



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

August 2016

2nd Annual Swim-A-Thon

MONDAY, SEPTEMBER 12

3:30-5:30 PURPLE 1 (4000 YDS)

PURPLE 2 (2500 YDS)

5:30-7:30 GREEN 1 & 2 (5000 YDS)

PANCAKES FOR SWIMMERS AFTER THE PRACTICE!

SIGN UP TO HELP AT THE CAC OR ONLINE

**[HTTP://WWW.SIGNUPGENIUS.COM/GO/
10C0548A5A92DA57-SWIMATHON?1472040086776](http://www.signupgenius.com/go/10c0548a5a92da57-swimathon?1472040086776)**

**EVERY SWIMMER MUST TAKE A PACKET AND TURN IN A
MINIMUM DONATION/PLEDGE OF \$25**

**PACKETS CAN BE PICKED UP AT THE CAC STARTING
MONDAY, AUG. 29TH.**

**ALL DONATION MONEY IS DUE BEGINNING SEPT. 12
AND NO LATER THAN OCT. 3RD.**

**TEAM GOAL =
\$10,000**

**PARENT
VOLUNTEERS
NEEDED**

**SWIM 200
LAPS IN 2
HOURS**

**TOP EARNER
(OVER \$750)
WINS A GO
PRO CAMERA**

Upcoming Events

Sept. 1: 2016-17
registration fee due

Sept. 4, 6pm:
NWGA Board
Meeting

Sept. 12: 2nd
Annual SWIM-A -
THON

Sept. 24-25: Baylor
Invite, Chattanooga

Oct. 4, 6pm:
NWGA Board
Meeting

Oct. 7-9: Auburn
Invite, Auburn, AL

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

Nov. 5-6: Turkey Turbo
Meet, Ga Tech

Nov. 19: BSC Open,
Kingsport, TN

A full schedule of all
events can be found
online at
teamunify.com/ganga

Coach Christy Cooks!

Recipe for Fruit Endurance Gel Blocks

1 cup light natural cane sugar or granulated sugar

1 cup organic 100% fruit jet or nectar (i.e. apple, cherry, mango, berry)

1 3-ounce pouch liquid fruit pectin

1/4 cup honey or agave nectar

1/4 teaspoon fine sea salt

2 teaspoons fresh lemon juice

1. Lightly spray a 9x5 inch loaf pan with nonstick cooking spray.
2. In a medium saucepan, whisk the sugar, fruit juice, pectin, honey, and salt until thoroughly blended.
3. Bring mixture to a full boil over medium high heat, whisking continuously. Reduce heat to medium and continue whisking for 5 minutes longer. Remove from heat and whisk in lemon juice.
4. Loosely cover the pan with a clean dish towel and let stand at least 12 hours until firm. Do NOT refrigerate.
5. Invert the pan on a cutting board to release gel. Using a sharp knife cut into 1 inch pieces.
6. Store in an airtight container for up to 1 week. Store in the refrigerator for up to 1 month. Wrap in plastic bag when heading out to a meet.

Wicked, the Swim Meet

Oct. 29-30

is quickly approaching. Many of you have signed up to help with hospitality, timing, bullpen, and miscellaneous jobs.

Please note, every family should have a least one volunteer to help out!

Please contact nwgaboard@gmail.com if there is a particular area you would like to help with!

It will be a wicked

good time!

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.

NEW

*****All Parents*****

Text @nwgaf

CAC DIVING

The Calhoun Aquatic Center is offering competitive diving to the Northwest Georgia area. All levels and abilities are welcome to join - athletes 4 years and up. Diving Instructor Phil Lesselroth, current head diving coach from McCallie High School will lead the program.

Practice Days/Times:

Sundays 5:00-6:15pm

Annual Registration Fee: \$50

Monthly Fee: \$75 a month per person

*Bring your suit and learn to dive.

Call 706-602-6817 for more information or visit

www.calhounaquaticcenter.com.

CONTACT US: [NWGABOARD@GMAIL.COM](mailto:nwgaboard@gmail.com)

Coach Todd: toddc@calhounschools.org

Coach Beeler: beelerm@calhounschools.org

Coach Garcia: garciaac@calhounschools.org

Jeff Hood, NWGA Board President: jeff@hoodlawllc.com

Pam Parker, NWGA Board VP: parkerpam@calhounschools.org

Michele Eickman, NWGA Board Secretary: tmeickman@gmail.com

Don Hood, NWGA Board Treasurer: donhood100@comcast.net

Dr. Michelle Griffith: griffithm@calhounschools.org

Members at large: Keith Bagwell, Melissa Edens

If you are not receiving emails via team unify, please contact the CAC office or email nwgaboard@gmail.com.

SWIM PARENT 101

Coach O's Seven Habits of Saintly Swim Parents by: Orlando S. Anaya, Mokihana Aquatics, Hawaii

Habit 1. Getting your swimmers to practice regularly and on time.

With multiple-job families, single-parent families, and just “being a family”, it is sometimes very hard to get your swimmers to practice every day and on time. The first rule of improvement is “show up”! A great swim parent makes excuses for how they *will* get their swimmers to practice on time. It's a powerful message and it teaches your swimmer that you care, amongst other positive messages that it sends.

Habit 2. Providing emotional support in all circumstances.

We appreciate parents who see their primary role as providing emotional support for their swimmers in all circumstances. We'd love to say that kids should always be happy but sometimes they are not. Happiness come and goes depending on the environment and is also heavily influenced by what children hear their parents saying about a situation. Parents who see temporary difficulties as an opportunity for their children to learn to “work it out” create a great life skill opportunity.

Habit 3. Building up the coaches and the program.

We like to view our club as a family and as such we sometimes have questions about one another or the direction of the program. We appreciate families who keep it in the family and bring concerns to the proper person in the chain of command rather than taking it to the parking lot.

Habit 4. Comparing your swimmer with themselves.

Every swimmer is different. Some have more passion than others. Some swim only for the socialness of the sport. Some are stronger and faster. Some become craftsmen of their technique. Thinking about your own children, you may remember that they learned to tie their own shoes at different ages. Trying to compare any swimmer, regardless of time in the sport, or age, is a problematic. The emphasis should be on your swimmer's personal improvement and overall enjoyment of the sport. Coaches

tend to be “long term patient” with swimmers in terms of technique and speed. Some get it early, some later. In the meantime, we love them all.

Habit 5. Making your children victors, not victims.

This may be the most difficult of all the life skills a parent seeks to install in their child. In the world today, excuses abound and blame shifting is common place. We hear the excuses all the time: “I have too much homework,” “I’m not feeling well,” “I didn’t get enough to eat today,” “The lane is too crowded,” “The set is too hard,” “The coach yelled at me today.” And on and on. We believe that victors are created by toughing it out in the face of adversity and difficulties. When we (coaches or parent) empower a child to do what they want, when they want, it does not promote athletic development or the ability to find a solution. If a swimmer is sick, keep them home. If a swimmer is injured, bring the physical therapist’s exercise routine to the pool so the swimmer can do it there. Love and protect your kids, of course, but don’t allow them to become victims.

Habit 6. Respecting the coaches’ times during practice.

We appreciate the parents who come early to talk to the coaches or stay until after practice. If that is not convenient, please call. The coach’s focus needs to be on the swimmers in the water during workout time.

Habit 7. Getting your Swimmers to practice regularly and on time.

See #1 above.



THANK YOU TO EVERYONE THAT HELPED MAKE OUR FIRST
YEAR END BANQUET A SUCCESS!

