

## Coaches Recap for Quad Meet on 12/05/09

We stomped on Chattahoochee, Riverwood and South Forsyth Saturday night! I know that doesn't sound nice but I will not apologize for it. We are in this to win it and I like winning and I like winning big! It's fun! For those of you new to the team this year if you haven't figured it out yet, we work hard and we deserve our wins.

Nobody trains to lose!

Here are the final results:

Women:

AHS 672

CHS 538

RHS 218

SFHS 116

Men:

AHS 639

CHS 427

RHS 417

SFHS 139

We had a feeling we would win this meet handily so we put many of the swimmers in events that they needed to qualify for State in or in a "different" event for them to have some fun and to not run up the score. So, it was an interesting mix and fun to watch some swimmers swim different events and we still won big.

We won every single relay for men and women!

We won 16 of 24 events!

We had 22 State Qualifying swims!

Like I said it was FUN!

### Men's Medley Relay

Of course they won and again qualified for State with a 1:42.55! This relay is fun to watch and will be going for the win at State this year! They won by :08 over 2<sup>nd</sup> place, it was never close from Allen's backstroke lead off in a 25.20!!! to Garrett's build in breaststroke and 28.70, Alex adding a little more in fly with a 25.30 and David bringing it home on Free with a 23.44. Sweet!

Our B relay pulled close and challenged the A relays of the other teams and ended just behind them in 5<sup>th</sup>. Reed 30.33, Jacob 33.43, Reese 25.41 and Justin 26.03.

### Women's Medley Relay

They won too! This relay was a little closer but still a State qualifying swim in a 1:58.42. Margaret Nickens got to swim back on this relay, Brittany Parkey pulled us up on Breast, Jaclyn gave us the lead on Fly and Julia brought it home. Congrats ladies!

The B relay of Ashley Williams, Lindsey Bias, Mariel Rico, Kelly Katz also qualified for State in 2:06.56. They also finished 3<sup>rd</sup>. The ladies relays took 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>!!!!!! Our A – E relays beat the A and B relays of the other teams! Total domination!

#### Men's 200 Free

Cody Reul gave South Forsyth's Elliot Brockelbank a challenge and along the way qualified for State in 1:52.61 and took 2<sup>nd</sup>. Then Parker Alford took 3<sup>rd</sup> in 1:58.78 and Erik Petrina was 5<sup>th</sup> in a very good race and Alex Evonsion was 8<sup>th</sup>.

#### Women's 200 Free

Margaret Nickens won this event and came so close to qualifying for state, 2:08.19, the time to qualify is 2:08.00, ugh! That was a different event for Margaret who normally swims 50 and 100 Free for us. Julia Ash, Rachael Feurstein and Caitlin Scanlon all had great swims to place 4<sup>th</sup> – 6<sup>th</sup>.

#### Men's 200 IM

Garrett Cottingham won this easily in his come back fashion that makes the other guys wish they could swim breaststroke as he comes from behind and just keeps going! He qualified for State again in 2:03.73. Jacob Saban had a tight race and got in there for 5<sup>th</sup> and Reed Ash stepped up to swim this event and took 7<sup>th</sup> just a second behind Jacob.

#### Women's 200 IM

Melanie Lockard took 2<sup>nd</sup>, yes, I said Melanie Lockard. You normally see her name under the 200 Free or 500 Free but not this time. We reminded her of the order of the IM and she laughed then she went to work and qualified for state in 2:18.71 just getting touched out by Chattahoochee. Brittany Beisner, Brittany Parkey and Peyton Carrington all had impressive swims and took 5<sup>th</sup> – 7<sup>th</sup>!

#### Men's 50 Free

David Vater won this in convincing style and qualified for State in 23.00! Alex Forte was there too with 3<sup>rd</sup> and a 24.06. Justin Stubel and Eric Nolf rounded out the top 8 with 7<sup>th</sup> and 8<sup>th</sup> place.

#### Women's 50 Free

This was total domination by our ladies; we took 1<sup>st</sup> – 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 11- 14<sup>th</sup> and 19<sup>th</sup> out of 26 swimmers! Wow!

Jaclyn Rohal last weeks Captains Award winner won this with a 27.17, followed closely by Amanda Philp the week one Captains Award winner. Megan Russell got in there for 3<sup>rd</sup> and Ashley Williams was 4<sup>th</sup>. One of our Captains, Maria Keely had a great swim coming back from illness and taking 6<sup>th</sup>.

#### Men's 100 Fly

Well luckily Allen and Reese made it to the blocks on time or they would've had to answer to me! Emily chased them both to the blocks. Reese got his cap on while stepping up on the block, no time for a cap for Allen, just grab goggles and go! It worked for them as they both qualified for state and took 1<sup>st</sup> and 2<sup>nd</sup>. Sometimes getting your

adrenaline pumping is good before a race. Not so good for your coaches! They went 53.14 and 57.36. Zach Campbell and Avi Ahuja got in for 7<sup>th</sup> and 8<sup>th</sup>.

