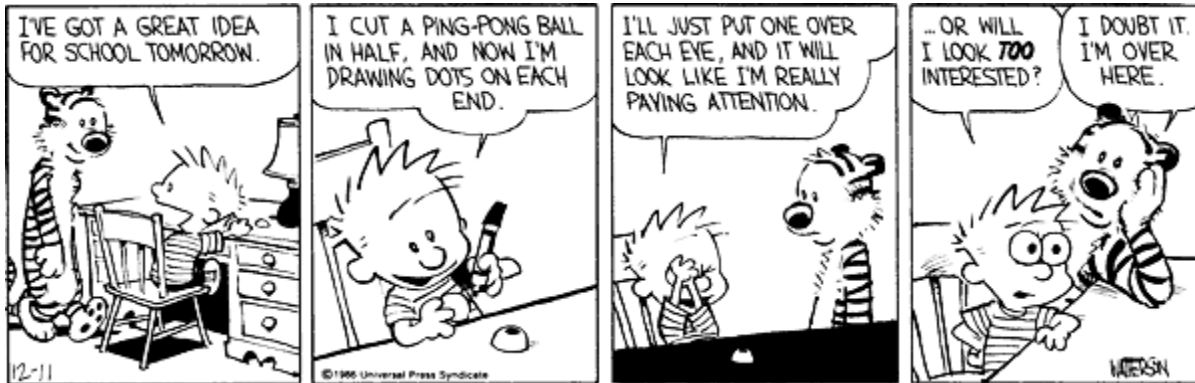




October 23, 2018



Dear Hanover Hawks Swim Team,

These emails will now be coming on Tuesdays. Mondays just seem to be too busy of a day.

1. **Attached is the updated list of confirmed sports physicals received.** There are still many outstanding. No student will be allowed to participate until this form is on file. With first practice on November 5th, you need to get this form into the Hanover High main office no later than Thursday, Nov 1st. It does take a certain amount of time to process.
2. **Make sure to register your child through the Hanover Athletic website.** Go to the website. Click on "More" and look under "Registration"
3. **Swim team Interest/Information meetings:** There will be no formal interest/information meeting this year. These email are providing the appropriate information. Announcements will be coming out through the various Hawk electronic and school announcements.
4. **Attached is the swim meet schedule.** The meet on January 29th is still awaiting an opponent name and place. Working on a double dual meet for Saturday, January 12th. Currently have one team on board (Atlee) and three other teams considering. It would start at 12:30pm and be at SwimRVA.
5. **Varsity lettering requirements.** Same as last year. Everything is spelled out in the Team Handbook located on the swim team website at hanoverhighswim.com.
6. **APPAREL.** All swimmers need to purchase the team bathing suit OR an all black competition suit. In the near future I will be sending you a link to order the team suit. ALL swimmers receive one free silicone swim cap and one team t-shirt. NEW swimmers receive one free set of team warmups. These items are paid for through fundraising and hosting the Hawk Invitational. Sweatshirts, additional t-shirts, replacement warmups and swim caps, and other apparel as offered can be purchased. An order form will be made available.
7. **Hanover Swim Committee meeting this Sunday at 4pm at the Burkwood Clubhouse.** If you are interested in being a parent leader on the team, please join us this Sunday, October 25th. Primary agenda items will include review of the season, review of financial position, discussion the various team social and

fundraising activities, identifying volunteer needs, and preparing for hosting the Hawk Invitational and the 4B Regional Championship.

8. **Hanover Hawk High School Swim Invitational.** The meet is now closed to additional teams. We are up to 24 teams having added James River Charlottesville, and New Kent.
9. **CHAMPIONS CREED.** Attached. Before a swimmer can enter the pool and begin practice, they will need to recite the Champions Creed in its entirety. Every year a few swimmers come to practice without the full realization of what this means. It means exactly what it says. When the first practice begins, swimmers will be lined up and, one by one, will be asked to recite the Champions Creed. If you do so, you are allowed to enter the water. If you are unable to, you go to the back of the line, study, until it is your time again, and continue to do so until you are able to recite it correctly. We will do this again on day two, day three, and day four, until the team members are set.

The reciting of the Champions Creed is important for a number of reasons. 1. It shows the coaches, your fellow teammates, and yourself, your strong desire to be a member of this team. It is the first test and one that is completely, 100%, in the student's hands. Secondly, the Champions Creed is the foundation of what the swim team is built upon. The success of our program, the dual meet victories, the Conference and Regional team titles, the State titles, these are a product of a Champions Creed that focuses on building an outstanding person, and not just an outstanding swimmer. If all a student on the swim team takes away from the Hanover High swim team is the Champions Creed, that is more than enough.