

NWGA NITROS NEWS

SPRING 2019

Reminders

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

LOST & FOUND

Please check the lost and found at the CAC for any clothing or shoes that you may have left behind!!

PICS

If you have photos of your swimmers at meets please e-mail them to nwgaboard@gmail.com so we can include them in future newsletters!

SWIMMER EDUCATION

5 Quick Nutrition Tips for Competitive Swimmers
Check out the full article at:

<https://www.your-swimlog.com/nutrition-tips-for-competitive-swimmers/>

LIFE'S GREATEST MOMENTS SWIMMER EDITION

1. Thinking about how easy a set was and hearing coach say that is was the main set.
2. Taper.
3. Seeing a best time on the scoreboard and realizing that it's your.
4. Doing relays at practice.
5. Knowing that all your hard work has paid off.
6. Eating.
7. When coach announces a fin set.
8. Eating again.

- @gotchlorine...

Northern Divisionals	CWGA Waves LC Invitational	Officially Summer Open	TNAQ June Invitational
3/22-3/24 @ Marietta, GA	4/27-4/28 @ Cumming, GA	5/17-5/19 @ Nashville, TN	replacement meet TBD

CONTACT US: NWGABOARD@GMAIL.COM

MORE NITROS NEWS

Congrats! Sr. Sectionals Participants

Brody Bushong
John Carroll
Calli Edens
Will Eickman

Matthew Petty
Harper Powell
Abby Reid
Phoebe Reid

Congrats! AG Sectionals Participants

Nate Eickman

Brandon Webb

Colin Wood

Save the Dates!

Mandatory Parent Meeting
Monday, April 8th - 4:30 pm

*Discussing Long Course Meets, summer practice schedule, Barracudas, upcoming Splash night Fundraiser

*Gear Swap - Have the suits, kick boards, fins, etc been outgrown? Bring them in and look for a trade. (on deck during meeting)

Splash Night

Friday, April 12th - 5:30-9:00 pm

FUN fundraiser for our Nitros Financial Aid Program! All swimmers grades K-5 can come and participate. All swimmers grades 6-12 are expected to attend and help. We will run 8 stations in and out of the water and need kids to lead the stations and small groups. Parents are also needed to supervise and help maintain safety. Look for more info to come via Team Unify E-mail.

Summer Swim Camps

Registration is now open!

Sergio Lopez Swim Camps @ Virginia Tech

www.sergiolopezswimcamps.com

Overnight Sessions

June 9 - June 13

June 16 - June 20

Day Camps

June 1 & June 2 Speed & Power

June 14 & June 15 Mind & Body

Nike Swim Camp @ the Darlington School

<https://www.ussportscamps.com/swim/nike/nike-swim-camp-darlington-school-georgia>

June 23-27 Stroke Technique Camp

Gold Medal Swim Camps @ Georgia Tech

<https://www.goldmedalswimcamp.com/camps>

Competitive Swim Camps

June 3 - June 6

June 8 - June 11

Swim Clinics

April 20 - Freestyle & Breaststroke

May 4 - Breaststroke & Butterfly

May 11 - Starts & Turns

2019 Bauerle Bulldog Swim Camps @ Georgia

<http://www.georgiaswimcamps.com>

Weekend Camp I (Overnight or Day)

June 14 - June 16

Almost
Sold
Out!

MORE NITROS NEWS



Invite
others to
join the
Nitros! We
are always
accepting
new
swimmers!

COACHES

Charles Todd: charlesgtodd@gmail.com

Christy Garcia: clgswisher@att.net

Cassie Workman: workmancassandraj@gmail.com

NWGA BOARD

President

Michele Eickman

Vice President

Keith Bagwell

Secretary

Leanne Cox

Treasurer

Melanie Webb

CAC Representative

Dr. Michelle Griffith

Newsletter:

Kyleen Brannen

Family Coordinator:

Amanda Chance

Special Events:

Ali Morris

NWGA Team

Captains for the

2018-19 Season

John Carroll

Abby Reid

Vivianne Funes

elected

Visit & Like our page on facebook [NWGA.NITROS](#)
and Follow us on Instagram & Twitter