

GwinAq News



Oct 22, 2025

Pursuing Excellence Every Day

 [Printable Version](#)

[2025-26 SCY 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.

Oct 23 - Replies due for [Senior 1/2 Training Trip!!!](#)

Oct 26 - Blue/Gold Bike Rodeo @ Lilburn Park, 2pm (complete info below)

Oct 30 - Halloween Practices! (more info below)

Oct 31 - [Schedule Changes \(Halloween\)](#):

- Sr1/2/3 Regular Schedule
- All other groups Off!

Nov 1-2 - [Fall Racing Series #3](#) @ GAC

- Please double check your entries!

Nov 5-13 - Swim-a-Thon!

Nov 14-16 - [SwimMAC LC/SC Invite](#) @ Charlotte

- Please double check your entries!

Nov 21-23 - [Woodie B Malone Invite](#) @ Dynamo

- Replies due tomorrow!

Nov 24-29 - [Thanksgiving Practice Schedule](#)

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

Swimmers Stretch Their Ranges in Fall Series #2!



The Fall Series continued last weekend with the #2 meet at the Greater Atlanta Christian School. Swimmers competed in some of the longer events for the first time this season, with most 13&O swimmers doing 600 yards and most 12&U doing 300 yards of racing, after the 500 the day before!

And as we expected our swimmers showed they were ready for this program, as there were many PR's and tons of fast races! Eight swimmers combined to win 19 events: Reynolds Bowers, Kate Breiding, Emily Hardy, Morgan Henry, Cameron Jones, Jacob Matthew, Ainara Sanchez, and Baylor Stanton - Bowers and Stanton both went 5 for 5, and Stanton even broke a pool record on the 500 Free!

Stanton also got his first AAAA times of the season, while Emma Gonzalez and Bowers got their first AAAs and Ella Wells her first AA! Paige Johnson, Cate Joyce, Jacob Matthew, Jude Stanton, Jimmy Wang, and Emery Wells all picked up their first A times; Lucas Babcock, Jude El-Alam, John Matthew, Eva Saldana, Morgan Sevier, and Victoria Tannure got their first BBs, while Giselle Davis and Karylin Lee got their first B times! In addition Nate Beeney, Ella Wells, and Abbie Wong got their first state cuts of the season.

Babcock, Bowers, Henry, Jones, Matthew, as well as Timi Ajigbolamu, Elisa Basic, Talha Besic, Lucy Bower, James Chang, Emma Gonzalez, Nic Gonzalez, Aiden Green, Ariana Kovalenkov, Harper Lee, John Matthew, Grant McGee, Valarie Monroe, Aaron Passman, Nate Ramos, Harrison Riggle, Eva Saldana, Emery Wells, Abbie Wong and Yuchelle Wong - that's 25 swimmers! - were all 100% best times!!!

As always, you can check out full meet results, team results, and our full list of standard breakers in the links below. There's also a link for the video streams in case you want to review (or share) some of the action. In addition, you can check out the updated High Point leaders for the series.

As a reminder, the High point winners in each age group at the end of the 3-meet series will receive a High Point winner towel, and we currently have swimmers leading in 4 of the 10 age-groups: Ainara Sanchez, Reynolds Bowers, Cameron Jones and Baylor Stanton! Most of those races are still tight, and we have quite a few more in the top-3 so that list is worth checking out!

This week, we have a couple swimmers up in Toronto, for the last stop of the Swimming World Cup (more on that below), as well as our annual Bike Rodeo for Blue and Gold swimmers at Lilburn Park on Sunday. Our Halloween practices are just about one week away, and RSVPs for the first invite of the season, the Woodie B Malone at Dynamo, as well as for the Senior Training trip, are both due tomorrow (you can also find all about those below)!

And finally, we'd like to close out this article reminding everyone that our Swim-a-Thon drive is now open. You can find the complete info on the article below, and an email with all that also went out last week. And we want to go ahead and thank those who jumped into donations right away: 15 swimmers already posted donations online, and special Thanks to Tadd Duffield, Kaira Duncan and Emily Hardy, who already got past the individual swimmer's goal of \$190.00 and will get a limited edition insulated water bottle!

[Full Meet Results](#) | [GwinAq Results](#) | [Live Stream Links](#)
[Series Individual Scoreboard](#)
[2025-26 SCY Standard Breakers](#)

their main site and on clicking on 'Team Login' on the far right and entering 'gaga' (all lowercase).

