

GSA Coaching Staff

GSA coaches are ASCA certified for excellence levels 1-5 by the American Swimming Coaches Association.

Head Coach:

Kevin Thornton



25+ years of coaching experience at all competitive levels. 9 years with GSA. ASCA level 5 certified.

GSAswimKT@GSAswim.org

Head Age Group Coach:

Chrissy Olson



15+ years of coaching experience at all levels. 12 years with GSA. ASCA level 3 certified.

GSAswimCO@GSAswim.org

Group Coaches:

Rosemary Kenerly 6 yrs. GSA - ASCA 2
Sam Peck 5 yrs. GSA - ASCA 2
Christina Rogers 4 yrs. GSA - ASCA 2
Brooke Dewitt 2 yrs. GSA - ASCA 2
Christi Smith 2 yrs. GSA - ASCA 2
Diane Quillen 2 yrs. GSA - ASCA 2



The Greensboro Swimming Association

Nationally Recognized for Excellence

USA Swimming, the sport's National Governing Body, distinguishes GSA as a Bronze Medal Club. Members of the Bronze Medal Club are among the top teams in the nation. GSA was recognized for its leadership in the swimming community, its sound business management practices, and the success of its swimmers.

Contact GSA

**P. O. Box 10085
Greensboro, NC 27404
336.851.2848**

info@GSAswim.org

www.GSAswim.org

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The Greensboro Swimming Association

The Greensboro Swimming Association offers a broad range of flexible programs for athletes of every age and ability. GSA programs provide age-appropriate technique and conditioning to develop the stroke skills *plus* the physical strength swimmers require to become confident, healthy, successful athletes.

**Established in 1946,
GSA is a parent-owned,
501(c)(3)
non-profit organization.**

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GSA Program Overview

Personal, Flexible, Fun!

GSA believes that swimming should be a positive, challenging, and rewarding experience for all its athletes and families. Coaches work closely with each and every swimmer to set appropriate personal goals and step-by-step plans to achieve them.

GSA athletes learn about personal responsibility and achievement as well as about sportsmanship and being part of a supportive, close-knit team that doesn't forget to have fun, too!

GSA believes that swimmers should be well-rounded, balanced student athletes. GSA's practice schedules are flexible so families can select the most convenient practices that work best for their swimmers, on a *day to day* basis, for the same price or less than other area clubs.

Have a soccer game, an exam, or a recital? Don't worry!

Come to
**PRACTICE
ANY DAY**
of the week.

**It's always
YOUR
CHOICE
at GSA!**



GSA coaches work with each swimmer to select the optimal group assignment based on skills and personal goals.

Age Group Programs

Stroke School: Basic stroke fundamentals for beginning swimmers.

Yellow Group: Stroke technique and introduction to physical conditioning for advanced beginners.

White Group: Introduction to competitive swimming. Meet participation if desired.

Red Group: Stroke techniques, racing strategies and specific conditioning for competitive swimmers.

Blue Group: Advanced stroke techniques, racing strategies and specific conditioning for elite age group swimmers.

Senior Programs (age 13+)

Bronze: Advanced technique and conditioning for seasonal swimmers and cross-training athletes.

Silver: Advanced stroke techniques, racing strategies and specific conditioning for committed, competitive swimmers.

Gold: Advanced technique and training for committed, mature swimmers. Prep for college swimming if desired.

A Part of the Greensboro Community Since 1946

As a non-profit group, GSA believes in being a responsible member of the local community:

- GSA supports the Community Swim Association with free swim clinics for summer league teams and provides equipment and administration for City Meet.
- GSA swimmers train with the local Special Olympics swim team and participate as teammates at Special Olympics events.
- GSA families volunteer with Urban Ministries and other community service organizations.
- The team's Teens in Action service group conducts fundraisers and other projects to benefit local charitable groups.

Come Visit GSA

Come see if GSA is the right place for your swimmer and your family. Interested athletes are invited to test out a week of practice and registrations are accepted at any time of the year.

Contact Coach Chrissy Olson to arrange a no-obligation trial session for your swimmer.