

GwinAq News



Apr 30, 2025

Pursuing Excellence Every Day

[Printable Version](#)

[2025 LCM Season Calendar](#)

Click on this link to view all the important dates for next season!

[TU Event Page](#)

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

May 3 - NO practices!

May 3-4 - [LC Kickoff](#) @ Tech
- [Hosted by us!](#)

May 10 - [Team Awards Banquet](#) 4:00pm @ Camp Creek Elementary (more info below)
- [Replies due Friday, 5/2!](#)

May 16-18 - [Bulldog Summer Invite](#) @ UGA
- [Replies due tomorrow!!!](#)

May 17-18 - [LC Invite](#) @ Tech
- [Replies due tomorrow!!!](#)

May 22 - [Summer Practice Schedule](#) Starts

Jun 3-7 - [US National Champs](#) @ Indianapolis, IN

Jun 5-7 - [Summer Invite](#) @ Dynamo
- [Replies due!](#)

Jun 7 - [Death Valley Open Water](#) @ Clemson, NC
- [Replies due!](#)

GwinAq's Reddiset Shop

Use the link below to access our swimshop with Reddiset - the only place you can order team suites, and you can also order all the equipment and much more. You can also access our shop by going to their main site and on clicking on 'Team Login' on the far

Spring Workday in the Books, Back to Racing this Week!



season, and our kids are pumped about being outdoors again!

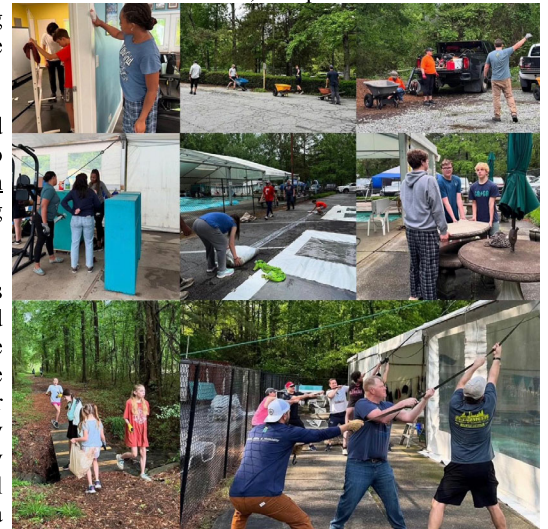
We'd like to thank everyone that came out to help with our Spring Workday (as well as the days before and after)! We got a great crew and were able to get through all the important items we needed to! Special thanks to the Greens for all their hard work through the entire weekend fixing the culvert down by the field - that was one large job!

If you couldn't make it, there's still some items we could use help with, and if you'd like to help with some of those please contact coach Hugh (hugh@gwinnettaquatics.com). There's also a little more we'll have our Senior groups help with, but for the most part we are good to go for the summer

And although it's only been a few weeks since we came back from Spring Break, we have nearly 100 swimmers ready to start their competitive LCM season this weekend! As usual, complete information on the meet(s) is available on the article(s) below, including some minor changes to the warm-up times for the afternoon sessions.

In addition, remember we are hosting this meet, and **still need some help to run a great meet** (more info on that below as well), and there are still a few open slots on both days. Finally, for those not attending please note there will be no practices on Saturday.

If you think this season is already flying by, it picks up even more once school lets out! As we mentioned many times, this is quite a short season but those swimmers who plan to take full advantage of it make huge strides in that short amount of time. Remember these last few weeks of school are also crucial to lay the base for the summer training, so this is a very important time for swimmers to manage their school activities in a way that allows them to maintain a consistent attendance, and pick up their energy and focus while there. It's putting in great, consistent work NOW that's going to set us up for success in July!



LC Kickoff This Weekend, May 3-4

The Long Course Kick-Off is this weekend, May 3-4, at the McAuley Aquatic Center at Georgia Tech ([750 Ferst Dr, Atlanta, GA 30318](#)). Below are the warm-up times for each session. Please note there's been changes from the original announcement - times below are updated and already reflect all those changes. In addition, we'll likely have to split some of our warm-ups in two groups, which is a lot harder and messier if we don't have everyone there at the start - so as always **please plan to arrive at least 15min prior to the start of warm-ups!**

- **Saturday**

right and entering 'gaga' (all lowercase).

[Ga-Ga Reddiset Swim Shop](#)
[2024-25 Equipment List](#)

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](#)

May Payments Due

May payments are now due. Invoices went out around the 20th. 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. Most families are done with swim team dues, but still have activity account balances - those are items the club already paid on your behalf, so please pay your balance on time.

You can pay on-line, at the pool or Mail payments to:
Gwinnett Aquatics
1436 Benning Place NE
Atlanta GA 303077
(Or put in coach Hugh's mailbox at the pool).

