



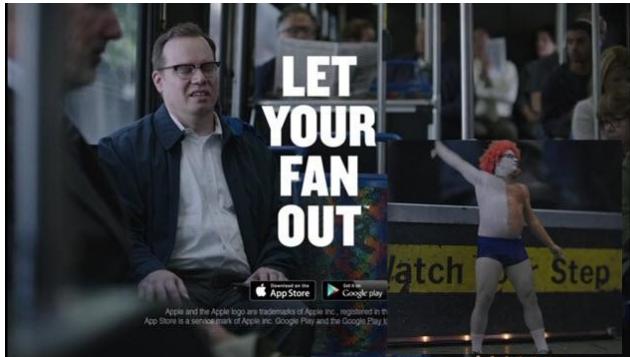
Hanover Hurricanes

Newsletter

Christmas Championship Edition

All,

I have several notes for everyone to review. I am writing primarily to Category 5 and some of these notes are specific to the things that we have gone over through the first half of short course season. However, I felt it was important to share with the rest of the team. Please read through them and pass them along to your kids. I have seen a lot of positive signs in performance leading up to this meet and I am extremely excited about this weekend. I strongly believe all the parts and piece to a great performance are available for our swimmers. It is now up to them to put those pieces together to create great swims!



How you start sets the tone for the day and the weekend.

Arrive at the pool awake, alert, and pumped up. Do not wake up at the last second and expect to be awake and ready to swim fast. Make sure you allow time for your mind and body to wake up. Come in with positive body language – stand tall, head held high, and relaxed, and avoid having your head down buried in your phone, arms crossed, and tense. Use positive language and have positive interactions with your

teammates. There's nothing worse than hearing someone complaining in the morning or while you are excited for the meet. Come in happy, excited, and fired up! Make sure you bring your inner fan! ([See StubHub Commercial – Let's get fired up!](#))

Warm Up with purpose. Do not simply jump in the water and go through the motion. Add urgency, intensity, and focus to your swimming as you progress through each set. The purpose of the warm up needs to warm up the body AND the mind properly. The end goal should be that you are ready to race at the end of the warm up, nothing extra needed!

IT'S GO TIME!





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Start Fast! As a group over the years, I have noticed we tend to struggle during morning swims. Not that we've had bad performances, we simply lacked a little something. Create a lot of energy around your first swim each day. Start aggressively, no matter what the event you are swimming and what event comes after it. Setting the tone on right the foot each morning will set the tone for the rest of the session and the remainder of the weekend.

Put It All Together! – Over the last 3 months and 4 swim meets, we have created several talking points to help us perform better. We have created performance focuses from turns, race finishes, and now starts. We have discussed how to warm up, starting fast, and finishing the job. Take each meet, each swim, each lesson, and each adjustment and put them together. *Execute on the things you can control and the results will come!*



You Have One Opportunity – When I say this, I am reminded of the scene from the Avengers Endgame, where Dr Strange looks over at Ironman in the last fight scene. In that moment, he simply raises his hand with one finger up to signal he has one outcome, one scenario, one opportunity to win this fight. With each event this weekend, each swimmer will have one opportunity to race and to put together a great performance. Take advantage of each opportunity as they come. We certainly do not know what the future holds for the remainder of our season. So please treat everyone swim as if it is the last!

Swim Big! – This has been the latest talking point at practice. It is this idea of swimming bigger than who we are. It's hard to explain, but when you see some one swimming big you know it! Swimming big means your strokes are larger and longer, it means your legs are elevating your hips, and that you are swimming high on top of the water. Sort of like a speed boat riding the plain on a smooth lake. Swim big this weekend and ride on top of the water!

