

GwinAq News



May 14, 2025

Pursuing Excellence Every Day

[Printable Version](#)

[2025 LCM Season Calendar](#)
Click on this link to view all the important dates for next season!

[TU Event Page](#)
Use this link for more info on each event and to sign-up for them.

May 17 - [NO Practices](#)

May 16-18 - [Bulldog Summer Invite](#) @ UGA

May 17-18 - [LC Invite](#) @ Tech

May 22 - [Summer Practice Schedule](#) Starts; [Schedule Changes \(1st day off school\)](#):
- Sr1 11:10am-1:30pm
- Sr2/3 7:30am-9:00am
- Prep/Jr 8:45am-10:30am
- Bl/Gld 10:15am-11:30am

Jun 3-7 - [US National Champs](#) @ Indianapolis, IN

Jun 5-7 - [Summer Invite](#) @ Dynamo
- Replies due tomorrow!!!

Jun 7 - [Death Valley Open Water](#) @ Clemson, NC
- Replies due tomorrow!!!

Jun 18-23 - [SYS Shark Invite](#) @ Sarasota, FL (Team Travel)

GwinAq's Reddiset Shop

Use the link below to access our swimshop with Reddiset - the only place you can order team suites, and you can also order all the equipment and much more. You can also access our shop by going to their main site and on clicking on 'Team Login' on the far right and entering 'gaga' (all lowercase).

Team Banquet Caps Off a Great Week!



After another great week of training, last week was capped off by our team banquet. The athletes were recognized for their achievements over the last couple seasons, and the team said goodbye to this year's graduating class - who all came through with great speeches and profiles on the program! We're happy that most of this year's class is still swimming through this summer, and will no doubt miss this class once they all move on.

Unfortunately we had a few technical issues during the slide show, but below there's a link to the to it in Goggle Drive, so you can watch it without the glitches - and

of course, those who had to miss the banquet can also check it out! There were also a TON of great pictures posted on our social media - so if you don't follow us, be sure to do so (facebook.com/gwinaq and instagram.com/gwinaq/).

This week, most of the team will be back to racing action, and split into two meets. As usual full info on the meets in the articles below, and [practice schedule changes listed on the left column](#). In addition, as we mentioned during the Banquet, the rest of May and June schedules are a bit of a puzzle to figure out, and everyone should have a competition plan for the next 6 weeks. If you don't, please talk to you coach ASAP and get all the RSVPs in - and use the 'notes' section to remind coaches if your swimmer will not attend a meet fully.

And we understand that while the season is picking up steam this is also a hectic time with school activities - concerts, finals, graduation, honors nights, etc - so it's important everyone is really doing their best to manage their schedules and still keep a consistent attendance. The base work over the next couple weeks until school lets out is important to prepare everyone for the great work we always do in the summer. A lot of our success in the big meets in June and July will be thanks to all the great work being done now!

[2025 Banquet Slide Show](#)

LC Summer Invite This Weekend May 17-18

Swim Atlanta's Summer Kickoff (aka SA Invite) is this weekend, May 17-18, at Georgia Tech ([750 Ferst Dr, Atlanta, GA 30318](#)). As we mentioned via email earlier this week, [this meet was oversubscribed and SwimAtlanta has moved many of the teams, including us, to a separate afternoon session](#). Based on the replies we've gotten so far it seems most of our swimmers' attendance will not be impacted by this change. However, **if the change does impact your ability to attend and you haven't done so yet, please let us know ASAP**. The new warm-up times are listed below - and as always, [please always plan to be there 15min before warm-up times](#):

- **Saturday (all ages):** 12:40pm
- **Sunday (all ages):** 12:50pm

Swimmers are expected to wear this year's team shirt (teal) on Saturday, and this year's Divisionals Shirt (blue) on Sunday. If you don't have one of those shirts, please wear another team shirt or a shirt the same color.

Complete meet info is available on the Event Page (link below). Below you can also find links to our updated team entries, and the Psych Sheet. We'll update the Heat Sheet links as soon as we have them.

GwinAq's Affiliate SwimOutlet.com

Gwinnett Aquatics is an affiliate of SwimOutlet.com. Use the link below to search SwimOutlet for some of the best prices on swim equipment. Be sure to use this link and your purchase will also support our program.

[SwimOutlet](#)

May Payments Past Due

May payments are now past due. Invoices went out around the 20th. Payments are due on the 1st and are considered late after the 5th. Please note that if a payment is not received by the 10th, a \$25 late fee is added. Most families are done with swim team dues, but still have activity account balances - those are items the club already paid on your behalf, so please pay your balance on time.

You can pay on-line, at the pool or Mail payments to:
Gwinnett Aquatics
1436 Benning Place NE
Atlanta GA 303077
(Or put in coach Hugh's mailbox at the pool).

[Monthly Fees](#)
[On-line Account](#)

[Square Online Store](#)

Education Column

We come across a few great articles on a variety of topics - parenting, nutrition, mental training, sports parenting, drills, etc. In this column we'll share the best one every week.

