



October 1, 2025

# Hurricane Penguins Newsletter

## Upcoming Events

**October 4**

Goal Setting Activity

**October 10-12**

IMX Challenge Meet

**October 24-25**

Halloween Town Meet

**October 31-Nov. 2**

Arena Challenge Meet



## Goal Setting

At the start of every season, swimmers of all ages and levels benefit from setting goals. Goals give us direction, keep us motivated, and help us see just how far we've come. Whether you're aiming for faster times, sharper skills, or simply more enjoyment in the pool, setting goals is one of the best ways to grow as an athlete and as a person.

### Why Goals Matter

When you set a goal, you're creating a roadmap for your swimming journey. Goals turn big dreams into smaller, achievable steps. Instead of just "wanting to get faster," a goal might be, "I want to drop two seconds in my 100 freestyle this season." That way, you can focus your training and celebrate progress along the way. Goals also help swimmers stay motivated on tough days, reminding you why you're putting in the effort.

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## News & Notes Notes

We still need to fill the Hospitality Chair position!! This position plans simple buffet style lunches and coordinates the setup for meet officials and coaches during our home meets.

**We NEED YOU!**

Training and mentorship is provided - you won't be left to figure this out on your own. This position fulfills an ENTIRE season's worth of volunteer points.

Text Meg O'Connell at 248-431-0830!

## Resources

\*Website: [www.penguinssc.com](http://www.penguinssc.com)

\*Sports Engine Motion App: [iOS](#) or [Android](#)

\*Parent Facebook Group:

[facebook.com/groups/hurricanepenguinsparents](https://facebook.com/groups/hurricanepenguinsparents)

\*Team Facebook Page: [facebook.com/HurricanePenguins](https://facebook.com/HurricanePenguins)

\*Contact us! [-Click Here -](#)

## Goals continued...

### Types of Goals to Try

- **Time Goals:** Work toward improving a personal best, such as cutting a few seconds off a 50 free or aiming for a championship qualifying cut.
- **Skill Goals:** These are just as important as time drops! Examples include holding a tight streamline off every wall, keeping a legal kick in all four strokes, or nailing consistent turns.
- **Process Goals:** Focus on effort and consistency, like showing up to every practice ready to give your best.
- **Fun Goals:** Swimming is a lot of work, but it's also supposed to be fun! A great goal might be to enjoy racing with teammates, try new events, or leave practice each day with a smile.

Every goal achieved, big or small, is worth celebrating. Dropping time, mastering a skill, or remembering to streamline every wall are all wins that show growth. And remember, even when goals take longer than expected, the effort you put in makes you a stronger swimmer.

So this season, think about what you'd like to accomplish in the pool. Write your goals down, share them with your coach, and get ready to chase them one lap at a time. The most important goal of all? Keep having fun in the water!

Join us for our team goal-setting practice on Oct. 4 at TIME? Swimmers will be making posters to bring home and hang up to remind them of the goals they set for this season!

### Event Details

Attend / DeclineJob Signup

## HVP IMX Challenge Meet

Oct 10, 2025 - Oct 12, 2025 | MilfordHigh School, 2380 S. Milford Rd, Highland, MI 48357, USA

### EVENT INFORMATION

Event Location: MilfordHigh School, 2380 S. Milford Rd, Highland, MI 48357

Start Date Time: Oct 10, 2025End Date Time: Oct 12, 2025

Job Signup Deadline: Oct 12, 2025

### DESCRIPTION

All swimmers are expected to attend.

All families are expected to volunteer. Reminder all families are required to volunteer for the season. Volunteering at swim meets is the best way to earn these volunteer points not earned on April 1st, 2026.

Volunteering is fun and a great way to support your swimmer, the club and the swimming experience with your swimmer.

When committing your swimmer to attend Commit "YES" please enter in the 11 & older swimmers will swim events each day. 10 & U swimmers Saturday Coach Janette has final decisions on all meet entries.

Please do not enter questions in the notes box. This box is only to note days of swim.

Please click on the meet documents for all the details of the meet.

### FORMS / DOCUMENTS

HVP IMX Challenge 2025 V2.pdf

### Meets - Sign Up & More

RSVP to each meet. Use the "notes" section to let coach know anything she may need to know here. ie "can only swim Saturday." When it comes to choosing what events to put your swimmer in, If you're not sure, you can leave the boxes unchecked and coach will make the best selection for your swimmer.

You'll see this for any meet or event with available volunteer opportunities. Take the opportunities when you have them!

Address to the pool, with important dates to keep in mind, can quickly be found here.

Always read the description! This is where coach puts important details notes you need to know about a meet.

You should always review the entire meet packet. It will tell you location, times, and any other meet specific details you need to know including what session each day your swimmer is swimming in. (Different ages swim at different sessions each day.)