February 16-28, 2021

HANOVER HURRICANES

Hurricane Newsletter XV

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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.

Energy Generator vs Energy Sucker

I came across an article recently on one of my social media feeds with a similar title. Although I did not open or read it, the title got me thinking about a similar topic of discussion I have been preaching to the Category 5 Swimmers. At the Ice Breaker meet this year, we as a group (Cat 5) struggled a bit. Some of our swims were not meeting expectations (even though most were still season best times). The meet was quiet and did not have the energy that a normal championship meet usually brings to the table. The meet also did not allow for warm up/warm downs between swims. This does have an impact on physical performance, but I strongly believe it had a bigger impact on our psyche. Between all of that, we got sucked into this idea that we couldn't perform well and it zapped any sort of energy or desire to simply race and compete.

After a miserable second day of the meet, I had a long talk with the group Sunday morning before their sessions. I was determined that we could get past these "excuses" if you will and still race well! I told them we allowed ourselves (myself included) to get sucked into the environment instead of creating our own environment. We needed to take responsibility for our own performance and create our own energy. It started with a lot of cheering for each other and it needed to end in a celebration when we had good swim. It also meant not making or believing any more excuses for not performing well or at least not to the best of our ability. The group bought in and you instantly felt a difference in the air before the first swim. It helped that our first couple swims were good swims! We still struggled a little bit that day, but the day was a lot more enjoyable and our overall performance got better!

What was the difference? Everyone became energy generators instead of being energy suckers. Our actions, our words, and our body language can all have influence on our own and our teammates energy and performance. So, what can we do to become energy generators and avoid being energy suckers?

Energy Generators…

…come to practice/meets with a positive attitude. Your demeanor first thing in the morning can help set the tone. Make sure you are setting a good tone to start the day, your practice, and your meet.
…cheer for their teammates. LOUDLY! They are not afraid of being the only one cheering either and cheer and celebrate their teammates success regardless of their own performance. This should be done not only at meets, but during practice as well!
…utilize positive body language. Hold yourself up with better body language. Stand/sit tall, shoulders back, and stay loose.
…work hard in practice even if no one else does. All it takes is for one swimmer to take a set out fast to help generate some energy. Before long, one by one, their teammates will begin to follow and work harder.
…get good sleep each night. Good sleep allows us to wake up in a better mood before practice/meets
…eat healthy and drinks plenty of water. Self-care allows us to think clearly, interact better with our teammates, and allows us to push ourselves during tough sets/events.
…shake off bad swims. If needed, they head to the warm down pool to get themselves right before interacting with their teammates again.

Dad Joke

When do monkeys fall from the sky?

During APE-ril showers

Happy Birthday!

Birthdays February 16-28

-2/24 Jordan DeBruhl 11
-2/24 Molly Ivie 16
-2/24 Molly Sproull 17

Upcoming Dates

-3/4-7 Senior Champs
-3/11-14 Age Group Champs
-3/23-27 ISCA Senior Cup
-3/31-4/3 ISCA Showcase Classic
-4/5-11 Spring Break – No Practices
-4/17-18 HNVR Super Hero LC

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Energy Suckers

…show up with a bad attitude.
…complain a lot about being tired, water/air temp, the set, their next event
…talk poorly about their teammates and/or creates drama
…don't cheer.
…are closed off. Arms crossed, head down, and slouched.
…does not try in practice and/or does not pay attention. They are often distracting other teammates as well.
…stay up late and don't get the sleep they need.
…show up late or worse show up on time but gets in the water late
…get upset, moody, or angry easily when things are not going right during practice/ meet or have one bad swim

For some, the short course season is over, but for others we still have some meets left. Regardless, everyone can still practice being an energy generator. Being a energy generator means your being a better teammate. It means you are contributing to an environment that allows for more joy (Hanover Happy), better work ethic (Hanover Hustle), and is more inviting to current and new swimmers! Be an energy generator!

results

High School Regional—February 4

Seasonal Best Times = 31/41=75.6%
Lifetime Best Times = 12/32 = 37.5%
2 Hurricane Records – Cere Duplissey 500 Free 5:23.92; Nathaniel Eliason 500 Free 4:51.88
New Motivational Cuts Avery Jenkins 200 Free A; Hailey Jenkins 100 Fly BB; Colleen Blakeney 100 Fly AA; Sam Castle 100 Back 55.38 AA; Nathaniel Eliason 500 Free 4:51.88 AAA; Alison Everhart 50 Free A; Alex Pruemer 100 Fly A, 500 Free A; Delany Wetzel 500 Free A
New Senior Champ Cuts – Sam Castle 100 Back; Nathaniel Eliason 500 Free; Alex Pruemer 100 Fly

8&U District Championships—February 6-7

Lifetime Best Times 18/21 = 85.7% -
10 New Hurricane Records – 8&Under Girls - Molly Sabo – 100 Free 1:21.01, 50 Back 41.28, 100 Breast 2:15.52, 50 Fly 46.66, 100 Fly 1:41.44, 100 IM 1:33.97, 200 IM 3:25.54,
8&Under Boys - Brayden Mullenaux 50 Back 55.09, 100 Back 1:56.00; Drake Bauer 50 Breast 58.30
New Motivational Cuts – Molly Sabo 100 Free B, 200 IM B, 50 Back BB, 50 Fly B