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

[Square Online Store](#)

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.

[Why Swimming Is Worth the Sacrifice and Time Demands](#)

"Swimmers become 'swammers' and swammers typically stay swammers but the sport doesn't leave us as easily as changing a vowel in

- o 13&O: 9:30am warm-ups, 10:30am start
- o 13&U: 2:30pm warm-ups, 3:15pm start
- **Sunday :**
 - o 13&O: 9:30am warm-ups, 10:30am start
 - o 13&U: 2:45pm warm-ups, 3:30pm start

All swimmers are expected to wear this year's team shirt (teal) on Saturday, and this year's Divisionals shirt (dark blue) on Sunday. Updated team entries and Psych Sheet are posted below, as well as heat sheets for each session.

In addition, please remember we are hosting this meet, so we'll need our families' help in order to make this a successful meet for our swimmers. Like in the Qualifier and Raffle meet, families who sign up for work slots will get \$20/session from their escrow account (up to \$60 if you have that much left). This will be our last hosted meet of the season, and you can sign up to help on the link below. **As of this writing we still have quite a few slots open, so please sign up to help!** We've always prided ourselves on never delaying a meet while we call for timers, so we really hope to get those filled up between now and the weekend.

[LC Kickoff Event Page](#) | [GwinAq Entries](#) | [Psych Sheet](#) (updated 4/30)
[Volunteer Signup](#)

Heat Sheets:

[Saturday AM](#) | [Saturday PM](#) | [Sunday AM](#) | [Sunday PM](#)

TYR Pro Swim Series Fort Lauderdale This Week Apr 30-May 3

While most of our team is starting their competitive season at the LC Kickoff, a couple of our swimmers stayed in the water over spring break and actually did some great training, as they are heading to a high level meet this week. How high level? Think nearly all of the US National Team, plus some of the best international swimmers of the moment - add our kids to it, and it's STACKED!!!

The meet will take place at the Hall of Fame Aquatic Complex in Fort Lauderdale, FL, starting Wednesday, April 30th - and our swimmers are competing every day! You can find the complete info about the meet at the USA-Swimming landing page for the meet, posted below. Our entries are also posted below, and you can find out when our swimmers are racing based on those and the estimated timelines.

As usual for meets at this level, there will have a top quality live stream so everyone should follow the action! Streaming will be only through the USA-Swimming Network (they are no longer using the website or the USA Swimming app for live stream) - you can download that on the link below, and then open the app and click on the Live Event Chanel during the meet. Friday and Saturday A and B Finals are also set to be televised on Peacock and the NBC Network.

[USA-Swimming Event Landing Page](#) | [GwinAq Entries](#) | [Psych Sheet](#)
[Estimated Timelines](#) | [USA-S Network \(Live Stream\)](#)

Team Banquet will be May 10th, 4:00pm!

The 2025 Gwinnett Aquatics Awards Banquet will be Saturday, May 10th, starting at 4pm, at Camp Creek Elementary. This is always a great event where we look back on the last couple seasons (in this case, the 2024 LCM and the 2024-2025 SCY seasons). It's always great to see our swimmers dressed up and families all getting together to recognize and remember the previous year.

The e-vite invitations for this event went out by email earlier this week. **Please note we need all RSVPs by Friday, May 2nd**, in order to be able to get a head count to the caterer. We currently can't post the e-vite link, so if you didn't get the email please contact Coach Hugh (hugh@gwinnettaquatics.com) ASAP. In addition, **when you RSVP for this online, please be sure to mark down how many people TOTAL (swimmers, parents, siblings, etc) will be attending**, so we can make sure we are ordering the right amount of food.

[Team Awards Banquet Event Page](#)

Coming Up: LC Summer Invite / Bulldog Summer Invite May 17/16-18

The second set of meets we'll attend this season will see our swimmers slightly split between two meets the same weekend:

our titles. In retirement, we watch meets and there is typically a yearning for a chance to race again. Yet, while we were in the pool, some of us know all too well the struggle of having to trade in our social lives for the sport.

Swimmers do not know the luxury of free time. Since we were little youngsters swimming 25s in the 8-and-under heats, we made a commitment to show up to practice every day and show up to every meet with vigor. This commitment only got stronger as our age division increased.

One-hour practice became three-hour practice. Playing wall-ball before practice became dryland workouts. One practice a day became two during the summer. It seemed like every hour of free time we were granted was traded in for more pool activities.

As a swimmer, we always had somewhere to be." [Click Here to read the full article](#)

2024 LCM Season Recap

Team Records, IMX Team Records, and many new entries into our All-Time Top 10 LCM performances! That's just a snippet of the many highlights our swimmers had last season! You can check out more of those using the links below.

