

June 11, 2007

Seahawk Talk

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

I. Schedule Changes and Announcements

- Wow what a great meet! Thank you to all of our parents and visiting team's volunteers who make the CAC Summer Classic such a great event. To Mike Rice, our meet director...again a great job! Swimmers outstanding effort and spirit. Final scores top 5: 1) DR 4436, 2) Mason 3494.5, 3) CAC 3301, 4) WTRC 1955 and SFF 1420.
- Clermont YMCA a.m. practice starts Tuesday 6/12. Please be reminded that we are guest and need to be respectful of the facilities and it's membership.
- Red/Black info... see attached sheet
- Practices changes... see attached sheet.

II. Status Of Meet Entries

Northern Kentucky Clippers, David Webb

Invitational; June 22-24, 2007: This meet is closed. More information to follow the week of the meet.

Ohio Open Water Championship; East Fork

Lake; June 26, 2007: Please watch for worker sign-ups!

Fisher Summer Jam; Fisher (Indianapolis), IN; July

6-8, 2007: This meet is closed. Details will be available the week of the meet.

Ohio Age Group Regional Champs; Silverlake Rec

Center, Northern KY; July 13-15, 2007: All Age Group swimmers who do not have their JO (AA) cuts are expected to attend this meet. More information will be available soon. Coaches will be selecting the swimmers events for this meet.

Ohio Junior Olympic (AA) Championships; Miami U;

July 19-22, 2007: All Age Group swimmers who have JO cuts are expected to participate in this meet. Some swimmers without individual cuts will be swimming on relays. If you will not be able to attend this meet, please tell your coach ASAP! Coaches will be selecting events for this meet.

III. Coaches Corner

Great Classic meet! We are now looking forward to stepping up our training for the run to championships! Keep up the great effort.

Final Countdown...	1 week	Red/Black overnight (CCDS)
	2 weeks	NKC "David Webb" Inv. (Silverlake)
	2 ½ weeks	Ohio Open Water Champs (East Fork Lake)
	4 weeks	Fishers Summer Jam (Fishers H.S.)
	5 weeks	Ohio A-G Regional Champs (Silverlake)
	6 weeks	Ohio J.O.'s A-G State Champs (Miami)
	7 weeks	USA Sectionals (TBA)
	8 weeks	USA Senior National Champs (IUPUI)
	9 weeks	Ohio Senior Champ (Bowling Green) and A-G Zones (Cleveland State)

Swimmers of the week

A-1 and A-2 Jack Mantkowski
A-3 Sara Jenkins
T-1 Brian Hefele

T-2 Anna Dewey
Sr. Sam Lipari

“Sweat plus sacrifice equals success.” –Charlie Finley-