

## **Early Bird War Eagle Dive Invitational Meet Recap 11/14/09:**

Since Coach Puff is unavailable I'm going to try to give a Dive Meet Recap. This should be interesting so here it goes.

The Dive team attended the Early Bird meet at Marist High School and had a fantastic meet!

Jack Nyquist came away with the **overall WIN** and had the 2nd highest score ever at the Marist pool! His score of 545.30 for 12 dives **qualifies him for the State** meet and better than that it earns him **All American** status!

Wahoo! Great job Jack!

Crawford Berry was the **overall winner for the 6 dive** competition!!! Way to go! His score was 152.95.

Maggie McNealy was **3rd overall for the 6 dive**, with a score of 172.75! She was 2nd in the 5A schools. Great job Maggie!

It looks like Brookwood and Parkview have some good divers as they scored well at this meet so Jack and Cameron will have some good competition Saturday night!!!! We will all be there to cheer them on!

Congrats dive team!

## **Alpharetta Relay Meet 11/ 14/09 Recap:**

**Teams attending: Chattahoochee, Centennial and Johns Creek**

Coaches Recap

What a way to kick off the season! The relay meet was a blast! This meet allows the swimmers to get to know each other as they have to swim as a TEAM since there were no individual events in this meet. For those of you that are new to the team or haven't seen this format for a meet here is the background information regarding this meet? There is a meet called the Cobb Relay meet. We have participated in it one time and we loved it, but since then they have shut us and other North Fulton teams out because we are not in Cobb County and it is full with their teams. We decided to host our own meet and look to expand the meet next year to include other North Fulton teams so they can have fun too!

Again, if you are new to the team, this coach's recap appears weekly as soon as I can get it written. It can be lengthy but you will know exactly what happened at the meet! I'm going to keep this one a little shorter to break you in! There were 20 relays; I will just hit the highlights!

Here were the overall results:

Combined team scores (there were co-ed relays):

1. **Alpharetta**           **1239**
2. Centennial           1096
3. Chattahoochee      844
4. Johns Creek         793

Our men were a little out numbered, they had great races and won many but you could score 3 relays and we just didn't have the depth in our men, however, our ladies owned the other teams giving us almost 300 points over the nearest competitor, Johns Creek girls.

The **men** started off the meet with a **“normal” 200 Medley Relay**.

The following swimmers started us off with a WIN! Reed Ash, Jacob Saban, Alex Forte and Erik Petrina went 1:52.37 and just missed qualifying for State?!? 1:52.00 is the State Q time. However, they beat the competition by 4 seconds!

The **ladies 200 Medley Relay** gave us our first State Qualifier of the season!

Julia Ash, Peyton Carrington, Mariel Rico and Amanda Philp have **qualified for State** with a 2:06.33; qualifying time is a 2:08.00! They had a tough race for 3<sup>rd</sup> place. The other relays placed 4<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> out of 13 relays. The dominance for the ladies began with this race! Notable swims Lindsay Hogan and Kelly Katz on their relay for 4<sup>th</sup> and Emily Buckingham for a strong finish out touching Chattahoochee for 7<sup>th</sup>!

The **men's “normal” 200 Free Relay** was one of the highlights of the meet! The team of Erik Petrina, Drew Domnauer, Justin Stubel and Cody Reul were just touched out? Questionable judging and timing happened here! They went 1:39.90 and **qualified for State!!!!** The state q time is 1:41.50. All 4 of the boys pulled out their best efforts and Cody gave them a split of 23.00 to bring it home!

The **ladies 200 Free Relay** was equally impressive with Ashley Williams, Kelly Katz, Brandie Banner and Julia Ash winning and **qualifying for State** with a 1:49.81! The state q time is 1:54.00. These 4 Senior ladies split high 27's to low 28's! Captain Brandie Banner pulled us in to the lead and Julia Ash brought it home! Great job ladies!

Then we moved in to the just for FUN relays!

**200 Backstroke relay** – first relay member in the water start, the other 3 dove in and flipped over. Both the men and ladies relay WON by :05 each over 2<sup>nd</sup> place!

The winning relay was Erik Petrina, Drew Domnauer, Reed Ash and Cody Reul, all 4 had beautiful swims.

The ladies relay was Amanda Philp, Ashley Williams, Peyton Carrington and Brandie Banner.

The relay of Emily Buckingham, Morgan Carter, Brooke Beisner and Rachael Feurstein had a great race and should've been awarded 3<sup>rd</sup>, however they were given a tie for 4<sup>th</sup>? The time difference for 3<sup>rd</sup> was .01 and the time difference with the other tied 4<sup>th</sup> place

team was :04???? Again, questionable judging took place here. We will use our own parents in this position in the future!

The **200 Free Relay 8 x 25's**, all girls and all boys was next. These kids haven't lined up for 25's since they were 8 yrs old but our team got themselves lined up! We didn't have enough boys to put together this relay. Our ladies took 1<sup>st</sup> and 2<sup>nd</sup>!

The **400 Medley Relay 4 x 100IM's** we took 1<sup>st</sup> for both the men and women! The men's relay of Alex Evonsion, Jacob Saban, Erik Petrina and Cody Reul had fantastic swims!

