



November 15, 2025

Hurricane Penguins Newsletter



Upcoming Events

November 17
Team Pictures - Hartland

November 19
Team Pictures - Lakeland

December 6-7
Holiday Blast Meet

December 12
Penguins Holiday Bowl

Dressing for the Weather

It's important for all swimmers to dress warmly when leaving practice. After spending time in the pool, the body temperature is lower and their immune system can be more vulnerable to the cold. A parka, sweatpants, socks and shoes, and a dry towel or hat for hair can make a big difference. Parents, please check that your swimmer packs warm clothes each day—especially for evening practices or meets when it's colder.

Resources

- *Website: www.penguinssc.com
- *Sports Engine Motion App: [iOS](#) or [Android](#)
- *Parent Facebook Group: facebook.com/groups/hurricanepenguinsparents
- *Team Facebook Page: facebook.com/HurricanePenguins
- *Contact us! [-Click Here -](#)



Staying Healthy & Motivated through the Winter

As the weather cools down and daylight hours shrink, maintaining energy and motivation can get a little tougher for swimmers. Between school, practices, meets, and the busyness of the holidays, this time of year can challenge even the most dedicated athletes. Here are some friendly reminders and practical tips to help your swimmer stay strong, healthy, and inspired all winter long.

Prioritize Rest and Recovery - Swimmers are used to pushing hard in the pool, but quality rest is just as important as quality training. Encourage consistent bedtimes and enough sleep (even if they insist they're not tired). Rest days, naps, and downtime all help muscles repair and keep immune systems strong.

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Health & Motivation Continued...

Fuel Like a Swimmer - Cold weather can bring comfort-food cravings, but swimmers still need balanced meals to fuel long practices. Emphasize lean proteins, complex carbs (like oats, brown rice, or whole-grain pasta), colorful fruits and vegetables, and healthy fats. Hydration matters too—even when it's chilly, dehydration can still happen in the warm pool areas. Keep a water bottle handy at practice and throughout the day.

Stay Healthy Out of the Pool - Winter also means cold and flu season. A few small habits can make a big difference:

- Wash hands often (especially before eating or after practice).
- Keep an extra towel or wear your parka for warmth between events.
- Change out of wet suits quickly after swimming.
- Don't share water bottles or snacks at meets. If a swimmer is sick, it's okay to rest and recover rather than risk a setback or spread germs to teammates!

Keep Motivation Flowing - The middle of the season can feel long—but it's also when swimmers make the biggest gains. During this time, it's helpful and encouraging to remember to set short-term goals for each week or meet (like improving a turn, or pacing a race better), and to celebrate even the small victories, not just personal bests. Remember progress often happens quietly before it shows up on the scoreboard.

The training your swimmer is doing now, is building the foundation for faster swims later on. Every practice is contributing to long-term growth. Keep the focus on the effort and the joy of swimming, and this winter will be a season of health, growth, and success!

Greater Kzoo Arena Challenge Meet Improvements

Gorski, Nora 10 & Under 100 Back-2.96, 100 Breast -2.36, 100 Free-0.95, 200 IM -7.33 AA Time, 50 Fly-0.77 AA Time; Gostlin, Claire 100 Breast-0.12, 1650 Free-38.96, 200 Breast-1.25, 200 Fly-1.07, 200 Free-0.21; Hoffman, Nico 11-12 100 Back-1.69, 100 Fly-3.97, 100 IM-1.33, 200 IM-2.55; Hunter, Domenica 11-12 100 Fly-5.41; Kiebel, Karl 13 & Over 200 Breast-0.21, 200 IM-6.21; Mayer, Corinne 11-12 100 Fly-0.42 AAA Time, 200 Fly-3.13, 400 IM-1.98, 50 Fly-0.98 AA Time; Mullett, Lyla 11-12 100 Back-0.70, 100 IM-12.76, 50 Fly-4.97

25th Annual Red, White, & Blue Meet Improvements

Campbell, Jackson-Open 100 Free-0.23 BB Time; Carr, Skylar 11-12 50 Breast-1.56 B Time, 50 Free-1.97 BB Time; Cazan-London, Daniel Open 50 Fly-2.78 B Time, 50 Free-1.06 B Time; Day, Ethan Open 200 IM-1.63 BB Time; Glynn, Tyler 11-12 100 IM-2.03 BB Time, 50 Fly-5.12 B Time; Gorski, Nora 10 & Under 50 Back-1.47 AA Time, 500 Free-11.10 AA Time; Maravolo, Nathaniel 10 & Under 50 Breast-2.46 A Time, 500 Free-11.36 A Time; Maravolo, Thomas 11-12 100 Back -2.78 A Time; Nguyen, Owen 10 & Under 500 Free-13.12 BB Time; O'Connell, Scarlett 11-12 500 Free-3.37 B Time; Schulze, Harper Open 50 Back-0.44 A Time; Smith, Annabelle 10 & Under 100 IM-4.28 B Time, 50 Fly-10.02 B Time; Smith, Michael Open 100 Back-1.54, 100 Free-1.29 BB Time; Zundel, Sierra 10 & Under 50 Breast-19.17 B Time.