

# NWGA NITROS NEWS

Nitros Swimmers had a great time at the first long course meet of the season at Auburn. You will find summer practice schedule and upcoming long course meets in this issue of our newsletter. If you have not participated in a long course swim meet, feel free to get with your swimmer's coach for more information.



## Upcoming Swim Meets

When: May 19-21, 2018

Where: Ensworth Swim Club

Nashville, Tenn.

Time: TBA

When: June 1-3, 2018

Where: Carol Tate Invite

Emory University

Time: TBA

When: June 22-24, 2018

Where: Stu Hixon Invite

Marietta, Ga.

Time: TBA



Friendly Reminder:

Nitros monthly fees are due by the 7<sup>th</sup> of each month. After the 7<sup>th</sup>, a late fee of \$15 will be charged.



# Northwest Georgia Aquatics



## Summer Practice Schedule 2018

### **GREEN I Coach Todd**

*\* Dry-land/First 15 minutes*

Monday	7:00am – 9:30am	
Tuesday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Wednesday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Thursday	7:00am – 9:30am	
Friday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Saturday	8:00am – 10:00am	

### **GREEN II Coach Todd**

*\* Dry-land/First 15 minutes*

Monday	7:00am – 9:30am	
Tuesday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Wednesday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Thursday	7:00am – 9:30am	
Friday	7:00am – 9:30am	and 3:00 pm – 5:00pm
Saturday	8:00am – 10:00am	

### **Navy Coach Mike**

*\* Dry-land/last 30 minutes*

Monday thru Friday	8:00am – 9:30am (7:45 – 8:00am, when at CAC)
Saturday	8:00am – 10:00am

### **PURPLE I Coach Siniard**

*\* Dry-land /15 minutes*

Monday (Stroke & Turn)	10:45am – 11:45am
Tuesday	10:45am – 11:30am
Wednesday	10:45am – 11:30am
Thursday (Stroke & Turn)	10:45am – 11:345am
Friday	10:45am – 11:45am

### **PURPLE II Coach Cassie**

*\* Dry-land/15 minutes*

Monday (Stroke & Turn)	10:45am – 11:45am
Tuesday	10:45am – 11:30am
Wednesday	10:45am – 11:30am
Thursday (Stroke & Turn)	10:45am – 11:345am
Friday	10:45am – 11:45am

### **SILVER (Recreational)**

Monday-Thursday

*\* Come to the "ASSIGNED" group time*

*Note: Silver may only attend twice a week.*

Coach Todd's Office: 706-602-6818 / CAC Office 706-602-6817

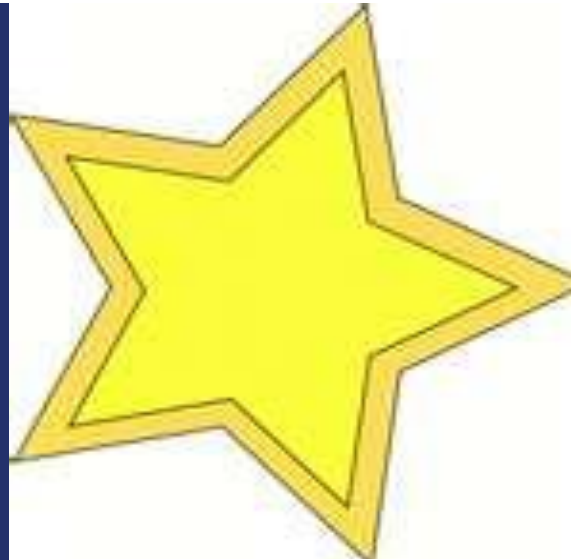
Emails: [nwgaquatics@gmail.com](mailto:nwgaquatics@gmail.com)

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

## Would your child like to see his/her name in lights?

Ask the front office staff how you can purchase a special occasion announcement to be displayed on the CAC

Digital Board for only \$10! This is great for birthday wishes or congratulations.



### News to Share.....

American Red Cross Lifeguard Blended Learning Training will be offered at the CAC. Registration Deadline is soon. For more information, stop by the CAC office if you or your swimmer is interested. Must be at least 15 years of age to attend.

VISIT & LIKE OUR  
PAGE ON FACEBOOK  
NWGA NITROS AND  
FOLLOW US ON  
INSTAGRAM AND  
TWITTER

### NWGA Coach and Board

Charles Todd [toddc@calhounschoools.org](mailto:toddc@calhounschoools.org)

#### 2018 Board:

Greg Hasty, President

Christi Breedlove, Secretary

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Leanne Cox

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