The ladies relay of Julia Ash, Peyton Carrington, Mariel Rico and Ashley Williams were also very impressive in their win with a key swim from Mariel Rico to put them in the lead.

The **200 Breaststroke Relay 4 x 50's**, the men were 5<sup>th</sup> and the ladies turned in a very strong 2<sup>nd</sup> place, that team was Brooke Beisner, Colleen Adam, Peyton Carrington and Amanda Ely.

The **200 Fly Relay 4 x 50's**, the men had a very strong race and I could've sworn they just got touched out and took 2<sup>nd</sup> but the results show them as 3<sup>rd</sup>? Again, could've been the judging or the amount of medicine I was taking for a cold and maybe I was wrong? This was a very exciting race with Alex Forte just running out of pool and getting touched out. The team of: Reed Ash, Zach Campbell, Alex Evonsion and Alex Forte. Our ladies dominated this event! The relay of Lindsay Hogan, Elizabeth Faucher, Mariel Rico and Ashley Williams won! We actually took 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>!!!!

Next up were the two most exciting relays of the evening!!!!

The "normal" **400 Free Relay** where we were given 2<sup>nd</sup> in both relays? Both were extremely close races in to the wall.

The men's relay: Drew Domnauer, Reed Ash, Erik Petrina, and Cody Reul. When Cody dove in he was almost a half lap down! With each 25 he moved up. I saw this from the first 25 and starting "going crazy", others thought I was crazy that there was no way; this is where you can all apologize to me for those thoughts!!! It's never over till you hit the wall and did Cody ever hit the wall! Here are the splits in order 1:01, 1:00, 56.00 and a 51.0! They were given 2<sup>nd</sup>, boo, and they just missed the state qualifying time of 3:46.00 with a 3:46.98.

The ladies were obviously inspired and went for it too, the times show they won, however, the judges gave them 2<sup>nd</sup>! The ladies relay: Rachael Feurstein, Amanda Philp, Brandie Banner and Julia Ash. This team did **qualify for state with a 4:01.79**, the state q time is 4:14.00. Amanda Philp, who sat out all last season due a shoulder injury that resulted in surgery, moved us in to position, Brandie Banner dove in and came in just barely ahead and Julia Ash gave it a run in to the wall. The splits were: 1:03, 1:00, 59.96, and a 59.2. Very impressive ladies!

The other relays also threw down some impressive swims. The 5<sup>th</sup> place team of Kirsten Scanlon, Katy Stacy, Caitlin Scanlon and Kelly Katz, with Kelly splitting a 1:02! The 6<sup>th</sup>

place relay of Emily Buckingham, Mary Wicker, Megan Russell and Carly Linderman fought all the way in to the wall to take 6<sup>th</sup>.

The **Co-ed 200 Medley relay 4 x 50's**, we dominated!!! We took 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>!

The **Co-ed 200 Free relay 4 x 50's**, were also very strong with an easy 1<sup>st</sup>, then 3<sup>rd</sup> and 6<sup>th</sup>!

The **Co-ed 200 Medley relay 8 x 25's** we won easily by almost :10!

The **Co-ed 200 Free Relay 8 x 25's** we also won with a very strong finish from Amanda Philp and Alex Forte! The others that contributed to this last win of the night: Jacob Saban, Rachael Feurstein, Justin Stubel, Colleen Adam, Zach Campbell and Lindsay Hogan.

Did I say this would be brief? Oh well! Anyone that knows me knows that isn't possible when I start talking about this team! I hope the team had as much fun as I did! Thank you to all the parent volunteers and to the Philp's for opening up their home to us afterward and to all the parents that donated all the yummy food!

Next up is a HUGE meet! The quad meet with Lassiter, Brookwood and Parkview! Last year Lassiter girls won the State Championship, their boys were 14<sup>th</sup>, the Brookwood girls were 2<sup>nd</sup> and their boys won the State Champions, Parkview girls were 5<sup>th</sup> and the boys were 3<sup>rd</sup>, Alpharetta finished 9<sup>th</sup> for the girls and 8<sup>th</sup> for the boys! This is a new year and this will give us a great indication of where we are right now and what we need to do before February 14<sup>th</sup>! I'd love to see as many parents that are available to attend to show up in black and support our Raiders! The parents of these other teams will show up in their team colors, let's show them we know how to cheer on our team! We will be at full force with only one swimmer absent! We will also have the divers with us. They limited us to two divers for the meet but our two divers will give us the placements we need! See you Saturday! Come join the excitement!

**List of State Qualifiers from this meet:**

200 Medley Relay: Julia Ash, Peyton Carrington, Mariel Rico, Amanda Philp

200 Free Relay: Erik Petrina, Drew Domnauer, Justin Stubel, Cody Reul

200 Free Relay: Ashley Williams, Kelly Katz, Brandie Banner, Julia Ash

400 Free Relay: Rachael Feurstein, Amanda Philp, Brandie Banner, Julia Ash

Congratulations for punching your ticket to attending the state meet!

Coach Lisa