[Ga-Ga Reddiset Swim Shop
2024-25 Equipment List](#)

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](#)

November Payments Due

November payments are now 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.

[4 Ways to Successfully
Communicate With Your
Coach](#)

Senior Training Trip Dec 28-Jan 3

Our bi-annual training trip will be back to Sebastian, FL. This is open to all Senior 1 and Senior 2 swimmers. **This is the #1 item mentioned by our graduating Seniors as their "Favorite GwinAq Memory" in their profiles, so we strongly encourage all those eligible to attend.** In order to be eligible for the trip, ALL swimmers, regardless of their training group, must maintain at least 90% attendance through season up until departure date (September 4th – December 18th).

RSVPs for this trip are due tomorrow Thursday, October 23rd. You can find more information (and RSVP) on the event page (link below). If you have any questions regarding your swimmer's eligibility for this trip, please contact your coach ASAP.

In addition, we are currently looking for a chaperon for this trip - if you are available and would like to be considered please contact coach Lucas.

[2025 Senior Training Trip](#)

World Aquatics Toronto World Cup Oct 23-25

While most of the team is off from competition this weekend, Baylor and Collier Stanton are in Toronto for the last stop of this year's World Aquatics Swimming World Cup! The series already had meets in Carmel, IN, and Westmont, IL, and both of those meets have featured a number of SCM World Records.

This last stop promises to be even more exciting - especially for us! The meet takes place from Thursday through Saturday, October 23rd-25th. Prelims start at 10:00am and Finals at 6:00pm - the whole meet can be watched live or on demand via the World Aquatics Stream (for just over \$9.00 for a 3-day pass, and about \$20.00 for a 30 day pass). Finals will also be broadcast live in the US via Peacock and NBC. Below there's a few links with more info.



[World Cup General Info](#) | [Where to Watch](#) | [World Aquatics Live Stream](#)

Blue/Gold Bike Rodeo This Sunday, Oct 26

We will be having our annual Blue/Gold Bike Rodeo this Sunday, October 26th, at 1:00pm at Lilburn Park. We will meet at Lilburn City Park in the secondary lot across the street to make small adjustments to swimmers' bikes (e.g. raise seats, adjust handlebars) and then the kids and coaches will ride the Camp Creek Greenway trail up to Lions Club Park and back. It's a fun activity and if the current weather forecast holds looks like it will be perfect for a ride!

Parents, if you have a bike, feel free to join us! If you have any questions, please to reach out to coach Hugh (hugh@gwinnettaquatics.com).

Blue/Gold Trunk or Treat, Prep and Jr Halloween Practice Oct 30th

Our annual Halloween Trunk or Treat practice for Pre Team, Blue and Gold will be on Thursday, October 30th from 5:45-7:00pm. Have your swimmer arrive in their suit with their costume over it. They will do a Trunk or Treat, followed by a vote on costumes by our Senior group, and then a practice with some Halloween fun sprinkled in! Pre Team will only participate in the Trunk or Treat and costume parade on that day. More info was sent out by email last this week and is also available in the flyer below (**please note some schedule changes, updated on the flyer attached**).

We will need volunteers for the Trunk or Treat! Parents please contact Coach Caitlin (cm26293@gmail.com) or Coach Andrea (adhaskins@bellsouth.net) if you can decorate your trunk for this event. If you have any questions please contact coach Caitlin or coach Hugh.

On that same day, Prep and Junior will have their Halloween practice during their regular schedule. For all our Senior groups, they will have theirs on Tuesday, October 31st - all other groups will be off on that day.

[2025 Trunk or Treat](#)

"Coaches. They are some of the most influential people in a swimmer's life. While their primary role is centered around developing fast swimmers, many coaches are much more than that. Nutritionist, first-aid personnel, and mentor are just some of the hats a coach might don in a single day. Spending time with athletes for as many hours as our sport requires often creates strong bonds between coaches and athletes that last long after the swimmer's last race is swum.

At the same time, sometimes the relationship between a coach and athlete encounters strain. Whether it is through disagreement over training plans, or simply a conflict in personalities, this can put a lot of stress on the training environment.

