

Columbus Aquatic Club Families –

Below you will find information regarding news & upcoming events that you should be aware of.

GEORGIA ALL-STAR SWIMMERS (2017 – 2018 SEASON)

Below are the swimmers who achieved All-Star recognition for the 2018 season (2017-2018 short course, 2018 long course). Congratulations to all of our 2018 Georgia All-Stars!

Cummings, James A	HURR	AAA
Davenport, Kylie Rae	HURR	AAA
Davenport, Madisson Chloe	HURR	AAA
Feger, Kaleigh G	HURR	AAA
Gingrich, Leah Nicole	HURR	Senior Nationals
Hadaway, Olivia H	HURR	AAA
Jordan, Katherine H	HURR	AAAA
Kennedy, Lauren G	HURR	AAA
Mattson, Hannah M	HURR	Junior Nationals
Mattson, Holly	HURR	AAAA, Zone Team
Mayfield, Hannah Grace	HURR	AAA
McNair, Hope A	HURR	AAA
Orderique, Piero F	HURR	AAA
Parker, Chase Andrew	HURR	AAA
Stewart, Sara Elizabeth	HURR	AAAA

SATURDAY, SEPTEMBER 29 SWIM MEET

This is our first “sanctioned” meet of the season, which means that racing times will count. What that means is that athletes’ times will go into the SWIMS database for USA Swimming and will be an official time in the eyes of USA Swimming. These times will also count towards qualifying for Championship Meets like States, Sectionals and Nationals. This will be a similar format to last weekend’s Navy/White meet, but be a little more structured and official as there will be officials and referees officiating the swimmers to make sure that strokes are legal.

Who?	ALL Groups are invited (CAT 1 – Seniors)
Warm Up	8:45 AM
Meet Start	9:30 AM

[\[Click here to REGISTER\]](#)

[\[Click here for more info\]](#)

AUBURN MEET WAR EAGLE INVITE | FRIDAY, OCTOBER 19 – SUNDAY, OCTOBER 21 (CENTRAL TIME)

****IMPORTANT**** *This meet will fill up fast, so please declare your intention to participate by this Friday, Sept 14.*

Who?	CAT 2 through Seniors (qualifying times for some events)
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[\[CLICK here to REGISTER\]](#)

[\[Click here for more info\]](#)

On Saturday at 10:00AM (CDT) Auburn University women’s team will have a dual meet with Florida Gulf Coast. Anyone who is attending this meet is asked to attend the dual meet as a team event. The coaching staff thought it would be a great opportunity for our team to watch some of the best swimmers in the Nation and the World compete in dual meet.

Hopefully our athletes will learn and be inspired to be better after watching this event. At the completion of the dual meet, the pool will open for warmups.

T-SHIRTS & SWIM CAPS

If you did not pick up your athletes' t-shirt and swim cap at this past weekends Navy/White meet, Coach Leah will be handing them out at practice this week and next. Please tell your swimmer to see Coach Leah to pick up their swim cap and t-shirt.

PARENT 101 | TUESDAY, SEPTEMBER 18 | 2 SESSIONS

SESSION 1 – 5 PM

SESSION 2 – 6 PM

Kathy Gramling, our team admin will be running a workshop next Tuesday, September 18 that will include team information, and website hints. If you are a *new* parent or someone who would like to receive information on the team or ask questions in person, please attend one of these two offered sessions next week!

TRICK-OR-TREAT MEET | SATURDAY, OCTOBER 6

This is our second "sanctioned" meet of the season, which means that racing times will count. What that means is that athletes' times will go into the SWIMS database for USA Swimming and will be an official time in the eyes of USA Swimming. These times will also count towards qualifying for Championship Meets like States, Sectionals and Nationals. This will be a similar format to last weekend's Navy/White meet, but be a little more structured and official as there will be officials and referees officiating the swimmers to make sure that strokes are legal.

Who? All Groups are invited (CAT 1 – Seniors)
Warm UP 8:45 AM
Meet Start 9:30 AM

[\[Click Here to REGISTER\]](#)

GEORGIA SWIMMING WEEKLY NEWS | HOW TO BE AN AWESOME SWIM PARENT

With the start of a new season, we know there are a lot of parents coming into the swimming world for the very first time. It can be difficult to navigate the swim team waters as a new parent, trying to determine your role. In How to Be an Awesome Swim Parent, Olivier Poirier-Leroy provides a short list of suggestions on how to be the best supporter for your swimmer.

- 1. Encourage accountability.**
- 2. Avoid over-identifying with your swimmer's performance.**
- 3. It's the process.**
- 4. Set the standard for how they should react.**
- 5. Don't mistake sacrifice for investment.**
- 6. When issues come up with coach, address them privately and directly.**
- 7. Let them unplug outside of the pool.**
- 8. The facilities don't make the athlete.**
- 9. Just be there for them.**

[\[View the full article here\]](#)