

The EYE of the HURRICANES

Heading to the Next Level

Hurricanes Swimmers to Compete at Speedo Sectionals in Iowa



March 12-15 several HSC team members will compete in IA at the Speedo Sectional Championships. This is a great next step for our team. Last year, Nate Stone was our team's sole participant; this year he is looking forward to having teammates and relays, "I'm

excited to go and do team things, go out to eat and cheer people on. Having relays is one of the best parts... It's cool to see the team headed in this direction. We've been trying to become more competitive for a while, and now were making real progress." (Nate Stone).

HEADING TO THE NEXT LEVEL: HOSTING MEETS AT THE UMAQUATIC CENTER

This year we will be hosting two meets at the University of Minnesota Aquatic Center (May 30-31 and July 11-12). These are great opportunities for our team to work and race in one of the best facilities in the United States!

We will need full team support! Both weekends will be long days with



hundreds of swimmers and families attending.

Let's focus, plan and prepare to run fantastic meets so that all swimmers have the greatest opportunity for excellent swims, and all families have a terrific experience due to our organization and hospitality.

Vision

To be a competitive swimming team in which all members serve the team and the community.

Mission

To develop exceptional swimming skills, character and friendships.

Values

Selflessness, Trust, Ambition, Respect (S.T.A.R.)

Objectives

To be consistently recognized as a MSI leader in such areas as club structure, coach development, team character, swimming skills, parent support and overall reputation.

Club Website:

www.hopkinshurricanes.com

Board of Directors:

board@hopkinshurricanes.com

Club President:

president@hopkinshurricanes.com

Club Registrar:

registrar@hopkinshurricanes.com

Club Treasurer:

treasurer@hopkinshurricanes.com

Program Director:

coachscott@hopkinshurricanes.com

CHAMPIONSHIP MEETS

We are closing in on the end of the fall-winter season and approaching the championship meets! Let's finish strong! **Three things to know:**

1. Swimmers must have verifiable qualifying times for any championship meet.
2. Teams may bring all qualifying swimmers (there is no maximum number of entrants).
3. We will automatically enter swimmers who qualify in one championship meet for the next meet (unless notified by a parent).

C Finals @ St. Kate's (Feb. 28 - Mar. 1)

We are hosting this meet at St. Kate's... The volunteer sign-up is now posted on the team website. Let's make a great meet and sharpen our skills for next level hosting at the UM!

MRC's @ Edina (Mar. 6 - 8)

The MN Regional Championship meet is for swimmers with MN A times and MN B times.

Speedo Sectionals @ Iowa (Mar. 12 - 15)

Let's go swimmers! Represent our team well!

Sr. State @ UM (Mar. 13 - 15)

13 & Over swimmers with MN "CH" times... Have fun! Swim Fast! Bring it home!

Age Group State @ Rochester (Mar. 19 - 22)

12 & Under swimmers with MN "CH" times... Have fun! Race hard! Parents, make sure you have planned for travel and/or accommodations.

Hopkins 8&U Champs @ Eis (Mar. 20)

Save the date! Details coming!



LEADERSHIP SPOTLIGHT: SETTING GOALS FOR YOUR CHAMPIONSHIP



I didn't always think I would swim the English Channel (about 22 miles in 60F water without a wetsuit). It has been a journey just to get to where I can say "I am going to try!" It is a big goal and I have had to break it down into smaller goals. As the saying goes, "How do you eat a big grey elephant?... One bite at a time."

Goal setting is important and one key is in breaking down the goal and working each detail. If I wanted a faster pool swim, I would look at each piece: the start, the turns, breakout strokes, hand entry, breathing, kick timing...also looking beyond the pool: specific muscle development, nutrition, visualization. My coach would help define and identify specific areas of focus.

There are certain things we can all do to get faster; then, there are other things which are specific us as individuals that we can help us reach our goals.

It is the same with the English Channel. I have spent two years researching my training to develop personalized nutrition plans, cold water acclimation strategies, and my own training cycle.

I just finished a resting phase, focused on strengthening my support muscles to get my body and mind ready. Now, I will begin to increase my mileage and kick-in my training cycle this spring, giving me a full four months before heading over to England!

I hope you reach your goals, too!

(Karen is a Board Member for HSC and MN Masters)



HSC REACHING LEVEL 2 - USA SWIMMING CLUB RECOGNITION

Congratulations to our Board of Directors! Hopkins Swim Club will soon be one of only 3 teams in MN to reach Level 2 in the Club Recognition program -- recognizing clubs for developing a blueprint to maintain a strong, stable, financially sound and athletically productive program. Way to go team!

7 C'S: COMPETE, COOL-DOWN, COACH, CLOTHES, CCHEER, CONGRATS & CLEAN-UP



We now have SEVEN C's to follow at all meets...

Compete: We always have several goals at meets... Have fun, race hard, enjoy teammates, achieve best times, learn about success and failure, win awards, etc. The harder you compete, the greater your chance of reaching all of these goals!

