

## **I. Schedule Changes and Announcements**

- Welcome back to all swimmers and families to the 2008 long course season. We hope everyone enjoyed their break. After a great short course season the coaches are pumped up for a great long course season. Go Hawks!!!
- New coach: Assistant A-2 “ Laura Koehne”. We are excited to announce that Laura will be assisting Ben Clark. Laura was raised in Cincinnati and attended college at Elon University. She is a Biology teacher at Indian Hill High School. Laura was an age group swimmer who got into coaching in the summer league at Windwood Swim and Tennis Club for 8 years. She was also the Manager and Head Swim Coach at Lawndale Swim Team in North Carolina. Laura’s year round experience comes from her coaching with the Sycamore Flying Fish, where she comes highly recommended. Please welcome Laura to our team.
- Next CAC Board Meeting: Tuesday, April 15th at 7:30p.m. in room 203 at CCDS. All are welcome.
- Meet description and meet declaration sheets will be coming out this week. Please read and return A.S.A.P. follow.

## **II. Status Of Meet Entries**

## **III. Coaches Corner**

- Seahawks Congratulations on a great short course season. We are now starting our conditioning and technique phase of the season. It is time to get in shape and do the little things perfectly.

**“Always keep your ideals high enough that you have to keep stretching to reach them.” –Unknown-**