Open communication is key to a successful coach-athlete relationship. While there does not always have to be complete agreement, if both the athlete and coach come at the relationship through a position of respect their partnership is sure to be successful.

With that in mind, here are four things to remember concerning communication between coaches and swimmers:

1. Approach the Relationship with Respect" [Click Here to read the full article](#)

2024 LCM Season Recap

Team Records, IMX Team Records, many new entries into our All-Time Top 10 LCM performances, and a Jr World Champs Finalist! 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.

[2025 LCM Standard Breakers](#)
[2025 LCM VCC Scores](#)
[VCC Score Summary](#)
[2025 LCM IMX Scores](#)
[2025 LCM Season Fast-5](#)
[LCM All-Time Top 10](#)
[GwinAq LCM Records](#)
[GwinAq IMX Records](#)
[2025 Spring/Summer Attendance Awards](#)

Up Next: Fall Series #3 Nov 1-2

The third and last meet of our Fall Series will take place at GAC, ([1575 Indian Trail Rd, Norcross, GA 30093](#)), November 1st and 2nd. **All swimmers are expected to attend!** This meet will offer the longer Fly and Breast events, along with shorter Free and Back, on Saturday, and then the 400IM and 1000 Free on Sunday.

Please note this meet will be Saturday-Sunday, rather than Friday-Saturday (GAC is not available on Friday). Here's a draft of the schedule for the meet (please note this might change a bit; as usual, if you anticipate any possible conflicts please just write them on the 'notes' section and our coaches will do the best to work around those):

- **Saturday**
 - Most 13&O swimmers: 8:00am warm-up
 - 11-12 boys + all 10U swimmers: warm-up 11:00am
 - Remaining 13&O swimmers + all 11-12 girls: warm-up 2:15pm
- **Sunday**
 - All Ages (400IM, 1000 Free): 1:00pm warm-up

Replies for this meet are now past due, and our entries are posted below. **As always, please double check your entries for possible mistakes**; in this case, for HS swimmers, this is especially important - please make sure you are entered for the correct session on Saturday, based on HS meets! If you missed the deadline but are available to attend, please contact your coach ASAP.

Finally, just like the previous meets in the series, we do need some help in running the meet. You can use the link below to sign up for the available spots to help. Thanks to everyone who already signed up to help (and there are still plenty of open slots)!

[Fall Series #3 Event Page](#) | [GwinAq Entries](#)
[Job Sign Up](#)

Coming Up: Woodie B. Malone Invite Nov 21-23

The first larger invitation meet we will attend this season will be Dynamo's Woodie B. Malone, November 21-23, at Dynamo Chamblee ([3119 Shallowford Rd, Chamblee, GA 30341](#)). This is a timed final meet on Friday afternoon, and on Saturday and Sunday it is a Prelims/Finals meet for 11&O (13&O swimmers in the morning and 12&U in the afternoon), with 10&U having Timed Finals in the afternoon for both those days.

All swimmers should attend this meet. Please note this is the weekend prior to Thanksgiving week, and we do expect all our 11&O swimmers to be available for Finals on both days! If you anticipate any conflict on that front please contact your coach well before the meet.

Replies for this meet are due tomorrow, Thursday, October 23rd - for larger invitational meets, replies will be due much sooner than they were for the Fall Series, as we need to submit our entries in advance. As always, please use the 'notes' section if you anticipate any scheduling conflicts. If you have any questions, please contact your coach ASAP. Complete meet info is already available in the event page.

[Woodie B. Malone Event Page](#)

Coming Up: SwimMAC LC/SC Invite Nov 15-16

The SwimMAC LC/SC Invite will take place in Charlotte, NC. Prelims will be LCM at the SwimMAC pool at the Charlotte Lattin School ([9502 Providence Rd, Charlotte, NC 28277](#)), and Finals will be SCY at the Klein Aquatics Center ([1440 Carmel Rd, Charlotte, NC 28226](#)). This meet is intended for Sr1 swimmers with State Qualifying times and a few Sr2 swimmers (if you are not sure please check with your coach).

Replies for this meet are now past due. We don't yet have all our entries for it yet, so look for those next week. We'll also communicate directly with everyone signed up regarding the final cost of the trip.

[SwimMac LC/SC Invite Event Page](#) | [GwinAq Entries](#)

Thanksgiving Week Training!

