



Hanover High School

"Home of the Hawks"

SWIMMING

November 6th

Dear Hanover High Swim Team,

High School swimming is finally here! First day of practice! First swim meet in 22 days!



- 1) Congrats to senior Patrick Townsend.** Later on this month he will be signing his letter of intent to swim for Tennessee. Tennessee is one of the top teams in the nation finishing 20th at last year's NCAA Swim Championships.
- 2) Congrats to Josh Altman,** a member of the Varsity volleyball team. The team advanced to Regional semifinals. Josh will not be able to attend practice on Monday evening as he and the team will be taking on Patrick Henry. Good luck!
- 3) SPORTS PHYSICALS** – Attached is the list of swimmers that still need to turn in their sports physical (as of 11/5 6pm). If you have your sports physical bring it to practice this evening. If you believe it has been turned in, let me know. First check with your child and make sure they turned it in.
- 4)** This week, normal practice Mon-Wed. Thursday night will be Time Trials. Friday I will notify everyone via email regarding the roster. Year round swimmers need to attend on Thursday evening and attend Time Trials to either try out (freshmen and sophomores) or time (juniors and seniors).
- 5) Champions Creed. Attached.** Swimmers need to have it memorized. To get into the water tonight, they will need to recite the Champions Creed. This will occur all week long.
- 6) Apparel and Swim Suits on Mon, Nov 13th.** Please arrive at 7:00 if you need to try on items. We will have sizing kits available. Otherwise you can turn in the order form that evening (coming shortly).
- 7) Paperwork on Mon, Nov 14th.** Parents, the following information will need to be turned in by Mon, Nov 14th. Paperwork to forthcoming. One of you needs to show up on one of these two days to finish off the paperwork. Information you will need:

Emergency card.

Drivers's license and car insurance card (I will need both parent's license. You can make a copy and bring it with you or we can make when you show up).

8) You or your child need to communicate with me about missed practices and events. Stay in touch. Mandatory school events and sickness (with a note) are excusable. A quiz the next day or a cough is not excusable.

9) Saturday, November 11th is Veteran's Day. November 10th is the 242nd birthday of the United States Marine Corps (once a Marine, always a Marine, just don't ask me to fit in the uniform anytime soon). If you can not join in one of the Veteran events being held in the area, then please take moment of reflection and give thanks for the service of these men and women. Whatever your views on the subject matter, no one can doubt that we would not be the country we are today, without the willingness of these veterans to serve.