

Brookwood Swim/Dive Newsletter

Upcoming meet info
Saturday, Nov. 14th
at Mountain Park pool
vs. Collins Hill

The bus will be leaving
Brookwood at **5:45 PM**
so you need to be checked in before
then.

Bus guidelines
All team members participating in the
meet need to ride the bus **to and from**
the meets unless prearranged with
Coach Puckett.

There will be two buses going to every
meet. This year the
transportation dept. is requiring that
we give them a list of riders for each
bus. Therefore we will be making a
list of individuals that ride each bus.
This is the bus that you must ride to
and from THAT meet.

Other
County bus guidelines
The coaches of all sports have been
informed that the following bus
guidelines will be in effect for all
activities.

- no food or drink consumed on buses
- No use of electrical equipment when on buses. This includes CD players and cellphones.

The Brookwood & Collins Hill seniors decided to use our meet as an opportunity to provide a community service by encouraging individuals coming to the meet to bring canned goods. The collected canned goods will be delivered to the Lawrenceville Co-Op on Sunday.

***Wednesday, Nov. 11—
Spaghetti dinner***

Flowers Crossing at the Mill
Kids Towne Hall
7:30—8:30 pm

Food items to bring (based on last name) -
A—F salad and bread
I—P pasta dish (ready to eat)
Q—Z dessert items

Athlete's name _____

Guided study teacher _____

Monday, November 9th

Website

The Brookwood Swim & Dive website is up and running. It is a good source of information.

- top times
- directions to pools
- copy of newsletter
- meet schedule
- list of meet participants
- copy of heat sheet for meet
- team rules/guidelines
- photos from meets

The website is—Brookwoodswim.org

Reminders

* Meet participation -

It is not realistic for me to call all 80 of you before every meet to see if you can participate! I therefore do the lineups for meets assuming everyone is capable of participating in that meet unless you have told me otherwise. **Do NOT assume** that I already know you have some sort of conflict. You are to let me know (in writing) at least 7 days before the meet if you cannot participate. If you neglect to do so I usually have to redo the lineup. This irresponsibility on your part will then cost you the opportunity to participate in the next meet you would have participated in.

*Meet participants

The list of individuals who will be participating in the meets will be posted on Monday's in the commons area.

* not included in meet?

Some of you will not be included in the upcoming meets because of one of the following three reasons.

- 1) you missed a mandatory team meeting or event and did not have a legitimate excuse.
- 2) your practice percentage is below the 85% required
- 3) you are in Coach Puckett's dog house for other reasons – not turning in paperwork, breaking team rules, being suspended, etc

* Thanksgiving practices -

- swimmers practicing with their USS club team need to follow practice schedule. If USS club team is not practicing then you are expected to be at the Brookwood practice(s)
- The pool will not be available for Brookwood practice on Thursday or Friday of Thanksgiving. We will however be having a 3 hour practice (9-12noon) on Saturday the 28th—make sure to plan accordingly.

Train and Compete Like a Champion

Can't participate in a meet?

If you will not be able to participate in the meet on Dec. 5th

you need to let Coach Puckett know in writing before the Thanksgiving break.

Sending an email after 11/24 at 2:00 pm will not be acceptable because it may not be received until after the holiday break.

High School Rules

Most High School rules have been changed to be similar to USS rules. However, there are a few exceptions.

Below are some of the most common-

* **NO jewelry** is to be worn during a swim/dive meet. This includes any time from when warm-ups begin until the meet concludes. If a meet official sees you with jewelry on then you will be DQ'd for that event.

The following are considered jewelry and should be removed.
Earrings, watches, necklaces, tongue or nose rings, wristbands, rings (toe and finger), anklets (including leather straps) hairbands accidentally left on wrist.

* false starts - you are disqualified on your 1st false start. You do not get a second chance. This goes for relays also.

* missed event - if you miss your event you are disqualified from the rest of the meet. You may also be sitting out a future meet per Coach Puckett's rule!

* Relay exchange - the swimmer who just completed their leg must leave the pool immediately.

* reentry into pool - if you reenter (or enter) pool without officials permission then you or your relay will be DQ'd. Therefore keep any celebrations away from edge of pool so as not to risk accidentally falling into pool.