

April 30, 2007

Seahawk Talk

Visit CAC on the Web at (www.swimcincinnati.org)

I. Schedule Changes and Announcements

- **Mark this date:** Reds game vs. L.A. Dodgers Thursday, June 14th @ 12:35 following Clermont YMCA L.C. and breakfast. Details to follow...
- Red/Black meet and overnight Friday and Saturday June 15th and 16th. Both T-2 and Sr. groups. (Tentative)
- Congratulations to Elliott Keefer who has committed to swim at Ohio State University next year on a swimming scholarship.
- **Practice change:** Starting this Friday, May 4th the Senior groups Friday practices will be moved from afternoon to the morning from 5:00-7:00 a.m. There will be no p.m. practice for the Sr. group.
- **Crosstown Splashdown**, Saturday, May 26: Warm-ups are at 7:00 AM and Meet starts at 8:15 AM. This year's Crosstown Splashdown is being held at the University of Cincinnati's new Campus Recreation Center, Aquatic Center. The Aquatic Center is a 50 meter, 8 lane pool. More details will follow this week.
- CAC has been recognized as a Bronze Medal Club in USA Swimming's Club Excellence Program. Each year, the Club Excellence Program identifies and recognizes USA Swimming clubs for their commitment to excellence in operation, performance, and for their support of the sport and USA Swimming. This is the first year CAC applied for the Program. Everyone should be very proud of the accomplishments of our team.
- Reminder... If you would like information put in Seahawk Talk, please e-mail it to Molly Tassone at yarngirl1@fuse.net no later than Sunday night. If it is received Monday morning it will have to be placed in the following newsletter. Thank you for your cooperation.
- SCRIPS orders are due in by Friday May 4. We have changed the procedures so that you create your own order online. It's really easy and allows you to see everything that is available! Hopefully everyone will love it, but if you have any problems call Marci Wheeler. To register, pick up an enrollment card from the SCRIPS folder. Go to www.shopwithscrip.com and create an account with your very own user name and password. After you have created an account, it will ask for an enrollment code which you will find on the card you pick up. You can create your own orders and if you want create orders for your family and friends (but make sure it is on your account or I will not be able to process their order). Payment must still be submitted in an envelope by the due

date to the SCRIPS folder. Don't forget to order Marriott cards for the Lexington meet!

I. Status Of Meet Entries

- **Invitational; Lexington, KY; May 18-20, 2008:**

This **Wildcat** meet is closed. Please watch the bulletin board to verify your meet entry.

- **Cross-town Splashdown; University of**

Cincinnati; May 26, 2007: This is a dual meet between CAC and the Sycamore Flying Fish. All swimmers should attend this sanctioned meet at UC's 50M pool. Entries are due Saturday, May 13.

- **CAC Summer Classic; Miami University; June**

8-10, 2007: Our meet should be attended by all Seahawks. Entry forms will be available this week. They are due Wednesday, May 2.

- **Northern Kentucky Clippers, David Webb**

Invitational; June 22-24, 2007: This meet is for all swimmers. Information will be available soon. Entries will be due Monday, April 30.

- **Ohio Open Water Championship; East Fork**

Lake; June 26, 2007: All swimmers with cuts are encouraged to participate in the fun meet. Information is available on the website. Sign up forms will be out later this season.

- **Fisher Summer Jam; Fisher (Indianapolis), IN;**

July 6-8, 2007: This meet is for all Senior swimmers and Age Group swimmers who are Not attending Regional Champs. This meet fills quickly so be sure to get your entries in on time! Information will be available soon and will be due Wednesday, May 9.

III. Coaches Corner

- With Wildcat fast approaching, we are looking stronger and stronger in the water. With 80+ swimmers going to the meet the Hawks are looking forward to a great start to the season.

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| Countdown... | 3 weeks | Wildcat Lexington, Ky. (All) |
| | 4 weeks | Crostown Splashdown CAC vs. SFF at UC (All) |
| | 6weeks | CAC Classic at Miami Unv. (All) |

- **“Reputation is about who you are when people are watching. Character is about who you are when there**

is nobody in the room but you. The former can induce others to think well of you, but only the latter allows you to think well of yourself.”

- Unknown-