

Brookwood Swim/Dive Newsletter

Athlete's name _____

Guided Study teacher _____

Monday, January 25, 2010

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

Meet Results vs. Parkview

Boys - 152 to 160
Girls—179 to 130
Team— 331 to 290

Winners (again) of the
“Battle of Five Forks”
trophy

As usual this was quite the exciting meet with lots of tremendous performances. These top times and performances are coming at the right time of the season—at the important end of season meets.

Keep up the hard work and effort!!!

There was a huge number of athletes that had significant improvement—For the boys—Thomas Nguyen, Mitch Hotop, David Dietz, Bradley McClellan, Perry Lawson, Andrew Beumer, Aidan Sweeney, Cameron Clay, Michael Trice, Ken Bolton, Will Skowronski, Trevor Turner, Joseph Buda, Chase Jackson, (1st State cut—100 breast) Chris Brown, Drexel Jenkins, Justin Lennox, Stephen Kotter, Aaron Elwood, Matthew Heaton, Nick LaMontagne (first State cut—100 breast), Garrett Wilson, Dylan Herzog, Dylan Deiner, Gabe Gomez, & Dustin Nguyen. For the girls—Leslie Stapley, Rachel Sunseri, Andrea Evenson, Amanda Hotop, Allison McKay, Brittany Crowe, Carly Egan, Morgan Duncan, Emily Trettel, Ashley Brown, Elizabeth Trettel, Emma Weber, Anna Oltmann, Ann Marie Rose, Natasha Hinds, Margaret Schofield, Lexi Prine & Elizabeth Garreau.

State qualifiers?

If you are interested providing input to Coach Puckett on the Brookwood State entries there will be a meeting to do so on Tuesday, February 2nd at 7:30 in his room F-12.

Athletes of the Meet Parkview

Dylan Deiner—for the 4th meet in a row he has had significant drops in his times. This week he dropped close to 7.5 seconds in his 500 Free.

Andrew Beumer— continues to slowly and surely chip away at his times in the distance events. He dropped nearly 4 seconds in his 200 free and 1 second in his 500 free. He is getting closer and closer to the SQT for each event— hopefully he will get them at County.

Natasha Hinds— had two impressive swims where she dropped .6 seconds (100 Fly) and .76 seconds (100 back) to continue her quest for a SQT.

Amanda Hotop— dropped nearly a second in her 100 free and dropped an impressive 7.3 seconds in her 200 free to get her best time ever.

Banquet Info

Tuesday, March 9th at 6:30 pm
in Brookwood Commons Area

Caterer—Eagles Landing
Meal—Mexican menu

Athletes are paid for by Booster Club.

Family members attending will need to pay \$8 each by January 30th.

Checks need to be made out to “Brookwood Swim & Dive” and delivered to Coach Puckett, Coach Golden, Chris Bolton or any Booster Club officer

County Championships spectator info

-Admission fee for spectators is \$3
-heatsheets will be \$5
- doors will open at 3:00 pm for diving and all swim events
-carpooling is encouraged for all swim events

County Championships Meet Info

Diving—Wednesday, January 27th
at Mountain Park aquatic center
Warm-up
2:30—3:30 pm for females
3:30—female competition begins
Male's warm-up will begin immediately after completion of male's competition (estimated to be 5:30 p) Males should therefore report by 5:00 at the latest.

Swimming—

Thursday, January 28th—female prelims
At West Park aquatic center
Warm-ups—3:00—5:00 pm
Competition begins at 5:00 pm and is expected to be completed by 8:30 pm (or earlier)

Friday, January 29th—male prelims
At West Park aquatic center
Warm-ups—3:00—5:00 pm
Competition begins at 5:00 pm and is expected to be completed by 8:30 pm (or earlier)

**Swimmers & female divers will be dismissed from 7th period at 1:40 and need to go to fieldhouse immediately. The buses will leave from there at 1:50ish.

Saturday, January 30th— all swim Finals
At West Park aquatic center
Warm-ups—3:00—5:00 pm
Competition begins at 5:00 pm

Two buses are reserved for competing athletes and teammates who want to come and support the team.

Check-in by 2:15 pm at school.

Buses will leave shortly thereafter.

NOTE—because of concerns about limited deck space the County Meet managers have decided that only individuals participating in the meet will be allowed on deck. That means—only divers on Wed, only female swimmers on Thurs, only male swimmers on Fri, and only Finals participants on Sat.

Athletes will be in school long enough to eat their regular lunch. The Booster club will be providing each athlete with a powerade drink and some sort of power bar. If you feel that you will need more nourishment then that then you will need to plan accordingly by bringing extra food or \$ for the Concessions that will be available at facility.

NO food or drink will be allowed on pool deck. There will be designated areas just off the pool deck where athletes will be allowed to eat.

The top 30 finishers in each event will be competing in the Finals on Saturday. Each team is allowed only 4 individuals per event in the Finals.

All County Qualifiers will be receiving a Brookwood County shirt.

If you haven't received yours yet they are available to pick-up in Coach Puckett's room
You are to wear them the day of competition.

Psyche sheet for the County meet will be posted on the County website. If possible it may also be posted on the Brookwood website.