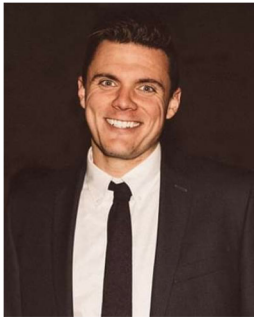


Our Coaches

HUGH CONVERY

Hugh began coaching 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, and an Olympic Trial finalist. He earned a B.A. from Michigan State and an M.A. from Tulane.



RAYMOND BALINT

Coach Ray has spent his life dedicated to swimming, coming to GaGa in 2019 after a couple years as the Head Coach of Columbia Swimming in SC. Ray started swimming at age 4, continuing through college swimming at Wingate University and University of Mount Union. He has worked

with a broad range of levels, from novice to NCSA Jr. Nationals Qualifiers.

CAITLIN MARTIN

Coach Caitlin actually swam for Gwinnett Aquatics growing up - you can still find her name in the Team Records! She also swam for Parkview HS and Georgia Southern.

Recently, Coach Caitlin was coaching with Metro Atlanta Aquatic Club (MAAC), She has a Masters degree from UGA, and a BS in Sociology from Georgia Southern.



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 Dr

Using 124

Take 124 to Bethany Church Rd. Go west less than a mile and take a right on Quinbery Dr.

Quinn Ridge facility is at the end of Quinbery Dr

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 Dr

How to join:

- 1) Contact Gwinnett Aquatics via phone (678) 902-6856 or email (hugh@gwinnettaquatics.com).
- 2) Attend an evaluation at 530pm any Monday or Wednesday in July.
- 3) Register on-line with Gwinnett Aquatics (\$115 annual fee) @ www.gwinnettaquatics.com



**Pursuing Excellence
Every Day**



Phone: (678) 902-6856

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.



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 Groups and Times

Pre Team - For newer swimmers in Kindergarten-2nd grade. Swimmers attend 2-3x/wk.
M,T,Th 5:15-6:15pm

Ten
payments of \$90
(or \$855 annual*)

Blue Team - For newer swimmers in Kindergarten-4th grade. Swimmers attend 2-3x/wk.
M, T, Th 5:30-7pm; Sat 9:30-11am

Ten
payments of \$110
(or \$1045 annual*)

Gold Team - For experienced swimmers in 2nd-7th grades. Swimmers attend 3-5x/wk
M - F 5:30-7pm; Sat 9:30-11am

Ten
payments of \$165
(or \$1567 annual*)

Junior Team - For MS swimmers not quite ready for Prep. Swimmers attend 4x/wk.
M,T,Th 6:30-8:15pm; Sat 12-1:45pm

Ten
payments of \$165
(or \$1567 annual*)

Prep Team - For aspiring senior swimmers in 5th-10th grade. Swimmers attend 5-6x/wk
M-Th 6:15-8:15/45pm
F 6-8:15pm;
Sat 10:15am-12:30pm

Ten
payments of \$220
(or \$2090 annual*)

Senior Team - For HS-aged swimmers ready to commit to daily training at a high level.
M - F 3 - 6pm*; Sat 7:30-11am
*M,W 5-6:30am for select swimmers

Ten
payments of \$250
(or \$2375 annual*)

Senior 3 - For HS-aged swimmers not yet ready for Senior team. 5-6 workouts each week after school.
M - F 2:45 - 5pm; Sat 12-1:45pm

Ten
payments of \$220
(or \$1900 annual*)

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

**Annual payments are due by October 1*

Annual Registration for all groups is \$115 (except Pre-Team = \$55)

2019-20 Meet Schedule

<u>Date</u>	<u>Meet</u>
Aug 12	4-wk pre-season/water polo camp
Sept 9	1st day of practice
Sept 28	Intersquad @ GAC
Oct 19	Fall Series 2 @ GAC
Nov 2	Fall Series 3 @ GAC
Nov 15-17	Woodie B @ DYNA
Dec 6-8	Senior State @ UGA
Dec 13-15	Lanier Invite @ Gainesville
Jan 10-12	Eastern Classic @ DYNA
Jan 18	Fun Meet
Feb 13-15	GwinAq Qualifier @ GAC
Feb 20-22	Age Group Champs @ Ga Tech
Mar 5-8	Premier Meet @ GA Tech
Mar 14	Relay Meet
Mar 20-22	Divisional Champs @ Augusta



<p>Pool Address: 2800 Quinbery Dr Snellville GA 30039 Phone - (678) 902-6856</p>	<p>Mailing Address: 1436 Benning Place NE Atlanta GA 30307</p>
<p>Web: http://www.gwinnettaquatics.com Email: hugh@gwinnettaquatics.com</p>	