

MVHS Swim & Dive Team

Archived Recent News

At the Gwinnett/Cobb Challenge in December, the team came together to put enough points on the board to beat our arch rival Archer! Wooooo hoooo! So we are now 2 and 3 for the season. Not bad for our first year as AAAAA. Please congratulate these swimmers on new accomplishments: **Brooke Brogdon qualified for State on the 100 Back, Megan Mullins made County time on her 100 Breast, and Zach Higashi and Joshua Roberts both made County on the 100 Back.**

The following list reflects 2010-2011 season accomplishments:

BOYS

State

Ross Tarantino 500 Free, 100 Fly, 100 Free

County

Ross Tarantino 200 Free, 50 Free
Blaine Suarez 6 dive
Burton Law 50 Free, 100 Back, 100 Free
Jake Payne 100 Fly, 100 Back, 100 Breast
Josh Roberts 100 Breast, 100 Back
Daniel McCullough 100 Back, 50 Free, 100 Free
Jordan Rubin 500 Free
Zach Higashi 100 Back

GIRLS

State

200 Medley Relay (Megan Mullins, Kait Carmichael, MJ Huhn, Brooke Brogdon)
400 Free Relay (Sandrine Lefebvre, Brooke Brogdon, Kait Carmichael, MJ Huhn)
MJ Huhn 200 Free
Kait Carmichael 500 Free, 200 Free
Brooke Brogdon 100 Back

County

Katie Jansen 6 dive
Rebekah Hook 6 dive
Kait Carmichael 200 IM, 100 Breast, 100 Free
Megan Mullins 50 Free, 100 Back, 100 Free, 100 Breast
MJ Huhn 100 Fly, 50 Free, 200 IM, 100 Back
Brooke Brogdon 100 Free, 50 Free, 200 IM
Sandrine Lefebvre 500 Free, 100 Free, 100 Breast, 200 Free
Lindsay Frietas 50 Free

(12/13) From Coach Beck:

Tardies and attendance. Lets not forget the rules. 15 minutes late leaving 15 minutes or more early, without coach approval is an absence. 80% attendance needed to compete, 85% attendance (and an individual county event time) needed to letter.

Pictures are this Tuesday at practice, be there by 4:30 SHARP and wear your team suit. If you are not there at 4:30, you will probably not be in the team pic. We are still having practice although it may be shortened a tad.

Cobb-Gwinnett Challenge will not include all swimmers or divers. For those participating, be in the student parking lot at 5:45 am this Saturday, Dec. 18th. The bus will leave at 6am. Your Swim and

Dive Bears had a very challenging meet with two of the biggest, best teams in the state, Collins Hill and Mill Creek. I am proud to say we had 15 top 5 finishers. Many of our divers and swimmers accomplished new personal bests, with many repeating already met state or county qualifying times/scores. New State qualifying times were achieved by Ross Tarantino (100 Free) and new County qualifying times were achieved by Lindsay Frietas (50 Free), MJ Huhn (200 IM), Burton Law (100 Free), Sandrine Lefebvre (200 Free), Daniel McCullough (50 Free), and Jordan Rubin (500 Free). The following list has been updated to reflect season accomplishments: **State (S) and County (C) Qualifiers:** Divers: **Blaine Suarez, Katie Jansen, and Rebekah Hook (C) (Megan Mullins, Kait Carmichael, MJ Huhn, Brooke Brogdon)** Girls 200 Medley Relay (S) **Brooke Brogdon** 200 IM (C), 100 Free (C), 100 Back (C), 50 Free (C) **Kait Carmichael** 500 Free (S), 200 Free (S), 100 Breast (C), 200 IM (C) **Lindsay Frietas** 50 Free (C) **MJ Huhn** 200 IM (C), 200 Free (S), 100 Fly (C), 100 Back (C), 50 Free (C) **Burton Law** 100 Free (C), 100 Back (C), 50 Free (C) **Sandrine Lefebvre** 500 Free (C), 200 Free (C) 100 Free (C), 100 Breast (C) **Daniel McCullough** 100 Back (C), 50 Free (C) **Megan Mullins** 100 Free (C), 50 Free (C), 100 Back (C) **Jake Payne** 100 Fly (C), 100 Back (C) **Jordan Rubin** 500 Free (C) **Josh Roberts** 100 Breast (C) **Ross Tarantino** 500 Free (S), 100 Fly (S), 200 Free (C), 100 Free (C), 50 Free (C)

