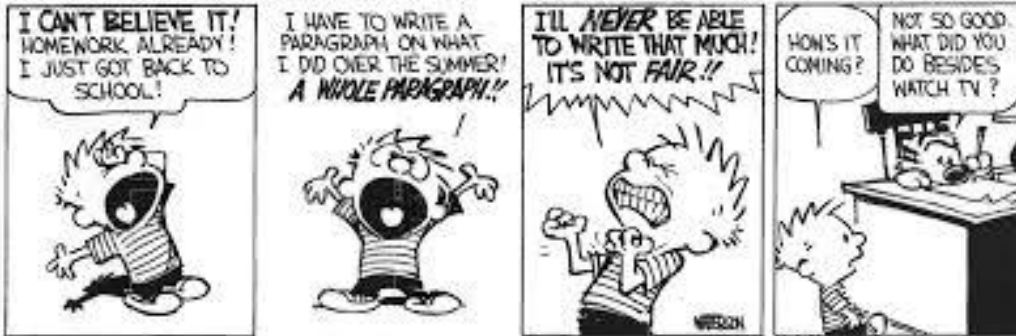




September 13, 2018



Dear Hanover Hawks Swim Team,

For consistency sake, I will try to limit my emails to just Mondays.

1. Emails

- If you wish to stay on this email list, do nothing.
- If you wish to change your email contact, let me know.
- If you wish to be moved to the alumni email list where you will receive team results but not necessarily the weekly emails, let me know.
- If you wish to be completely removed from receiving any emails, let me know.
- If you know of someone who should be on this contact list (new swimmers, etc), let me know.

2. Contacts

Head Coach, George Massey, 804-852-8639, hswimming1@gmail.com

Asst Head Coach, Lindsey Anderson, klindseya@aol.com

3. Attachments:

- ✓ Swim Team Calendar. All practices and meets are posted. We might add a meet on Saturday, January 12th to replace the Kecoughtan Invitational but nothing yet. **LOOK AT THE CALENDAR. ARE THERE ANY CONFLICTS?** The only one I see currently is potentially District Chorus on Fri, Feb 8th. But it is over by 3:30pm and our meet begins at 5pm.
- ✓ Champion's Creed. Need to learn this before the first practice.

4. Forms to fill out and return before the first practice (DON'T DELAY). These absence of these forms is the primary reason why students are not allowed to participate.

- **Sport's physicals are to be turned into the main office to the attention of the Athletic Trainer, Jacob Pack.** It is on the [HHS Athletic website](#). Look on the right hand side and click on "Registration". Then click on "VHSL Physical Form". This must be turned in **PRIOR to the first practice**. Make sure the doctor has signed and DATED where requested. **Make a copy as a precaution.**
- **Emergency Cards** – will be available to fill out on the first day of practice.
- **All other forms** – are on the [HHS Athletic website](#). Look on the right hand side and click on "Registration". Then click on "Athlete On-Line Registration". Must be done **PRIOR to the first**

practice.

- There should be no need to fill out the forms or take a second physical if you have already turned this information in for fall sports. Starting in October I will remind you of forms you need to turn in.
- 8th grade parents, yes you need to fill out these forms and have a physical done. The physical goes to your Middle School AD **FIRST**, but make sure to put a note in with it that a copy needs to go to Hanover.

5. **Swim team Interest/Information meetings:** To be determined.

6. **Tryouts.** The first week is the tryout period. Seniors who were on the team last season do not have to tryout. We have regular practices on Monday, Tuesday, and Wednesday. Thursday is time trials. If cuts need to be made, I will inform swimmers/families by telephone on Friday. Determination on whether you make the team is directly dependent upon your time in the water for the following four events: 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly. Top 25 fastest girls and top 25 fastest boys make the team. Last year we did not have 25 boys so we were able to keep additional girl swimmers.

7. **Team captains.** First call for those swimmers who wish to be considered for team captain. Right now I have limited the candidates to **just the seniors**. Let me know.

8. **Question of the week? Can 8th graders join the team?**

Answer: Yes. **If there is room.** Due to the limited amount of practice lanes available, I can only keep so many swimmers. I have not had eight graders on the team for the past two years. It is not based on speed. I either take all 8th graders or I do not take any. I am looking for one or two 8th graders who would like to be Team Managers. If interested let me know.

9. **Communication.** Email is my preferred way to communicate. However text, phone calls, or face to face meetings work too.

10. **Fundraising/ Finances.** I am reviewing all of the information currently and will send information in a separate email

11. **Hanover Hawk High School Swim Invitational**

The meet will be on Saturday, Dec 15th this year. Mark this down on your calendar. 30+ swimmers from Hanover usually qualify for this meet. We will need assistance from all parents and swimmers. Who wants to sing 'Winter Wonderland' this year.

12. **Officials and Computer Rep.** We need officials – strokes and turns, starters, and referees. We will pay for \ your certification. If you can help out let me know. We need a second computer rep to assist Marti Newton. The computer rep inputs the meet results as the meet is going along.

13. Any questions, contact me.