

Provide a quality swim program capable of competing at all levels of the sport and promotes discipline, fitness and goal setting

## 2016 - 2017 SEASON WRAP UP

The NWGA Nitros are finishing up a spectacular year in both long course and short course seasons! We are so very proud of our swimmers, coaches, and the families behind them. The club has grown in numbers and meet participation. To celebrate and reflect, we invite all swimmers and families to our annual banquet on Aug. 17 at 6pm at Calhoun First United Methodist Church. We also are taking a well deserved break! There will be NO PRACTICES from July 29-Aug. 12. On August 14th, we will start our new year registration process. Every swimmer will need to fill out a contract for the 2017-18 season as well as refresh themselves on the policies of the club. We will have board members and mentor families available on deck on Mondays, Tuesday, and Thursday during practices to answer any questions and to assist in filling out the paperwork. When you register for the upcoming swim year, you will also need to pay the \$145 registration fee which includes the USA Swimming fee for the upcoming year. We have a parent meeting scheduled for Sept. 7 to help answer questions and to kick off our Swim-a-thon fundraiser. The Swim a thon will be held in October. We look forward to the year ahead of us and hope everyone enjoys the time off!

## FIRECRACKER 400 WINNERS

Cody Workman won the GRAND PRIZE for all groups.

Green 1 winners:

Cody Workman- 1st-, Bailey Mitchum-2nd, Phoebe Reid & Reece Duke-3rd (tie)

Green 2 winners:

Mary Jane McKinnon-1st; Zoe Tibbs- 2nd; 3rd-Ryan Hood

Navy winners:

Luke Driscoll 1st; Kyle Hoerl-2nd; Andrew Pierce -3rd

## PARENT MEETING

Sept. 7th @ 5:30 PM in the CAC

## UPCOMING EVENTS

July 21-23

Age Group State  
Atlanta, GA

July 28-30

Senior State  
Athen, GA

August 1-5

Futures Championship  
Nashville, TN

August 14

Fall Practice Schedule  
Begins

August 17

NWGA / CBB Banquet  
Calhoun First United  
Methodist Church @ 6:00

August 20

Team Rafting Trip  
Nantahala, GA

Aug. 14th - Sept 7

NWGA Nitros  
Membership Drive

October 2

Swimathon  
Time to be Determined

A full  
schedule of all events can be  
found  
online by [Clicking Here](#)

# CHAMPIONSHIP TEAMS

## Qualified for Age Group State at Georgia Tech July 20-23

- Nate Eickman: 50, 100, 200 breast
- Colin Wood: 50, 100, 200 breast
- Mary Jane McKinnon: 50, 100, 200 free;  
50, 100 back; 50 breast; 200 IM
- Matthew Monforte: 100 back
- Will Eickman: 100, 200 breast
- Grayson Breedlove: will swim 50 back at  
GRPA in Cumming



## Swimmers Qualified for Senior State at University of GA July 28-30

- Dawson Kerns: 50 back
- Abby Reid: 50, 100 breast
- John Carroll: 50, 100 free; 50, 100 fly
- Bo Dyar: 50, 100, 200 free; 50, 100, 200 back;  
100 breast; 200 IM
- Cal Parker: 50, 100, 200 free; 50, 100, 200 breast;  
50 back; 200 IM
- Caleb Black: 100, 200, 400, 1500 free; 50,  
100 200 fly; 50, 100, 200 back; 200 IM
- Bailey Mitchum: 50 back
- Reece Duke: 50 back (not pictured)



## National Team to swim at 2017 NCSA Summer Championships August 1-5

- John Carroll
- Bo Dyar
- Caleb Black
- Cal Parker



# SWIM PARENTS: YOUR STRESS AND EXPECTATIONS ARE CONTAGIOUS

BY OLIVIER POIRIER-LEROY

As a swim parent who wants the best for their little swimmer you know that it can be very difficult walking the fine line between being too involved and being too aloof with your kiddo's performance.

For young swimmers who get particularly excited or over-anxious it is helpful to understand that part of the reason they are feeling this way has to do with how anxious the parents are before competition.

