

NWGA NITROS NEWS

SUMMER 2019

Reminders

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

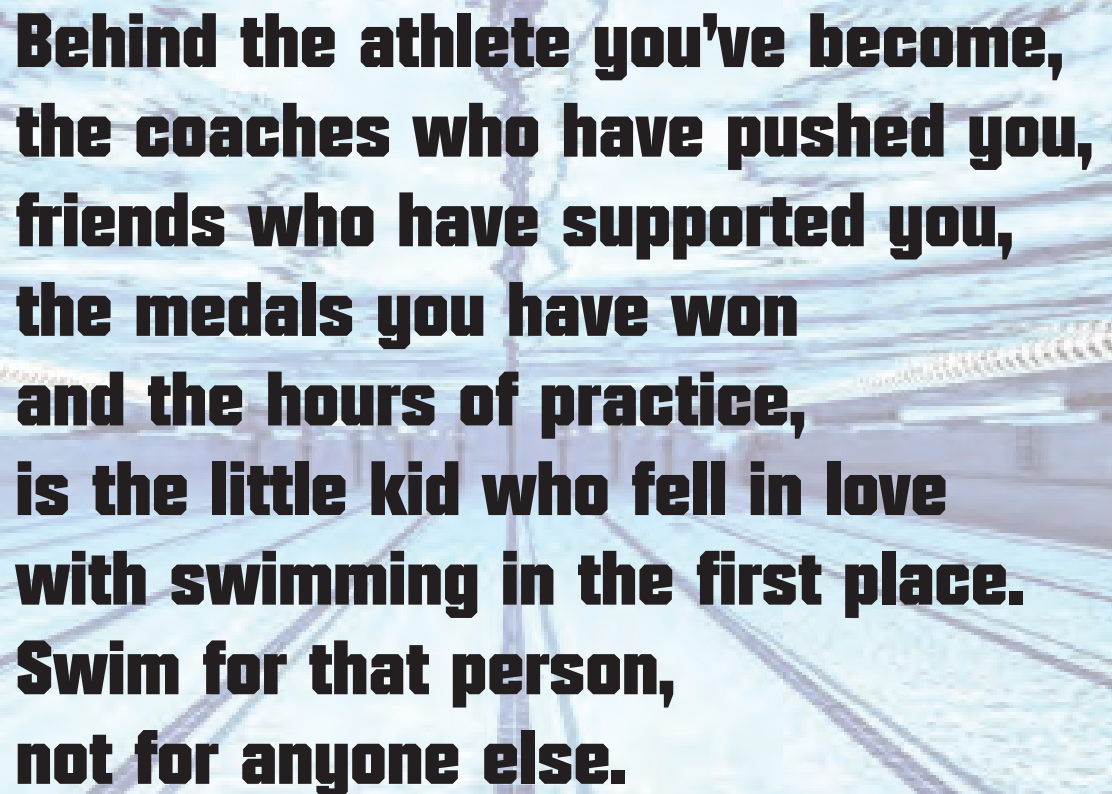
LOST & FOUND

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

SWIMMER EDUCATION

The Pool Belongs to Those Who Show Up
Check out the full article at:

<https://swimswam.com/pool-belongs-show/>



Behind the athlete you've become, the coaches who have pushed you, friends who have supported you, the medals you have won and the hours of practice, is the little kid who fell in love with swimming in the first place. Swim for that person, not for anyone else.

CONGRATULATIONS, SENIORS!!



John Carroll, Dawson Kerns,
Markie Hutzler, Jeremiah Petty
& Abigail Reid

No practice on Memorial Day!!

CONTACT US: NWGABOARD@GMAIL.COM

MORE NITRUS NEWS

LONG COURSE SEASON

Officially Summer
Open

5/17-5/19
@
Nashville,
TN

SCAT 2019 Sizzlin
Summer

6/7-6/9
@
Georgia
Tech

Richard Quick
Invitational

6/21-6/23
@
Auburn,
AL

GA Open LC
Championship

7/5-7/7
@
Georgia
Tech

ESSZ Age Group
Sectionals

7/11-7/14
@
Greensboro,
NC

GA AG State
Championship

7/18-7/21
@
Georgia
Tech

GA Sr State
Championship

7/26-7/28
@
UGA

Age Group Zones

7/30-8/3
@
Cary,
NC

Phillips 66
Senior Nationals

7/31-8/4
@
Palo Alto,
CA

Futures

8/1-8/4
@
Greensboro,
NC

Speedo
Junior National

8/6-8/10
@
Palo Alto,
CA



Northwest Georgia Aquatics



Summer Practice Schedule 2019 (May 28, 2019 - July 26, 2019)

Green I and II

**dry land workouts for last 30 minutes*

Monday	1:00pm-4:00pm*
Tuesday	1:00pm-4:00pm*
Wednesday	1:00pm-4:00pm*
Thursday	1:00pm-4:00pm*
Friday	1:00pm-4:00pm*
Saturday	8:00am-10:00am

Navy

**be prepared for potential dry land workouts*

Monday	8:00am-9:00am	— — — —
Tuesday	— — — —	3:30pm-5:00pm*
Wednesday	— — — —	3:30pm-5:00pm*
Thursday	8:00am-9:00am	— — — —
Friday	— — — —	3:30pm-5:00pm*
Saturday	8:00am-10:00am (optional)	

Purple

**be prepared for potential dry land workouts*

Tuesday	5:00pm-6:00pm*
Wednesday	5:00pm-6:00pm*
Friday	5:00pm-6:00pm*

Silver (recreational)

Come to "Assigned" group time.

Silver may only attend twice a week during normal practice times.

Coach Todd's Office: 706-602-6818 CAC Office: 706-602-6817
 Emails: charlesgtodd@gmail.com / nwgaboard@gmail.com
 website: www.teamunify.com/ganga

MORE NITROS NEWS

Dates to Remember

The 2019 Firecracker 400 practice will be held **Wednesday, July 3rd.**
Green 1:00-3:30, Navy & Purple 3:30-5:00, No 5:00 practice.
Parents will be needed to assist.

July 4th practice will be 8-10 am for swimmers who are attending the
GA Open LC Championship meet at Georgia Tech July 5-7

Last day of Nitros Season 2018-19 practice will be **Thursday, July 25th.**
There will be a 2 week break and then practice for Nitros Season 2019-20
will start **Monday, August 12th.**

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

COACHES

Charles Todd: charlesgtodd@gmail.com

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Ali Morris

NWGA Team

Captains for the
2018-19 Season

John Carroll
Vivianne Funes

elected

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