#### Women's 100 Fly

Lindsay Hogan, a freshman, stepped up big and took 3<sup>rd</sup> in an impressive 1:07.44, with our other ladies; Mariel, Elizabeth Faucher and Peyton Carrington taking 6<sup>th</sup> – 8<sup>th</sup>.

#### Men's 100 Free

Oh so close, Tyler Lipscomb, last weeks Captains Award winner, just missed qualifying for State with a 52.10, state q time 52.0, ugh! But he won! We actually took 1<sup>st</sup> – 3<sup>rd</sup>. Tyler was followed by Reese Cherry and Erik Petrina.

#### Women's 100 Free

More domination by the ladies that took 2<sup>nd</sup> – 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup> and 16<sup>th</sup> out of 24 swimmers.

Julia Ash took 2<sup>nd</sup>, followed by Ashley Williams, Brandie Banner, Kelly Katz, Mary Wicker, and Carly Linderman.

#### Men's 500 Free

This was fun to watch! David Vater went out fast trying to wear down the Chattahoochee swimmer and it worked. He left Garrett Cottingham to battle it out with the other swimmer as they fought all the way in to the wall and just got touched out to take 3<sup>rd</sup>! They both qualified for State along the way! Alex Evonsion took 6<sup>th</sup> and Annce Kadri took 8<sup>th</sup>.

#### Women's 500 Free

Jaclyn Rohal looked like she was swimming a 50 but she held the pace and killed everyone in the pool, lapping some, and along the way qualifying for state and winning in an impressive 5:28.76. The other newbie to this event for us was Margaret Nickens and she took third in 5:57.24. The Beisner sisters had good swims taking 4<sup>th</sup> and 8<sup>th</sup>, Brittany and Brooke.

#### Men's 200 Free Relay

This relay is getting better all the time. They won and qualified for State in 1:35.84. Way to go: Tyler, Cody, Alex F. and David. All swimming under 24.5.

#### Women's 200 Free Relay

1<sup>st</sup> – 6<sup>th</sup> place! I'm not kidding; all 6 of our relays beat the A's and B's of all the teams! That's impressive ladies!!! The first place relay of Brandie Banner, Amanda Philp, Julia Ash and Melanie Lockard went 1:50.75 and qualified for State.

#### Men's 100 Back

Normally you see Allen here but tonight it was Cody's turn. He raced Elliott again and just got touched out in a wonderful swim of 58.54 and qualified for State. Reed Ash took 6<sup>th</sup>; Annce and Avi took 8<sup>th</sup> and 9<sup>th</sup>.

### Women's 100 Back

Very impressive swims taking 2<sup>nd</sup> – 5<sup>th</sup> and 7<sup>th</sup>! Lindsay Hogan had a great swim and just missed qualifying for state in 1:07.31. The freshman was followed closely by Amanda Philp and Brandie Banner. Rachael Feurstein was 5<sup>th</sup> and Kelsey Oakes was 7<sup>th</sup>.

### Men's 100 Breast

Allen, yes Allen, not Garrett swam this tonight and he won and qualified for State in 1:01.95. Tyler Lipscomb took 2<sup>nd</sup> in 1:07.84 and also qualified for State. Parker took 4<sup>th</sup> and Jacob Saban 7<sup>th</sup>.

### Women's 100 Breast

Brittany Parkey owned this race and won and qualified for state in 1:12.22. Guess who took 4<sup>th</sup> and wasn't that far off of qualifying for state in this event???? Melanie Lockard! It was fun to watch her swim something other than freestyle and of course she did fabulous too. Our ladies took 4<sup>th</sup> – 7<sup>th</sup>; Melanie, Lindsey Bias, Colleen Adam and Amanda Ely.

### 400 Free Relays to finish off the night!

#### Men's

They won and qualified for State; Garrett, Tyler, Cody and Allen, going 3:26.83. Our B relay of Parker, Erik, Reese and Alex took 3<sup>rd</sup> and also qualified for State going 3:38.42.

#### Women's

1<sup>st</sup> and 3<sup>rd</sup> here too! Brandie, Margaret, Jaelyn and Melanie won and qualified for state in 3:26.83. They won easily! Our B relay took 3<sup>rd</sup> and qualified for state in 4:11.82, way to go, Amanda, Brittany P., Kelly and Brittany B. Our other 2 relays were 6<sup>th</sup> and 7<sup>th</sup>.

Like I said earlier, it was fun! Next up we take on a bunch of private schools in 4A. Some of them think they will beat us? They have been talking smack. We will just have to show them who we are.

Thanks for reading....

Coach Lisa and Coach Emily