



# HANOVER HURRICANES

## Hurricane Newsletter V

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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 Hurricanes**

I decided to do a little research on hurricanes. Here are three interesting facts about hurricanes and how they apply to us as swimmers.

#### **1. Hurricanes Grow Stronger Over Water** – It is

common knowledge that hurricanes grow stronger while they travel over the ocean and become weaker once they make land fall. In the same way, swimmers



can only grow and develop in this sport by showing up each day and getting in the water. Do not forget after all, showing up is the first law of

improvement (see Newsletter II). The more time they spend in the water, the more likely they are to get stronger and become more successful. As hurricanes make landfall their strength begins to fade, and their category level begins to drop. They continue to fade until the eye of the storm collapses and the storm dissipates. Swimmers are no different and the less they show up to practice, the weaker they become.

#### **2. Hurricanes Grow Stronger at Night**– Hurricanes

tend to grow stronger at night. When the sun is no longer shining, temperatures drop and the shift creates bigger drafts. These drafts carry evaporated water higher along the edge of the eye of the storm and thus creates a stronger storm. Swimmers/people grow through dark or



challenging times. Whether that be a challenging practice or training through a slump, there are lessons to be learned and confidence to be gained during tough moments. “Remember tough moments don’t last, tough people do!”

#### **3. Hurricanes Grow Stronger when they Elevate** – As

noted in the last point, Hurricanes grow when drafts elevate the storm higher. What is cool is the elevation of the drafts happen first and is usually a signal that the storm will strengthen. As athletes, we need to elevate ourselves in every area to continue to progress and develop. Elevate our standards. Elevate our mindset. Elevate our attendance. Elevate our work ethic. Elevate our teammates. When we elevate ourselves and choose to be better each day by making better decisions, we will strengthen ourselves and thus strengthen our team as well. We are the direct result of *all* the decisions we make. Make better decisions, make better progress!



### **Dad Joke**

**What do sprinters eat?**

**Nothing, they fast!**



### **Happy Birthday!**

#### **Birthdays August 16-31**

- August 16 Elizabeth Coleman 13
- August 17 Maddie Bottari 14
- August 19 Emily Stevens 15
- August 27 Brocke Rempe 17
- August 30 Elise Coward 18

### **Upcoming Dates**

- August 18—Swim and Tri—Suit Sizing and Equipment
- August 31—September 7 No Practice
- September 8—Practice Begins
- September 19-20—Hanover Happy Invitational



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## Q & A

### What does it mean when I see A/BB... in the meet description?

When you go to sign your child(ren) up for meets, you may have notice in the description "A/BB/B/C." These are USA Swimming's Motivational Time Standards and this particular description is communicating that the meet is open to everyone. No qualifying times or limits have been set for this meet. The time standards are set every 4 for years and each set are usually published before the Olympics. These standards are set up for each age group (10&Under, 11-12, 13-14,15-16, and 17-18), each gender, each course in which we compete (Short course yards, 25 yard pool/short course meter, 25 meter pool/long course meters 50 meter pool), and each event. The standards start at a C (no time or slower than a B time) and go up as such: B, BB, A, AA, AAA, AAAA. The standards are set up by the fastest percentile in each level. Example: If a swimmer has a AAAA time it means they are in the fastest 2% in the country for their gender and age group. The link below shows the total break down.

The standards are just one tool used to help motivate our athletes.

The standards are also used by teams hosting meets. They can use these standards to set qualifying times. Example, some meets will set a qualifying time of BB or faster to get into a meet. On the opposite side, some meets will use standards to set limitation. Athletes may only swim if they have slower than an A time. Every meet is a little different.

Here is the link to more detailed information about the standards: <http://www.collegiateaquatics.org/sites/default/files/Time%20Standards%20Explained.pdf>

## Team News

### Swim and Tri—Suit Sizing and Equipment Purchase—August 18

Swim & Tri will be here to do suit sizing (following COVID protocols) and you can order equipment and other Speedo team gear! This will take place at the Burkwood Clubhouse. We will be doing temperature checks and ask for families to wear masks since we are inside.



### 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 Kelley!



**The Hanover Hurricanes Coaching Staff and Board of Directors have an exciting announcement to make. We have officially hired our next Head Age Group Coach! Please welcome Kelley Hilliker! Kelley comes to us with 15 years of competitive swimming experience in which she swam for Winchester Swim Team and Bridgewater College. She has a Bachelor of Science in Biology with a Minor in Psychology and has recently earned her Master of Arts in Digital Media Strategy from Bridgewater College. Kelley has spent time**

**working with three Virginia Swimming Teams: Winchester Swim Tea, Valley Swim Team Phoenix, and Virginia Gators. She also served as Head Coach with the Ashby Anacondas summer team in Bridgewater. Her favorite events are the 100 Backstroke and the 400 IM. In her spare time Kelley loves to read a good book and play with her dog. Kelley will be our lead coach for Category 3 and 4 groups! We are still working with her to establish an official start date and will keep everyone posted when we will see her on deck. Nonetheless, when you see her please give Coach Kelley a #HanoverHappy welcome!**



***Join the storm!***

**Sign Up Today for New Swimmer Evaluations**

Contact Coach Kelly

Call/Text: 804-368-1921

Email: coachkellyhnvr@gmail.com