



HANOVER HURRICANES

Hurricane Newsletter IX

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

In this issue:

- 3 Things to Be Grateful
- Dad Joke
- Birthdays
- Upcoming Dates
- News

3 Things To Be Grateful For Today

I understand it is super cliché to talk about gratitude during the month of November and before Thanksgiving but I am going to do anyway. In my experience, taking time to reflect on the things we have can help increase our happiness and

joy in our lives. It is a way to adjust our perspective on our life. In Newsletter VII, I talked about 3 health tips that I addressed in my life during the quarantine. They were simple and drastically changed the way I felt each day. During the down time, another thing I added was a gratitude journal. I haven't kept up with it today, but then it was a vital part to working on myself and changing how I felt each day. Every morning I took 5-10 minutes to write out 3 things I was grateful for. I have done this in the past. Simply writing them out works well at first but after a while it begins to go stale. I then heard Tony Robbins once say you must take the things you are grateful for a step further. Once you write your 3 items down, you must place yourself in a moment where you were truly grateful for those things and imagine how you felt in that moment. The combination of writing and imagining those things each morning helped give myself a boost of contentment. It started my day off the right foot. It didn't give me an overwhelming feeling of happiness or excitement, but it gave me a little something I could be happy about. Combine that with a daily consistency and you feel better about starting your day. I had better days when I completed my gratitude journal than when I didn't complete. With that said, here are three things you can be grateful for today!

Appreciation of Your Parents – At the very least, your parents gave you life and gave you your name. Everyone's situation is different, but in most cases your parents clothed you and fed you. They provided a roof over your head. They provided you with the tools to be successful in what ever you were doing. They spend their time transporting you around to your swim practices and meets and volunteer countless hours. I am sure they have other things they could be doing than sitting inside (or outside) of a pool during their weekend. They spend their hard earned money on gas, hotels, and countless pairs of goggles and swim caps. Take a moment and thank your parents (or other family members who have helped provide)! Without them, you won't be where you are today.

Appreciation of Your Teammates – Teammates are a critical part of any team. By any, I truly mean any team in life (sports, family, work, friends, etc). One person can become good at something, but it takes at least two people to make each other great! Teammates are there to help support you through tough sets, tough situations, and tough events. They are there to help push you to be better, to cheer you on during a hard set, or to call you out if your not doing what your suppose to be doing. Lastly, they are the first person you generally celebrate with when you achieve your goals! They often become your friends and the people you want to spend more time with. Take a moment to thank your teammates for pushing, supporting, and celebrating you. You can't be where you are with out them!

Appreciation of Your Coaching Staff – I am not tooting my own horn here, but I do want to recognize the efforts of our amazing coaching staff. They have been incredible and deserve everyone's appreciation for their work. They are always present on deck and do not hold back in sharing their wealth of knowledge. They create practices that are fun for the kids and challenge them physically and mentally. Take a moment and thank your coach for their efforts and for the practice they provided you!

Dad Joke

Why can't you take a turkey to church?

They use FOWL language.



Happy Birthday!

[Birthdays November 1-15](#)

[1st—Paige Seigman 15](#)

[6th—Sydney Miller 12](#)

[7th—Jackson Magill 14](#)

[7th—Taylor Whitlow 14](#)

Upcoming Dates

Nov 14-15—PWSC AquaFest Meet

Nov 26—Happy Thanksgiving—No Practice

Dec 11-13—VSTP Ice Breaker Invitational





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Bubble Up – I want to give a **huge** shout out to Daniel Harvey and crew for the all the work that went into putting the bubble up this weekend. Thank you to all our volunteers who came out and helped! I understand it was a long day on Saturday but you all got the bubble up and it looks great at practice! Thank you!

Lobby/Office/Bathroom Work – I also want to pass a long a shout out to everyone who has been contributing to the improvements of our Office, Lobby, and Bathrooms. Everything is coming together and the upgrades are looking great!

Holiday Schedule

Thanksgiving Break

Date	Day		Cat 1	Cat 2	Cat 3	Cat 4	Cat 5
25-Nov	Wednesday		3:30-4:30PM	3:30-4:45PM	4:30-6:00PM	7-9AM – Or May Attend Cat 3 4:30-6:00p	7-9AM
26-Nov	Thursday	No Practice - Happy Thanksgiving Everyone!					
27-Nov	Friday		3:30-4:30PM	3:30-4:45PM	5:00-6:30PM	4:30-6:30PM	7-9AM
28-Nov	Saturday	Normal Schedule	9-10AM	9-10:15AM	9-10:30AM	7-9AM	7-9AM

Christmas/New Years

Date	Day		Cat 1	Cat 2	Cat 3	Cat 4	Cat 5
23-Dec	Wednesday		3:30-4:30PM	3:30-3:45PM	4:30-6:00PM	7-9AM – Or May Attend Cat 3 4:30-6:00p	7-9AM
24-Dec	Thursday	Christmas Eve/Day - No Practice - Merry Christmas!					
25-Dec	Friday						
26-Dec	Saturday	Normal Schedule	9-10AM	9-10:15AM	9-10:30AM	7-9AM	7-9AM
December 28-30 - Normal Practice Times							
31-Dec	Thursday		No Practice	No Practice	No Practice	7-9AM - Optionals	7-9AM
1-Jan	Friday	Happy New Years Eve - No Practice					

New – Hurricane Records and Legacy Records

Our team has a long history and has seen some transitions from BAC to Poseidon Hanover to now Hanover Hurricanes. When we formed Hanover last year, I had a split opinion about what we should do with our team records. Our records are incredibly fast and are a small piece of our history. There is a lot of hard work, sweat, and tears in those records.

Once we turned the page to become Hurricanes, a part of me wanted to reset our records and start clean. We had and are still creating a new identity for ourselves.

In talking with Coach Kelly, she came up with a fantastic idea. She suggested keeping two sets of records. We maintain our old records and call them "Legacy Records" and start new records as "Hurricane Records." Hurricane records will start from the day we formed Hanover (which is April 20, 2019). This way we maintain our records of the past and can still honor our fastest Hurricanes as they come through the program!

I think this does a couple great things for our program:

1. It gives our athletes something else to shoot for!
2. In the long run, it can help us bridge the gap between where our performance is now to where the legacy record are. We have a lot of fast swimmers, but as a whole we are still a ways off from breaking any of the old team records. Hurricane Records may give us a stepping stone to breaking more Legacy Records.



To view our team records, login to our website and click the team records on the home page. Select the set of records you wish to view and click "Search." The Hurricane Long Course Records are still under construction but the Hurricane Short Course Records should be viewable.