

GwinAq News



Mar 6, 2024

Pursuing Excellence Every Day
[Printable Version](#)
[2023-24 Season Calendar](#)

Click on this link to view the
Calendar for the entire season

[TU Event Page](#)

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

Mar 9 - Practice ScheduleChanges:

- Sr2/3 8:00am-10:00am
- All other groups regular practice schedule

Mar 7-10 - [Southeastern Meet of Champions](#) @ Augusta, Ga**Mar 16 - [Intersquad Relay Meet!](#)**

- Replies due tomorrow!!!

Mar 17 - [Team Movie Afternoon](#) (more info below)

Mar 24-29 - [Divisional Champs](#) @ Augusta, Ga
- Please double check
your entries!

Mar 29-Apr 7 - [NO practices](#) (Spring Break)**Apr 8 - LCM Season Begins!****Apr 13 - Spring Workday****Apr 15 - Interim Schedule Starts** (more info below)**Apr 27-28 - LC Kickoff @ Tech****GwinAq's Reddiset Shop****Everyone Wins at Raffle Meet!**

Gwinnett Aquatics and Spartan Aquatics hosted the 4th Annual Raffle Meet this weekend at GAC. The Raffle Meet targets swimmers who did not compete at the State Champs (or those who did in events they don't have the cut). This year about 200 swimmers competed for the chance to earn raffle "tickets" for a variety of prizes.

Swimmers earned a raffle chance for every best time, heat winner, and new time standard achieved. In just two short sessions over 1000 chances generated and we gave out over 70 prizes through the weekend including backpacks, goggles, Squishmallows and Dancing Cacti!

It was clear our swimmers love winning stuff as we had over 60% best times which was even higher than the percentage we had at age group state or the qualifier! Thirty-six (36!!!) swimmers won events: Timi Ajigbolamu, Elisa Basic, Justin and SteveMichael Bennett, Abby Bold, Shaylah Bopp, Kate Breiding, Aubrey Chisolm, Tadd Duffield, Brianna Exil, CJ Gast, Kendall Granberry, Emily Hardy, Morgan Henry, Sarah Heppe, Cade Holder, Cameron Jones, Alex Matveev, Aliana McCann, Grant McGee, Brandon Noble, Aaron Passman, Riley Pynn, Nicolas Ramdeo, Lillie Robinson, Ernesto Santiesteban-Pizarro, Addi Shaffer, Jude Stanton, Jimmy Wang, Ella and Emery Wells, Elsie Wethington-Mercer, Cole Wright (Gold), Andy Zhu, and Benicio and Helena Zimmerman!

Ethan Tull picked up his first BB times and Rose Aguilar, Arthur Bombard, Emma Gonzalez, and KitKat Jacobsen got their first B times! Ajigbolamu, Bopp, Hardy, McCann, Pynn, Ella Wells, as well as Rostislav Bilyov, Elijah Brown, Giselle Davis, Gatlin Granberry, Sophia Holtzclaw, John Mathew, Ainara Sanchez and Emma Seigler were all 100% best times! As usual you can check out complete meet results, team results, and our updated list of standard breakers all in the links below.

This week, 14 of our senior swimmers are racing at the Southeastern Meet of Champions, which starts tomorrow in Augusta. Our crew is already there, and complete info on that meet is available in the article below. After this weekend, it's only two weeks until the season-ending Divisional Champs in Augusta! You can also find more info on that meet below, and there's a ton of info on more activities going on around that meet in the article further down.

Finally, below you can also find some info on the plan for the week after Divisionals, and overview of the LCM season, which starts as soon as we come back from Spring Break in April. As you can see, this is the tail end of the SCY season and there's a LOT going on. So, read on, stay up to date, and RSVP where needed. Our swimmers are ready to rock these last few weeks!

[Full Meet Results](#) | [GwinAq Results](#)
[2023-24 SCY Standard Breakers](#)

Southeastern Meet of Champions This Weekend Mar 7-10

The Southeastern Meet of Champions will take place this weekend, March 7th-10th, at the Augusta Aquatic Center ([3157 Damascus Rd, Augusta, GA 30909](#)). As we're doing team travel for this meet rather than listing warm-up times, all the times the swimmers need to know are in the Itinerary instead(link below).

