

# Brookwood Swim/Dive Newsletter

Athlete's name \_\_\_\_\_

Guided study teacher \_\_\_\_\_

Monday, November 16, 2009

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

## Meet Results

### Marist Early Bird Invitational Dive Meet

Garrett Boss— State qualifying performance  
Jessica Tailhardat— State qualifying performance

### Vs. Collins Hill

Girls— Brookwood 203, Collins Hill 108  
Boys— Brookwood 135, Collins Hill 174

Impressive start to the season— 10 relays posted State Qualifying times, 22 State Qualifying times (16 girls, 6 boys), 77 lettering or County qualifying times

There were also several individuals who posted times that were an improvement on their best time from last season. They are as follows— Thomas Nguyen, Rachael Gibson, Kelly Faulkner, Cassy Wilhelm, Cameron Clay, Michael Trice, Alex Schieman, Trevor Turner, Dylan Diener, Drexel Jenkins, Natasha Hinds, Laura Stroker, Bradley McClellan, Jessica Tailhardat, Beth Tate, Elizabeth Garreau, Case DeStefano, and Dustin Nguyen

## Athletes of the Meet

Garrett Boss— in his first dive competition ever, he hit the board with his foot on the 8th dive. He pushed through the last 3 dives with a swollen and injured ankle to ultimately earn the 2nd highest 11 dive score in Brookwood history. It also happened to be a State qualifying performance. Great start to the boys season.

Thomas Nguyen— dropped a couple of tenths off of his lead off backstroke on the 200 MR. Also placed 1st in both individual events with times that are both very near his best times from last season. Can't wait to see the times at the end of the season.

Jessica Tailhardat— began the day with a State Qualifying performance at the Marist Dive Invitational. Then finished the day off by winning the 6 dive competition at the Collins Hill meet and also dropping nearly 4 seconds on her 100 Free season best from last year. It made for quite a long and impressive day.

Kelsey Gouge— had impressive performance in all 4 events. Even with big leads she had solid splits on Fly of the 200MR and anchor of the 400FR. She also placed first in both of her individual events with times that are currently 2nd fastest in the State.

## Upcoming Holiday

Holiday Practice schedule— Mountain Park pool will be closed on Thursday & Friday for Thanksgiving. We will be having regular practice Monday, Tuesday & Wednesday. There will be an additional practice held Saturday morning (Nov.28) from 9am—Noon  
USS swimmers and divers need to follow the holiday practice schedule given to you by your coaches. If your USS club team does not have holiday practices then you are expected to be at the Brookwood practices.

**Because of the short school week of Thanksgiving there will be no newsletter next week.**

The Captains for the 09-10 season will be

Dylan Herzog  
Thomas Nguyen  
Carly Egan  
Alma Lopez

If you ever have any concerns or problems about the team that you do not feel comfortable discussing with Coach Puckett or Coach Golden please let your Captains know.

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The canned food drive for the Lawrenceville Co-Op was a success. On Sunday afternoon the seniors of both teams delivered and shelved 427 food items that were collected at the meet the evening before.  
Great job Broncos and Eagles!

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## Upcoming meet info

Saturday, Nov. 21st  
at Mountain Park pool  
vs. Alpharetta, Lassiter,  
and Parkview

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

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Monday, November 23rd  
vs. Westminster

The buses will be leaving Brookwood at 3:00 pm.

Athletes are welcome to leave their swim bags in Coach Puckett's room (F-12) during the day.

For the Westminster meet we are limited to 5 entries per event. We will therefore be taking the 5 fastest swimmers per event.

Entries for the meet will be done and posted by Friday, Nov 20th. Individuals that cannot participate in this meet should have already told Coach Puckett so—at least 7 days before the meet.

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## Can't participate in Dec 5th 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.