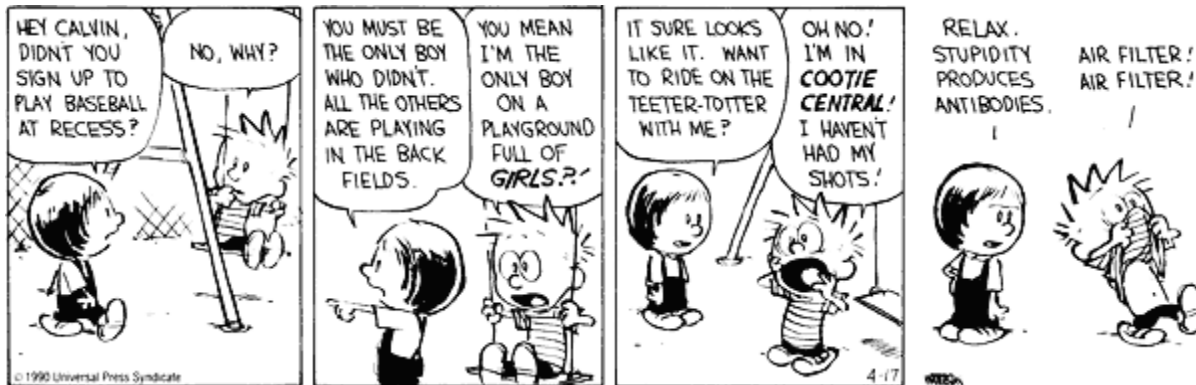




Oct 8, 2018



Dear Hanover Hawks Swim Team,

1. Attachments:

- ✓ Roster and form check off. Review the roster. Do I have your child's name, age, year of school correct? Is there anyone I am leaving off the list that you know will be trying out for the team.
- ✓ Right now I have only been monitoring who has turned in sport physicals. An "x" means your sport physical has been received and accepted.

2. **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.

On-line Registration. Even if you registered last year, you must re-register online through the Hanover Athletic website. Go to the website, click on "More". Go to the left side all the way down and click on "Athlete On-line Registration 2018-19".

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

4. **Tryouts.** CORRECTION. Those senior AND JUNIORS who have previously been on the team are exempt from having to try out. First week of practice: 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.

5. **Team captains.** Second 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.

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

7. 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. The following teams have been added to the meet this year: Blacksburg, Bruton, James River, JR Tucker, King George, and Lancaster. This will be the largest Hawk Invitational ever with the expected number of swimmers to go over 500. Last year we had 398.

8. 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.

9. VOLUNTEERS NEEDED

American Legion Community Breakfast



Saturday, Oct 27th
7:15-10:15am
8700 Bell Creek Rd

Students receive volunteer hours. Let me know if you can help out. A reminder, because of our assistance in the past with this monthly community breakfast, the American Legion has generously donated the use of their banquet hall for our annual awards dinner. Please help out if you can.

10. Any questions, contact me.