[How Swim Practice Can Help With Final Exams](#)

"As December ripens, winter training becomes more intense, and finals season begins. It can be hard during regular weeks to balance being a successful student and then a successful athlete. Finals is a different challenge. Trying to remain mentally and

Heat Sheets:

[Saturday](#) | [Sunday](#)

Bulldog Summer Invite This Weekend May 16-18

The Bulldog Summer Invite will be this weekend, May 16-18, at the Ramsey Aquatic Center ([330 River Rd, Athens, GA 30602](#)), at UGA. Here are the warm-up times for the weekend (please note this is when we will be starting WUTS, therefore plan on arriving at least 15min earlier):

- **Friday, Saturday, Sunday:**
 - **Prelims:** 7:15am WUTS, meet starts 8:30am
 - **Finals:** 4:30pm warm-ups, meet starts 5:30pm

Swimmers are expected to wear last year's divisional shirt (purple) on Friday, this year's team shirt (teal) on Saturday, and this year's Divisionals Shirt (blue) on Sunday. If you don't have one of those shirts, please wear another team shirt or a shirt the same color.

Full meet info is available on the event page (link below). Below you can also find links to our team entries, the updated Psych Sheet. As usual, we'll update the heat sheets links as soon as we have them.

Finally, ABSC is asking for help with timer for this meet, but they are offering a good incentive: anyone who works at least two sessions at the meet will receive a \$10 discount on any item at [Reddiset Swim Shop](#), or a 30% discount on any in-stock tech suit (excluding Mizuno, which is 20% off)! This discount will only be available to those on the list prior to the start of the meet. To sign up, you can use the link below.

[Bulldog Summer Invite](#) | [GwinAq Entries](#) | [Psych Sheet](#)
[Timers Sign-up](#) (2 sessions to get discounted Tech Suits)

Heat Sheets:

[Friday](#) | [Saturday](#) | [Sunday](#)

Up Next: Betsy Dunbar Invite May 31-Jun 1

The Betsy Dunbar Invite is a 2-day, Timed Final meet at Ga Tech. **This meet is only intended for swimmers who will be missing one or more days of racing from other meets in May and/or June.** Complete meet info is available on the event page (link below), and 13&O swimmers are in the morning on both days, while 12&U are in the afternoon.

Replies for this meet are past due, and we'll update the link below with our entries as soon as our coaches are done working on the (likely early next week). **As always, please double check your entries for possible mistakes!** If you missed the deadline but should be attending and are available to do so, please contact your coach ASAP.

[Betsy Dunbar Event Page](#) | [GwinAq Entries](#)

Coming Up: Dynamo Summer Invite

After the May meets, in June most of our team should attend Dynamo's Summer Invite, June 5-7, at Dynamo Chamblee ([3119 Shallowford Rd, Atlanta, GA 30341](#)). **Note: yes, that meet is Thursday-Saturday (rather than the usual Friday-Sunday).** While we recognize this might be an issue for some of our families to arrange transportation on both Thursday and Friday, this is how the host team decided to run this meet and on the upside, everyone gets Sunday off!

This is a 3-day Prelims/Finals meet. The meet info is not out yet, but we expect 13&O Prelims to be in the mornings, while 11-12 Prelims and 10&U Timed Finals will be in the afternoons. **ALL swimmers should attend this meet fully.** Swimmers attending the Death Valley Open Water might be told to scratch finals on Friday (due to the early drive on Saturday), but otherwise all 11&O swimmers should be available for Finals on all three days.

Replies for this meet are due tomorrow, Thursday, May 15th. You can use the link below to RSVP. As usual, if you anticipate any conflicts please use the 'notes' section to let your coaches know.

[Dynamo Summer Invite Event Page](#)

physically healthy can be a bit of a struggle.

Swimming can feel like an extra stressor on top of all the other anxieties. Though school should always come before swimming, sometimes going to practice can help manage the stress of finals week. Here are some reasons why going to practice can help you do better during finals week.

Exercise Helps Focus

Science has continually proven that exercise helps brain development." [Click Here to read the full article](#)

2024-25 SCY Season Recap

Team Records, IMX Team Records, and many new entries into our All-Time Top 10 LCM performances! That's just a snippet of the many highlights our swimmers had last season! You can check out more of those using the links below.

[2024-25 SCY Standard](#)

[Breakers](#)

[2024-25 SCY IMX Report](#)

[2024-25 SCY Fast 5](#)

[All-Time SCY Top-10](#)

[GwinAq SCY Records](#)

[Fall/Winter Attendance](#)

[Awards](#)

[Winter Attendance Awards](#)

2024 LCM Season Recap

[2024 LCM Standard Breakers](#)

[2024 LCM VCC Scores](#)

[2024 LCM IMX Scores](#)

[2024 LCM Season Fast-5](#)

[LCM All-Time Top 10](#)

[GwinAq LCM Records](#)

[GwinAq IMX Records](#)

[2024 Spring/Summer](#)

[Attendance Awards](#)

Coming Up: Death Valley Open Water Jun 07

The Death Valley Open Water Swim is a series of swims in Lake Hartwell in Clemson, SC. There is a 5k for 13 and overs, 3k for 11-12s and 1k for 10Us as well as a fun half-k. Most swimmers who attend do multiple swims - and many of our swimmers do ALL of them! This takes place only on Saturday, June 8th.

