



## Hanover High School

"Home of the Hawks"

## SWIMMING

November 27th



Dear Hanover High Swim Team,

Just one day until our first meet!

- 1) **TEAM PICTURE!** Tonight! At 7:10pm, so arrive around 7pm. Bring you team jacket if you have one.
- 2) **Tuesday – MEET DAY – DRESS UP AT SCHOOL.** Swimmers are expected to dress up on Tuesday at school. This meets dress pants or khakis, long sleeve collared shirt and tie for boys, a similar nice outfit for the girls. The idea is to draw attention to ourselves and the swim team, and show team spirit and unity.
- 3) **First Swim Meet, Tuesday night, tomorrow night at Randolph-Macon University vs Patrick Henry.** Any questions contact me. Be at the facility by 6:45pm. We are taking a team picture in the hallway just outside of the pool area at 6:55pm. Our warmups will be at 7:10pm. Meet will start around 7:50. I will send entries and a timeline in the morning. Things to know:

All swimmers will participate in two individual events and up to two relays.

NO cell phones at the regular season meets. Once swimmers enter the pool deck the phones are to be put away. No use until after the meet is over. First violation of this rule – the cell phone will be taken away and given to the parent.

NO leaving early from the meet. We have a brief team meeting right after the meet, then the swimmers are dismissed.

Parents need to volunteer to help run the meet. Looks like we still have 3 more spots for the meet tomorrow. Here is the link:

<http://www.signupgenius.com/go/10c054cacab29a2fa7-hanover1>

- 4) **Silicone and latex team caps** are free. Everyone will receive a new cap at the meet prior to warmups.
- 5) **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.