Swimmers are expected to wear this year's team shirt (white) on Thursday, last year's team shirt (teal) on Friday, last year's Divisionals shirt (gray) on Saturday, and any other team shirt (preference for a winter

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 right and entering 'gaga' (all lowercase).

[Ga-Ga Reddiset Swim Shop 2023-24 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](#)

March Payments Past Due

March payments are now past due. Invoices go out around the 20th, and 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,

training shirt) on Sunday. As usual, if you don't have one of those shirts please wear a shirt the same color or another team shirt.

The meet is a 3.5-day meet, with Prelims/Finals Thursday-Saturday, and a Timed Final Session on Sunday. Complete meet info is available on the event page (link below). Below you can find the travel general info (including final travel cost), itinerary, and Code of Conduct.

Each session will only be seeded during warm-ups, to minimize empty lanes. Therefore, we will not post heat sheets (they will be available on Meet Mobile and we'll make sure the swimmers get their lane assignments). Below you can also find the meet's preliminary Psych Sheet, estimated timelines, and our relays for the meet - remember, relay line-ups and orders can always change at the last minute at the coaches' discretion.

[SMOC Event Page](#) | [GwinAq Entries](#) | [GwinAq Relays](#)
[Psych Sheet](#) | [Estimated Timeline](#)
[Itinerary and Code of Conduct](#)

Intersquad Relay Meet March 16th!

This year's Ga-Ga Relay meet will again be returning to our home pool! This will be one last chance for all our swimmers to practice some racing in preparation for the Divisional Champs. And we'll make sure it is a fun one! We'll have all sorts of different relays. If you have never attended one of this in the past, we guarantee you will not want to miss it!

There will be a short practice for the Senior groups prior to the meet, but **ALL swimmers are expected to attend!** We'll have more info in the upcoming weeks, but we expect warm-ups to be around 10:00am and the meet to be done at 1:00pm at the latest.

And we do need everyone to RSVP whether or not they are attending! This is a VERY challenging event to set line-ups for every relay and make them competitive - we love doing it, but we do need to know everyone who will (or will not) be in attendance. **RSVPs for this meet will be due tomorrow, Thursday, March 7th** - use can use the link below to sign-up.

[Ga-Ga Relay Meet Event page](#)

Coming Up: Divisional Champs Mar 22-24

This year's Divisional Champs will be held March 22-24, at the Augusta Aquatic Center ([3157 Damascus Rd, Augusta, GA 30909](#)). This is a 2.5 days meet, with timed finals for all ages on Friday evening, Prelim/Finals on Saturday and Sunday for 11&O, and timed finals for 10&U in the afternoon.

All swimmers are expected to participate fully! This is the last meet of the SCY Season, and our largest TEAM meet of the entire year! It is always a great competition and a fantastic way for our swimmers to cap off their season. We expect to once again be in a tight battle for the top-3. We'll also count on our parents to help us bring back the Spirit Award this year!

Replies for this meet are now past due, and our first draft of entries is posted below - please note a few coaches are still working on their entries, so we'll update those again through the weekend. **If you missed the deadline but are available to attend please contact your coach ASAP.** Complete meet info (including meet schedule) is available in the event page (link below).

[Divisional Champs Event Page](#) | [GwinAq Entries](#)

Divisional Champs Team Dinners and Spirit Info!

As we've now done many years, we're setting up team dinners on both Friday and Saturday night of Divisionals. Those will be served at the Fairfield Inn & Suites Augusta Washington Rd ([3023 1/2 Washington Rd, Augusta, GA 30907](#)) - time will depend on the meet's timelines, we'll publish those the week of the meet.

Those are always particularly helpful for those with swimmers in Prelims/Finals (especially on Saturday), but **all GA-GA families attending Divisionals are welcome to join us!** You can sign up and find more info on the link below, but we'll have a Pasta Bar on Friday and Taco Bar on Saturday, and both of those cost \$17.00/person (meals will be charged to your activity account). You can use the link below to order the team meals.

In addition, as usual all our swimmers will get a special shirt for this meet, and parents have the option of ordering a few extra ones. For swimmers, we need to make sure everyone has the correct size listed in their

drills, etc. In this column we'll share the best one every week.

[6 Phases of the Commitment Continuum](#)

"Commitment in sport can be difficult to measure. In a sport as demanding as swimming, it is required that swimmers commit themselves to mandatory hours in the pool and in the weight room.

