



June 15, 2025

Hurricane Penguins Newsletter

Upcoming Events

June 20-22

Summer Solstice Meet

June 26

Splash and Dash Open Water

June 27-29

Eric Namesnick Memorial Meet

June 27-29

Oly Summer Classic Meet



Open Water Splash -N- Dash

As everyone is well aware by now, we are hosting our Open water meet June 26. Since this is a team event, all members are expected to attend as a volunteer or participant. (There are a number of volunteer positions still open - some listed here in this newsletter - and you can find all of them on the job signup page.)

That said, while we have a few swimmers on the team who have competed in open water events in the past, most of our membership has not. That means our new-to-open water swimmers will be in good company! Still, we realize this can be intimidating, just as trying anything new can often be, but it's a great opportunity to grow as a swimmer and have a little extra fun doing it! On the next page, we'll provide some tips for our new swimmers to help them prepare for the big day!

Continued on next page

News & Notes Notes

Boats and kayaks (boats can be row or motor) are still needed for the June 26 open water event. If you or someone you know has a boat we can use that day, please let Coach Janette know. We are also still need an **announcer** and **timers** as well as water donations for this event. There are other slots available as well. Please see the [job signup](#) to volunteer.

see next page for more

Resources

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

Splash -N- Dash : Before your first race

Since pool swimmers are used to swimming between lane lines and pushing off the wall every 25 yards or so, open water might feel a little unfamiliar at first — but don't worry, with the right mindset and a few tips, you'll feel right at home.

No Walls, No Lanes ~ In open water, you won't have turns, walls, or black lines to guide you. Instead, you'll swim in a large body of water like a lake or the ocean, guided by sighting buoys. You'll just need to lift your head slightly every few strokes to spot landmarks — this helps you stay on course and swim efficiently.

The Feel ~ Open water can be cooler, choppiier, or darker than the pool. That's totally normal! The key is to stay calm and remember that your body adjusts quickly. If it feels strange at first, just keep moving and give yourself time to settle in. And remember, you're not alone! You'll be in the water with other swimmers, and support boats at all times.

Starts and Finishes ~ Unlike pool races with individual lanes, open water starts can feel crowded. You might bump into other swimmers — and that's okay! Just keep your cool, find your rhythm, and give yourself space if you need it. Everyone's in the same boat (or lake!) and things spread out quickly.

More than anything, trust your training, stay relaxed, and enjoy the adventure! Our team is full of amazing swimmers who can do amazing things in the water and that includes YOU!

MLA Big Red Challenge Results

Madison Fenner Best times in 200 Breast, 200 Free A-Time, 800 Free State Qualifying time

Claire Gostlin Best times in 100 Breast AAA Time, 400 Free AAA, 3-3rd place finishes

Brooke Lindsey Best time in 200 Back A Time, 100 Free AA Time, 200 Free State Time, 200 IM A Time, 400 Free AA Time, 50 Free

Corinne Mayer Best times in 100 Back A Time, 100 Free AA Time, 200 Fly AA Time, 200 IM AA Time, 50 Free A Time

Jovie Rickens Best times in 100 Free BB Time, 200 IM BB Time.

PCC Crusin' into summer Results

Coach Janette is so proud of all the swimmer that participated in this LCM meet!

Brennan Carignan 50m Free(56.61), **Skylar Carr** 100 Free(1:26.68), 50 Breast(52.32), **Daniel Cazan-London** 100 Free(1:35.11), 200 Free(3:04.99), **Vinny DeRose** 200 Back(3:15.38), **Madison Fenner** 100 Breast (1:37.88) 100 Free (1:09.48-A Time) 200 IM (2:52.11); **Nora Gorski** 100 fly (1:38.51-BB Time), 200 Free(2:54.30-A Time), 200IM (3:20.88-A Time); **Claire Gostlin** 200 Free 2:19.21-AA Time); **Nico Hoffman** 100 Back (1:56.61-B Time), 100 Breast (2:08.12-B Time), 50 Back (53.09-B-Time); **Brooke Lindsey** 100 Back (1:24.56 A Time) 50 Back (38.77-BB Time); **Madeline Maravolo** 800 Free(10:55.11 A Time), 50 Free (32.34-BB Time); **Corinne Mayer** 400 Free (5:29.08 A Time), 50 Fly 35.21-A Time); **Harper Owen** 100 Breast (1:57.56 BB Time), 50 Back(45.75 BB Time), 50 Free (38.75-BB Time); Kara Pantaleo 100 Free (2:17.09); **Jovie Rickens** 50 Fly(34.79); **Harper Schulze** 800 Free (11:02.98-BB Time)200 Free (2:32.18 BB Time); **Hayden Schulze** 50 Breast (45.07 BB Time); **Emily Scherman** 50 Free (46.09); **Orin VanTichelt** 100 Fly(1:13.01), 50 Free(28.68)

News & Notes Continued...

Save the date! The long course end of season party is planned for August 23, from 3p-5p at Settlers Park.

Practice times and offerings will be changing on June 16! Two additional locations will be available:

- Botsford in Livonia - an outdoor 50m pool, open to Rockhopper, Royal, and Senior swimmers
- Prestwick Village - an outdoor 25m pool.

Be sure to always check the [practice calendar](#) for times and locations for your practice group. Please also note outdoor practices are subject to weather. While **practice is held rain or shine, hot or cold**, we do not practice in severe weather conditions. Follow the team feed using the Sports Engine app for most recent updates or changes in the event of severe weather threats.