(12/7) The Mountain View Swim and Dive Bears had a very productive weekend at the Clody Invitational ([see results here](#)). We would like to thank the Gwinnett Swim and Dive Booster Club for their sponsorship of this event. Please join me in congratulating the following individuals for making county times this weekend: **Ross Tarantino** (50 free, 100 free), **Brooke Brogdon** (50 free), and **MJ Huhn** (100 Back). The following list has been updated to reflect season accomplishments: **State (S) and County (C) Qualifiers:** Divers: **Blaine Suarez, Katie Jansen, and Rebekah Hook (C) (Megan Mullins, Kait Carmichael, MJ Huhn, Brooke Brogdon)** Girls 200 Medley Relay (S) **Brooke Brogdon** 200 IM (C), 100 Free (C), 100 Back (C), 50 Free (C) **Kait Carmichael** 500 Free (S), 200 Free (S), 100 Breast (C), 200 IM (C) **MJ Huhn** 200 Free (S), 100 Fly (C), 100 Back (C), 50 Free (C) **Burton Law** 100 Back (C), 50 Free (C) **Sandrine Lefebvre** 500 Free (C), 100 Free (C), 100 Breast (C) **Daniel McCullough** 100 Back (C) **Megan Mullins** 100 Free (C), 50 Free (C), 100 Back (C) **Jake Payne** 100 Fly (C), 100 Back (C) **Josh Roberts** 100 Breast (C) **Ross Tarantino** 500 Free (S), 100 Fly (S), 200 Free (C), 100 Free (C), 50 Free (C)

Previously (11/21) Your Mountain View Swim and Dive Bears won their first meet this weekend!! We overpowered the Lanier Longhorns and the Meadowcreek Mustangs! It was a team effort but the following members had outstanding individual performances: Both **Kait Carmichael** (200 Free) and **Ross Tarantino** (100 Fly) picked up new state cuts. The following individuals picked up new County cuts: **Brooke Brogdon** (200 IM), **Kait Carmichael** (100 Breast), **MJ Huhn** (50 Free), **Burton Law** (100 Back), **Sandrine Lefebvre** (100 Free and 100 Breast), **Megan Mullins** (100 Free), and **Ross Tarantino** (200 Free). Both **Daniel McCullough** and **Jake Payne** qualified in the 100 Back as well. **Our next meet is the Clody Invitational at West Gwinnett Pool on Saturday, December 4, 2010. Warmups begin at 8am and the meet begins at 9am.**

Previously (11/14) Congratulations to the Bears Swim and Dive Team on a great first meet! Thanks the Norcross Blue Devils for graciously hosting our first meet of the season. Unfortunately the larger Norcross team took the day. We had some outstanding individual and team successes. Please join with me in congratulating the following outstanding individuals and the team as a whole in a great first effort: **State (S) and County (C) Qualifiers:** Girls 200 Medley Relay (**Megan Mullins, Kait Carmichael, MJ Huhn, Brooke Brogdon**) (S) Divers: **Blaine Suarez, Katie Jansen, and Rebekah Hook** (C) **Brooke Brogdon** 100 Free (C), 100 Back (C) **Kait Carmichael** 500 Free (S), 200 Individual Medley (C) **MJ Huhn** 200 Free (S), 100 Fly (C) **Burton Law** 50 Free (C) **Sandrine Lefebvre** 500 Free (C) **Megan Mullins** 50 Free (C), 100 Back (C) **Jake Payne** 100 Fly (C) **Josh Roberts** 100 Breast (C) **Ross Tarantino** 500 Free (S)

Previously (11/5) 1st Meet this Saturday November 13th!!! **Mountain View vs. Norcross**, 6:30pm at Collins Hill Aquatic Center. Make sure all MVHS swimmers are at the pool between 6 and 6:15pm. Also, don't forget the team lunch at **Antoneta's** this Saturday at 1pm. 2700 Braselton Hwy #8 Dacula, GA 30019-3207 (770) 904-6458.

Previously (10/28): Practices have begun at Collins Hill Aquatic Center. Please be sure to be on time to pick up your swimmers after practice. Check back often as information will be updated more frequently now that the swim season has begun! Please support our team and feel free to contact Coach Beck or any member of the Board if you would like to help. Parental support is appreciated and very necessary. 2010-2011 will be a great season!!!