As it turns out, the stress and anxiety we feel about our swimmer's performance trickles down into how stressed and anxious they are.

Research performed at Ithaca College sought out to see just how much of an effect there was. The researchers worked with a group of youth athletes, ranging from 6 to 18, in a few different individual sports, including swimming.

The day before a big competition the athletes and the parents were both given questionnaires to see how both expected the athlete to perform, and how they were feeling in regards to the upcoming meet.

- Athletes who were the most stressed out and anxious (with anxiety measured in terms of worry, physical symptoms—tense muscles, and concentration disruption) had parents who really wanted their kid to beat the competition, or “to not lose to others.”

- The age groupers experienced concentration disruption the most when their parents were more interested in seeing the athlete out-perform the competition compared to achieving a personal best.

Winning might be everything—as the quote goes, but the expectation of it doesn't help athletes get any closer to achieving it. Focusing exclusively on winning creates an environment where the young swimmer is physically less likely to make it happen.

“You might think that's a really positive thing for the child, but that's creating a lot of worry [for the kid] as well. I don't think parents are necessarily thinking about that kind of thing,” says Miranda Kaye, study co-author and professor in the Department of Exercise and Sport Sciences at Ithaca College.

## THE TAKE-AWAY

Swim parenting is no joke—you don't need me to tell you that. Between fundraising, the costs of a full season of training, driving to early morning workouts, marathon swim meets, dealing with injuries (ahem swimmer's shoulder), it can be tempting to begin to feel like the seemingly never-ending sacrifice should be considered an investment.

As a result you might feel yourself putting more emphasis on winning in order to see a return.

But, if you want the best for your child, the research continues to show that a relaxed, hands-off, let-the-kid-own-the-sport is best for creating an environment where they will not only have more fun, but also excel both in the short and long term.

# NEWS AND NOTES

- Practice schedule will start after summer break. More information to come along with Short Course Season schedule

- The banquet will be held this year at Calhoun First Methodist Church on August XX at 6:00 PM. See assigned requests below:
  - 10 & Under: Main Dish
  - 11-14: Side Dish
  - 15-18: Dessert

## WATER POLO PROGRAM

Water Polo Program begins starts 7/31. Water Polo is open to grades 6-12, all gender and school districts. Matches will be played on the weekend thru middle of October.

The team will practices Monday, Wednesday and Fridays in the evenings at Calhoun Rec Dept.

To register and pay, please go online or at CAC.

- Nitros cost \$150.
- Non nitros cost \$200

## NWGA NITROS DIGITAL NETWORKS

[teamunify.com/ganga](http://teamunify.com/ganga)



[@NWGANitros](https://www.facebook.com/NWGANitros)



[@NWGA\\_Nitros](https://twitter.com/NWGA_Nitros)



[nwga.nitros](http://nwga.nitros)

## CONTACT US:

[NWGABOARD@GMAIL.COM](mailto:NWGABOARD@GMAIL.COM)

### COACHES

Charles Todd: [toddc@calhounschoools.org](mailto:toddc@calhounschoools.org)  
Mike Beeler: [beelerm@calhounschoools.org](mailto:beelerm@calhounschoools.org)  
Christy Garcia: [garciaac@calhounschoools.org](mailto:garciaac@calhounschoools.org)  
Matt Siniard: [siniardm@calhounschoools.org](mailto:siniardm@calhounschoools.org)

### NWGA Board

NWGA Board  
Greg Hasty- President: [greg\\_hasty126@comcast.net](mailto:greg_hasty126@comcast.net)  
Pam Parker- VP: [parkerpam@calhounschoools.org](mailto:parkerpam@calhounschoools.org)  
Michele Eickman- Secretary: [tmeickman@gmail.com](mailto:tmeickman@gmail.com)  
Jamie Petty Treasurer:  
Dr. Michelle Griffith- [griffthm@calhounschoools.org](mailto:griffthm@calhounschoools.org)  
Members At Large:

- Keith Bagwell • Michael Hoerl
- Melissa Edens