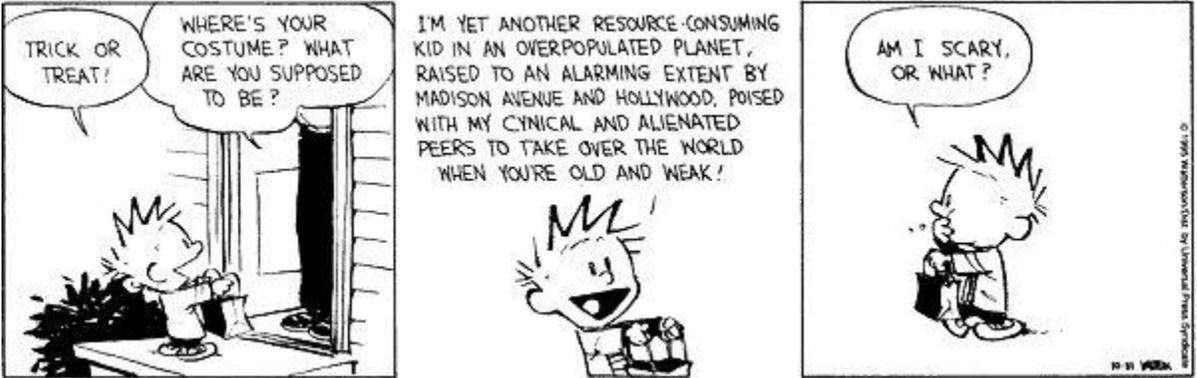


Hanover High School
"Home of the Hawks"
SWIMMING



Oct 24th

Dear Hanover High Swim Team,

1. **Need 4 student volunteers to work the American Legion Community Breakfast this Saturday, Oct 28th** from 7:15-10:15. You will be serving food. You get school volunteer hours for this. If you are available let me know and I will give you the additional details.

2. **New assistant coach:** Lindsey Anderson. (Photograph attached). Lindsey graduated from Old Dominion University in 2017. She is currently working on her Master Degree in Education and working as a substitute teacher for Hanover and Henrico County School systems. She swam on the Varsity team at ODU. In high school she swam for Patrick Henry, year round swim clubs NOVA and Burkwood Aquatic Club, and the Glen Allen Gliders summer swim team.

She taught swim lessons and was the assistant head swim coach at Glen Allen for five years.

Welcome Lindsey.

3. Hanover High alumnae in the college swimming news!

Mattie Grant has started off her college swimming at Washington and Lee with a bang. In her first meet she secured first place in the 1000 and 500 free, and placed second in the 200 free. She will forever have the honor of setting the first pool records in the 1000 and 500 free at the new W&L pool. In her second meet she won the 500 free and took third in the 200 fly helping her team to a 3-0 start. Here is the link to the [roster page](#). Mattie is in the front row on the left.

Jonathan Moss is a freshman on the Barton College swim team. They kick off their season this weekend against Mary Washington.

4. **Less than two weeks from our first practice!** Attached is the list of swimmers who still need sports physicals. Forms need to be turned into the main office to the attention of JACOB PACK, Athletic Trainer.
5. **INTEREST MEETING** on Wednesday, November 1st at the Burkwood Clubhouse. Last building at the end of Burkwood Club Drive. This meeting is primarily for those families and students who have not been on the swim team in previous years, however all can attend. Spread the word!
6. The team calendar (this has all of the team's events) has been added to the team website. The meet schedule has been updated to include the names of the teams for our last two dual meets. Go to hanoverhighswim.com.
7. The first day of practice (Nov 6th) is also the same evening as the PTSA Academic Awards Night. Please attend if you are being recognized and then come to practice as soon as possible.
8. Practices are 7:30-9:00pm at the Burkwood indoor pool located in the Fitness and Aquatic Center. First building on your left.
9. Yes, we have practice on Nov 7th evening though there is no school.
10. Year round swimmers need to attend on Thursday, Nov 9th. This is time trials.
11. **TRYOUTS.** Tryouts, and whether we will need to have tryouts, depends upon the number of swimmers we have coming out for the team. Right now I have 56 who have indicated their interest. Due to space limitations, I would like to keep no more than 50.
12. **Champions Creed. Attached.** Swimmers will be ask to recite the Champions Creed PRIOR to entering the water on the first day of practice. Yes, this is a part of try outs. Students are being given ample opportunity to memorize the Creed.