



Gwinnetq News

July 26, 2017

Pursuing Excellence Every Day

[Printable Version](#)

2017 LC Calendar

You can view the entire calendar for the LCM season by clicking the link above

TU Event Page

Use this link for more info on each event and to sign-up for them.

July 28-30 - [Georgia Senior State Champs](#)

Jul 31 - Open Pool 4:30-6:00pm (more info below)

Aug 1-5 - [Southern Zone Championships](#) @ Tupelo, MS

Aug 3-6 - [Futures Championships](#) @ Nashville, TN

Aug 8-12 - [Jr Nationals](#) @ East Meadow, NY

Aug 14 - 2017-18 Pre-Season Starts!

Aug 26 - Georgia Swimming LSC Meetings

Aug 30-Sep 2 - American Swim Coaches Association (ASCA) World Clinic

Sep 5 - 2017-18 Season Starts!

Education Column

We come across a few great articles on a variety of topics - parenting, nutrition, mental training, sports parenting, drills, etc. In this column we'll share the best one every week. Be sure to check it out and click the link to read the entire article!

Film Study of Freestyle Pull

"High Performance Manager, National Team High Performance Russell Mark did a film study of the freestyle pull. Check out his illustrations." [click here to read the full article](#)

August Payments Due

August fees are now past due. Most families do not have monthly dues but do have an activity fee balance. Payments are due on the 1st and are considered late after the 5th. Please note that if a payment is not received by the 10th, a \$25 late fee is added. You can mail a check, pay in person at the pool, or log in to your on-line account and pay by credit card or e-check. You can also pay on our Square On-line Store using the link below.

There will be one more newsletter before we switch over to the 2017-18 mailing list. In order to stay informed, if you haven't done so, be sure to register!



Ga-Ga 9th Overall, 2nd in Medium Team Division at Age Group State!

- Saenz Wins 2 events, sets 1 Club Record
- 12&U Girls, 10&U Girls Relays smash Team Records!
- 14&U Girls, 12&U Boys also get in the record party!

Following our best-ever finish at the SCY Age Group State Champs back in February, our 14&U swimmers topped that one in the LCM meet held last week at Ga Tech, finishing 9th overall and 2nd amongst the Medium Teams Division. This was our highest ever finish at a State Champs! Individually the team was led in scoring by Issac Saenz, who won 2 events and medaled in 6 others! Marlowe Misner, our next top-scorer, also had a top-3 finish and multiple scoring swims; Graham Simmon and Lauren Diehl scored in 2 events each, and Lindsey Diehl rounded up our individual scorers.

And while our swimmers had plenty of individual highlights, it was our Ga-Ga Relays that really made a difference in the team scoring, and provided some of our best swims of the weekend, including a whooping 8 New

Club Records! The 12&U foursome of Lindsey Diehl, Desymer Richie, Marlowe Misner and Hanna Burke broke a record in all 4 of their swims! Not to be outdone, the 10&U quartet of Hannah-Claire Jowers, Grace Fleming, Caitlyn Diehl and Cate Rovie also broke a record both times they were combined! Finally, the 14&U Girls (Haley Burke, Maggie Nguyen, Lauren Diehl, Ava Gawronski) and the 12&U Boys (Nolan Patterson, Graham Simmon, Isaac Saenz) both broke the 400 Medley Record for their age group!

Saenz picked up his first AAAA(s) of the season and also broke the team record in the 10&U 100 Fly! Simmon picked up his first-ever AAA, and Rachel DeLong picked up her first-ever A time. Simmon, as well as Caitlyn Diehl, Ryan Haskins and Dylan Yin were all 100% best times! If you were not there, or would like to revisit some of those great swims, Finals were webcast live, and videos of each night are available for online viewing - check out those links below. You can also check full meet results, team results, meet scores and our current list of Standard Breakers on the links below.

For our Age Groupers, this was a great way to cap off a season in which we kept getting better and better. On those older age groups it showed how much of a difference it makes to have a consistent attendance through the season, and especially the commitment to train and follow the plan for the summer season. We're very proud of the season our swimmers put together, but you can be sure we'll be looking to be even better next year!

And of course, we couldn't mention Age Group State without a **HUGE THANK YOU** to all our parents (and swimmers) who helped us run the meet! While we struggled a little more this year than in the past to fill-up our volunteer slots, there were quite a few families who gave up so much of their time to make this meet a success: in the hospitality room, as officials, or on deck as times, runners, and a variety of other jobs! Once again we heard tons of positive feedback from other teams, and have maintained our great reputation as an organization that does things right - and deservedly so!

