

Coaches' Recap of Wesleyan Invite 12/11 and 12/12

This was our first time doing this meet and a different format from most of our meets. On Friday night, we swam two swimmers and 2 relays (we didn't have enough boys for 2) in each event and scoring was normal and diving followed the swim meet. On Saturday morning we swam the same events but with as many entries as we wanted per event and there was no score kept. This allowed everyone to swim either "different" events or it gave them another shot at making their state cut if they needed it. We were definitely short in supply of boys Friday night. Many of our swimmers were either at Sr. State at Ga Tech or at Junior Nationals so we lined up a little short.

Here is how I sum up Friday night: ugly.

Have you ever won a game, race, match or whatever but the win was ugly? The result was good but the way you got there wasn't pretty. I've had several races like that and that is what our team looked like Friday night. I'd like to blame it on them sitting in school all day but let's hope that's not the case because the North Fulton Championship will be on a Friday night. Many of them had bad starts, bad turns and looked "flat". We will work on the basics this week: not breathing in to or out of the turn on free, our turns in general, not breathing when we dive in on the first stroke, taking fewer breaths in a 50 free, etc...! This is some very simple basic stuff that many of them seemed to forget?!

The results for Friday:

Combined scores we were 2nd, Girls were 2nd and Boys were 5th or last. Ugh, I really hate to lose.

Combined:

Wesleyan	552
Alpharetta	359
St Pius X	341
Lakeside HS	339
Greater Atl Christian	307

Girls:

Wesleyan	249
Alpharetta	230
St. Pius X	185
GAC	158
LHS	128

Boys:

Wesleyan	303
LHS	211
St. Pius	156
GAC	149
Alpharetta	129

Here is the good news: We get a do over this coming weekend! Most of these teams will be at the Madeline Brown Invitational this Saturday and we are going to go in there and shock many of the teams in attendance! We need to go WIN this meet and go in to our break on a good note. When we come back we kick off with the North Fulton

Championship on January 8th and we want the boys to “three-peat” and the girls to take the title for the first time!

Friday night highlights:

We had **12 State qualifying swims**.

Ladies **200 Medley Relays A and B both qualified** and took 4th and 6th place.

The A relay: Brandie Banner, Lindsey Bias, Mariel Rico and Amanda Philp.

The B relay: Lindsay Hogan, Peyton Carrington, Rachael Feurstein and Ashley Williams.

Cody Reul won and **qualified again** in the **200 Free** with a 1:50.10, beautiful swim, just touched out the Wesleyan swimmer.

Julia Ash took 3rd in the **200 Free** and Rachael Feurstein swam sick and took 7th. Julia was on pace for her state cut on the first 100 but fell off pace the 2nd 100.

Erik Petrina and Jacob Saban took 5th and 7th in the **200 IM** and had good swims.

Brittany Beisner got her **individual state cut** in the **200 IM** and took 3rd with a 2:23.43. Peyton Carrington had a nice IM and took 5th.

Alex Forte just missed the cut of 23.50 going 23.69 in the **50 Free**.

Two freshmen, Mariel Rico and Lindsay Hogan both had nice swims in the **100 Fly** taking 4th and 5th, just over the state cut of 1:05.00; Mariel went 1:06.38 and Lindsay a 1:07.00. Lindsay was having a good night at this point of the meet.

Erik Petrina and Justin Stubel went 55.19 and 57.85 in the **100 Free**.

Brandie Banner had a good swim for 3rd in the **100 Free**, just over the state cut at 59.04, it's a 58.5. She already has this cut. Ashley Williams went a 1:01.51. She's working on her comeback from mono.

Brittany Beisner won the **500 Free**. Kelly Katz jumped in with about a 2 min. notice to swim the 500 Free for an ailing Rachael F. She did great getting us valuable points by taking 2nd in a good time too of 6:04.26. Thus the Captains selected Kelly Katz as their award winner for this week!

