

Brookwood Swim/Dive Newsletter

This will be the last
Newsletter of 2009.
You will not be receiving
one next week during finals.

Meet Results

Vs. North Gwinnett & Norcross

(when scored as a regular tri-meet)

Girls— **296**—193—147
Boys— **236**—235—168

There were 13 individuals that earned new or improved State qualifying time. They were Ken Bolton (200free), Alma Lopez (200 & 500 free), Michael Trice (50 & 100 free), Rachel Muller (50 free, 100 Fly & 100 free), Morgan Duncan (50 free), Kelsey Gouge (100 Fly), Anna Springer (50 & 100 free), Cassy Wilhelm (100 free), Margaret Schofield (100 free), Anakaren Lopez (500 free), Dustin Nguyen (100 breast), Aaron Elwood (100 breast), and Meghan Faulkner (100 breast)

The following long list of individuals improved significantly on their previous best performances KEEP IT UP!!!!

For the boys— Charlie Chang, Aaron Elwood, Michael Trice, Perry Lawson, Alex Schieman, Mitch Hotop, Dylan Diener, Joseph Buda, Chase Jackson, Garrett Wilson, Garrett Boss, Stephen Kotter, Will Skowronski, Davie Dietz, Conor Martin, Nick LaMontagne, Drexel Jenkins,

For the girls— Cassy Wilhelm, Alma Lopez, Kally Doyle, Rachel Muller, Morgan Duncan, Margaret Schofield, Lexi Prine, Kelsey Collado, Laura Stroker, Ashley Brown, Rachel Sunseri, Allie Gibney, Brittany Crowe, Ann Marie Rose, Chloe Cotter, Jessica Tailhardat, Emily Trettel, Sarah Bruns, Audrey Gill, Emma Weber, Cady Morrill, Anakaren Lopez, Heidi Schureck, Meghan Faulkner

Appropriate conduct during diving competition?

When individuals are talking during the dive competition it is a distraction to the divers which could cause a loss of concentration and possibly result in injury. The conversations are also rude and disrespectful to the divers who are competing.

It is because of these reasons that individuals have been asked to leave the pool deck area.

If you are not interested in watching the dive competition then I ask that you show respect for the divers and leave the pool deck area to carry on your conversations.

Athlete's name _____

Guided Study teacher _____

Monday, Dec. 7, 2009

Athletes of the Meet

North Gwinnett / Norcross meet

Michael Trice— placed 1st in 50 Free while improving his time to the 6th best time currently in the State. Placed 2nd in 100 Free while getting his second SQT of the season. Anchored the 200MR to a victory with his 21.91 anchor split.

Perry Lawson— great improvement of time in both events really helped the team out. Dropped .46 seconds in his 50 Free to place 4th. Also dropped .82 seconds in his 100 Free to place 3rd. Also had quality splits on the A 200FR and 400FR to help them finish with solid performances.

Margaret Schofield— got her first SQT of the season by dropping .81 seconds in her 100 Free. Also dropped .42 seconds in her 50 Free to get very close to a SQT in that event. I am confident that both times will continue to improve
Alma Lopez—led the team with 1st place finishes in both of her individual events—200 & 500 Free. Both were quality State Qualifying times.

Practice Schedule for near future

Mon, Dec 14th— practice from 4:15—5:45

Tues, Dec 16th— optional practice from 4:15-5:45pm (day before exams-no early release)

Wed, Thurs, Dec 17 & 17—

practice will be from 4:15—5:45.

No dryland - all swim. These are early release days so athletes should be at home studying prior to practice.

Fri, Dec 18—regular practice

Mon, Tue & Wed—Dec 21, 22, 23—4-6—all swim

Sat, Dec 26—AM practice—time TBA

Mon, Tue, Wed, Thu—Dec 28, 29, 30, 31— 4-6 all swim

Sat, Jan 2—AM practice—time TBA

Mon, Jan 4— 4-6 practice (Welcome the New Year)

These practices are mandatory and will count towards your 85% attendance requirement.

This is the time of the season where the hard work will really begin to pay off. Historically the individuals who work hard during the holiday break are the ones who show tremendous improvement for the last half of the season.

USS athletes are expected to attend the posted schedule for your club team—for most of you that will involve 'doubles'. If your club team is NOT practicing over the Winter break then you are expected to attend the Brookwood practices.

**Good is not
good enough
when better
is expected**

Upcoming Meet Info

Many of you have been pushing it getting to the buses at the very last minute (or a few minutes late). You need to be more responsible and show up with plenty of time to spare. Be respectful of your team and be on time!!!

Clody Invitational

Dive events are at the Mountain Park pool.

Friday, Dec. 11— diving

Warmups (girls) begin at 2:30

Competition begins at 3:30

Girls will be competing first.

Boys need to plan on arriving no later than 5:00 PM for their competition

Saturday, Dec. 12—swim events

Will be held at Mountain Park pool

Check-in by 7:00 AM.

Bus will be leaving shortly afterwards.

Events should be over by 2:00pm.

For this meet there will be a \$3 charge for spectators (GHSA & Gwinnett BOE passes will be accepted) and a \$2 charge for heatsheets.

Gwinnett / Cobb Challenge

Brookwood & Parkview vs.

Lassiter & Pope

Saturday, Dec 19th

at Central Cobb Aquatic Center

Buses will be leaving at 6:45AM.

Teams are only allowed 4 entries per event so the fastest individuals will be the ones competing in this meet.

Can't participate in

Jan. 9th meet?

I will be doing the lineup before school begins again in January. You will therefore need to let me know by end of December if you can't participate in that meet.

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Upcoming Social Events

Wednesday, December 23rd—

QZAR—6:30—8:00 pm

\$7.50 per person + \$\$ for snacks

Tues., Dec. 29th— Game Night

8:00—11:00pm

At Flowers Crossing Kids Towne Hall

Bring snacks & games to share