And while the season is officially over for our Age Groupers, our Seniors are getting ready for their State meet this coming weekend! After that we'll have only a handful of swimmers still in the water getting ready for Zones and Futures. On the registration front, many of our groups are really down to the last few spots, so be sure to register if you haven't done so yet!

[14&U State Results](#) | [GwinAq Results](#) | [Combined Team Scores](#)
[2017 LCM Standard Breakers](#)

Webcast Videos:

[Thu Finals](#) | [Fri Finals](#) | [Sat Finals](#) | [Sun Finals](#)

Senior State Champs this Weekend July 28-30

The Georgia LC Sr State Champs is this weekend, July 28th-30th, at the Ramsey Aquatic Center at UGA. **Warm-ups are 7:00am-8:30am on all three days**, but double check with coach Hugh what time you should be on deck. Wear last year's team shirt (teal) on Friday, this year's team shirt (white) on Saturday, and this year's Divisionals shirt (blue) on Sunday.

Complete meet info is available on the link below; team entries and the final psych sheet are posted below. There's also a link to the host's website, which has some information on parking. Finally, just as with Age Group Champs last weekend, Finals will be webcast live, and that link is also below.

[Senior State Event Page](#) | [GwinAq Entries](#) | [Psych Sheet](#)
[Host Team Event Page \(parking info\)](#) | [Finals Webcast](#)

2017-18 Registration Update - Groups Filling Up!

Registration for 2017-18 is now open to everyone and more groups are filling up! **Gold team is already on a waiting**

[Monthly Fees](#)
[On-line Account](#)

[Square Online Store](#)

Mail payments to:
 Gwinnett Aquatics
 4691 Bryson Cove
 Lilburn GA 30047
 (Or put in coach Hugh's mailbox at the pool).

GwinAq's Affiliate SwimOutlet.com

Gwinnett Aquatics is an affiliate of SwimOutlet.com. Use the link below to search SwimOutlet for some of the best prices on swim equipment. Be sure to use this link and your purchase will also support our program.

[SwimOutlet](#)

2016-17 SCY Recap

What a great SCY season! We scored the most amount of points ever in USA-Swimming's Virtual Club Championships (VCC), and to do that there were plenty of individual accomplishments - be sure to check them all on the links below:

- [2016-17 SCY Standard Breakers](#)
- [2016-17 SCY IMX Scores](#)
- [2016-17 SCY Fast 5](#)
- [GwinAq SCY All-Time Top 10](#)
- [2016 Fall Attendance Award](#)
- [2016-17 Winter Attendance Award](#)

2016 Long Course Recap

Our last LCM Season was one to remember! Check the links below to see all the individual accomplishments that helped make it one of the best LC seasons we ever had:

- [2016 LCM Standard Breakers](#)
- [2016 LCM IMX Scores](#)
- [2016 LCM Fast 5](#)
- [GwinAq LCM All-time Top 10](#)
- [2016 Spring/Summer Attendance Awards](#)

list, and both Prep and Blue are down to the last 2-3 spots! After groups are full, you will be put on a waitlist and we can NOT guarantee your spot on the team, so if you haven't done so be sure to register right away!

The registration process is simple and takes only a few minutes. You will be requested to pay the \$115 registration fee before completing it. Returning swim team members need to have their accounts current before they register. If having your account current and covering the registration fee will be a financial difficulty, [contact Coach Hugh](#) right away to make other arrangements. You should sign up for the same group you are currently in unless you received a move-up letter. If you are not sure about your group contact Coach Hugh (link above).

Additionally, remember this is also the best time to help us recruit new members to the team! You can help by getting our brochure (link below, and some copies available at the pool) into the hands of any potential families. We are currently especially thin on the boys' side, so all the help there would be appreciated. But mostly, we are looking for anyone with a passion for swimming and who's ready to learn and improve through consistent hard and smart work. So, anyone willing to *Pursue Excellence Every Day!*

[2017-18 Ga-Ga Brochure](#)

Pre-season Starts Aug 14!

With the Fun Practices for Blue/Gold and Prep wrapped-up yesterday, those groups are now on a break until the pre-season. Senior swimmers will all continue to train through the end of July and start their break then (except for those going to Zones and Futures Champs). We hope everyone takes advantage of these 2-3 weeks to recharge their batteries and come back ready to do some more and better training next season! At the same time, remember that, while a break from structured training after an entire season is advisable, that shouldn't mean being a couch potato! Be sure to stay active during that time - go play outside, bike, run, etc. Those who do always come back in a much better spot than those who don't!

Our pre-season starts during on the 2nd week of school, on August 14, and that will run through the end of that month. The schedule for each group is posted below. All groups will have a mix of play for dryland, some introduction to swimming skills (and some training for the older groups), and plenty of water polo!

