

NWGA NITROS NEWS

Winter 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

SWIMMER'S SHOULDER: Preventing & Treating Injuries
Check out the full article at:

<https://www.ufitclinic.com/blog/2017/2/15/swimmers-shoulder-preventing-and-treating-injuries>

What is a swim team? you might ask
Let me tell you.

A swim team is for sharing showers when there aren't enough.

A swim team is for lending hairbands when yours snapped.

A swim team is for making you laugh so hard you almost drown.

A swim team is for not asking questions when you're crying after a bad race, just hugging you.

A swim team is for capping you because even after all these years, you still can't do it yourself.

A swim team is for better or worse, through victories and losses.

A swim team is family.



That is what
a swim team is.

GA Age Group State	Senior Championship Meet	ESSZ AG Sectionals	Gold Medal Meet
2/15-2/17 @ Georgia Tech (qualifying times)	date @ place TBD (qualifying times)	3/14-3/17 @ Georgia Tech (qualifying times)	3/9 @ CAC

CONTACT US: NWGABOARD@GMAIL.COM

MORE NITROS NEWS

Congratulations! Sr. State Participants

Grayson Breedlove
Brody Bushong
John Carroll
Will Eickman
Jeremiah Petty

Abigail Reid
Phoebe Reid
Matthew Monforte
Matthew Petty

Congratulations! AG State Participants

Colin Wood
Brandon Webb
Claire Alexander
Jocelyn Chance

Nate Eickman
Ryder Hood
Matthew Petty

Congratulations!

All Nitros in area schools on their successful seasons!
Calhoun, Adairsville, Cartersville, Pickens

New Practice Schedule!
Starts February 19th

MORE NITROS NEWS

Holiday Intensive Training

108 participated

52 swimmers attended 80% or more practices

GREEN & CHS: Grayson Breedlove, Brody Bushong, John Carroll, Regina Dong, Reese Duke, Calli Edens, Nate Eickman, Will Eickman, Collin Fields, Reece Hood, Ryan Hood, Markie Hutzler, Victor Lane, Jace Layson, Mary Jane McKinnon, Matthew Monforte, Lainey Morris, Harper Powell, Abby Reid, Phoebe Reid, Gracie Siniard, Jacob Tolson, Josh Tolson, Ashley Trundle, Brandon Webb, Colin Wood, Zoe Tibbs

CMS: Kimberly Ambrocio, Nicki Baker, Ethan Gibson, Gannon Hood, Gabe Howard, Gloria Jaimes, Jack Jenkins, Malachi Krincek, Jacob Layson, Mandie Nonforte, Gracie Russell, Jacob Russell, Jett Strickland, Lilly Tibbs

NAVY & PURPLE: Reese Bagwell, Kamryn Brannen, Lindsey Cox, Sam Dixon, Evelyn Greeson, Rebekah Greeson, Addy Kelly

DIVERS: Owen Ruddell, Sydney Dodd, Peyton Myers, Tyler Lane, Josh Tolson

MORE NITROS NEWS

Swim Pics



MORE NITROS NEWS

Be on the Lookout!

There will be more info coming soon about the Gold Medal Meet we are hosting on March 9th. Volunteers will be needed!!!!

Invite others to join the Nitros!

We are always accepting new swimmers!

SWIM TRIVIA

There is enough water in an Olympic sized swimming pool to take 9400 baths.

Swimmers can flex their toes to the ground.

Swimming burns more calories than running or biking.

The most popular way to jump into a pool is the cannonball.

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