



December 15, 2025

Hurricane Penguins Newsletter

Upcoming Events

December 15

Team Holiday Party

January 10-11

DCAC Go the Distance Meet

January 31

Guppy Bowl Meet

February 14-15

Best Valen-times Meet



Resources for Growth

With so much information at our fingertips, it's important swimmers and families are able to find reliable resources they can trust. As of late, many Tik Tok videos and other reels have become a prominent source for swimmer education and quick tips, but unfortunately, there is often lots of misinformation out there. Coach Janette is encouraging swimmers to look, instead, to trusted sources for technique and training tips. A great place to start is by visiting the USA Swimming website's [USA Swimming University](https://www.usaswimming.org/usa-swimming-university), a free and trusted resource for both parents and swimmers. There are also subscription/membership platforms like [The Race Club](https://www.theraceclub.com) and [GoSwim.TV](https://www.goswim.tv), which offer technique information that coincides with what they are being taught daily at practice.

In addition to technique, mental training is just as important as the work your swimmer is doing in the water. Again, USA Swimming's [Mental Training and Wellness](https://www.usaswimming.org/mental-training-and-wellness) page offers excellent resources for education and growth when it comes to helping your swimmer sharpen their mental game and perform at their best.

Practices During Holiday Break

During the holiday break, practices will be happening! Locations will vary between Milford and Hartland pools, so be sure to review the practice calendar on the website before heading out. For our Royal and Senior swimmers, don't miss out on the chance take on our Holiday Distance Challenge! (See Coach Janette for details.)

Resources

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

Sla Holiday Blast Results

Daniel Cazan-London 13-14 100 Free 1:04.04Y-2.38, 200 Back 2:44.22Y-2.06, 200 Free 2:27.43Y-5.33; **Charlotte Collar** 11-12 100 Back 1:18.76Y -4.06 BB Time, 100 Free 1:08.80Y-1.24 BB Time, 200 Free 2:38.52Y-11.53 B Time, 50 Fly 36.86Y-0.18B Time; **Greyson Day** 11-12 100 Back 1:39.51Y-5.35, 100 Fly 1:41.88Y -4.78, 100 Free 1:18.32Y-0.94, **Adrian Deich** 13-14 100 Back 1:17.35Y-6.68, 100 Fly 1:21.30Y-13.63, 100 Free 1:07.08Y-1.73, 200 Back 2:54.89Y-11.89, 50 Free 29.61Y-2.69 B Time; **Julianna Fenton** 10 & Under 50 Breast 56.68Y -1.28, 25 Free 18.37Y-1.71, 50 Free 41.81Y-2.18; **Wyatt Fenton** 10 & Under 50 Breast 52.63Y-4.92 B Time, 100 Fly 1:54.77Y-4.92; **Jesse Filice** 10 & Under 100 IM 1:48.25Y-1.36; **Tyler Glynn** 11-12 100 Back 1:16.40Y-2.84, 100 Breast 1:27.09Y-1.63, 100 Free 1:02.86Y-2.14, 100 IM 1:14.62Y-1.14, 200 Free 2:17.70Y-4.28, 50 Breast 40.24Y-0.78, 50 Fly 34.50Y-1.39, 50 Free 28.73Y-0.70, **Nora Gorski** 10 & Under 100 IM 1:19.70Y-2.13, 50 Back 36.08Y-0.04, **Nico Hoffman** 11-12 100 Back 1:34.89Y-7.83, 100 Free 1:19.47Y-1.54, 50 Fly 42.01Y-1.87, 100 Breast 1:47.53Y-1.99, 50 Free 34.15Y-2.32, 500 Free 7:04.74Y-14.07 B Time; **Domenica Hunter** 11-12 50 Free 35.36Y-0.27; **Madeline Maravolo** 13-14 100 Back 1:05.73Y -1.46 A Time, 100 Free 1:01.31Y-1.99, 200 Back 2:21.62Y -1.81 A Time, 200 Free 2:12.53Y-1.44, 500 Free 5:34.55Y-4.57 AA Time; **Thomas Maravolo**, 11-12 100 Fly 1:13.56Y-0.28, 100 Free 1:02.33Y-3.42; **Jovie Rickens** 13-14 100 Free 1:02.39Y-2.73, 200 IM 2:35.04Y-1.11; **Declan Scherer** 10 & Under 100 IM 1:41.65Y-15.61 B Time, 50 Breast 53.99Y -1.15 B Time, 100 Back 1:48.06Y-7.59, 100 Free 1:30.60Y-4.25 B Time, 200 Free 3:26.45Y-11.06; **Emily Sherman** 9-10 100 Fly 1:52.44Y-10.22B Time, 100 Free 1:20.49Y-4.32 BB Time, 200 Free 2:56.75Y-4.60 BB Time, 50 Free 36.84Y-0.70; **Savanna Siler** 10 & U 100 Back 2:08.90Y-15.99, 50 Free 53.09Y-0.88



