



# HANOVER HURRICANES

## Hurricane Newsletter XI

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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 for Improvement

As we approach the holiday season, I wanted to remind everyone the 3 Laws of Improvement. I went over these laws back in July in one of our first couple newsletters. Law #1 is the most important,

especially as we move into the holiday season. It is easy to become distract from our goals with the excitement of holidays and no school. Make sure our athletes are consistently attending swim practice. Taking a couple days off during the holiday can quickly turn into a week off. Our swimmers will lose fitness and momentum and it becomes increasingly difficult to get back what we lost once we head into January and the remainder of short course! Keep showing up, even when its tough!

### Dad Joke

What do you call an elf that sings?



1. **Show Up**—I told you, simple. You must show up consistently, both physically and mentally. You must show up prepared with your gear and show up engaged to the set and the coaches instructions. In order to improve in swimming you must hit your recommended number of practices each week (Side note: frequency can also reduces the chances of injury). If a person doesn't show up to their job they will eventually lose it.

### A Wrapper

### Happy Birthday!

#### Birthdays December 1-15

- 12/2 Katie Willard 12
- 12/5 Mason Hill 12
- 12/8 Alison Harvey 18
- 12/11 Carter Lynch 10
- 12/15 Kelsey Sutton

2. **Do Things Right**—That streamline you refuse to hold tight can save you a couple tenths per wall. Still breathing on your first stroke? That's another couple tenths! Breathing and gliding into your flip turn? That'll cost you half a second! Refusing to stretch out that breaststroke? That's going to wear you out by the first 50 in your 100 or 200 Breast. Doing things right allows you to shave valuable fractions of a second off at different places of your races. Execute things properly and you will swim faster with out exerted extra effort. You'll be more efficient!

### Upcoming Dates

- 12/5 Hanover Holiday Challenge (Look for Practice Changes)
- 12/11-13 VSTP 13&O Ice Breaker
- 12/19-20 VSTP Junior Ice Breaker
- 12/23 Holiday Schedule Begins
- 12/24-25 No Practice—Christmas

3. **Honor Your Teammates with your Effort**—This one is my favorite! Working hard allows you to create more force and strength in the water. Working hard for your teammates does that and helps push you and your teammates. When you swim for more than yourself it becomes easier to finish that tough set. It's easier to complete that 200 fly and to finish it well!



This is where swimming becomes a team sport. It's pushing each other to go faster and to race harder. When you give it 100% your honoring your teammates. And it makes everyone better for it!



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## NEWS

**COVID Updates to Operation** – The coaching staff has been quite proactive in making decisions to help ensure the safety of our swimmers while in the bubble. We continually observing and trying to come up with better ways of operating. Here are a couple of the latest things we are doing:

**Screens** – I have been in the process of building a plexiglass screen to place over each lane line at each end of the pool. I just finished the first one and plan on creating more and making adjustments to their set up based on how well they work at practice.



**Mask Holders** – We have strung up lanyards up with clips to the bubble support system at the end of each lane. Up to this point, we have asked swimmers to wear their mask into the bubble and they may take them off before heading to their lane and entering the pool. Now swimmers will be required to wear their mask to their lane and may take their mask off and clip it to the holder just before entering the water. They will also be required to put it back on immediately once exiting the pool. We have extra masks on site in case swimmers forget to bring their mask.



**As a reminder**, we ask ALL swimmers entering or exiting the

bubble to use the hand sanitizer *before* using the revolving door.

Masks must always be worn while inside the lobby or while on the pool deck inside the bubble.

As a last reminder, it can become quite easy to get comfortable with our current situation and let our guard down. Please remind your swimmers to be aware of the distance they keep from each other and to keep their mask on when not in the water. Social distancing and mask only work if we are all aware of what we are doing.

NO MASK ON YOUR FACE, YOU BIG DISGRACE, SPREADING YOUR GERMS ALL OVER THE PLACE!

- Please wear a mask inside the lobby or bubble
- Masks must be worn on the pool deck at all times
- Please use the hand sanitizer before using the revolving door
- Please maintain proper social distancing at all times
- Thank you for keeping your teammates safe!

Everything negative – pressure, challenges – are all an opportunity for me to rise.

~Kobe Bryant





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## Isabelle Bauer Transfers to Bridgewater

After taking a year off from college due to the pandemic, Isabelle Bauer will be officially transferring to Bridgewater College to finish her studies and to continue her collegiate swimming career.

Isabelle graduated high school in 2019 from Crosby High School where she had a best finish of 16<sup>th</sup> at Class 6 States in the 100 Free and 400 Free Relay. She would break school records in the 100 free, 100 back, 200 medley, 200 free relay, 400 free relay.

Isabelle went on to attend the University of Maryland, Baltimore County (UMBC) for a year. Isabelle plans to study Digital Arts and Business at Bridgewater in the fall of 2021. She is currently training with Hanover Aquatics during her gap year.



Congratulations Isabelle!

## Maggie Ivie Commits to Lafayette University



We are excited to announce that Maggie Ivie has committed to Lafayette University! Maggie is a senior at Atlee High School and will attend Lafayette in the fall of 2021 to study Biochemistry. She is in her 7<sup>th</sup> year with Hanover Aquatics and has achieved qualifying times for NCSA and ISCA Junior Nationals as well has qualified for Futures Championships. She has also qualified for her High School State Champion-

ships in each of her first three years.

“I’m beyond excited to announce my verbal commitment to further both my academic and athletic career Lafayette College! Thank you to all of my friends, family, and coaches that have helped me along the way; I couldn’t have done it without you guys. Can’t wait to be a leopard!”

Congratulations Maggie!