



HANOVER HURRICANES

Hurricane Newsletter VII

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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 Health Tips to Help Maintain Your Motivation

– As with many things I have written about in these newsletters, these three tips are NOT flashy and for the most part are common sense

(or should be). The tough part here is the execution on a daily basis. For some, they'll start working on these items and after a few days will slip up and will struggle to come back. These are three areas that I addressed in my own life, especially this year during the quarantine. The multiple weeks stuck in the house with no work left me feeling down, unmotivated, and even on edge with my wife and daughter. I realized I needed a change and these were few items I worked on. Over time I felt more energize, more motivated, and more patient. My mind felt clear. Give these a try for two weeks and let me know if you feel a difference!

Put your phone away before bed! – We are all guilty of this regardless of your age. We get in bed and immediately reach for our phone to check our notifications on our social media account, pull open that game, or start texting some one. For some it's flipping on the tv to watch that new show on Netflix. For myself, "The Office" is playing. Whatever your vice, that screen is what messes us up. First of all whatever were watching is stimulating our brains and prevents us from shutting down. Furthermore, the light coming off the phones emits strong blue wavelength. Blue wavelength light signals are brain to prevent the secretion of melatonin, which prevents our



minds from naturally shutting down for the evening. It can effect our ability to fall asleep AND prevent quality of sleep we get through the night.

Drink more water! – Hydration is so important in everyone's life, especially for an athlete. Hydration allows for higher energy levels, better, physical performance, and better recovery. A well hydrated person can also experience higher levels of brain function and clearer thinking.

Watch what and who you are listening to or is feeding your mind – It is said you are the sum of the 5 closest people in life. The most successful people in this world surround themselves with a core group that help build each other up. There's a reason for this. Have you ever noticed how you start repeating certain phrases or behaving similar to someone you hang around a lot. Our minds are easily influenced by what we see and hear around us. If we hang around people who complain a lot, guess what is going to happen in no time? Your going to start thinking and speaking more negatively. If you hang around people who work hard, you may notice your work ethic improve. This also holds true to what we see on our social media and TV and what kind of music we listen too. Self awareness is crucial here. Self awareness helps us know what's impacting us and tells us what we need to change. The signs are often subtle. Pay close attention and make adjustments where necessary. Your future self will thank you!

Dad Joke

Why don't skeletons ever go trick or treating?



Because they have no body to go with.

Happy Birthday!

October 1-15 Birthdays

- October 2 Ava Jane Reynolds 12
- October 4 Cassie Bauer 15
- October 9 Emory Sproull 15
- October 10 Alex Pruemmer 17
- October 13 Lexi Scott 10
- October 15 Mason Lewis 11

Upcoming Dates

- October 10—Bubble Prep
- October 17-18—Rays Big Pumpkin Splash
- October 23-25—NOVA Halloween Haunt
- November 13-14—PWSC Fall Aqua Fest
- December 4-6—VSTP—Phoenix Ice Breaker Championship Meet

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Updated Meet Schedule – Our meet schedule has slowly been coming together and a couple adjustments have been made. We got confirmation now that we will be swimming in the Rays meet early January. We also have our Duck Bowl at the end of January. These meets have been uploaded to our website and are ready for you to commit to your child. We are awaiting confirmation on a November meet.

October Meets Performance Focus – The coaching staff has decided to add performance focuses to each meet this season such as starts, turns, streamlines, finishes, etc. Our hope is as we work through each focus that by the time we reach our championship meets in February and March, we can put all the pieces together to create the highest performance. After each meet we will decide on the focus for the next meet coming up. For both October meets, the focus will be all about turns. All groups from Cat 1 to Cat 5 have already been working on their turns for a couple weeks now. There will be three parts of each turn we will be focusing on: the approach, transition, and exit.

Approach – The turn doesn't start at the wall. It actually starts at the flags and in some cases before that. Swimmers must be thinking about their turns before they get there and how they set up the turn can determine the speed and the quality of the execution. Swimmers must approach the wall with speed and momentum. They do NOT want to ease or glide into their turn, nor do they want to get so close they get jammed at the wall. They need to be thinking about their timing from 2-3 strokes out and adjust those strokes in a way that they time that last stroke just right this takes a lot time and practice to get it just right and is considered an advanced skill.



Transition – The transition is the turn itself that happens at the wall. It is the flip turn



(Free and Back) or open turn (Fly, Breast, and IM). Each turn has its unique technique but in general there are a couple tips that need to be applied in all cases. First a swimmer must engage their core. This feels like squeezing the abs. Second the legs get tucked into a tight ball to allow for a quicker flip (think of a kid spinning in an office chair, when they tuck their legs they spin faster, and in some cases fall over) or drive the legs in tight and towards the wall for an open turn.

Exit – The exit happens once the swimmer leaves the wall and is completed once the swimmer surfaces and begins swimming. Upon exit, swimmers must be thinking about jumping off the wall, not simply pushing off. Jumping implies a level of force or explosiveness. They must leave the wall in a perfect streamline. The streamline includes the arms squeeze against the head and hands on top of each other and the legs squeezing together. If a swimmer gets the arms correct, they often forget about the legs. Once off the wall swimmers must begin a fast underwater dolphin kick to the surface or if doing breaststroke they begin a pull out. As the swimmer is about to breach the surface, they should be thinking about that first stroke. The first stroke is called the break out and must be the best looking and the most explosive stroke. The technique and force is needed to break through the surface tension of the water to allow maximum speed and momentum from their push off to be carried into their swim.

These three parts of a turn take a long time to master, but once executed flawlessly can be a major weapon in a swimmer's arsenal. A swimmer can be slower than their competitor between the flags but can win their race based on a faster, well executed turn.



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Logan Deal Commits to Roanoke College



Hanover Hurricane senior swimmer Logan Deal announced recently that he has committed to Roanoke College! Logan has swam for Hanover Aquatics for the last 11 years. His accomplishments include NCSA Junior National qualifying times, 23rd place showing at Virginia Senior Championships in the 100 Free, and a four-time Virginia High School State Championship finalist swimming for Lee Davis High School. **“I’m excited to announce my commitment and acceptance to swim for Roanoke College! I appreciate the continuous support from my family, coaches, and friends as I pursue my goals. I can’t wait to be a Maroon!” ~Logan**
 Congratulations Logan!

Brendan Farrar Gets Article Published in Swimming World Magazine

Hanover Hurricane Alumni Brendan Farrar recently acquired an internship with Swimming World Magazine as a journalist. His article, [“5 Helpful Ways to Maintain Focus After Bad Swims”](#) was recently published can be found here. Brendan graduated in 2019 from Lee-Davis Highschool and now studies at Townson University. Congratulations Brendan on your publication!



Excellence is to do a common thing in an uncommon way.

~Booker T Washington

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