

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, where he trained Senior National, Junior National and Zone qualifiers, and an Olympic Trial finalist. He earned a B.A. from Michigan State and an M.A. from Tulane.

ANDY GRIFFIN

Andy 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 an Olympic Trials qualifier in the breaststroke.



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.

SCOTT MCINTYRE

Scott joined the GwinAq staff in 2005. He is the Red Cross trainer for the club and works with the Blue and Prep teams. He also coaches the Snellville team in the Gwinnett County Summer League.



Directions to Quinn Ridge Pool

Using 78

Take 78 to Bethany Church Rd, turn south. Go two miles and then take a left on Quinberry Dr.

Quinn Ridge facility is at the end of Quinberry Rd

Using 124

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

Quinn Ridge facility is at the end of Quinberry 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 Quinberry Dr. Quinn Ridge facility is at the end of Quinberry Rd

How to join:

- 1) Contact Gwinnett Aquatics via phone (770-972-4055) or email (hugh@gwinnettaquatics.com).
- 2) Attend an evaluation at 6pm any Monday or Wednesday in July.
- 3) Register on-line with Gwinnett Aquatics (\$115 annual 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.
T, Th 5:45-7pm; Sat 9-10:30am
**Make-up available M, W 5:30-6:45*

Nine
payments of
\$100
*(or \$855
annual*)*

Gold Team - For experienced swimmers in 2nd-7th grades.
M, W, F 5:30-7pm; Sat 9-10:30
**Make-up available T, Th 5:30-7*

Nine
payments of
\$150
*(or \$1282
annual*)*

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

Nine
payments of
\$200
*(or \$1710
annual*)*

Senior Team - For HS-aged swimmers ready to commit to daily training at a high level.
M - F 3 - 6pm*; Sat 7-10:30am
**M, W 5-6:30am for select swimmers*

Nine
payments of
\$230
*(or \$1966
annual*)*

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

**Annual payments are due by October 15*

Annual Registration for all groups is \$115.

2010-11 Meet Schedule

Date	Meet
Aug 11	4-wk dryland/water polo mini camp
Sept 13	1st day of practice
Oct 2	Intersquad Extravaganza
Oct 22	Dual Meet w/ ABSC @ UGA
Nov 5-7	CAD Invite @ Atlanta
Dec 3-5	Senior State @ Ga Tech
Dec 10-12	Lanier Invite
Jan 14-16	Rays Coaches Invite @ Mtn View
Jan 22	Fun Meet @ GwinAq
Feb 11-13	Lanier Qualifier @ Gainesville
Feb 25-27	Age Group Champs @ Savannah
Mar 3-6	Senior Sectional @ TBA
Mar 12	Dual Meet
Mar 25-27	Divisional Champs @ UGA

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