



February 1, 2026

Hurricane Penguins Newsletter



Upcoming Events

February 6-8
Michigan Open Meet

February 14-15
Best Valen-times Meet

February 28-March 1
SST Last Chance Meet

March 7-8
Regionals

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 -](#)



Important Notes on Practice Changes

During this time of year, we are sharing both the pools with boys varsity swim teams, as well as middle school teams. The Hartland middle school team will begin training February 9 through March 13, with their practices ending at 6:15p. As a result, our practice times will be changing. The practice schedule will be as follows:

- Mon & Wed **only** Macaroni, Adelie & Rockhoppers will have practice at Hartland at 6:30p.
- Mon & Wed Seniors, Royals & Rockhoppers will have practice DL & Swim at Milford from 5:30-8:30pm.
- Tuesday & Thursdays the schedule will vary due to school affiliated meets.
- Fridays will stay the same. (Hartland)

As always, be sure to **check the calendar before heading off to the pool** for practice, especially on the Tuesdays and Thursdays, where meets can affect practice locations. Additionally, we anticipate Lakeland reopening this month, which will also expand our pool opportunities. Stay tuned for more on that!

Social-Emotional Regulation Strategies

Coaching swimmers is about far more than stroke technique, speed, or endurance. An equally important part of athlete development is helping swimmers recognize, express, and manage their emotions—especially during challenging moments. A tough practice, a disappointing race, or ongoing frustration can be hard for swimmers to process and can impact confidence, motivation, and performance. Learning how to work through those emotions is a critical life skill, both in and out of the pool.

Coach Janette is sharing resources she uses with swimmers that provide practical, evidence-based strategies to help swimmers better understand and regulate their emotions. This framework teaches children to identify their feelings, energy levels, and body cues, and then gives them concrete tools to respond in healthy, productive ways. The approach begins with emotional awareness and builds toward self-regulation skills that support resilience, focus, and growth. Parents can learn more about these strategies—and how to reinforce them at home—by visiting hes-extraordinary.com. The site offers a wide range of helpful resources, including free downloads for families.

SLA Artic Blast Meet Improvement Report

Carr, Skylar-12 & Under 200 IM BB Time, 50 Fly BB & Regional Time, 50 Free -0.70;
Cazan-London, Daniel- 200 Fly-20.38, 500 Free -44.56; **Day, Ethan** 200 IM -1.91, 50 Fly -0.42, 500 Free-1.74; **Day, Greyson** 12 & Under 200 Free-2.67, 200 IM-16.66; **Demaray, Grace** 100 Breast-4.50, 100 Free-0.24, 200 IM-9.31; **Filice, Jesse** 10 & Under 50 Back-0.01, 50 Fly-2.91; **Glynn, Tyler** 11-12 100 Back -2.67 BB Time, 100 Fly-13.69 B & Regional Time, 50 Fly-0.53; **Gorman, Justin** 200 Free-13.60, 50 Free-1.21; **Gorman, Liam** 10 & Under 100 IM-19.57, 100 Breast-4.12, 50 Free-1.88; **Gorski, Nora** 10 & Under 100 IM-0.39, 50 Back-0.87, 100 Back-0.93 AAA Zone Time, 100 Breast-2.84, 100 Fly-3.96 AA Time 100 Free-0.28, 50 Free-0.57; **Koivu, Julian** 10 & Under 50 Back-4.09, 100 Free-13.14, 50 Free-7.17; **Koppin, Evelyn** 100 Fly -9.80, 100 Free-4.67, 100 IM-8.86, 50 Back-0.96, 50 Fly-4.00; **Kwit, Lydia** 100 Free, 11-12 50 Back-1.95, 50 Free-12.79; **Lindsey, Brooke** 11-12 100 Back-0.89, 100 Fly-0.09, 100 Free-0.10, 200 IM-2.83, 50 Free-0.23, 500 Free-4.69; **Maravolo, Madeline** 200 Back-2.57, 200 IM-0.65, 500 Free-2.18 State Time; **Maravolo, Nathaniel** 12 & Under 200 Free-5.72 AA Time, 100 Fly-1.46, 100 Free-1.58; **Maravolo, Thomas** 11-12 200 Free-1.05, 200 IM-1.74 State Time; **O'Connell, Connor** 12 & Under 200 Free-0.74, 200 IM-1.57 BB Time; **O'Connell, Scarlett** 11-12 100 Back-3.07, 100 IM-1.44, 100 Breast-3.03 B Time, 100 Free-4.98 B & Regional Time; **Reed, Jillian** 50 Free-5.54; **Rickens, Jovie** 200 Free-4.72, 200 IM-1.49, 400 IM-8.95; **Scherer, Declan** 12 & Under 200 IM, 100 Fly-25.12; **Schulze, Harper** 100 Fly-8.74, 200 Free-3.20, 400 IM-9.24, 50 Breast-2.85 B & Regional Time, 50 Free-1.09; **Schulze, Hayden** 100 Back-1.91 B & Regional Time, 100 Fly-8.00, 200 Breast-0.17; **Sheffer, Ryan** 50 Free-4.28, **Stubbe, Oliver** 100 Breast-0.79