9-12 District Championships—February 12-14

Lifetime Best Times 186/251 =74.1%
19 New Hurricane Records – 9-10 Girls – Addy Lewis 50 Free 30.93, 100 Free 1:08.10, 200 Free 2:24.32, 500 Free 6:42.47; 100 Breast Regan Strohhacker 100 Breast 1:33.99, 50 Fly 35.31, 100 IM 1:18.50
11-12 Girls – Katie Willard 50 Free 27.74, 100 Free 1:01.13, 500 Free 6:09.94, 50 Back 31.38, 200 Back 2:30.86, 50 Breast 37.75, 100 IM 1:11.08; Teagan Gilhooly 100 Back 1:09.22
11-12 Boys – Chandler Rose 500 Free 5:53.90, 400 IM 5:16.44; Charlie Welsh 50 Back 31.73; Colin Eliason 200 Fly 2:34.73

New Motivational Cuts – Brooks Connor 200 Free B; Eamonn Coyne 50 Back B; Henry Crain 200 Breast B, 500 Free B; Alden Croxton 50 Breast BB, 500 Free B; Dylan Croxton 200 Breast BB; Jordan DeBruhl 100 IM BB; Colin Eliason 500 Free A; Teagan Gilhooly 100 Free A, 100 IM BB, 500 Free BB; Mason Hill 100 Free A, 200 IM BB, 50 Back BB, 50 Free A; Wesley Hill 100 Free B, 50 Fly B, 50 Free B; Addy Lewis 100 IM A, 200 Free AA, 500 Free A; Chloe Lutton 200 IM B, 50 Breast BB; Carter Lynch 100 Back B; Emily Magill 100 Back B, 100 Breast B, 100 IM B;

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9-12 District Championships Continued
Sydney Minton 200 Free B; Alex Patrick 100 Back B, 200 Free B, 50 Back B, 500 Free B; Chandler Rose 200 Breast BB, 400 IM A; Michael Sabo 100 Fly A, 200 Fly BB; Reagan Strohhacker 100 IM A, 200 IM A, 50 Fly A; Charlie Welsh 200 Back BB, 50 Back AA; Katie Willard 200 Back A, 50 Back A, 500 Free BB; Lennon Zyglocke 200 IM BB, 50 Free BB; Lilly Zyglocke 100 Breast B, 100 IM B;
New Age Group Cuts – Colin Eliason 200 Fly, 50 Free; Addy Lewis 100 Back, 100 Free, 200 Free, 50 Back, 50 Free, 500 Free; Michael Sabo 100 Fly; Reagn Strohhacker 100 IM, 50 Fly, Charlie Welsh 200 Free, 50 Back; Katie Willard 50 Back

13&Older District Championships—February 19-21

Lifetime Best Times = 179/247 = 72.5%
Season Best Times = 190/238 = 79.8%
New Hurricane Records 12 – Cooper Early 13-14 200 Back 2:08.49; Nathaniel Eliason Open/13-14 100 Back 55.72, 13-14 50 Free 23.16, 13-14 200 Fly 2:04.08, 13-14 400 IM 4:23.83; Alex Pruemer Open/15-18 200 Fly 2:03.02; Sam Castle Open/15-18 500 Free 5:00.82; Cere Duplissey 15-18 500 Free 5:20.50, 15-18 1000 11:00.32
New Motivational Times – 80 Motivational Cuts – Chris Bergreen 200 IM B, 500 Free BB; Maddie Bottari 1000 Free AA, 200 Fly AA, 400 IM AA, 500 Free AA; Taylor Downes 500 Free AA; Savannah Duda 100 Breast B, 200 IM B; Tyler Earley 1000 Free A, 200 Breast A, 200 Free A; Cooper Earley 100 Back A, 100 Free AA, 200 Back A, 200 Free AA; Andrew Eisele 200 Free B, 50 Free B; Juliann Ellington 100 Breast, 100 Free BB, 200 Breast B, 50 Free BB; Brandon Harvey 100 Back B, 100 Free A, 200 Back B, 500 Free BB; Avery Jenkins 200 Breast BB, 50 Free AA, 500 Free A; CJ Lewis 200 Free BB, 50 Free BB; Jackson Magill 200 Back B, 200 Breast B, 50 Free BB; Olivia Minton 100 Breast B; Whitney Speeks 200 Back A, 200 Free A; Jenna Stevens 100 Breast BB, 100 Fly BB, 100 Free BB, 200 Breast BB, 200 Free BB, 500 Free BB; Mackenzie Strohhacker 100 Free BB, 200 IM BB, 50 Free BB, 500 Free BB; Taylor Whitlow 100 Back B, 200 Fly; Emma Allison 100 Free A, 200 Back BB; Cassie Bauer 100 Back AA, 200 Free AA; Colleen Blakeney 200 Free AA; Sam Castle 100 Fly A, 200 Free AA, 200 IM A, 50 Free AA, 500 Free AA; Cere Duplissey 200 Free AA; Nathaniel Eliason 100 Breast A, 100 Fly AA, 200 Fly AAA, 400 IM AAA; Tyler Hill 200 Back BB, 200 Fly A; Alex Pruemer 200 Fly A, 200 IM A; Emory Sproull 100 Free A, 200 IM A; Dillion Strohhacker 200 Back B, 50 Free BB; Delany Wetzel 100 Breast BB, 100 Fly BB, 100 Free A, 1000 Free A, 200 Free A

New Age Group Championship Cuts 3 – Maddie Bottari 200 Fly; Tyler Earley 200 Breast; Cooper Early 200 Back
New Senior Championship Cuts 8 – Cassie Bauer 100 Back; Colleen Blakeney 100 Fly; Maddie Bottari 200 Fly; Sam Castle 100 Free, 50 Free; Cere Duplissey 1000 Free; Nathaniel Eliason 400 IM; Emory Sproull 200 Breast