The boys **200 Free Relay qualified for State** in 1:38.37; Reed Ash, Erik Petrina, Alex Forte and Cody Reul. Cody tried to close it out by splitting a 23.15, great swim.

The girls **200 Free Relays both qualified for state** and took 2nd and 6th.

The A relay of Amanda Philp, Megan Russell, Ashley Williams and Julia Ash went 1:49.27. Their splits: 27.84, 26.98, 27.75 and 26.70.

The B relay of Kelly Katz, Maria Keely, Peyton Carrington and Brittany Beisner went 1:53.44. Their splits: 28.35, 28.22, 29.08 and 27.79.

Cody had another close race but finished strong and won the **100 back** in a **state qualifying** time of 58.95. Reed Ash had a nice swim and finished 6th.

Brandie Banner won the **100 back** in 1:06.77, the state cut is 1:06.00, and luckily she already has it from a previous meet. Lindsay Hogan missed this event and would've been in the mix. At this point the meet was extremely close as we only lost by less than 20 points. No one should miss an event! This is not summer league swimming and you are all old enough and responsible enough to get yourselves to the blocks for your events! Needless to say we were not happy about this and all swimmers need to heed the warning about missing your event. You will have to answer to Emily and me.

Jacob Saban took 6th and had a good **100 Breast** for 6th. Because of Jacob's efforts in his individual events and on the relays he is this week's male winner of the Captains' award. Congratulations Jacob!

Lindsey Bias got her **state cut in 100 Breast** in 1:15.38 and took 2nd! Peyton Carrington was right behind her for 3rd in a 1:18.00, good swim.

The boys **400 Free Relay** of Jacob Saban, Erik Petrina, Alex Forte and Cody Reul **qualified for state** in a 3:45.42. Cody had a blistering finish in 51.60 while trying to pull them back up and passing several swimmers! Nice effort Cody!

The girls **400 Free Relays both qualified for state**. The A relay of Brandie Banner, Ashley Williams, Amanda Philp and Julia Ash went 4:03.48. Their splits: 1:01.90, 1:02.68, 1:00.15 and 58.75. The B relay of Kelly Katz, Lindsey Bias, Megan Russell and Brittany Beisner went 4:12.35. They took 3rd and 6th.

Diving

The best part of the night is that we got to see our divers dive! They did 6 dives and they were fun to watch. We have some very talented divers on our team! The judging left a lot to be desired and even the people on the end that received the bias higher scores even agreed! It was really awful (one judge in particular). Jack Nyquist had some beautiful dives, as did Cameron and Crawford. Since that is all I know about diving, here is Kathe Robertson's recap of their performances:

Congrats to our divers who all earned points for the team this weekend! **Crawford Berry placed 5th** with total of 170.9 points. **Jack Nyquist just missed first to place second** with a total of 301.05. From our perspective, the judging was somewhat biased and very much favored the home team diver. **Cameron Robertson placed second** for the girls with a total of 212 points. Congratulations to our divers. We love when we can participate in meets with the swim team and can contribute points! We dive at the Madeleine Brown Meet on Friday this week.

Thank you to all of our drivers for Friday afternoon/evening!!!! We wouldn't have made it to the meet without you all! Thanks!

Saturday results:

No score was kept but everyone looked better Saturday morning!

The ladies showed up and won every single event! Yep, every single one! Placing 1st – 8th in 50 Free?!?! The boys had a better day too by winning each event up until 200 Free relay, skipping the 100 fly as we didn't put anyone in it. We even had another state qualifier in the girls 200 Medley Relay. Congrats to Lindsay Hogan,

Lindsey Bias, Elizabeth Faucher and Maria Keely for winning and qualifying in 2:07.65.

200 Medley Relay

The girls took 1st and 2nd on the medley relay, the B relay of Brooke Beisner, Amanda Ely, Abby Flaxer and Megan Russell. Megan had a great finish.

