



# HANOVER HURRICANES

## Hurricane Newsletter VI

### In this issue:

- 3 Thoughts on Leaders
- Dad Joke
- Birthdays
- Upcoming Dates
- Q&A
- Meet Results

*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 Leaders**

Leaders Do Thing First – Leaders lead by doing things first. They take initiative. They take their “should haves” and turn them into “must do’s”,

even when it comes with a potential to fail or look silly in front of their peers. They are often the first to the lane line reel, the first to bring the clock and speaker down, the first to take equipment back up. They are the first to lend a pair of goggles or a cap to teammates. They are the first the get up and cheer for the teammates and the first to cheer loudly. They lead by pushing the pace in



practice before everyone else and lead by paying close attention to the instructions. Leaders step out of their comfort zone more often and this allows them to improve faster and help create a productive culture among the team.

Leaders lead by example – Leaders don’t shout and bark orders at people. They don’t call out everyone on every wrong thing. They lead by example. They do the things that they know should be done, like taking the clock down or picking up the piece trash on the pool deck. They come in and work hard, even when they don’t feel motivated. They congratulate their teammates on a successful swim even when they are having a terrible day.



Leaders lead through service – Leaders step up and volunteer to serve the team. They place service of others over their own personal success. They put their team and teammates first. Leaders swim events that are best for the team. They even sacrifice a spot on a relay for some one who is swimming better at a championship meet. Their love for their team supersedes the desires of their personal success.

### **Dad Joke**

**Why don't eggs tell jokes?**

**They'd crack each other up.**

### **Happy Birthday!**

#### September Birthdays

- September 7 Ava Tricoli – 6
- September 7 Chase Cooper – 9
- September 11 Whitney Speeks - 14
- September 13 Nash Quella - 10
- September 14 Wesley Hill – 9
- September 18 Lilly Zygllocke – 11
- September 19 Delany Wetzel – 15
- September 21 Taylor Downes – 14
- September 22 Maggie Ivie – 17
- September 25 Hailey Jenkins – 17
- September 30 Ariel Salas – 14

### **Upcoming Dates**

- October 17-18—Rays Big Pumpkin Splash
- October 23-25—NOVA Halloween Haunt
- November Meet—TBD
- December 4-6—VSTP—Phoenix Ice Breaker Championship Meet



*Your comfort zone is where your dreams go to die. Always be learning. Always be growing. And be willing to get uncomfortable.*  
~Lewis Howes



# HANOVER HURRICANES

Hurricane Newsletter VI

## Q & A

What are some tactics we can use as parents to keep our age group swimmers motivated and wanting to keep coming to practice? (And more importantly, apply effort at practice) Do you have some guidance on how we can help a young swimmer stay motivated and focused on practicing and improving as an athlete?

If I had the “End All, Be All” answer to this question, I could bottle it and sell it to coaches and parents around the world! I would make millions! This is a tough question to answer. In my experience it is often a moment in a child’s swimming where the swimmer has an “Aha!” experience. More times than not, that moment has been a phenomenal performance at a meet where everything just seems to click. That experience leaves the athlete with a desire to duplicate that performance (or the feelings that come with that performance) and it creates a drive in them to work harder in practice. At other times, it is pieced together over years of experience. Lessons learned through success and failure. These lessons can include work ethic, being aggressive in practice and in meets, being a good teammate, etc. Over time the athlete applies the lessons they have learned and will slowly learn to work hard and have a desire to come to practice.



With all that said, what can you do as a parent? Keep doing what you are doing! Keep bringing them to practice and meets, keep encouraging them to work hard in practice, keep supporting them through their success and failure, keep sending them to their coaches when they have questions. I am sure it can be challenging when they argue back or give you some excuse

as to why they are not working hard. What I often see in your children is when they arrive they are enjoying their time at practice and meets and enjoying their time with their teammates. Sometimes I see a big smile on their face when they swim a great race or complete a tough set. These are the moments that will ultimately develop their passion for the sport and will make them want to come to practice and work harder. I am sorry I can’t give you a more definitive or magical answer. The coaching staff appreciates your time and effort to help ensure your children’s success!



Team News

**Swim Meets**—As of now we have three meets uploaded to our website. We have confirmed with the host team of each meet that they intend on running their meet and that they have room for us to attend.

