

Our Coaches



HUGH CONVERY

Hugh began coaching as a head USA Swimming coach in 1982. Before starting Gwinnett Aquatics in 2004, he was head coach at Dynamo-Mountain Park for 7 years. He has trained numerous National, Junior National and Olympic Trial qualifiers.

LUCAS FERREIRA

Lucas joined Gwinnett Aquatics in 2011. Before that he coached at ACAC and in Iowa where he was recognized in 2010 as Age Group Coach of the Year. Lucas grew up in Brazil where he began his studies in exercise science that culminated in a masters degree from University of Memphis.



KELSEY REAGAN

Kelsey joined Gwinnett Aquatics in 2016. Before moving to Georgia, she coached at both the high school and club level in Pennsylvania for the past four years. She graduated from Edinboro University with a degree in Health and Physical Education

ANDREA HASKINS

Andrea joined the GwinAq staff in 2011. She now runs numerous winter clinics and coaches the Blue group. Andrea got involved in swimming through her kids participation and volunteering at her local summer league team.



CATHY RUFFING

Cathy was also with Dynamo before GwinAq started. She swam for the original Gwinnett Aquatics and then Dynamo in the 80s before attending and swimming for Georgia State University. She has been a swim teacher and summer league coach, mostly in Gwinnett County, since 1981. Cathy works with the Gold team.



Directions to Quinn Ridge Pool

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 Dr

Using 124

Take 124 to Bethany Church Rd. Go west less than a mile and take a right on Quinbery Dr.

Quinn Ridge facility is at the end of Quinbery Dr

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 Dr

How to join:

- 1) Contact Gwinnett Aquatics via phone (770-972-4055) or email (hugh@gwinnettaquatics.com).
- 2) Attend an evaluation at 430pm any Monday or Wednesday in July.
- 3) Register on-line with Gwinnett Aquatics (\$115annual fee) @ www.gwinnettaquatics.com.



**Pursuing Excellence
Every Day**



Phone: (770) 972-4055

Web: <http://www.gwinnettaquatics.com>

Why Swimming? Why Gwinnett Aquatics?

Competitive Swimming helps young people develop great habits for life. It offers an excellent cardiovascular workout and a lifelong fitness activity but has a lower risk of injury than most other sports. Swimmers learn the values of hard work, commitment, loyalty to teammates and goal setting all in an environment of fun and friendship.



Gwinnett Aquatics is one of the best ways to get involved in swimming in the Atlanta area. We provide top notch coaching in a small team setting. Swimmers will have a personal relationship with coaches and one another as our team acts as a family with movie nights, cookouts, and other team activities. Our program is also unique in that it stresses all-round fitness even at the youngest levels. All swimmers spend significant time in dryland training designed to improve functional strength, coordination and motor skills. Our training philosophy stresses the gradual, consistent development of all swimmers built on a base of technical proficiency.

Practice Groups and Times

Blue Team - For newer swimmers in Kindergarten-4th grade. Swimmers attend 2-3x/wk.
M, T, Th 5:30-7pm; Sat 9:30-11am

Ten
payments of
\$110
(or \$1045 annual*)

Gold Team - For experienced swimmers in 2nd-7th grades. Swimmers attend 3-5x/wk
M - F 5:30-7pm; Sat 9:30-11am

Ten
payments of
\$165
(or \$1567 annual*)

Prep Team - For aspiring senior swimmers in 5th-10th grade. Swimmers attend 5-6x/wk
M-Th 6:15-8:15/45pm
F 6-8:15pm;
Sat 10:15am-12:30pm

Ten
payments of
\$220
(or \$2090 annual*)

Senior Team - For HS-aged swimmers ready to commit to daily training at a high level.
M - F 3 - 6pm*; Sat 7:30-11am
*M,W 5-6:30am for select swimmers

Ten
payments of
\$250
(or \$2375 annual*)

High School Training Group - For HS-aged swimmers not yet ready for Senior team. 5-6 workouts each week after school.
M - F 2:45 - 5pm; Sat 12-1:45pm

Ten
payments of
\$220
(or \$1900 annual*)

A family discount of 15% for the second swimmer and 30% for the third is available.

Annual Registration for all groups is \$115.

**Annual payments are due by October 1*

2017-18 Meet Schedule

<u>Date</u>	<u>Meet</u>
Aug 14	3-wk pre-season/water polo camp
Sept 5	1st day of practice
Sept 29	Intersquad @ Mountain Park
Oct 14	Dual Meet @ GAC
Oct 29	Dual Meet
Nov 11-12	Rays IMX @ Marietta
Nov 17-19	Woodie B @ DYNA
Dec 8-10	Senior State @ UGA
Dec 15-17	Lanier Invite
Jan 13-15	Eastern Classic @ DYNA
Jan 20	Fun Meet
Feb 9-11	GwinAq Qualifier @ GAC
Feb 16-18	Age Group Champs @ Ga Tech
Mar 1-4	Senior Sectional @ TBA
Mar 10	GA Relay Meet @ GAC
Mar 23-25	Divisional Champs @ Augusta

Pool Address: 2800 Quinbery Dr Snellville GA 30039 Phone - (770) 972-4055	Mailing Address: 4691 Bryson Cove Lilburn GA 30047
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Web: <http://www.gwinnettaquatics.com>
 Email: hugh@gwinnettaquatics.com