

Brookwood Swim/Dive Newsletter

Athlete's name _____

Guided Study teacher _____

Monday, Nov. 30, 2009

Train & Compete Like a Champion

Meet Results

Vs. Parkview, Alpharetta, Lassiter

Girls -BW 604,Alp 481, PV 463, Las 427

Boys -BW 557,PV 557,Alp 83,Las 417

To continue to be successful the rest of the season it will truly take a team effort.

We will need to have 4 individuals in each event that are capable of scoring points. This may mean that some individuals will need to compete in events that are not necessarily their favorite events. For the team to be successful some individuals may be asked to make sacrifices to their personal goals and objectives.

Vs. Westminster

Boys—170 - 135

Girls— 134—179

In both meets there were dozens of individuals who showed significant improvement on their best times of this season or had times that were already better than last years best.

**Keep up the hard work -
It is paying off!!!**

Grade concerns?

With less than 3 weeks left in the semester it is important to make sure and keep up your grades. Any individual who does not pass at least 5 classes will no longer be a part of the team come January.

Don't let this happen to you!!!

Websites for Top Times

Top times for all State qualifiers can be found on the following website -
ga.prepcountry.com

Top times for Gwinnett County teams can be found on the following website -
Gwinnettswimdive.org

Athletes of the Meets

Vs. Parkview, Alpharetta, Lassiter

Dustin Nguyen—dropped over 1 second off of his best 08-09 200 IM time to improve on his State qualifying time. Also got State qualifying time in 100 breast.

Aaron Elwood— was looking for an additional person to potentially score in 100 Fly. His 6 second improvement over last season definitely took care of that. Also got a State qualifying time in the 100 breast.

Rachel Muller— after being .01 over the State qualifying time in 100 Fly at the first meet she decided to leave no doubt about it this week and dropped a little over 1 second to get the 100 Fly State qualifying time. While she was at it she went ahead and got her 3rd State qualifying time of the season in her first 100 back attempt.

Heidi Schureck— said that she doesn't really pay attention to her times (something she probably needs to change) but thinks that her previous best 200IM time was a 2:43. She crushed that in the first meet with a 2:31 and then dropped even more time this week to go a 2:29. State qualifying time of 2:24 is potentially on the horizon— make sure to pay attention

Vs. Westminster

Elizabeth Garreau— in 200 Free she got her third State Qualifying time of the season. Also dropped over a second on her qualifying time in the 100 breaststroke.

Meghan Faulkner— won the 500 Free with a quality State qualifying time. Placed second in 200 IM with a time that is currently the fastest AAAAA time in the State

Gabe Gomez— continues to drop times in his events. Dropped .2 seconds in his 50 free and 1.2 seconds in his 100 free. Both times are getting closer and closer to the State qualifying times
Aidan Sweeney— .won the 200IM with a time that is currently the 2nd best time in the State. Also placed 2nd in the 500 Free and had quality splits in both the 200 Free Relay and the 400 Free Relay

Lost your team shirt (gold) or want an additional one?

Coach Puckett has a few extra gold team shirts if individuals want to purchase them for \$5. The only sizes available are small ,medium and large.
First come first served.

Upcoming Meet Info

Saturday, December 5th

Vs. North Gwinnett & Norcross

You need to be checked-in at school by **5:30 pm.**

NOTE—because we are going to the West Park pool in Norcross this departure time is 15 minutes earlier than previous meets. Do NOT be late.

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 and a \$2 charge for heatsheets.

Social Events

Wednesday—December 9th—

Spaghetti dinner held at Flowers

Crossing at the Mill clubhouse.

Begins at 7:30. Food items to bring (based on last name)

A—F dessert items

I—P salad & bread (plain or garlic)

Q—Z pasta dish (ready to eat)

Practice Schedule for near future

Mon, Dec 14th—regular practice 4-6

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

Wed, Thurs, Fri Dec 16,17&18—

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

All other days will be regular practice.

Holiday practice schedule will be announced later in the week.