For many of us, being committed to something is considered healthy. It shows that we can invest our time and effort into a particular activity in order to earn success or improvement.

However, not every athlete has the same mindset. Although some may be committed, others may be resistant or compliant. The question is, how do we recognize and categorize these different attitudes? When does commitment become existent, or when does it become compulsion?

Jeff Janssen, author of "Seven Secrets of Successful Coaching" and "Championship Team Building," developed a tool named the Commitment Continuum. In his book, "The Team Captain's Leadership Manual," he explains that the purpose of the continuum is to help team captains, leaders and coaches alike, understand the different types of characters and commitments that may exist in their teams.

As we analyze the spectrum, each of the six phases will become more positive and coachable – giving those who qualify for the category a better chance of success in the sport.

1. Resistant. " [Click Here to read the full article](#)

[2023 LCM Season Recap](#)

Team Records, Relay Records, IMX Records, Country-leading IMX Scores, 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.

Team Unify account - so please log on to your account and make sure your swimmer's shirt size is correct! Full info on those in the links below, and **please note the deadline for ordering extra shirts AND correcting sizes is tomorrow, Thursday, March 7th.**

Plus, this year's theme will be around Kung Fu Panda, and since there's a new one coming out, we're also organizing a Team Movie afternoon on Sunday, March 17th, at 3:00pm. You can find all the info for that one in the article below, and while tickets and concessions will be purchased directly with the theater please note we're organizing this to bring the team together but will not provide direct supervision over it (so younger swimmers should have a parent/chaperon with them).

And of course, don't forget to RSVP for the meet as well! You can do that using the links on the left column or in the meet article above (and when you do so, as you'll already be logged in, double check your swimmer's shirt size!). Here's a recap of important deadlines for all around this meet:

- Thursday, February 29th: [RSVP to the meet!](#) **If you missed but are available please contact your coach ASAP**
- Tuesday, March 5th: [RSVP to movie afternoon](#); this was just so that we could communicate with the theater for them to staff properly; if you missed this deadline but would like to attend you are still welcome to do so (tickets will be purchased directly with the theater, full info on the link)
- **Tomorrow, Thursday, March 7th: [order extra T-shirts](#) and [correct swimmer's shirt sizes](#)** (check out [this list](#), and if it needs to be changed e-mail coach Caitlin (cm26293@gmail.com))
- Thursday, March 14th: [order team dinners](#)

[Team Meals Order Form](#) | [Extra T-shirts Order Form](#)
[Team Movie Afternoon](#)

[After Divisional Champs](#)

While we are looking forward to the last meets of the SCY Season, it's important to keep an eye out for everything that happens following the Divisional Champs. Our groups will have a bit of an off schedule the week after the meet - coaches will communicate with their groups about an extra day off during the week. We know that all groups will be off for Spring Break March 29th through April 7th.

On Monday, April 8th, we'll resume practices following our regular schedule, and then will switch to the Spring Interim Schedule listed below the following Monday. We'll follow this schedule April 15th-May 11th, then revert back to our current schedule on May 13th until school lets out, at which point we'll follow our 2024 Summer Practice schedule (link to that in the article below):

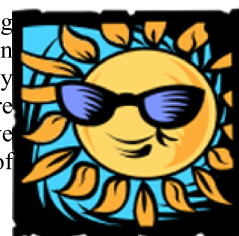
[Spring Interim Schedule \(April 15th-May 11th\)](#)

- **Senior:** Mon-Thu 2:45pm-5:45pm; Fri 3:00pm-6:00pm; Sat 8:00am-10:30am
- **Senior2:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-8:45am
- **Senior3:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:00am
- **Prep:** Mon, Wed 6:45pm-8:45pm, Thu 6:15pm-8:30pm; Fri 6:00pm-8:15pm; Sat 11:00am-1:00pm
 - **P1 only:** Tue 7:00-8:30pm
- **Jr Team:** Mon, Tue, Thu, Fri 6:45pm-8:45pm; Sat 10:45am-1:00pm
- **Gold:** Mon, Wed 6:00pm-7:30pm; 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.
- **Pre Team:** will be discontinued in the Spring. Swimmers who are ready will be moved up to Blue Team. Others are encouraged to sign-up for our [Spring Tune-up clinic](#) and then swim with a GCSL team in the summer.