- **Senior/HSTG:** Monday-Thursday, 3:30pm-5:45pm
- **Prep:** Monday-Thursday, 6:00pm-7:45pm
- **Blue/Gold:** Mon, Tue, Thu, 5:15pm-6:30pm

During the last week of August, most of our coaches will be heading to the American Swim Coaches Association (ASCA) World Clinic, so we'll likely have to modify those schedules some, and will not have any groups on Wednesday. After that, we'll take off labor day weekend and start regular practices on September 5th!

Spring/Summer Attendance Awards

Congrats to the swimmers listed below for achieving the attendance level recommended for their training group (Blue=2.5x/wk; Gold=3.5x/wk; P2=75%; P1=82%; Sr2=85%; and Sr1=90%). As a reminder, those numbers are what we feel is the minimum attendance for swimmers in each group to reap the most benefits out of the program. While our approach for swimming keeps the long haul in mind, and we discourage younger swimmers from attending too many workouts, so that they have something to build into and look forward to when they get older, it is important to note that those who fall too far below those recommended numbers are likely not learning and improving as much as other swimmers with similar ages and at the same level, and might struggle in the future if they are not ready to incrementally improve their attendance.

Blue	Gold	Prep	HSTG	Senior
Caroline Bold	Caitlyn Diehl	Hanna Burke*	Haley Burke*	Juliana Carey
Jenna Inlow	Janelle Mitchell	Sarah Burton	Sahil Khatri	Wesley Carter
Emily Li	Gavin Moore	Grant Deckers	Kaylee McLester	Marilyn Coughlin
Jonathan Malonza	Ella Moulder	Lauren Diehl*	Rachel Peden	Jarod Disher
Rielle Mitchell	Cate Rovie	Lindsey Diehl*	Caitlyn Petmecky*	Charlie Fountain
Gryffin Moore	Isaac Saenz	Nia Fraser	Blake Wilson*	Drew Grier
Ellis Patterson	Brandon Shepard	Ava Gawronski		Griffin Hammett
Cortney West	Kylie West	Ryan Haskins	*=100%!	Sarah Jahns
	Freddy Xu	Alyssa McDuffie		Daniel Johnson
		Marlowe Misner		Jacy MacConvery
		Danielle Mitchell		Darnell Mitchell
		Emily Morgan		Alex Norcini
		Maggie Nguyen*		Riley Spruiell
		Nolan Patterson		
		Desyember Richie		
		Graham Simmon*		
		Zoe Wilson*		
		* > 90%!		

Open Pool Jul 31

We got a few requests to open the pool for swimmers and families who want to stay in shape during the break. Right now the only day we know for sure we'll be able to do that is next Monday, 4:30-6:00pm. If we figure out we'll be able to do that a few more days we'll send out an e-mail and put it on next week's Newsletter. We STRONGLY encourage all our athletes to stay in shape during the break, and while we actually think it would be better to do so with activities away from the pool at this time - play some organized sports, find a friend to play tennis with, simply go play outside, etc - for those who are exclusively water creatures, be sure to take advantage!

Meal Train for Coach Andrea

We're happy to report that Coach Andrea seems to be recovering well from her treatment! She's back home, but not quite back to normal activities in a while, so the meal train set up for her has been expanded until mid-August. Thank you to everyone who already brought a meal or a gift card! For those who would like to help more details on are available in the link below.

[Coach Andrea Meal Train](#)

School-Year Practice Schedule

Blue Team - M, T, Th, Fr 5:30-6:45pm; Sat 9:30-11am

(note: Blue will only be offered T, Th and Sat between now and May 25th)

Gold Team - Mon-Fri 5:30-7pm; Sat 9:30-11am

**Wed will move to 5:15-6:45 starting late October*

Prep Team - M-Th 6:15-8:15/45pm; F 6-8:15pm; Sat 7:30-11am/10:15am-12:30pm

**Wed will move to 6:00-8:15pm starting in late October; 6:30-8am may be offered starting in late October.*

Senior Team - Mon, Wed, Fri 3-6pm; Tue, Thu 3-6:15pm; Sat 7:30-11am

**Mon, Wed 5-6:30am for select swimmers*

HS Training Group - Mon-Fri 2:45-5:00pm; Sat 12noon-2:00pm

Gwinnett Aquatics

Pool Address

2800 Quinbery Dr
Snellville GA 30039
Phone - (770) 972-4055

Mailing Address:

4691 Bryson Cove
Lilburn GA 30047
Email: hugh@gwinnettaquatics.com