[2024 LCM Standard Breakers](#)
[2024 LCM VCC Scores](#)
[2024 LCM IMX Scores](#)
[2024 LCM Season Fast-5](#)
[LCM All-Time Top 10](#)
[GwinAq LCM Records](#)
[2024 Spring/Summer Attendance Awards](#)

2023-24 SCY Season Recap

[2023-24 SCY Standard Breakers](#)
[2023-24 SCY IMX Report](#)
[2023-24 SCY Fast 5](#)
[All-Time SCY Top 10](#)
[GwinAq SCY Records](#)
[GwinAq IMX Records](#)

- The vast majority of the team should attend Swim Atlanta's Summer Invite at Georgia Tech, May 17-18. This meet will have all ages swimming in the morning, and is intended for all swimmers not attending the Bulldog Invite (swimmers in Blue might want to work out participation with their coach).
- A select group of Senior swimmers, with Sectionals cuts, will be attending the Bulldog Summer Invite at UGA, May 16-18. This is a 3-day, Prelims/Finals meet, and unless they make prior arrangements with coach Lucas all swimmers attending this meet should participate fully all 3 days.

RSVPs for both those meets are due tomorrow, Thursday, May 1st. You can use the links below to RSVP. If you have any questions, please contact your coach ASAP.

[SA Summer Invite](#) | [Bulldog Summer Invite](#)

Addi Shaffer Signs Letter of Interest!

Earlier today, Brookwood held their ceremony for student-athletes to officially sign their letters of intent, and Addi Shaffer put pen to paper on her future steps!

As we had announced back in January, Addi will continue her studies and athletic career at Berry College. She will join the Vikings competing in the Southern Athletic Association and the NCAA D3 level. We wish her all the best in this next phase, and Go Vikings!!!



Coming Up: Dynamo Summer Invite

After the May meets, in June most of our team should attend Dynamo's Summer Invite, June 5-7, at Dynamo Chamblee ([3119 Shallowford Rd, Atlanta, GA 30341](#)). **Note: yes, that meet is Thursday-Saturday (rather than the usual Friday-Sunday).** While we recognize this might be an issue for some of our families to arrange transportation on both Thursday and Friday, this is how the host team decided to run this meet and on the upside, everyone gets Sunday off!

This is a 3-day Prelims/Finals meet. The meet info is not out yet, but we expect 13&O Prelims to be in the mornings, while 11-12 Prelims and 10&U Timed Finals will be in the afternoons. **ALL swimmers should attend this meet fully.** Swimmers attending the Death Valley Open Water might be told to scratch finals on Friday (due to the early drive on Saturday), but otherwise all 11&O swimmers should be available for Finals on all three days.

Replies for this meet are due Thursday, May 15th. You can use the link below to RSVP. As usual, if you anticipate any conflicts please use the 'notes' section to let your coaches know.

[Dynamo Summer Invite Event Page](#)

Coming Up: Death Valley Open Water Jun 07

The Death Valley Open Water Swim is a series of swims in Lake Hartwell in Clemson, SC. There is a 5k for 13 and overs, 3k for 11-12s and 1k for 10Us as well as a fun half-k. Most swimmers who attend do multiple swims - and many of our swimmers do ALL of them! This takes place only on Saturday, June 8th.

Complete meet info is available in the event page (link below). **Replies for this event are due Thursday, May 15th.** If you have any questions regarding this event - especially if you've never done Open Water and are not sure what to expect - please talk to your coach ASAP.

When you sign up for this event you can select which distances you'd like to compete in. We recommend all 11-12 swimmers do at least the 3K and all 13-14 and Senior swimmers do the 5k. As mentioned above, you can participate (and we recommend you do so) in more than one race.

[Death Valley Event Page](#)

2024-25 SCY Season Recap

While we are looking forward to the upcoming season, we'd also like to take the time to highlight and cherish some of the accomplishments of our swimmers through the SCY Season - and there were a lot of those! One of our favorite metrics on how we do as a team through a season is always USA-Swimming's Virtual Club Championship (VCC), as that requires a full team effort. We were just shy of 120k points this past season - with 119,368!

While that score is about 10k points shy of last year's, it was still good enough to keep us in the top 400 clubs in the country (out of over 3,000). That is far more impressive when you take into consideration our team size (smaller teams don't fill out all the spots and therefore can't quite score as high), as we were in the top-15 amongst clubs in the country with less than 125 swimmers!

