

I. Schedule Changes and Announcements

Great first week of practice. We are looking forward to the season.

- Meet change: We will not be attending the Mike Peppe meet. The coaches have decided it is to close to our championship meets. Please make a note of it.
- Practice change T-2 all Thursday will be : flex 6:00-6:30, water 6:30-8:15.
- We are excited to welcome Liz Schoberg to our Coaching staff. Liz will be assisting Head Coach Benson Spurling with the Sr/National Groups and occasionally Coach Kevin with the Transition 2 group. Liz grew up in Cincinnati and attended Oak Hills High School. She swam for the Gamble Nippert YMCA as an age grouper. Liz went on to swim in college at the University of Missouri where she won many honors. She was her team's Most Improved Swimmer in 2003 and Team Captain in 2005-2006. Liz was the recipient of the inaugural Coach Goldfarb Excellence Award. Liz was the Big 12 runner-up in the 200 fly in 2004/2006 and NCAA provisional qualifier. Liz was the Big 12 performer of the year in 2004/2006. She is the school record holder in the 100 fly, 200 fly, 400 medley relay, 200/400 free relay. An outstanding student athlete Liz was 1st team All Academic Big 12 in 2006. Having studied abroad in Australia in the fall of 2006 Liz graduated in May 2007 with a Bachelors in Psychology. Coach Schoberg coached with the Total Fitness Summer Club in Missouri as well as the University Mizzou Swim Camps. Liz is very excited to be a part of the CAC program. Please welcome Liz to our team.
- We have a block of rooms reserved for the Cincinnati Aquatic Club at Hawthorn Suites/Louisville East. These suites sound wonderful and are just 3 miles from the pool! Check out the facility at www.hawthorn.com. Call 502-899-5959 to reserve a room. ***** Block release date is April 24, 2008!!!

II. Status Of Meet Entries

- Louisville Tarpons, Louisville, KY; May 17-18: All 9 and over swimmers should attend this meet. Entry information will be available soon. We have a block of rooms reserved for the Cincinnati Aquatic Club at Hawthorn Suites/Louisville East. These suites sound wonderful and are just 3 miles from the pool! Check out the facility at www.hawthorn.com. Call 502-899-5959 to reserve a room. Block release date is April 24, 2008.
- Cross-town Splashdown CAC vs. SFF, University of Cincinnati; May 24: All 9 and over swimmers should attend. Coaches will be doing the entry for this meet, please let him know if you are not available to swim ASAP!
- CAC Summer Classic, Miami University; June 6-8, 2008: All CAC swimmers should attend this meet. Meet information will be available this week and is due no later than Saturday, May 3.
- Northern Kentucky Clippers David Webb, Silverlake Rec Center; June 20-21: 14 and under swimmers should attend this meet. Entry information will be available soon and is due to CAC by Saturday, May 10.
- Ohio Open Water Champs, East Fork Lake, June 25: All swimmers who have the Open water time standard should plan to swim. The meet entry will be due by Monday, June 9.

III. Coaches Corner

Countdown....

4 Weeks Louisville Tarpons

5 Weeks Cross Town Splashdown vs. SFF

6 Weeks CAC Swim Classic

7 Weeks Long course practice (Clermont YMCA)

Swimmer of the week starts next week.

“In this life we get only those things we hunt for which we strive and for which we are willing to sacrifice.” – George Mathews Adams-