuses on posture, proper form and body alignment to avoid injuries and to sculpt the body.

Instructor Ulrick Rosemond who is also a personal trainer at Potomac Tennis and Fitness Club, loves teaching the Beyond Barre classes. "I love these classes because of the variety, the funky music and the cardio workout. It really increases the heart rate, helps the body burn fat and strengthens the muscles. Besides that, the music is funky and fun."

Beyond Barre and Reformer Pilates are taught at Potomac Pilates, 10800 Potomac Tennis Lane. Visit its website at www.potomacpilates.com or call 301-983-3PIL for more information.



Train to Raise

Last spring, Our Lady of Mercy middle school students embarked on a new endeavor which involved an intense physical challenge to improve themselves and the lives of others. Twice a week, during an 11-week program from March until May, students were trained by NFL and NCAA coaches. Their training focused on proper running techniques and strategies and building overall fitness through their core, upper body, and lower body. To measure improvement, students engaged in an initial evaluation and a final event evaluation day. All the while, students raised donations through sponsors who pledged donations based on personal improvement. By the end of "Train to Raise," offered through Satori Sports, Our Lady of Mercy School raised well over \$3,600 for Life Connection Mission in Haiti.