



## Our Philosophy

**T**he Gananda Racing Aquatic Team program is a USA Swimming team dedicated to educating and developing swimmers into the best that they can and want to be in the sport of swimming. In the process of doing so we also teach our athletes the life values of teamwork, sportsmanship, goals, respect, responsibility, hard work, dedication, and self-discipline. These values are learned through their experiences in practice and competition.



## Try us for 2 weeks!

Contact us to learn more about our 2 week trial.

Swimmers are required to have a swimsuit and goggles. Girls should have a one piece suit, boys should have swim trunks or a racing suit. Swim caps are recommended for those with long hair.

For more information, contact:

Greg Whitney (315) 986-7690

Mark Sixbey (315) 986-7078



## Competitive Swimming

For Kids of ALL ages



(315) 986-3521 ext. 1424

P.O. Box 174 / Walworth, NY

[www.gratswimming.com](http://www.gratswimming.com)



## Our Teams

The **Pre-Team** is designed for swimmers who have not yet learned the basics of competitive swimming. Their coaches will teach them the competitive strokes, starts, and turns. Swimmers must be able to swim one length of a 25 yard pool. At this level, swimmers do not compete in USA Swimming sanctioned meets.

The **Development Team** is geared towards swimmers who have learned the basics and fundamentals of competitive swimming. Swimmers will focus on stroke techniques and conditioning. Swimmers may compete in USA Swimming sanctioned meets.

The **Junior Team** focuses on continued development of stroke technique, starts, and turns with an emphasis on training and conditioning. Swimmers at this level will participate in full workout sets and compete in USA Swimming sanctioned meets.

The **Senior Team** is designed for advanced swimmers who have demonstrated a high level of proficiency in all strokes, starts, and turns. This team is for the serious swimmer who is focused on high levels of competition and requires a serious commitment to the team. All swimmers compete in USA Swimming sanctioned meets.

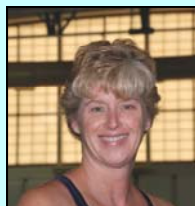
## Our Coaches

### Mark Sixbey

Coach Sixbey has been with the GRAT team since our beginnings in 2002. He has 10 years of competitive swimming experience and over 12 years of coaching experience.



### Debbie Leaty



Coach Leaty has been with the GRAT team since 2005. She specializes with our pre-team and development groups to assist our youngest members develop the swimming fundamentals.

### Jim Roberts

Coach Roberts is new to the GRAT program. He brings significant High School and College swimming experience to our club. Jim has many years of coaching experience and is great with kids



### Meghan Forney



Coach Forney is a previous GRAT swimmer and coach who has returned to us after completing her college degree.

### Pam Howell

Coach Howell comes to us with many years of coaching experience. She currently coaches the Penfield Girls Modified team while teaching swimming at the YMCA.



## Practices

**P**ractice time consists of pool time as well as dry-land exercises to help with overall conditioning. Practice schedules are based on the athlete's team level.

All practices are held Monday through Friday at the Richard Mann Elementary School pool.



## Competition

**T**he Gananda Racing Aquatic Team is a member of USA Swimming within the Niagara District. Our athletes compete at various swim meets which range from small local meets with friendly competition to large district and regional meets which can be highly competitive.

Athletes are not required to attend meets, but it is recommended. We strongly believe that competition is the reward to your child's hard work.

