

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

WELCOME TO NITROS 2017

2016 was a tremendous year for NWGA Nitros. We celebrated multiple accomplishments as our team and swimmers continued to excel. We look forward to the continued momentum heading into 2017

ANNOUNCEMENT FROM THE BOARD ROOM

During our Christmas party, elections were held regarding the Nitros board members for the 2017 season. Several board members are continuing their service toward the NWGA Nitros. Please see below the new and outgoing members. Please be sure to thank our board members for their service whenever possible.

New Members

Greg Hasty: President
Jamie Petty: Treasurer
Michael Hoerl: At Large

Thank you to out going members:

Jeff Hood- President
Don Hood- Treasure

THANK YOU

A generous donation was made by Hood Law Firm and Snellings Walters Insurance Group towards the purchase of t-shirts for Holiday Intensive Training.

Please be sure to thank these sponsors.



UPCOMING EVENTS

JAN 27-29
GROUNDHOG MEET
COLUMBUS, GA

FEB 2 - 4
GHSA STATE
CHAMPIONSHIP
GEORGIA TECH

FEB 11 - 12
GEORGIA OPEN
GEORGIA TECH

FEB 17 - 19
AGE GROUP STATE
14&U
GEORGIA TECH

MARCH 2 - 5
SR. SECTIONAL
GREENSBORO, NC

MARCH 4 - 5
MAKO MANIA
DALTON, GA

MARCH 14 - 17
NCSA JUNIOR
NATIONALS
ORLANDO, FL

APRIL 1 - 2
LAST CHANCE
SPLASH
CALHOUN, GA

A FULL
SCHEDULE OF ALL
EVENTS CAN BE
FOUND
ONLINE BY [CLICKING
HERE](#)

PRACTICE SCHEDULE

(FEBRUARY 6 - MAY 26)

GREEN I (Coach Todd)

Monday

Tuesday

Wednesday

Thursday

* Dry- land/First 15 minutes

Saturday

* Dry land afterwards/ 30 minutes

Primary Time

3:30 - 5:30 pm

3:30 - 5:30 pm

3:30 - 5:30 pm

3:30 - 5:30 pm

7:00 - 9:00 am

Alternative Schedule:

5:00 - 7:00 pm

5:00 - 7:00 pm

5:00 - 7:00 pm

5:00 - 7:00 pm

GREEN II (Coach Todd)

Monday

Tuesday

Wednesday

Thursday

* Dry- land/First 15 minutes

Saturday

* Dry land afterwards/ 30 minutes

Primary Time

3:30 - 5:30 pm

3:30 - 5:30 pm

3:30 - 5:30 pm

3:30 - 5:30 pm

7:00 - 9:00 am

Navy (Coach Mike)

Monday

Tuesday

Thursday

Friday

* Dry- land/ last 30 minutes

Primary Time

3:30 - 5:00 pm

3:30 - 5:00 pm

3:30 - 5:00 pm

3:30 - 5:00 pm

PURPLE I (Coach Siniard)

Monday

Tuesday

Thursday

* Dry- land/15 minutes

Primary Time

5:30 - 6:30 pm

5:30 - 6:30 pm

5:30 - 6:30 pm

PURPLE II (Coach Christy)

Monday

Tuesday

Thursday

Primary Time

5:30 - 6:30 pm

5:30 - 6:30 pm

5:30 - 6:30 pm

SILVER (Recreational)

Monday - Thursday

Note: Silver may only attend twice a week

Primary Time

Come to the "ASSIGNED" group time

PLEASE BE AWARE!!!!!!

VOLUNTEER CORNER

NWGA swimmers have the privilege of sharing the CAC with the school and community and should treat it with respect and care.

- Please do not take food into the locker rooms.
- Turn off water when finished.
- Leave them better than you found them every single time.

If behaviors **do not** change, locker room privileges will be suspended.

PARENT VOLUNTEERS ARE NEEDED TWICE A WEEK (MONDAY/WEDNESDAY) FROM 3:30-5:30 IN THE CAC OFFICE STARTING IN FEBRUARY TO ASSIST WITH NWGA CUSTOMER SERVICE. CONSISTENT HELP WOULD BE PREFERRED. DATES NEEDED MAY CHANGE WITH PRACTICE SCHEDULE CHANGES.

