
TODAY'S NEWS



Going from being a college athlete to a team coach and adapting to the many changes that we have seen over the years (none more so than now), has been more challenging than I could have ever thought. However, I now understand all the behind the scenes work my past coaches have put into their programs, the team, and me. Sometimes our athletes do not understand why we do the things we do or choose the processes that we do. But hopefully, they all know that we have their best interest in mind.

Sometimes you may think I am being mean or negative. I may seem upset if we under perform or something doesn't go the way it is planned. It doesn't mean I hate you or dislike you. It means just the opposite. I know that you can be better, that you are better. It means I have high expectations for you. It means that I know you are not giving me 100%. I want you to reach your full potential, and sometimes that means I have to give you a little push.

Life is not always going to be positive, and everything is not going to be given to you. That is the beauty of sports. They prepare you for the real world. When I make you do pushups because you showed up for practice late, I am trying to show you the value of being on time. When I make you do a more challenging set for not being prepared with all of your equipment that is me trying to show you the value of being prepared. After your time as an athlete is complete, you will need to have these values instilled in you to succeed. An interviewer is going to expect you to be on time. Your employer is going to expect that you have everything you need in order to perform your job. So while you're my athlete, I want to make sure you are prepared and will succeed.

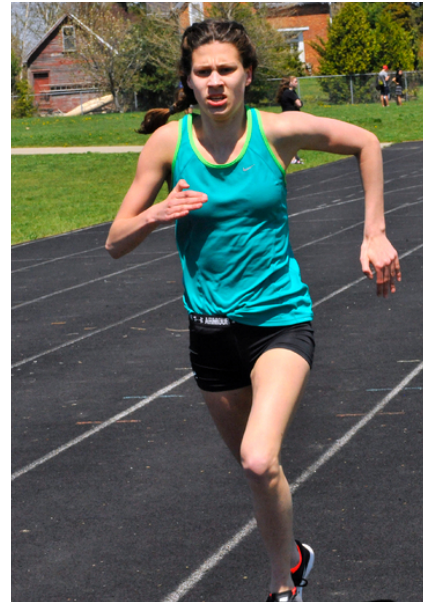
I also want you to know that I do not only want to be here to make you a better athlete. I want to be here for you in all aspects of life. If you need someone to talk to, my door is open. If you are having a problem with school, I want you to feel comfortable talking to me. If you are having any problems at all, I want to do my best to give you the best advice as possible. Being your coach is not only about game strategies and practices. It's about being a mentor and helping you grow as an individual. We are a team, in and out of the water.

“Sometimes we are tested, not to show our weaknesses, but to show our strengths.”

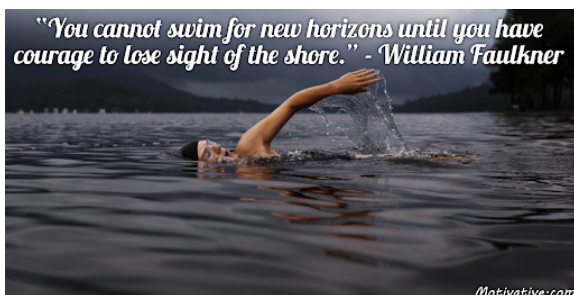
Most importantly, I want you to know that at the end of the day, win or lose, I care about you. No matter how difficult you may be in practice, or how many times you make me repeat myself, or how many times you forget your goggles in the changeroom, I care about you because we are a team and that makes us a unique family.
- Coach

GOAL SETTING TIPS FROM COACH FEMKE

Dear Hammerheads,
I hope everyone is doing well and are healthy. I know these times can be difficult, and you may feel frustrated or disappointed, so we must get through this together as a team. Although the pools are closed does not mean that we cannot become better swimmers. We can use this time to set goals for when the pools open, and we can get back to regular training. The goals we are going to set need to be specific, we need to be able to measure them, so we know if we have reached the goal or how close we are getting, and we need a time frame in which we want to achieve them. To start, think about something you want to achieve then base your goal off that. For example, my goal is to qualify for senior nationals in the 50 free by the end of the season. You can always email me at femke.backx@gmail.com if you need any help setting your goals. Remember to stay active during this time and spend some time outside when the weather is nice. Stay safe hammerheads,
Coach Femke



Coach Femke staying healthy in trying times



Stay Moving - Coach Joanne

I just want to shout out to Hammerheads of all ages. I hope you and your parents are doing well and staying safe and healthy. Silvers, I really miss the energy and smiles you bring to the pool. I am so pleased with the progress you have made this year and I look forward to picking up where we left off when we get back in the water. In the meantime, eat healthy and stay active. Prior to the break we talked about keeping a logbook of your activity. If you have not started, give it a try. I think you will find it helps to keep you accountable. You have all worked very hard to get to get to

where you are at, so it is important to stay active if you want to maintain your fitness level. Be creative in what you do. In addition to the regular dryland exercises we typically do, go for a run, a walk, bike, play catch and if you can't think of anything I am sure your parents have a few chores around the house or yard that will keep you active 😊!!

Although we are all practicing social distancing, it is more like physical distancing. It is important to stay socially connected to your friends and teammates right now. I look forward to connecting with all of you soon. Miss you all! Can't wait to see you back in the pool!!

Joanne Freund

April 18 2020

Norfolk Hammerheads Newsletter

A note from the President,

I hope this newsletter finds everyone healthy and safe. It is a strange time to be the president of a swim team with nowhere to swim. To wonder how to proceed into the future with so many unknowns lying ahead. I thought I would let you know about a few things we are working on.

I was informed earlier this week that all Norfolk county facilities are closed until July 1. The county is aware that we would like to get back into the water as soon as we are allowed and it is safe to do so. The board and coaching staff are looking at many different scenarios. The team might be able to get into the lake before the pool and we are preparing for the potential for some open water practices. The coaching staff are getting organized to run a stroke development swim camp in July if we are allowed back into the pool. We have other ideas floating around, but of course we are all in wait and see mode.

I would also like to thank our many supporters on and off the team for sticking this out with us. Our coaching staff is trying their best to navigate coaching off the deck and I thank them for all their efforts and understanding.

Heather Anderson
President of Norfolk Hammerhead Aquatic Club