200 Free

Erik P. took 1st and Reed Ash took 2nd.

Peyton Carrington and Brandie Banner were both on pace to qualify for state at the 100 but feel off pace and went 2:12's and Peyton got in there to touch out Brandie? How she did that when Brandie's arms are as long as Peyton's legs I'm not sure? Must have been quickness? Score one for the little people! Katie Stacy Mariel Rico, Morgan Carter and Melissa Peterson took 4th – 7th!

200 IM

Alex Forte, yes, I said Alex Forte, won the IM? Alex Evonsion had a nice swim to take 3rd.

Our ladies swept taking 1st – 3rd place, Lindsey Hogan, Elizabeth Faucher and Brooke Beisner!

50 Free

Erik Petrina took 1st, Jacob Saban 7th, Avi 9th in his fastest time for us of 26.21, Justin Stubel 10th and Eric Nolf 19th.

Our ladies took 1st – 8th, 10th – 12th, 15th and 21st out of 47 girls!

Amanda Philp won (27.48) followed by Brandie (27.80), Ashley Williams (27.99), Megan Russell (28.21), Lindsey Bias (28.23), Kirsten Scanlon (28.62), and Kelly Katz (28.83) and Brittany Beisner (28.92). Then Sarah Feehan (28.99), Caitlin Scanlon (29.05), Maria Keely (29.18), Colleen Adam (29.86) and Amanda Ely rounded it out. Way to dominate ladies!

100 Fly

Elizabeth Faucher who has been sick all week and I put a lot of pressure on by telling her we had not lost an event yet jumped in and WON. Great swim. Abby Flaxer and Kelsey Oakes also had very nice swims taking 5th and 6th.

We didn't enter any boys.

100 Free

Alex Forte and Reed Ash took 1st and 2nd! Avi, Eric N. and Zach all had great swims and took 5th through 7th.

The ladies continued to dominate with 1st through 5th, 7th and 12th out of 27 swimmers.

Julia Ash won with Lindsey Bias 2nd, Kelly Katz 3rd, Megan Russell 4th and Sarah Feehan 5th. Kirsten Scanlon was 7th and Melissa Peterson took 12th.

500 Free

Lindsay Hogan won and Katie Stacy took 3rd setting a new PR along the way!

200 Free Relay

Boys took second place.

Girls took first and second place.

The A relay of Megan Russell (28.85), Brooke Beisner (29.02), Caitlin Scanlon (29.41) and Sarah Feehan (28.93). The B relay of Amanda Ely (27.30), Colleen Adam (28.98), Mariel Rico (30.65) and Kirsten Scanlon (29.64).

100 Back

Jacob Saban took 3rd.

The ladies took 1st through 6th, and 8th through 11th. The state cut is within reach for Ashley at 1:06.00, she went 1:07.27 to win. Peyton Carrington 2nd, Amanda Philp, Brittany Beisner, Julia Ash, Brooke Beisner, Caitlin Scanlon, Mariel Rico, Kelsey Oakes and Meredith Hall.

100 Breast

Justin Stubel and Alex Evonsion took 3rd and 6th. Justin waited to race until the second 50.

Amanda Ely won, followed by Colleen Adam in 2nd and Maria Keely in 4th out of 17. Great job ladies!

400 Free Relays

Boys won and the ladies took 1st, 2nd a 3rd! A sweep to finish out the meet!

It was a fun morning that was quick too! The facility was very nice and the meet was run really well, minus the judging for diving. We will consider this meet again for next year.

However, these private schools think they have our number after this meet. Oh no, they don't! Many of these teams will be there this weekend at Madeline Brown and they will be shocked when we show up Saturday to kick their butts!

All in all some nice swims but we need to focus on the fundamentals this week in practice. Get some rest, study for your finals, and get in 3 practices this week!

Go Raiders!

Coach Lisa and Coach Emily