Another metric we like to look at is the IMX Report - which you can also take a look at below. We had 44 swimmers compete in all events needed to have a score for their age, and out of those and incredible 42 scored over 1k points! That also included 10 swimmers cracking the 3k points barrier, 3 of which - Hannah-Claire Jowers, Baylor and Collier Stanton - who scored over 4,000!!! Baylor was just 2pts shy of breaking 6k for the first time, and that score was also a new team record and the highest score amongst all swimmers his age in the country! You can find the complete IMX report for the entire club, as well as our updated record board for those, in the link below.

Below you can also find our Season Fast-5, as well as the updated All-Time SCY top 10 swims from the club. On the later one, you'll see all swims from this season are highlighted, and there were a whopping 119 swims added to that this season!!! Talking about the All-Time top 10, when working on that report, we realized some of the previous records were not in the database, and so we had to do some research to find them. That means that report is not 100% accurate (it's missing a few times from way back in the day), but we couldn't validate at least one of the previous records, which means that even though we did not realize it at the time, Aliana McCann broke the team record in the 11-12 50 Breast at Divisionals!

With that, McCann joined 3 other swimmers - Emily Hardy, Hannah-Claire Jowers, and Baylor Stanton - who combined for a total of 14 individual Team Records! Stanton's 200 Breast, 200IM, and 400IM are also new Georgia Swimming State Records!

And last but not least, we'd like to give a shout out to the 11-12 Girls who broke 3 Relay Records (McCann, and different combinations between CJ Cast, Jasmine Coe and Victoria Tannure), as well as the 13-14 Girls who added 2 new Relay Records (Hardy, and different combinations between Kate Breiding, Ella Wells, Briana Exil and Sophia Quinn)!

Thank you and congratulations to all swimmers for such a great season! Thank you as well to the parents who support both the club and our athletes allowing us to continue getting better every year! Below you can check out all the reports we already mentioned, as well as our Attendance Awards for both portions of the season, and the final list of Standard Breakers.

[2024-25 SCY Fast 5](#) | [All-Time SCY Top-10](#) | [GwinAq SCY Records](#)
[2024-25 SCY IMX Report](#) | [Fall/Winter Attendance Awards](#) | [Winter Attendance Awards](#)
[2024-25 SCY Standard Breakers](#)

Masters Group Growing (and Going) Strong!

Our Masters group continues to have both a great time and great workouts! At this point they are meeting Mon/Wed 6:00am-7:00am, Mon/Wed/Fri 12noon-1:00pm and Tue/Thu 6:00pm-7:00pm - about 15 min of on deck dryland warmup and 45 min swim each day. It is being coached by Coach Andrea in the midday and Coach Hugh in the evenings, and there are always different levels of workouts each day so anyone should be able to find a level they are comfortable with.

The group has also attended a few meets by now, and we not only had coaches at those as well, but Coach Hugh has even joined in for a relay and a few swims! The cost is \$75/month, and if you would like to join please contact coach Hugh (hugh@gwinnettaquatics.com).

Ga-Ga Online Spirit Wear Shop!

We'd like to remind everyone we have a great online Spirit Shop with a great variety of items - pink and purple shirts, sweatshirts, and more! We love the looks of it, and have gotten great feedback on the material as well.

So, if you'd like to sport some awesome new team schwag this summer, now's the time to put an order! With this shop, there is no order deadline, no minimum, and a LOT to choose from! More options, more colors, and hopefully something for everyone. You can use the link below to access the store online. If you don't see something you wish we had, please reach out to Amy Stanton (awstanton@gmail.com) - we'd love to see if we can make it happen!

Gwinnett Aquatics

2025 Spring Interim Practice Schedule:

- **Senior:** Mon, Tue, Thu 2:45pm-5:45pm; Wed, Fri 3:00pm-6:00pm; Sat 8:00am-10:30am
- **Senior2:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:15am
- **Senior3:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:15am
- **Prep:** Mon, Thu 6:45pm-9:00pm, Wed 6:15pm-8:30pm; Fri 6:00pm-8:15pm; Sat 10:45am-1:00pm
 - **P1 only:** Tue 6:45-9:00pm
- **Jr Team:** Mon 6:45pm-8:45pm; Tue 6:30-8:30pm; Wed, Fri 6:15pm-8:15pm; Sat 11:00am-1:00pm
- **Gold:** Mon, 6:00pm-7:30pm; Wed, Fri 5:30pm-7:00pm; Sat 10:00am-11:30am
 - **Gold Plus:** Tue 6:45-8:45pm.
- **Blue:** Tue, Thu 6:00pm-7:15pm; Sat 10:00am-11:30am.
 - **Blue Plus:** swimmers will be able to attend Monday w/ Gold.

Pool Address

2800 Quinbery Dr

Snellville GA 30039

Phone - (678) 902-6856

Mailing Address:

1436 Benning Place NE

Atlanta, GA 30307

Email: hugh@gwinnettaquatics.com