

Brookwood Swim/Dive Newsletter

Meet Results

(since last newsletter)

Clody Invitational

Meet was not scored. Many individuals tried new events for the first time—and were successful

Athletes of the Meet

Carly Egan— did her first 200IM ever and easily qualified for State with a 1st place performance. Also won the 100 free with a SQT.

Evan Parker— had personal best times in both her 200IM and 500 Free. Also had fastest 50 back time on 200MR at the meet.

Matthew Heaton— improved his 100 Free by 1.4 seconds and his 100 breast by an amazing 8.5 seconds

Taylor Brown— a truly impressive dive performance earned him a State Qualifying score that is currently the 3rd best score in Brookwood history

Gwinnett / Cobb challenge

	<u>Boys</u>	<u>girls</u>	<u>team</u>
BW	510	549	1059
PV	584	392	976
Lass	397	529	926
Pope	359	378	737

Combined team totals -

Gwinnett—2135

Cobb—1663

It was an impressive overall victory for both Gwinnett and Brookwood against some of the best competition in the State.

Athletes of the Meet

Tessa Herron— another athlete backed out of the meet at the last minute and a replacement was needed to fill in some of the gaps. She was asked to fill in a half day before the meet and agreed without hesitation. She then made the most of the opportunity by getting her best 100 back time and impressive relay splits

Leslie Stapley— a rib injury at the beginning of the season hampered her training and dragged out far longer than she would have preferred. She persevered through the set-back and is began to get the times that she is used to having. Her leadoff time of the 400FR was a .6 sec improvement

Athlete's name _____

Guided Study teacher _____

Monday, January 11, 2010

Athletes of the Meet (cont)

Robbie Swan— had first place finishes in both of his individual events while dropping time in both events— 50 free (.07 drop) & 100 free (.74 drop)

Ken Bolton— dropped .5 seconds off of his 100 Fly and then volunteered to lead off the 400FR in hopes of dropping time in his 100 free. He got the relay off to a good start with his time that was a .7 second improvement over his previous best time.

vs. Peachtree Ridge

Boys—176—129

Girls— 205—99

The hard work put in by some individuals at the holiday practices really paid off with some nice time improvements. Forty-six athletes had improvements in at least one event—keep it up!

Athletes of the Meet

Justin Lennox— after a year and a half of being within .10 (or less) of the State qualifying time in 100 breast—he finally got over that hurdle by dropping over half a second and getting his first SQT

Chase Jackson— had two nice swims— dropped .4 seconds in his 50 free and an impressive 2.5 seconds in his 100 breast to get to within .02 of the SQT
Anakaren Lopez— continues to drop time in her 500 free. After dropping time the previous two meets she dropped an additional 4.5 seconds this week.

Kelly Faulkner— throughout the season has been consistently dropping time in most of her events. She continued this week with improvement of .6 in her 200 Free

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

Upcoming Meet Info

Vs Mill Creek

Saturday, January 16th

at Mountain Park pool

Check-in at school by 5:45 pm

Vs. Parkview

Friday, January 22nd

at Mountain Park pool

check-in at school by 5:45 pm

Only **11** more practice days until the County Championships.
Make sure you get the most out of each one!

Upcoming Social Activities

Cosmic Bowling -

Snellville Lanes AMF

(2350 Ronald Reagan Parkway)

Friday, January 15th

9:00-11:00 PM

\$11 per person

(includes 2 hours of unlimited bowling, shoes and drinks).

Snack bar will be open for purchases.

Spaghetti Dinner

Flowers Crossing Kids Towne Hall

(1184 Providence Drive)

Wednesday, January 20th

7:30 – 8:30 pm

Food items to bring

(based on last name) –

A – H pasta dish (ready to eat)

I – P dessert

Q – Z salad and bread