October—These meets are back to back weekends and we only expect each swim family to attend one meet if they wish to swim.  
 17-18 Rays Pumpkin Splash—Jeff Rouse, Stafford, VA  
 23-25 NOVA Halloween Haunt—NOVA Aquatics, Richmond, VA

November—We are still working on a meet that month and will be announced at a later date.

December—4-6 VSTP Phoenix Ice Breaker



# HANOVER HURRICANES

Hurricane Newsletter VI

## Meet Results

### ***Hanover Happy Invitational Results*** – This past weekend we had our first official meet of the 2020-2021 season. It was great to be back at a competition pool and watching kids swimming against each other. It brought back yet another level of normalcy to our lives even if we had to run the meet differently due to the pandemic. Overall, I thought the meet was a great success. The kids did a great job maintaining their distance from each other and keeping their masks on when they were suppose to. Our parents were fantastic in being flexible, sitting outside, and only being in the pool during their child’s race or volunteering. We received numerous compliments from other team’s and their coaches about how we were running the meet. They said it ran smoothly and was very organized. This of course is due to all the hard work of everyone involved from board members, parent volunteers, coaching staff, and swimmers. Everyone chipped in and pulled on the same rope. Everyone put the team first and that is the culture we all love to be apart of! Thank you everyone!

Overall, I thought the meet was a great success. The kids did a great job maintaining their distance from each other and keeping their masks on when they were suppose to. Our parents were fantastic in being flexible, sitting outside, and only being in the pool during their child’s race or volunteering. We received numerous compliments from other team’s and their coaches about how we were running the meet. They said it ran smoothly and was very organized. This of course is due to all the hard work of everyone involved from board members, parent volunteers, coaching staff, and swimmers. Everyone chipped in and pulled on the same rope. Everyone put the team first and that is the culture we all love to be apart of! Thank you everyone!



everyone involved from board members, parent volunteers, coaching staff, and swimmers. Everyone chipped in and pulled on the same rope. Everyone put the team first and that is the culture we all love to be apart of! Thank you everyone!

Total Improvement Percentage – 198 New Best Times out of 395 repeated swims 50.1%

- 64 New Motivational Time Standards! – Audrey Becket 100 FL “B”, 200 IM “B”; Christopher Bergreen 200 FR “B”, 500 FR “B”; Maddie Bottari 200 BR “B”; Connor Brooks 100 FR “B”, 50 FL “B”; Sam Castle 100 Fly “BB”, 100 FR “A”, 200 FR “A”; 200 IM “BB”, 50 FR “A”, 500 FR “BB”; Dylan Croxton 200 FR “BB”; Lina Dawson 200 BK “BB”; Taylor Downes 200 FL “B”; Tyler Earley 100 BK “BB”, 200 BK “BB”; Cooper Early 200 BK “BB”, 200 FR “BB”, 200 IM “BB”; Nathaniel Eliason 100 BK “A”, 100 FL “A”, 200 FR “AA”; Teagan Gilhooly 100 FL “B”, 50 FR “BB”; Alison Harvey 500 FR “A”; Brandon Harvey 50 FR “BB”; Addy Lewis 50 FL “BB”; Chloe Lutton 100 BK “B”, 100 BR “B”, 100 IM “B”, 50 BK “B”, 50 FR “BB”; Scarlett Olsen 100 BK “B”, 100 IM “B”, 50 FR “B”; Ava Jane Reynolds 100 FR “BB”, 100 IM “B”, 200 FR “B”, 50 FR “BB”; Caitlyn Robertson 100 FL “BB”, 100 IM “BB”, 200 FR “A”; Chandler Rose 100 FR “A”, 50 FL “A”; Michael Sabo 100 BR “B”, 100 FR “BB”, 100 IM “BB”, 50 FR “BB”; Molly Sabo 100 IM “B”; Whitney Speeks 200 BK “BB”, 200 BR “B”, 200 FR “BB”; Emily Stevens 200 BR “B”; Jenna Stevens 200 FR “BB”, 50 FR “BB”; Charlie Welsh 100 BK “BB”, 100 BR “BB”, 100 IM “BB”, 50 BK “BB”; Katie Willard 100 IM “BB”, 50 BR “BB”, 50 FL “B”



***Join the storm!***

**Sign Up Today for New Swimmer Evaluations**

Contact Coach Kelly

Call/Text: 804-368-1921

Email: coachkellyhnvr@gmail.com