With Thanksgiving just over a month away, we are getting a head start in reminding everyone to plan ahead so that your training is not interrupted! During school breaks, Prep and all Senior groups are expected to keep

2024-25 SCY Season
Recap

- 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

up their training schedule - and most of those groups will take advantage of days off from school to actually ramp up their training hours.

For younger swimmers, breaks of more than three to four days could set you back! If you are traveling, you should make arrangements to train the same number of workouts as your group at home will do. The best option is to arrange to train with a team where you are going; if that is not possible, find a pool with adequate training hours and space and take workouts with you - contact your coach if you need help with either one of those, but do so well in advance of your travel - in fact, do it now!

Our Thanksgiving week training schedule is posted below. As usual Seniors 1 and 2 as well as P1 will have a few doubles, and most groups will have workouts every day except for Thanksgiving day. We'll have a similar set-up during the school winter break, which we will put out in November.

Thanksgiving Week Practice Schedule

Swim-A-Thon Drive Has Started!

As mentioned in the opening article, the fundraising drive for this year's Swim-a-thon is now open! You should have received a separate e-mail with more instructions from our SAT coordinator, Amy Stanton, earlier this week. That e-mail also included the link to our online pledging tool, which you can also find below.

Securing control of the Quinn Ridge property last year was a great step for the club, but it did drain our long term reserves. We still have plans to continue improving the property (and now that we control it that makes even more sense!) but that means we'll need to have a great fundraising year in order to replenish those funds. All of our current families benefit from the efforts made by previous ones, and we hope to continue paying that forward!

Our SAT goal for this year is to raise \$30,000, and in order to get there we hope every swimmer on the team will raise at least \$190, with families with multiple swimmers helping raise at least \$300. As always, we'll have some special prizes for swimmers and families who reach those goals: this year if you reach your goal, you'll get an engraved insulated water bottle. For those that raise bigger amounts, there will be different prizes: if you raise \$500, you can be a coach for a day! You will assist the coaches with practice: dry land workouts, helping with send offs and we'll provide you with your very own stopwatch - that you can keep! You can also choose to race a coach if you raise \$500. You can choose the race, the conditions and if you have a slight advantage. If you raise \$750 or more, you'll be able to pick a coach or Senior swimmer of your choice and go to lunch. Gwinnett Aquatics will pick up the tab! It will be a great opportunity for swimmers to have some one on one time with a coach or a swimmer they really admire... bring some questions to ask! And as in past years, the group that raises the most money per person gets a pizza party!

Below is the first draft of the schedule for the swimming portion of the Swim-a-thon (there might be a few changes to it, but for the most part that should hold). Please note that, in order to accommodate and give all our groups a little more water time than usual, there are also practice schedule changes for other groups on many of those days. For our younger groups (Prep and below), parents will come in and help count their swimmer's laps. If you have any questions with regards to the fundraising for the SAT, or if you'd like to volunteer to help with the snacks, please contact Amy Stanton (awstanton@gmail.com).

Date	Group	Schedule Changes
Thursday, Nov 6th	Sr1 S-A-T (regular practice schedule)	No schedule changes
Tuesday, Nov 11th	Blue S-A-T (5:30pm-7:00pm, swim only) Jr Team S-A-T (6:30pm-8:30pm, swim only)	Sr1 3:00pm-6:00pm
Wednesday, Nov 12th	Sr2 & 3 S-A-T (regular practice schedule) Gold S-A-T (5:30pm-7:30pm, swim only)	Prep & Jr 6:45pm-8:45pm
Thursday, Nov 13th	Prep S-A-T (6:15-8:30pm)	No Jr Team practice

Swim-a-Thon Online Pledging

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

2025-26 School Year Practice Schedule:

- **Senior:** Mon, Wed, Fri 3:00pm-6:00pm; Tue, Thu 3:00pm-6:15pm; Sat 8:00am-10:30am
- **Senior2/3:** Mon-Fri 2:45pm-5:15pm; Sat 7:00am-9:15am
- **Prep:** Mon/Wed/Thu 6:15pm-8:30pm; Fri 6-8:15pm; Sat 11:00am-1:00pm
 - P1 only Tue 6:15pm-8:30pm (*starts in October*)
- **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:** Tue/Thu 5:45pm-7:00pm; Sat 10:00am-11:30am
- **Pre Team:** Mon/Wed 5:15pm-6:00pm

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