

## About the Spring Tune-Up



The Spring Tune-up is offered to swimmers ages 6-12 years old who want to get a great start to the Summer League season.

The program runs 4 weeks, meeting four times each week Monday-Thursday. We cover a different stroke every 3-4 practices and starts and turns the final week. All swimmers will be taught by Cathy Ruffing and Andy Griffin, our clinic head coaches, and may receive additional instruction from our Senior swimmers. More information can be found on the "Clinics" page at our website [www.gwinnettaquatics.com](http://www.gwinnettaquatics.com) or just point the QR reader on your smart phone to the tag at the right.



The cost for the program is \$100 and will be limited to the first 40 swimmers to enroll. This ensures a good swimmer/teacher and swimmer/lane ratio.

### Schedule: M-Th 5-6:15pm.

All swimmers are encouraged to make as many practices as possible. Each session starts with a 20 minute dryland program so swimmers will need appropriate clothing (tennis shoes, shorts, shirt).

### Directions :

2800 Quinbery Dr Snellville, GA 30039

#### Using 78

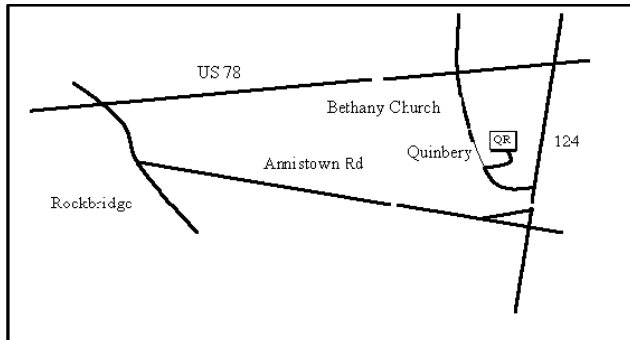
Take 78 to Bethany Church Rd, turn south. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

#### Using 124

Take 124 to Bethany Church Rd. Go less than a mile and take a right on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

#### Using Killian

Take Killian Hill Dr south through 78 where it becomes Bethany Church Rd. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd



## REGISTRATION FORM

Tune-up starts April 11. Space is limited so ACT NOW. Spaces will be filled on a first come first served basis. Register on line at [www.gwinnettaquatics.com](http://www.gwinnettaquatics.com) or mail this form along with the registration fee to Gwinnett Aquatics Spring Tune-Up, 4691 Bryson Cove, Lilburn GA 30047. For more information call: 770-972-4055 or email: [hugh@gwinnettaquatics.com](mailto:hugh@gwinnettaquatics.com)

Swimmers Name \_\_\_\_\_ Circle one: M F Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parents Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Summer Team \_\_\_\_\_ Email \_\_\_\_\_

## About Our Coaches



**Andy Griffin**

Andy, who has now been involved with Georgia swimming for over 15 years, joined Gwinnett Aquatics in 2008 fresh off a stint as assistant coach at Georgia Tech. Before that Andy had been head coach at the Tara USAS team. He graduated from, and competed for, the University of Georgia, where he was a Olympic Trials qualifier in the breaststroke. He has coached numerous athletes to the National and Junior National meets.

### **CATHY RUFFING**

Cathy was with Dynamo before GwinAq started. She arrived at Dynamo - Mountain Park in 2000. She swam for the original Gwinnett Aquatics and then Dynamo in the 80s before attending and swimming for Georgia State University. While there, she met her husband Martin, also a swimmer. They have two sons Mason and Andrew. She has been a swim teacher and summer league coach, mostly in Gwinnett County, since 1981. Currently she is an assistant coach for the State Champ Parkview swim team and head coach of the Evergreen Lakes summer league team.



## The Gwinnett Aquatics Year-Round Program.

Gwinnett Aquatics also offers its year round program through the spring and summer. Most of the top swimmers in the summer league county meets come from our program or other year round programs.



However, this is not the focus of our year-round training. Our swimmers train through the summer and compete in a variety of competitions from in-house fun meets to National Championships.

All of our coaching staff are well trained professionals who offer the highest degree of knowledge about stroke technique and fitness training. We offer one of the most comprehensive dryland programs to ensure well-rounded young athletes and diminish injuries. We also encourage our young swimmers to be involved in lots of athletic and extracurricular activities and can, by offering 6 practices each week for all groups, work around most schedules.

If you may currently be interested in such a program or become interested after the clinic or summer season be sure to talk to Hugh 770-972-4055.

Email is [hugh@gwinnettaquatics.com](mailto:hugh@gwinnettaquatics.com).



## Spring Tune-Up



*A Competitive Stroke Clinic  
for Summer League Swimmers  
Age 12 and Under*

**April 11 - May 5, 2011**