2025 TYR NCAT Winter Invite

Claire Gostlin 13 & Over 400 IM 1st place 4:32.90Y AAAA Times-1.00, 100 Fly 1st place 59.21Y 1:00.04Y-0.83, 200 IM 1st Place 2:09.53Y -0.25; **Brooke Lindsey** 11-12 100 Back 1:08.02Y AA Times -1.10, 100 Free 1:00.17Y AATimes-0.78, 200 Back 2:25.49Y AA Time -3.17, 200 Free 2:09.74Y AA Time -1.05, 50 Back 32.06Y A Times -0.37, 50 Fly 30.59Y A Times -0.24, 500 Free 5:44.42Y AA Time -4.74; **Corinne Mayer** 11-12 100 Free 58.41Y AAA Times -0.78, 200 IM 2:27.19Y AA Times-0.27, 50 Breast 36.64Y -0.77, 50 Fly 29.16Y AA Time-0.33; **Mia Rosender** 15 & Over 100 Free 1:02.21Y-2.16 BB Time, 200 Free 2:11.47Y-6.04, 200 IM 2:32.39Y-5.86 BB Time, 50 Free 28.81Y -1.05 BB Time, 500 Free 5:50.23Y-18.64; **Willow Rosender** 11-12 100 IM 1:22.26Y -2.89, 200 Breast 3:04.12Y-5.70, 200 IM 2:57.48Y-4.69, 50 Breast 40.42Y -0.98 BB Time

Penguin 10&U Holiday Bowl

Hudson Carr 10 & Under 50 Back 59.23Y-3.31, 50 Free 50.84Y-2.41; **Julianna Fenton** 25 Back 22.09Y-0.22, 25 Fly 20.72Y-1.39, **Wyatt Fenton** 100 IM 1:37.49Y-7.96 B Time; **Jesse Filice** 10 & Under 100 IM 1:47.38Y-0.87; **Liam Gorman** 10 & Under 50 Back 54.74Y-22.58, 50 Breast 1:06.99Y-5.17, 50 Free 48.34Y-7.79; **Nora Gorski** 50 Back 35.99Y-0.09; **Rose Leutze** 10 & Under 50 Back 59.87Y-6.51; **Nathaniel Maravolo** 10 & Under 50 Back 36.86Y-2.93 A Time, 50 Fly 36.18Y-5.46 BB Times, 50 Free 31.31Y-0.10; **Owen Nguyen** 10 & Under 100 Free 1:17.57Y-1.18, 100 IM 1:26.99Y-4.91 BB Time, 50 Fly 38.60Y-0.58, 50 Free 35.15Y-3.01; **Connor O'Connell** 10 & Under 100 Free 1:14.79Y-0.57, 100 IM 1:25.91Y-7.07 BB Time 50 Breast 44.74Y-0.76, 50 Fly 45.82Y-0.32; **Oliver O'Connell** 25 Free 28.14Y-0.57; **Kara Pantaleo** 10 & Under 100 Free 2:05.26Y-3.69, 50 Back 58.78Y-0.63; **Maggie Reed** 10 & Under 50 Breast 59.62Y-5.40, 100 Free 1:29.93Y-0.67; **Declan Scherer** 10 & U 50 Breast 53.84Y-0.15 50 Fly-0.97; **Emily Sherman** 50 Back 43.82Y-2.43, **Savanna Siler** 10 & Under 50 Back 1:04.82Y-2.38; **Annabelle Smith** 10 & U 100 IM 1:36.30Y-5.19, 50 Back 43.84Y-7.14 B Time, 50 Breast 53.82Y-2.16 B Time; **Lauren Vanderstelt** 10 & Under 100 Free 1:36.80Y-1.28, 100 IM 1:42.71Y-13.22 B Time; **Samuel Whitt** 10 & Under 50 Back 1:07.94Y-14.41, 50 Free 52.80Y-0.30; **Sierra Zundel** 10 & Under 100 IM 1:37.08Y-9.94 B Time, 50 Back 42.51Y-3.52 BB Time, 50 Free 37.82Y-6.65 B Time