



# HANOVER HURRICANES

## Hurricane Newsletter IV

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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 on Getting Up for Morning Practice!

Early mornings practices can be tough to report to day after day. So here are three tips to help get your butt out of bed and to practices. They are not flashy, but if

executed on day after day, they will help you out more times than not. Success is found in the small decisions and routines.

**Establish an Evening Routine** – Ensuring an successful early morning rise starts the night before. It begins with how you prepare before bed. First off, make sure all your equipment, suit, and clothes you plan to wear are laid out. It makes it extremely easy to wake up and throw things on when they are right next to your bed or on your dresser. You do not have to spend any energy finding what you are going to wear. Turn your screens off! This includes phones, tablets, TVs, and computers. Screens are distracting and they also can make it difficult to fall asleep at night. The exposure to the light from our devices suppresses melatonin (sleep hormone) and can prevent us from falling asleep or at the very least can prevent us from getting quality sleep. Lastly, try to get to bed around the same time every night. Establish a time that will give you a good amount of sleep. Most people need 7-8 hours a night. Athletes can require more! A consistent bedtime will help you get to sleep faster and will help ensure the same number of hours of sleep each night. Getting a good amount of quality sleep will allow you to get up easier in the morning and feel alert and clear minded. Not to mention help keep you in good mood!

**Establish a Morning Routine** – The most successful people in the world all have some sort of morning routine. Some people take up to two hours and other 10-15 minutes. Everyone is different but everyone's morning routine all have one thing in common. Setting yourself up to win the day! Early morning work outs may make it difficult to establish a lengthy routine, but you can still create one. Make it unique to you. Write out a quick list of things you are grateful for, chug a glass of water, turn on a motivational speech. The options are unlimited but do something that works for you and helps put you in state of power, alertness, and intention to get stuff done!

**Consistency is King!** – Whatever you do, be consistent. Consistency is king. The more consistent you are at getting to bed on time, the more consistent you will be at killing the morning work out (not to mention the more consistent you will be at showing up!). The more consistent you are at having your clothes set out, the more consistent you will be to put them on and walk out the door, instead of laying back in that warm bed. The more consistent you are at turning off your screen, the better more consistent you will get to sleep. Be consistent at executing the things you know should be doing. Consistency each day helps build momentum and momentum helps keep us on track. Daily execution will get you a little closer to your goals each day!

### Dad Joke

What is Beethoven's favorite fruit?

A ba-na-na-na.



### Happy Birthday!

Birthdays August 1-15

- August 2 – Kaylee Hues 7
- August 12 – Emily Czaja 17
- August 13 – Logan Adkins 17
- August 14 – Kylee Califano 11

### Upcoming Dates

- August 1—Last Duck Standing Intersquad Meet @Atlee
- August 3—Team Award Bangquet @MRA



Your Potential To Succeed Is Infinite



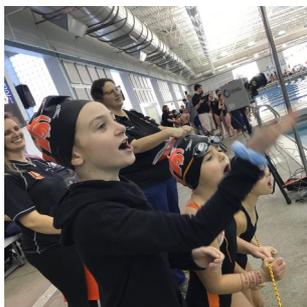
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# Coach's Thoughts

Our athlete's are blessed in the fact that we swim at a pool that stay's set up the majority of the season. It is not often anyone has to do anything to prep the pool for practice. Lane lines stay in the water and flags stay up. No lane lines need to be tightened or vacuum to be pulled out. On most days, the only thing we take up and down to the pool are the clocks and the speaker. However, with our age groupers at MRA, we do have to set up the pool almost every morning. Four things need to be done each day before we can start practice.

Four lane lines need to be placed in the water and tightened, four ladders need to be pulled from the sides, two clocks need to be synced and placed in their spots, and a vacuum needs to be pulled out of the water. I task our Category 4 swimmers to set up the pool each morning. It is their practice and they will be using the pool. What has me thinking about this lately though is the amount of contribution each swimmer has to add. If each swimmer shows up early enough to help and jumps right in everything gets done in a timely matter. No is left to think about who showed up late or who did not pull their weight. Everyone is happy or content and no resentment is formed.



Being on a swim team is no different. Each swimmer may compete on their own. However, to be on a swim team, each swimmer must show up and contribute. They must add something to the team. Contribution means attending practice, working hard, doing things right, and cheering and supporting your teammates. It means being the first to the lane line reel and setting up pace clocks. It means taking initiation and filling a need when a need presents itself. Like counting for someone in the 500 when no one shows up to count. It means celebrating each other's successes, even when you may be having a tough day. Contribution by every athlete leads to everyone feeling connected to the team. It leads to everyone feeling apart of something bigger than themselves. That feeling is extremely powerful and contagious. It helps feed and inspires everyone to be better. It is the key to our success and is a core value of our team's culture.

## Team News

**End of Season Team Banquet** - We are excited to be able to host our banquet on August 3<sup>rd</sup> at 7pm at Mechanicsville Recreation. Since the location is outside it will give families plenty of room to space out. We are asking that swimmers and parents only attend so we can keep numbers low. We will send a RSVP this week and we very much look forward to seeing everyone and celebrating our swimmers!



**Join the Storm 2020-2021** - Every summer the coaching staff and board puts in a lot of effort to try and draw in new swimmers onto our team for the upcoming season. Although our recruiting efforts are a little different this summer, we are still working hard towards building our roster for the upcoming season and we need your help! Word of mouth is the most effective form of communication and one of the best ways to promote our team. If you have been happy with the coaching and your children have had a positive experience while being a Hurricane, we would love it if you talked us up to your friends, family, neighbors, and coworkers. We love seeing new faces on our team and we believe there is strength in numbers! There is always more energy when we have more swimmers at practice, and it helps creates a better experience for everyone.

I would also like to remind everyone there are recruiting bonus for families that refer someone.

- \$75 for 5 Month Contract
- \$150 for 9 Month Contract
- \$200 for 11 Month Contract

Online registration will open July 20<sup>th</sup> for our 2020-2021 Hurricane season!





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## Welcome Coach Alli!

All,

**The coaching staff and board of directors is extremely excited to introduce our newest member of the coaching staff. Alli Pyror! Alli will be our new Assistant Coach and will be primarily assisting Coach Kelly with our Cat 1-2 groups. She will begin working with us starting August 3<sup>rd</sup>. Alli is a Hanover Aquatics Alumni (then Burkwood Aquatics Club, BAC) and a recent graduate of the University of Mary Washington. She graduated with a Bachelors of Art in Anthropology while minoring in Museum Studies. Her dream job is to work behind the scenes in a museum, working with the collections for various tasks like updating databases, condition reports, or helping set up exhibits. Alli's passions and interests are reading, painting, and playing the violin. She also enjoys cooking and baking. She comes to Hanover Aquatics with 15 years of competitive club and collegiate swimming experience and has over 6 years of coaching between Lakeside Swim and Racquet Club and Milestone! Her favorite competitive stroke is distance freestyle, but if she could, she would swim doggy paddles while barking like a dog! Please give Coach Alli a #HanoverHappy welcome when you see her on deck!**



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**Thanks You!**

**Your Hanover Aquatics Coaching Staff and Board of Directors**

***Join the storm!***

**Sign Up Today for New Swimmer Evaluations**

Contact Coach Kelly

Call/Text: 804-368-1921

Email: coachkellyhnvr@gmail.com