Complete meet info is available in the event page (link below). **Replies for this event are due tomorrow, Thursday, May 15th.** If you have any questions regarding this event - especially if you've never done Open Water and are not sure what to expect - please talk to your coach ASAP.

When you sign up for this event you can select which distances you'd like to compete in. We recommend all 11-12 swimmers do at least the 3K and all 13-14 and Senior swimmers do the 5k. As mentioned above, you can participate (and we recommend you do so) in more than one race.

[Death Valley Event Page](#)

GwinAq Suit Policy

While we are still early in the LCM season, championship meets are only 8-10 weeks away! As such, some swimmers and families might be thinking about pursuing a tech suit. First and foremost, we'd like to remind everyone of our team Suit Policy: it's philosophy and specifics are further explained in the link below, but briefly:

- 12&U swimmers should refrain from any type of Tech Suits - this is actually a [USA-Swimmings Rule](#). Some brands sell look-alike suits specific for 12&U, but we'd like our families to avoid those (as they are really only more expensive and not any better than regular suits), and our younger swimmers to simply race in a tight-fitting regular suit;
- 13-14 swimmers should have at least an "A" time before they start looking at wearing tech suits, and should not get a kneeskin type of suit until they are at least at the State Champs level;
- 15&O swimmers can wear any performance suit at meets approved by their coach, but we strongly recommend that newer and more developmental 15 and over athletes, just like younger athletes, wait until they reach one of the higher levels of competition and then start with lower level suits until such time that their coach ok's them moving to a higher level suit
- **For both 13-14 and 15&O athletes:** Tech Suits should only be worn at certain meets, approved by the coaching staff. The easiest rule to think of is: if you haven't talked to your coach about suiting up for a meet, then you likely shouldn't do it.

For those swimmers who are at an appropriate age and level to think about a Tech Suit, we'd like to remind everyone that we have a partnership agreement with TYR, and so if you're in the market for a new suit, we strongly recommend all our swimmers to start by trying out their suits first. In addition, our team vendor, Reddiset, frequently has great prices on all of those. You can find our online swim shop with them on the left column and below. Swimmers with sectionals cuts and above are also eligible for a discount (check with Reddiset to get those).

[Gwinnett Aquatics Competition Suit Policy](#)

| [Ga-Ga Reddiset Swim Shop](#)

Masters Group Growing (and Going) Strong!

Our Masters group continues to have both a great time and great workouts! At this point they are meeting Mon/Wed 6:00am-7:00am, Mon/Wed/Fri 12noon-1:00pm and Tue/Thu 6:00pm-7:00pm - about 15 min of on deck dryland warmup and 45 min swim each day. It is being coached by Coach Andrea in the midday and Coach Hugh in the evenings, and there are always different levels of workouts each day so anyone should be able to find a level they are comfortable with.

The group has also attended a few meets by now, and we not only had coaches at those as well, but Coach Hugh has even joined in for a relay and a few swims! The cost is \$75/month, and if you would like to join please contact coach Hugh (hugh@gwinnettaquatics.com).

Ga-Ga Online Spirit Wear Shop!

We'd like to remind everyone we have a great online Spirit Shop with a great variety of items - pink and purple shirts, sweatshirts, and more! We love the looks of it, and have gotten great feedback on the material as well.

So, if you'd like to sport some awesome new team schwag this summer, now's the time to put an order! With this shop, there is no order deadline, no minimum, and a LOT to choose from! More options, more colors,

and hopefully something for everyone. You can use the link below to access the store online. If you don't see something you wish we had, please reach out to Amy Stanton (awstanton@gmail.com) - we'd love to see if we can make it happen!

[Online Spirit Shop](#)

Gwinnett Aquatics

2024-25 School Year Practice Schedule (returns May 12th):

- **Senior:** Mon, Wed, Fri 3:00pm-6:00pm; Tue, Thu 3:00pm-6:15pm; Sat 8:00am-10:30am
- **Senior2:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:00am
- **Senior3:** Mon/Tue/Thu/Fri 2:45pm-5:15pm; Wed 2:45pm-4:05pm; Sat 7:00am-9:00am
- **Prep:** Mon/Wed 6:15pm-8:30pm/8:45pm(P1); Thu 5:45-8pm; Fri 6-8:15pm; Sat 10:45am-1:00pm
 - P1 only Tue 5:45pm-8:00pm
- **Jr Team:** Mon/Tue/Thu/Fri 6:15pm-8:15pm; Sat 11:00am-1:00pm
- **Gold:** Mon/Wed/Fri 5:30pm-7:00pm; Sat 10:00am-11:30am
- **Blue:** Mon 5:30pm-7:00pm; Tue/Thu 5:45pm-7:00pm; Sat 10:00am-11:30am

Pool Address 2800 Quinbery Dr Snellville GA 30039 Phone - (678) 902-6856	Mailing Address: 1436 Benning Place NE Atlanta, GA 30307 Email: hugh@gwinnettaquatics.com
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