

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 through excellence

Coach's Corner



Congratulations to the Swimmers of the Meet at Baylor on April 29,30.

Mary Jane McKinnon
(swam 5 age group qualifying times)
Cassie Workman
(lowered time on 7 of 8 events)

PICTURES AND ICE CREAM SOCIAL

4:00 Team/Individual Pics at the CAC

Please wear a Team Shirt and Team Suit

5:30 CBB Pics at the Rec Pool

6:30 Ice Cream Social @ Rec Pool for ALL

8 & UNDER

PLEASE BRING YOUR FAVORITE TOPPINGS (CHOCOLATE, CARAMEL, ETC.)

9-10'S

PLEASE BRING FRUIT TOPPINGS (BANANAS, CHERRIES, PINEAPPLE, ETC.)

11-12'S

PLEASE BRING SNACKS (BROWNIES, COOKIES, CHIPS, ETC.)

13-14'S

PLEASE BRING BOWLS, NAPKINS, FORKS, SPOONS, CUPS

15 & UP

PLEASE BRING DRINKS (SODA, TEA, JUICE, ROOTBEER FOR FLOATS)

EVERYONE WELCOME TO MAKE OR BRING ICE CREAM

Upcoming Events

6/3-6/5: Carol Tate Invite, Emory University

6/3-6-5: Southern Zone Open Water, Fort Myers, FL

6/6 4:00pm: NWGA Team Pictures @CAC

6/14 6:00pm: NWGA Board Meeting @ CAC

6/17-6/19: Sizzlin Summer Invite, Georgia Tech

6/24-6/26: Henry VIII Invite, Cumming

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

NWGA Board Meeting

Tuesday, June 14, 6:00 pm @ CAC

The 2017 budget will be discussed and approved at the next NWGA board meeting. Proposed changes are outlined in the April 2016 Board minutes. **All parents are invited to attend and join the discussion.**

Be Informed!

NWGA Board minutes are posted on team unify.

Practice Time Change!

Purple II 5:15-6:15 pm

T, W, F

will include dry land workouts

CAC Programs of Interest

Stroke & Turn Clinic

Session 1: June 6-9

Session 2: June 27-30

Cost \$50/session

11 and under 10 am-noon

12 and older 1-3pm

This is not a learn to swim program. It is for the experienced swimmer who needs to work with starts/turns/strokes.

Nitro Diving

begins Sunday 6/6 4:30-5:45 @ CAC

Cost \$75

Calhoun Water Polo

begins Wednesday July 6 Cost \$150

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

Dr. Michelle Griffith: griffithm@calhounschoools.org

Members at large: Keith Bagwell, Melissa Edens

Please make sure we have your updated contact information!

Email
nwgaboard@gmail.com
with your swimmer's name, group, and contact information.