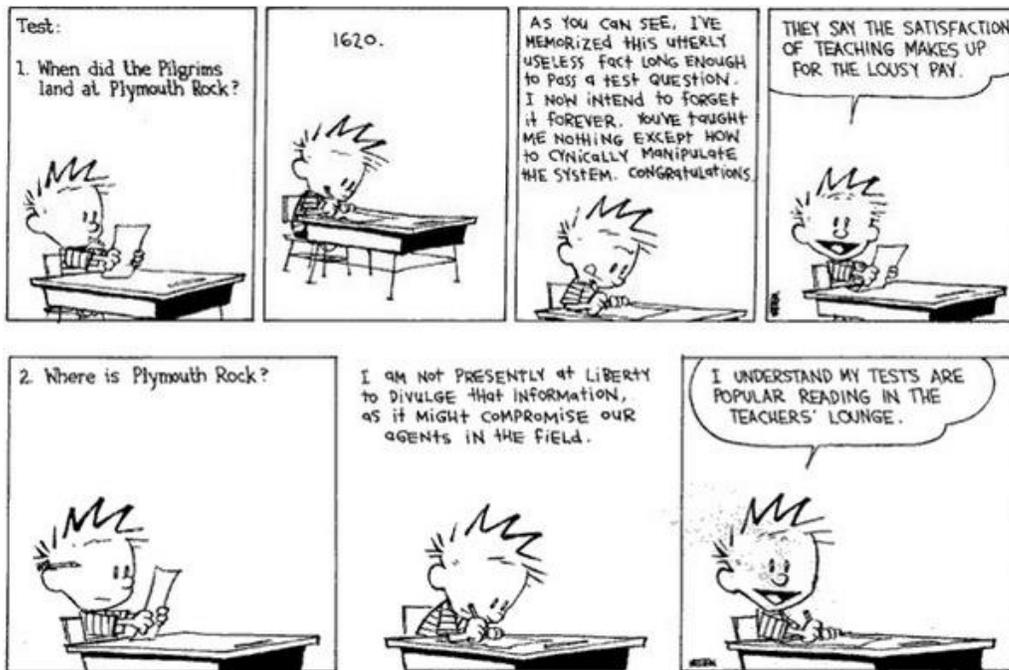




November 20, 2018



Dear Hanover Hawks Swim Team,

1. **Wednesday practice is 6:00-7:30pm**

2. **HAWK INVITATIONAL T-SHIRTS ARE HERE!**

- Shop Now: [https://www.bsnteamssports.com/v3/shop/team\\_shop/HAWKSWIM18](https://www.bsnteamssports.com/v3/shop/team_shop/HAWKSWIM18)
- Store Open From: November 8 - December 3, 2018

ALL shirts have the Hawk Invitational logo on the front left side of the shirt as shown on the short sleeve shirt. Shirts will be distributed at the Hawk Invitational. No sales at the meet itself.

3. **TEAM T-SHIRTS** will be distributed at **MONDAY's practice**. If you are not there you can pick up at the swim meet on Tuesday. No status on warmups or swim suits at this time.

4. Only three more practices until the **FIRST MEET!**

Tuesday, Nov 27<sup>th</sup> vs Patrick Henry and Hermitage  
Brock Center at Randolph Macon College

Parking: there is a lot next to the facility. There is additional parking across the railroad tracks to the right. In the facility at 6:45PM. We will not be able to enter the pool area until after 7pm due to the college team practicing. The team will sit on the far side of the pool near the starting blocks.

- |               |   |
|---------------|---|
| 7:10pm        | Warmups, host team, and Hermitage (Lane 6)                                |
| 7:25pm        | Warmups, visiting team, Patrick Henry (Lanes 1-4), Hermitage (Lanes 5-6). |
| 7:25pm        | Official's meeting (meet at the starter)                                  |
| <b>7:35pm</b> | <b>Timer's meeting (meet at the starter)</b>                              |
| 7:42pm        | Coaches and captains meeting with referees (meet at the starter)          |
| 7:50pm        | National Anthem   |

7:53pm                      Meet Start  
After the 50 free        15 minute break

Coaches determine entries. Swimmers are expected to swim all events, not just their favorites or 'best' events. **SWIMMERS ARE NOT ALLOWED TO USE THEIR CELL PHONES AT THE SWIM MEET.** This starts once we step onto the deck until after the team meeting at the end of the meet.

5. **TEAM SPONSORSHIPS.** Attached is information on Team Sponsorships. There are different levels that businesses and even individuals can participate. If you have any questions please contact myself, Judy Fox, or Marti Newton. If you know of a business who might want to sponsor the swim team specifically and Hanover HS as a whole, please forward to them. As I went over at the Pot Luck dinner. The Hanover boosters provide \$5,000 toward the cost of practice and swim meet rentals. This is around 50% of the actual cost, so we need the support. All donations are tax deductible.

6. **LOST AND FOUND BOWL** from the PotLuck Dinner. Nice bowl, let me know if it is yours so I can get it back to you.

7. **FALLS SPORTS AWARD BANQUET** is on Nov 29<sup>th</sup> at the Hanover HS auditorium. 6:30 refreshments. 7:00 ceremony. If you are attending, and all students who participated in a fall sport should be attending, let me know. This is an excused absence.

8. **TEAM PICTURES: WED. DEC 5<sup>TH</sup> AT 7:30.** Wear your team t-shirt and warmups.

9. **BE HEALTHY.** Starting to get the calls about swimmers not feeling well. Rest, eat healthy, hydrate with water (not sodas), wash hands constantly. If you are feeling rushed, or stressed, take a moment for yourself and calm yourself. It maybe 10 secs, 1 minute, 10 minutes, a power nap. Take the time needed to become balanced and in control.