Cool-Down: After every swim, we expect all swimmers to cool-down (physically and sometimes emotionally). That can be stretching, walking, a shower, etc. If there is a cool-down pool, our 13+ swimmers should always use it; 11-12 need coach approval; 10&U should not be in it.

Coach: We expect all swimmers to talk to their coach for encouragement and feedback about each race.

Clothes: Staying warm is important for best racing results. Put on your team warm-ups!

Cheer: This is great for your teammates and great for you! Cheering for each other makes for best times (in the pool) and a great time as a team!

Congrats: Family and friends are so important! Swimmers should take time with mom, dad, grandma, grandpa...during a meet for hugs, high-fives, a snack, etc.

Clean-Up: Let's make sure that on the deck and in the stands, our space is as clean as we can make it... especially when we leave.



At the Movies with HSC!
[CLICK HERE](#) to attend the private screening of "Touch the Wall"!



GREAT BREASTSTROKE TECHNIQUE (BODY POSITION)

Great head position!

- Neck inline w/ spine
- Eyes focused on water just in front of her.

Great hands!

- Skimming forward just under the surface
- Hands streamlined (a bit like "praying hands")

Great elbows!

- Shallow and forward
- Pushing hands forward



Great back!

- Straight back.
- Rising over the water to draw her hips forward preparing to dive forward.

Great hips/lower back!

- Just under the surface
- Inline set up for the trajectory of her kick

ARE YOU READING YOUR NEWSLETTER?



I put an intentional error in the newsletter to see who's looking closely! The first swimmer to email me and identify the error wins a free team cap! (And that's a hint).

S.T.A.R. SPOTLIGHT



Sophia Fries

In August of 2014, two-year-old William DeWitt -- twin son of Bobby DeWitt, 7th grade Social Studies Teacher and Head Coach of Wayzata High School Baseball -- was diagnosed with a brain tumor. After brain surgery and numerous rounds of chemotherapy, William will now be receiving a specialized treatment requiring an extended stay in Chicago.

When Cyclone swimmer, Sophia Fries learned of William's battle, she took this journey to heart, seeking ways to support the DeWitt family.

- **First**, after asking the DeWitt family if they would allow her to help, Sophia created a plan for fundraising.
- **Second**, she created a fundraising committee; they designed and ordered elastic wristbands to sell, and organized a Night Out for William with agreement from the Plymouth Grand 15 Theater to provide a percentage of revenue on Tuesday, February 24th.
- **Third**, Sophia secured private transportation for the family (Bobby and twin brother Samuel who been staying at home in MN) to visit William in Chicago during his treatment.

Perhaps you can consider going to a movie as a family on Feb. 24. Perhaps you can buy a wristband (we will have them at C Finals). Perhaps you can keep the DeWitts in your thoughts and prayers while being thankful for your family.

Great job being a STAR, Sophia!

JANUARY BIRTHDAYS

- Wynter Pilate (8)
- Piper Crosby (9)
- Katy Ellis (9)
- Genevieve Gellerman (9)
- Abby Barnier (10)
- Mila Koivula (10)
- Drew Bjork (11)
- Daniel Lainsbury (11)
- Jason Chu (12)
- Charlie Hartman (12)
- Ryan DeLozier (13)
- Claire Donesky (13)
- Hattie Kugler (13)
- Henry Hein (14)
- Trey Waterman (14)
- Autumn King-Peterson (15)
- Jade King-Peterson (15)
- Ellie Miranda (15)
- Jackson Gozales (18)



Calendar

- Feb. 4, 2015 (6:30pm)**
C/Pre-C Intrasquad @ NJH
- Feb. 14-15, 2015 (all day)**
RIPT Invitational @ Apple Valley
- Feb. 18, 2015 (6:30pm)**
C/Pre-C Intrasquad @ NJH
- Feb. 28 - Mar. 1, 2015 (all day)**
C Finals @ St. Kate's (volunteer!)
- Mar. 6 - 8 (all day)**
MRC's @ Edina
- Mar. 12/13 - 15 (all day)**
Speedo Sectionals @ Iowa City IA
Sr. State @ UM
- Mar. 19 - 22 (all day)**
Age Group (12&U) State @ Rochester
- Mar. 20 (6:00pm)**
Hopkins 8&U Championships @ EIS

FEBRUARY BIRTHDAYS

- | | |
|------------------------|--------------------------|
| Hattie Herdina (8) | Annica Schultz (12) |
| Will Kirven (9) | Grace Kruse (13) |
| Chloe Buschmann (10) | Charlie Pihart (13) |
| Nikos Mandravelis (10) | Molly Meland (14) |
| Logan Norrid (10) | Alexander Olson (14) |
| Owen Winecoff (10) | Claudia Stone (14) |
| Andrew Barajas (11) | Julia Cornell (15) |
| Nick Haseman (11) | Andrew Nealy (15) |
| William Dziuk (12) | Gabriel Silva Reina (15) |
| Spencer Mateega (12) | Graham Ganser (18) |
| Elizabeth Orton (12) | Carston Hernke (18) |