[Time to Plan for a Great LCM Season!](#)

Long Course season kicks off April 8th, as soon as we come back from Spring Break. The summer months provide a unique opportunity for our swimmers to train more intensely thanks to a lighter schedule away from the pool. Swimmers who truly commit to the season usually far outpace their teammates whose training is more intermittent. Even though it is shorter (only 11-14 weeks!) this is the season where we see swimmers make the biggest strides each year. And this year we hope even more of our swimmers and families will take the plunge!

Doing the season right also requires a commitment from the family, including planning extended travel for after the championship meet the swimmer is attending - in such a short season it is important to plan so there are no breaks in training. Some of the most important times to BE AT practice are late June through July (**including the weekend of 4th of July**). If you do have to travel, the next best step



[2023 LCM Standard Breakers](#)
[2023 LCM VCC Scores](#)
[2023 LCM IMX Scores](#)
[2023 LCM Season Fast 5](#)
[LCM All-Time Top-10](#)
[GwinAq LCM Records](#)
[GwinAq IMX Records](#)
[2023 Spring & Summer Attendance Awards](#)

2022-23 SCY Season Recap

[2022-23 SCY Standard Breakers](#)
[2022-23 SCY VCC Summary](#)
[2022-23 SCY IMX Scores](#)
[2022-23 SCY Fast 5](#)
[SCY All-Time Top-10](#)
[GwinAq SCY Records](#)
[GwinAq IMX Records](#)
[2022 Fall/Winter Attendance Awards](#)
[2022-23 Winter Attendance Awards](#)

is to arrange to do the same number of workouts the swimmer would if he/she were home, preferably with a local, competitive USA-S club. And just as important, make sure to attend the appropriate meets, especially an end of season meet that you focus on fully, with no other activities around the same weekend.

With regards to summer league, we expect (and encourage) most of our age group swimmers, in addition to their training at Ga-Ga, to participate on a summer league team - especially if it's their local team, where they first started swimming! It's a great way to showcase our program, both by swimming to your best ability at all your meets and by being great teammates - that mix of character and improved athletic ability is the best way to showcase our program and help recruit new swimmers to the team!

During the summer months, for Blue team we recommend they alternate swimming a day with us and a day with the summer league team; Gold and Junior swimmers should swim at least 3-4 with GwinAq, and occasionally with their summer league team, but should not do both on the same day; Prep and Sr swimmers should make all GwinAq workouts and only stop by their summer league teams to help out and communicate with their coach. Talk to your coach early and often to try to make the best of the training time you have!

All important dates are already listed on the Season Calendar (link below), and we'll highlight some of the most important ones in a couple weeks. Below there's also a link to the Summer Practice Schedule (please note there might still be a few changes to it between now and when school lets out, but it's mostly final).

[2024 Summer Practice Schedule](#) | [2023-24 Full Season Calendar](#)

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.

There's still time to get items before our March championship meets, and plenty of time to get them before the summer - 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!

[Online Spirit Shop](#)

Gwinnett Aquatics

2023-24 School Year Practice Schedule:

- **Senior:** Mon, Wed, Fri 3:00pm-6:00pm; Tue, Thu 3:00pm-6:15pm; Sat 8:00am-10:30am
- **Senior2:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:00am
- **Senior3:** Mon/Tue/Thu/Fri 2:45pm-5:15pm; Wed 2:45pm-4:05pm; Sat 7:00am-9:30am
- **Prep:** Mon/Wed 6:15pm-8:30pm/8:45pm(P1); Thu 5:45-8pm; Fri 6-8:15pm; Sat 10:45am-1:00pm
 - P1 only Tue 5:45pm-8:00pm
- **Jr Team:** Mon/Tue/Thu/Fri 6:15pm-8:15pm; Sat 11:00am-1:00pm
- **Gold:** Mon/Wed/Fri 5:30pm-7:00pm; Sat 10:00am-11:30am
- **Blue:** Mon 5:30pm-7:00pm; Tue/Thu 5:45pm-7:00pm; Sat 10:00am-11:30am

Pool Address

2800 Quinbery Dr
 Snellville GA 30039
 Phone - (678) 902-6856

Mailing Address:

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 Atlanta, GA 30307
 Email: hugh@gwinnettaquatics.com