

**Hanover High School**  
*"Home of the Hawks"*  
**SWIMMING**



Nov 1<sup>st</sup>,

Dear Hanover High Swim Team,

**1. Less than one week out!**

First practice is on Monday, Nov 6<sup>th</sup>, 7:30-9:00pm at Burkwood Swim and Racquet Club. Indoor pool.

Attached is the list of swimmers who still need sports physicals. There are still 20 names on the list. If you do not have a sports physical on file, you can not participate on the swim team. Forms need to be turned into the main office to the attention of JACOB PACK, Athletic Trainer.

**2. INTEREST MEETING TONIGHT** (Wednesday, November 1<sup>st</sup>) 6:30pm, 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!

**3. TRYOUTS.**

Nov 6-9. All 9<sup>th</sup> and 10<sup>th</sup> graders must try out. If you new to the team and are in 10<sup>th</sup> and 11<sup>th</sup> grade, you must try out. If you are in 11<sup>th</sup> or 12<sup>th</sup> grade and have been on the team previously, you do not need to try out.

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.

8<sup>th</sup> graders are not eligible to participate on the team at this time due to the space limitations. However, 8<sup>th</sup> graders, just as with 9-12<sup>th</sup> graders, can be a team manager. Contact me if you are interested.

Year round swimmers need to attend on Thursday, Nov 9<sup>th</sup>. This is time trials.

4. Congrats to senior Bella Seip for making States in golf.

5. Congrats to senior Ross Newton for being voted Homecoming King. Check out this pic: [Homecoming King and Queen](#).

#### 6. College swimmers from Hanover

**Jonathan Moss** has swum his first two college swim meets. Two weeks ago Jonathan started off his college career with two victories (200 IM and 200 Medley Relay) and a second place finish in the 100 breaststroke. Last Saturday Jonathan posted a 3rd place in the 200 Medley Relay, 2<sup>nd</sup> place in the 200 breaststroke, and 4<sup>th</sup> in the 1000 free.

You can continue to check out our college swimmer's exploits by going to the following webpages:

Mattie Grant [Washington and Lee swimming](#)

Jonathan Moss [Barton College swimming](#)

7. Team website: [hanoverhighswim.com](http://hanoverhighswim.com).

8. The first day of practice (Nov 6<sup>th</sup>) 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.

9. Yes, we have practice on Nov 7<sup>th</sup> evening though there is no school.

10. Nov 30<sup>th</sup>. Fall Sports Award Banquet. Students who participated in fall sports are excused from swim practice to attend the Banquet. Just contact me and let me know ahead of time.

**11. Champions Creed. Attached.** Swimmers will be ask to recite the Champions Creed PRIOR to entering the water on the first day of practice, and every practice after that. Yes, this is a part of try outs. Students are being given ample opportunity to memorize the Creed.