



Hanover High School

"Home of the Hawks"

SWIMMING

November 29th



Dear Hanover High Swim Team,

Team website: www.hanoverhighswim.com

Just 3 more days until our first meet!

- 1) **First Swim Meet, Thursday at Randolph-Macon University.** Attached are the entries. Any questions contact me. Be at the facility by 6:45pm. Our warmups will be at 7:10pm. Meet will start at 8:00pm. I will send out a time line for the meet on Thursday morning.
- 2) **Swimmers need to dress up at school on meet day.** This is in the handbook which is on the website. Boys, ties, collared shirts, nice pants and shoes. Girls, can dress the same or wear a nice blouse and skirt ensemble or dress. See you during lunch.
- 3) **Latex team caps** are free, just ask if you need one. **Silicone caps** can be purchased for \$10.00. Make checks payable to "Hanover High School" and see me at practice or at the meet.
- 4) **Cell phones and swim meets.** A reminder, swimmers are not allowed to use their cell phones while at the regular season meets. No cell phones may be used once we step onto the deck until after the final relay has finished. Parents, if you are present at the meet, I suggest you hold on to your swimmer's cell phone so they are not tempted to use it.
- 5) **Papa John's coupon books.** Hopefully everyone has received their initial packet of 3 Papa John's coupon book. They sell for \$10.00 each with \$7.00 coming back to the swim team. If you have not picked up your coupon books, contact Shannon Brooks at brooks9247@comcast.net. Once again we will have a class competition. The class who sells the most coupons books as an average per person, will receive two free Hanover caps with your last name printed on the cap.

- 6) **TEAM PICTURE!** Thursday, Dec 8th. Be on deck at 7:30pm. Wear your team t-shirt and black warmups.
- 7) **First Dine Out! Sportspage.** In the shopping center by the corner of Pole Green and Bell Creek. Monday, December 12th.
- 8) **Two links:** This first one is regarding college swimming and recruiting. <https://swimswam.com/how-to-get-recruited-for-college-swimming/>. The second one is a funny video of a little swimmer looking for his goggles (which are already on his head). [I need my goggles.](#) Both of these links came from the website SwimSwam, an excellent swimming resource.