



# Nitro News

**Mission: to provide a quality swim program capable of competing at all levels of the sport and promotes discipline, fitness, goal setting, and good sportsmanship**

July 2016

## Congratulations to the Swimmers of the Meet

### **Carol Tate @ Emory, June 3-5**

Senior Boys A & B Relay Teams: Took 1st and 2nd place!

A Team: **Cal Parker, Caleb Black, Joe Kauffman, John Carroll**

B Team: **Spencer Brown, Matthew Monteforte, Jeremiah Petty, Cody Workman**

### **Summer Sizzler @ Georgia Tech, June 17-19**

**Allie Workman** - nearly 100% drops in times

**Ryan Hood** - outstanding multiple swims with a 90% rating

### **Gold Henry VIII @ Cummings, June 24-26**

**Will Eickman** - made two age group state cuts

**CALLING ALL PARENTS!!!**

**OPEN MEETING MONDAY, AUG. 15, 6 PM**

**TOPICS INCLUDE:**

**CHANGES TO  
REGISTRATION  
FEES**

**SWIM A THON  
KICKOFF**

**PRACTICE  
SCHEDULE &  
SHORT COURSE  
MEET  
SCHEDULE**

**WICKED, THE  
SWIM MEET**

## Upcoming Events

July 25-Aug. 5: No scheduled practices!

Aug. 6: Nantahala River Trip

Aug. 8: Fall practice schedule begins

Aug. 9: NWGA Board Meeting

Aug. 11, 6:30pm: NWGA & CBB Banquet @ Meadowdale Baptist Church

Aug. 15, 6:00pm: Parent Meeting @ CAC

SWIM A THON COMING IN SEPTEMBER!!!!

Oct. 29-30: NWGA host WICKED, the swim meet

A full schedule of all events can be found online at [teamunify.com/ganga](http://teamunify.com/ganga)

Please see the NWGA Board minutes for June for more information. They can be found at [teamunify.com/ganga](http://teamunify.com/ganga) under the DOCUMENTS tab.

# First Annual Firecracker 400

On Saturday, July 2nd, practice was fueled with friendly competition. Swimmers marked their bodies with numbers and sponsor logo's (like a NASCAR event). They had to roll dice to get their practice set. When ten sets were completed, the race was over.

Purple 2- **Sam Dixon** sponsored by  
"Cabelas"  
45:05.03

Purple 1- **James Beamer** sponsored by  
"UNDER ARMOUR"  
49:05.13

Green 2- **Will Eickman** sponsored by  
"Cargill"  
57:02.01

Green 1- **Cody Workman** sponsored by  
"THE POPE"  
51:46.50

## OVERALL WINNER

Sam Dixon from Coach Garcia's group

*You are cordially invited to the*  
**NWGA & CBB BANQUET**

*Thursday, August 11*

*at 6:30 pm*

*Meadowvale Baptist Church*

*1811 Rome Rd SW, Calhoun*

## DINNER AND AWARDS

Please bring the following:

10 and under: Main Dish

11-14: Side Dish

15-18: Dessert

Teams will provide drinks and paper goods.



# Upcoming Events Detailed

*July 10, 17:* **Special STATE PRACTICES** have been set up for the next two Sunday's from 5:00 pm to 6:15 at the CAC. GRPA State, Age Group State, Senior State - All qualifiers welcome to attend!

*July 14-17:* **Age Group State Championship @ Georgia Tech.** All swimmers 14 and under with a qualifying time in their age group will compete from Georgia.

*July 21-24:* **Senior State Championship@ Cumming Aquatic Center.** All swimmers with a qualifying time standard will compete.

*July 25-Aug. 5:* **VACATION!** NWGA swimmers can a long-deserved break after a rigorous long course and GRPA swim schedule! Enjoy!

*Aug. 6:* **Nantahala River Trip.** All Nitros, parents and friends can attend the first annual white water rafting trip. The cost will be determined by the total number attending. Plan on \$25-\$30 per person. We will drive over and back on the same day. Meet at CAC at 8 am on Saturday morning. Contact Coach Todd for more information.

*Aug. 8:* **Fall practices resume!**

*Aug. 9:* **NWGA Board Meeting** 6:00pm @ CAC

*Aug. 11:* **NWGA and Calhoun Blue Barracudas Awards Banquet** 6:30 pm @ Meadowdale Baptist Church. Join us as both teams celebrate a season of success!

*Aug. 15:* **NWGA Parent Meeting** 6pm @ CAC! Parents, please join us in a discussion about the changing registration process and fees for this upcoming year. We are looking forward the the upcoming 2016-17 season and will have meet details to share. We are also hosting our first meet and will need many hands to prepare!

