



HANOVER HURRICANES

Hurricane Newsletter

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Welcome to the Hanover Hurricanes Newsletter. The goal of our newsletter is to provide positive information, swimming advice, and forward notable team news.

3 Thoughts for Improvement

The 3 Irrefutable Laws of Improvement – I picked up the Three Laws of Improvement from Coach John Leonard. He is the co-founder of ASCA (American Swimming Coaches Association). Irrefutable meaning “can’t be argued against”, these laws are simple but can be tough to consistently execute and execute well.

1. Show Up – I told you, simple. You must



show up consistently, both physically and mentally. You must show up prepared with your gear and show up engaged to the set and the coaches instructions. In order to improve in swimming you must hit your recommended number of practices each week (Side note: frequency can also reduce the chances of injury). If a person doesn’t show up to their job they will eventually lose it.

2. Do Things Right – That streamline you refuse to hold tight can save you a couple tenths per wall. Still breathing on your first stroke? That’s another couple tenths! Breathing and gliding into your flip turn? That’ll cost you half a second! Refusing to stretch out that breaststroke? That’s going to wear you out by the first 50 in your 100 or 200 Breast. Doing things right allows you to shave valuable fractions of a second off at different places of your races. Execute things properly and you will swim faster with out exerted extra effort. You’ll be more efficient!

3. Honor Your Teammates with your

Effort – This one is my favorite!

Working hard allows you to create more force and strength in the water. Working hard for your teammates does that and helps push you and your teammates. When you swim for more than yourself it becomes easier to finish that tough set. It’s easier to complete that 200 fly and to finish it well! This is where swimming becomes a team sport. It’s pushing each other to go faster and to race harder. When you give it 100% your honoring your teammates. And it makes everyone better for it!



Dad Joke

What do you call a factory that makes ok products?

A Satisfactory!

Happy Birthday!

Birthdays July 1-15

- July 2 – Molly Sabo 8
- July 10 – Chris Bergreen 13
- July 15 – Chloe Hues 11

Upcoming Dates

- 2nd Virtual Meet – Starts July 13 (July 6 for Cat 5)
- AM Practices Begin at MRA—July 13
- 3rd Virtual Meet – Starts August 2nd

Join the storm!

**New Swimmer Evaluations
Beginning July 13th**

Contact Coach Kelly: coachkellyhnvr@gmail.com



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Coach's Thoughts

Coach's Thoughts—This section will be dedicated to items that one or all of the coaching staff may have been thinking or talking about on deck that we want to pass a long to everyone else. They may include tips, positive things we are seeing and want to praise, or negative things we are seeing and want to work on fixing.

I am going to start off with Saturday mornings and attendance. As a whole our practice attendance on Saturday morning's in recent weeks have been very low. In fact, over the past season it has usually been low. In my mind as a coach, Saturday mornings is one of the most important practices of the week for a couple reasons.

1—There is no practice on Sundays and is a day of rest for our swimmers. This means that Saturday's can be used for a great training day or a great racing day at practice. This of course can create hesitation in our swimmers to show up because they know practice will most likely be difficult. I want to urge our swimmers to attend Saturdays and take on any difficult practices head on. Remember, "if it doesn't challenge, it won't change you!" 2—Our championship meets at the end of the year usually involve swimmers racing in the morning. Furthermore, they have to race well in the morning if they want to qualify for finals at night. Other than our Cat 5 swimmers, this is the only time of the week usually where they get to swim in the mornings. Training in similar situations can help our athletes be more successful when it comes to competition.



As a side note, if attendance continues to be low on Saturday's, your child will get a lot of individual attention from their coaches.

I want to encourage athlete's to show up more on Saturday mornings. I want to make Saturday mornings apart of our team culture. It's an opportunity for everyone to get up and see what you can do first thing in the morning. My hope is with more AM training through out the year we can swim faster during morning sessions meets, especially during those championship meets. Besides, what better way to start your Saturday mornings than with some of your closest swimming buddies?!



#HanoverHustle

"Be Stronger Than Your Excuses!"