RECOGNITION & NOTES

Upcoming Meets:

- Due to the scheduling of critical meets, swimmers will be tapering as needed at the coach's direction.
- Expect different practices intensities due to this.

Jr National State Qualifiers:

- Cal Parker
- Caleb Black
- 400 M Medley Relay
 - Cal Parker
 - Caleb Black
 - John Carroll
 - Bo Dyar

Holiday Intensive Training

- 80% qualified for t-shirt
- Roughly 50 kids between NWGA, CHS, CMS

New Practice Schedule

- A new practice schedule will be in effect following the conclusion of the CHS and CMS swim season. Please see page 2 for new schedule

Lost & Found

- Please visit the lost and found at the CAC office and retrieve your missing items.
- **Tip:** Put name inside swimming suit!

VOLUNTEERS NEEDED TO PREP GOODIE BAGS AND DONATE ITEMS. THESE WILL BE PREPARED FOR THE AGE GROUP STATE AND JR. NATIONAL QUALIFIERS

A FAMILY MENTORING PROGRAM IS UNDER DEVELOPMENT BY THE BOARD. MENTORING FAMILIES ARE NEEDED ON A MONTHLY ROTATION TO MEET WITH NEW MEMBERS FROM THE CURRENT MONTH. PLEASE CONTACT A BOARD MEMBER IF YOU HAVE ANY INTEREST IN VOLUNTEERING

ARTICLE OF THE MONTH



Courtesy of Elizabeth Wickham

In a few weeks, it will be that time of year when you'll find yourself sitting in the stands at the season's biggest meet. Your swimmer has been working for months and you've been doing your part to get them to and from practice on a daily basis—all in preparation for their target meet.

Some parents have kids who swim fast all year long and those kids get PBTs randomly throughout the year. Others of us see fast times only at "shaved and tapered" meets and we wait in anticipation to see how the taper and months of hard work pay off.

Here're five things to think about before the big meet:

ONE

Keep expectations in check.

I've read that parents overestimate their children's abilities and may have expectations that aren't realistic. When we have too high of goals for our kids, they may have an excellent meet, but we don't understand how good it was. Our swimmers may feel like they've let us down when they've done really well.

TWO

Don't pressure your kids.

I used to talk to my kids about a big meet the week leading up to it. I'm sure my constant asking, "What's your goal time?" "How are you going to race?" or "Do you see who is seeded ahead of you on the psych sheet?" wasn't helpful. My constant worrying and asking questions put pressure on my kids. If I could redo those days, I'd stay quiet and listen.

THREE

Stay in control of the roller coaster.

Our emotions may run up and down during a target meet and be more exaggerated than during smaller meets. Don't get too down if they don't drop time or don't make it back to finals. Remember all the good stuff they're gaining by swimming and what a great experience this is for them.

FOUR

Trust the process.

Encourage your child to trust their coach and work hard. If they've done the workouts, put in their best effort, and their coach has prepared them well, your child can be confident of a successful meet. Parents should relax, enjoy the process and feel confident, too.

FIVE

Have fun and treasure the moment.

Sitting with your fellow swim parents in the stands, watching close races, and cheering on your child and teammates is an exciting part of being a swim parent. Have fun, don't stress, and treasure the meet as though it's the last. In no time at all, you'll be at your swimmer's last meet. Enjoy each step along the way.

SWIMMER OF THE MEET

JINGLE BELL CLASSIC

Phoebe Reid
Ryder Hood
Lindsey Cox
Brandon Webb

GEORGIA SENIOR STATE CHAMPIONSHIP

400 Medley Relay Team:

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

* Jr National Qualifier

REMINDERS

- Swim caps and t-shirts are being distributed. The list is located in the CAC office along with caps and shirts. Extra caps and shirts are for sell to Silver group members and anyone else.

Cost: Caps (15.00) Shirts (12.00)

- If Silver members would like to bump up to USA registered, \$25.00 will be subtracted from the yearly \$145 fee

CONTACT US:
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COACHES

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NWGA BOARD

Greg Hasty- President
Pam Parker- VP: parkerpam@calhounschoools.org
Michele Eickman- Secretary: tmeickman@gmail.com
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Members At Large:

- Keith Bagwell
- Michael Hoerl
- Melissa Edens