

## *Sam Cook* *Future Birmingham Southern Panther*



Sam began swimming competitively as a freshman at Ascension Episcopal School in September of 2009. Once he figured out that when diving off the starting platforms, it works much better when both legs and feet hit the water at the same time he was on his way. The only State Meet that he has missed since 2009 was when he switched to St. Thomas More High School in 2010 and had to sit the season out due to eligibility requirements.

3

Currently, Sam holds District Championships and Southwest LA Swim League Top 24 (which includes everything from Natchitoches to Lake Charles to Lafayette) Championships in the 200 Freestyle and 500 Freestyle, and was a member of the relay team that also took Championships in the 200 Medley and 400 Freestyle Relays. At the LHSAA State Meet he placed 3<sup>rd</sup> in the 200 Freestyle and 2<sup>nd</sup> in the 500 Freestyle. He was also named to the 2012-2013 All-District and All Star Teams. Sam is a USS Swimming State Qualifier in Multiple Events and a Sectional Qualifier as well.

