



August 1, 2025

Hurricane Penguins Newsletter



Upcoming Events

August 7-10
14 & Under Zone Meet

August 23
Long Course End of Season Party

August 23
Tryouts, Hartland High School Pool

September 3
SCY Season begins for returning swimmers

News & Notes

* **August 23 is our end of season party!** Please use this signup genius link to RSVP and contribute:
<https://www.signupgenius.com/go/9040C49AF28A1F52-57323873-2025>

* **The the last practice for summer long course season will be August 1**, unless you qualify for Zones. Zone swimmers will continue to practice until August 5 or 6.

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 -](#)



It's break time! But now what?

The break between swim seasons is the perfect time for swimmers to recharge, refocus, and explore new ways to stay connected to the sport they love. Here are a few ideas to help make the most of the off-season:

Tune In to the USA Swimming Network

Stay inspired and engaged by checking out the latest content on the USA Swimming Network. Recent highlights include:

- Unfiltered Waters LIVE from Indianapolis
- Toyota National Championships Highlights
- Kick Set Podcast featuring World Championships Coach Braden Holloway and much more!

This platform is a fantastic resource for swimmers of all ages to stay informed, entertained, and motivated.

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Break time continued...

Try Some Cross-Training

Swimming uses the same muscle groups repeatedly, so cross-training is a great way to build strength, improve coordination, and prevent burnout. Consider incorporating:

- Cardio activities: Running, biking
- Flexibility and core: Yoga, Pilates
- Fun outdoor games: Kickball, soccer, ultimate frisbee
- Strength training: For swimmers aged 15-18, supervised weight training can help develop muscle and prevent injury.

Read and Learn

There are some excellent books that offer insight, inspiration, and behind-the-scenes stories from the world of swimming. Recommended reads include:

- Just Add Water by Katie Ledecky
- Gold in the Water by P.H. Mullen

A visit to your local library could uncover even more great finds. It's a relaxing and enriching way to spend an afternoon away from the pool.

Go on an adventure!

Use this time as a family to do something you wouldn't normally have time for during the school/swim season. Visit a new place and have fun. This is what Coach Jeanette has planned - this year she's heading to Voyageurs National Park for paddling and hiking!

Short Course Season 2025-2026

Short Course Season begins **September 3!** Tryouts will be offered for new swimmers both at Hartland and Milford/Lakeland locations. Hartland Tryouts are planned for Aug. 23 from 12-1p and Sept. 5, from 5-6p. Tryouts at Milford will be on Sept. 6, from 11a-12p. Look for more information coming soon or [visit our website](#) to see FAQs about tryouts.

2025 MAGS LC Championship Meet

July 18-20, 2025 Holland, Michigan

All the Relays scored points and the girls 13-14 400 Medley Relay broke the HVP team record.

13-14 Girls 400 Medley Relay (Madeline Maravolo, Claire Gostlin, Jovie Rickens, Madison Fenner) placed 12th 4:57.79** New Team Record**

13-14 Girls 200 Medley Relay (Madeline Maravolo, Claire Gostlin, Jovie Rickens, Madison Fenner) placed 13th 2:40.61

11-12 Girls 200 Free Relay (Corinne Mayer, Brooke Lindsey, Charlotte Collar, Domenica Hunter) placed 13th 2:18.49

11-12 Girls 200 Medley Relay (Charlotte Collar, Corinne Mayer, Brooke Lindsey, Domenica Hunter) placed 15th 2:40.61

Corinne Mayer-5th place 11-12 200 Fly, 5th place 11-12 200 IM, 5th place 11-12 100 Fly, 7th place 11-12 400 Free, 4th place 11-12 400 IM, 8th place 11-12 800 Free

Brooke Lindsey-5th place 11-12 400 Free, 6th place 11-12 200 Free, 21st 11-12 50 Fly, 5th place 11-12 800 Free, 12th place 11-12 200 Back, 23rd place 11-12 100 Free

Claire Gostlin-1st place 13-14 200 Fly **New Team Record**, 2nd place 13-14 200 IM **New Team Record**, 3rd place 200 Breast ** New Team Record**, 2nd place 13-14 100 Fly **New TEAM Recod**, 1st place 13-14 400 IM **New Team Record**, 3rd place 13-14 800 Free

Madison Fenner-15th place 13-14 400 Free, 6th place 13-14 800 Free

Jovie Rickens-29th place 13-14 50 Fly

Nora Gorski-27th place 10 & U 100 Free, 11th place 10 & U 400 Fee, 21st place 10 & U 200 IM, 17th place 10 & U 100 Fly, 12th place 10 & U 200 Free, 11th place 10 & U 100 Back