

Our Coaches



HUGH CONVERY - GwinAq Head Coach

Hugh began coaching as a head USA Swimming coach in 1982. Before starting Gwinnett Aquatics in 2004, he was head coach at Dynamo-Mountain Park for 7 years, where he trained Senior

National, Junior National and Zone qualifiers, an Olympic Trial finalist and over 30 National top-16 swimmers. Before coming to Atlanta, Hugh coached at the Upper Montgomery County YMCA (UMCY) in suburban Washington DC, Tulane University in New Orleans, and Holt Swim Club in Lansing, MI. He has achieved level 5 status, the highest level of accreditation, from the American Swim Coaches Association.

Directions to Quinn Ridge Pool

Using 78

Take 78 to Bethany Church Rd, turn south. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

Using 124

Take 124 to Bethany Church Rd. Go less than a mile and take a right on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

Using Killian

Take Killian Hill Dr south through 78 where it becomes Bethany Church Rd. Go two miles and then take a left on Quinbery Dr. Quinn Ridge facility is at the end of Quinbery Rd

How to join:

- 1) Contact Gwinnett Aquatics via phone (770-972-4055) or email (hugh@gwinnettaquatics.com).
- 2) Attend an evaluation at 6:30pm any Monday or Wednesday in July.
- 3) Register with Gwinnett Aquatics online and send in registration fee

Gwinnett Aquatics



Pursuing Excellence
Every Day

gwinnett **aquatics**



Home School **Stroke Clinic &** **Team**

Phone: (770) 972-4055

Web: <http://www.gwinnettaquatics.com>

Why Swimming? Why Gwinnett Aquatics?

Competitive Swimming helps young people develop great habits for life. It offers an excellent cardiovascular workout and a lifelong fitness activity but has a lower risk of injury than most other sports. Swimmers learn the values of hard work, commitment, loyalty to teammates and goal setting all in an environment of fun and friendship. Home-schooled swimmers can meet their physical education requirement. You can participate at any of four levels from 1 hour a week to full team membership

Gwinnett Aquatics is one of the best ways to get involved in swimming in the Atlanta area. We provide top notch coaching in a small team setting. Swimmers will have a personal relationship with coaches and one another as our team acts as a family with movie nights, cookouts, and other team activities. Our program is also unique in that it stresses all-round fitness even at the youngest levels. All swimmers spend significant time in dryland training designed to improve functional strength, coordination and motor skills. Our training philosophy stresses the gradual, consistent development of all swimmers built on a base of technical proficiency.



Practice Times

Home School Stroke Clinic— Swimmers are instructed in proper stroke technique and conditioning. No meets.
\$20 registration fee.
M, W 2-3pm

Home School Team— Home School Team will do 30 minute dryland and train for small competitions.
\$60 registration fee
M, W, F 1:30-3pm

Gwinnett Aquatics Team— Home Schoolers can participate on the regular Gwinnett Aquatics Team and take advantage of the regular practices in addition to the home school practices and swim in all meets.
\$100 registration fee

GwinAq Swim Lessons - We offer swim lessons twice a week during the weekdays or weekly on Saturdays.

Monthly fees

1x/wk-\$35
2x/wk-\$60

\$100

Same as regular GwinAq Team fees.

\$80 for 8 classes.

A family discount of 15% for the second swimmer and 30% for the third is available.

**Annual payments are due by November 1*

2007-2008 Home School Team Schedule

<u>Date</u>	<u>Meet</u>
Sept 17	1st day of practice
Nov 10	Fun Meet
Dec 9	Fun Meet
Dec 21	Winter break
Jan 4	Resume practice
Jan 26	Fun Meet
Mar 1	Fun Meet
Mar 15	Dual Meet



Gwinnett Aquatics

Pool Address:
2800 Quinbery Dr
Snellville GA 30039
Phone - (770) 972-4055

Mailing Address:
4691 Bryson Cove
Lilburn GA 30047

Web: <http://www.gwinnettaquatics.com>

Email: hugh@gwinnettaquatics.com