*Sept TDB:* **Swim a Thon!** Our first annual swim a thon was a success last December and we look forward to another fantastic fundraising campaign this fall. Keep a look out for more details to come very soon!

*October 29-30:* **WICKED, the swim meet!!!** NWGA is hosting it's first meet. This will be a huge fundraiser for our team and will highlight our beautiful facilities. This will take a lot of help from EVERYONE! More information will be coming soon but save the date!

## ***NEWS FOR SWIM PARENTS***

### **Moving From Summer League to Year Round Swimming**

*From News for Swim Parents Published by The American Swim Club Swimming Association 2101 North Andrews Ave, Suite 107, Fort Lauderdale, FL 33311*

“I have a Nine Year Old who has been swimming in a summer league for the past three years. As he begins swimming with a year round program, what things should be emphasized?”

Answered by: Rick Curl, Head Coach of the Curl-Burke Swim Club

I have coached in the summer leagues in the Washington D.C. metropolitan area for 18 years. In addition, I worked with the Solotar Swim Club for six years and founded the Curl Swim Club 8 years ago.

Each summer many parents get involved in their child’s primary activity, such as summer league swimming. Summer leagues are very popular in the Washington, D.C. area. There are more than 300 teams that are divided into several leagues. When the season ends in August, the local United States Swimming teams will conduct tryouts and give presentations for individuals interested in continuing in a swimming program.

The summer league program is such a short season and each swimmer strives to improve from the past summer. Their main goal is to improve their performances and have a successful season each summer. Also, most parents want children to participate in a healthy activity with intangible benefits offered by a team sport and goal setting.

I feel that it is very important to present a well-rounded program for each age group swimmer. They must enjoy themselves certainly, we all learn more effectively in a pleasant environment. Stroke development is of utmost importance to the young swimmer. They should not be allowed to focus on any one stroke. Long distance training is not necessary in the developing years. Poor stroke habits develop and the boredom of long distance training will most likely have negative effect on them. A young swimmer must learn proper starts, turns, and stroke mechanics so that he or she will develop in many other areas as he progresses and gets older. They will also specialize in a certain area and stroke as they mature.

Parents should encourage their children to be involved in a number of activities. When a youngster devotes too many hours to training each week, he or she will be unable to experience the sports and activities such as music, dance, etc. I believe that we should give each child the opportunity to be well rounded. Often times, a swimmer will drop out of the sport and not have another activities to fall back on.

Swimmers should be taught and trained in a progressive manner. Each step should include continued stroke development. Other important areas of competitive swimming should be introduced as the swim progresses. If a youngster is having fun while he learns, he will show the greatest amount of improvement.

Parents, throughout the competitive swimming experience, hold a vital role in the success of the swimmer. They must continually reinforce the swimmer and support the program and coaching philosophies that they have chosen.

Communication between the parent and coaching staff is important so that a child does not experience conflict and become confused.

***To join the NWGA Nitros, simply stop by the Calhoun Aquatic Center or our team website.***

**REMIND 101**

**Text the following messages  
for each group to 81010  
Or search the following codes  
on the Remind App**

***Green 1***

**Text @nwgag1**

***Green 2***

**Text @nwgag2**

***Purple 1***

**Text @nwgap1**

***Purple 2***

**Text @nwgap2**

***Silver***

**Text the code of the practice  
group you work with.**

# WATER POLO

## \$50 DISCOUNT

All Nitros will receive a \$50 discount (\$100 vs. \$150) when joining the Calhoun HS Water Polo Team. Players can be 6th grade and up. Team members do not have to attend Calhoun City Schools. The schedule is online at Georgia High School Water Polo Association

**[www.gapolo.com](http://www.gapolo.com)**

The season runs from July -  
October

**Practice Schedule:**

*July*

M, W, R 1-3 pm

*Beginning Aug. 8*

M, W, R 3:30-5pm

**CONTACT US: [NWGABOARD@GMAIL.COM](mailto:NWGABOARD@GMAIL.COM)**

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Don Hood, NWGA Board Treasurer: [donhood100@comcast.net](mailto:donhood100@comcast.net)

Dr. Michelle Griffith: [griffithm@calhounschoools.org](mailto:griffithm@calhounschoools.org)

Members at large: Keith Bagwell, Melissa Edens

Please make sure we  
have your updated  
contact information!

Email

**[nwgaboard@gmail.com](mailto:nwgaboard@gmail.com)**

with your swimmer's  
name, group, and contact  
information.