

January 9, 2006

## Seahawk Talk

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### 1. Schedule Changes and Announcements

- Tuesday, January 10<sup>th</sup> CCDS meet. We will be on the following adjusted schedule... T-2 and Sr/Nat weights 6:00-7:15 swim 7:15-8:45, A-2 and T-1 6:00-7:15.
- Wednesday, January 11<sup>th</sup> T-2/Sr/Nat report at 5:15 for flex. T-2 is out at 6:45 and Sr/Nat At 7:00 due to a CCDS Middle School meet.
- Friday, January 13<sup>th</sup> ,due to the NKC meet, we will follow this adjusted schedule...T-2 and Sr/Nat 4:30-6:45, A-2/A-3/T-1 6:20-8:15.
- Saturday ,January 14<sup>th</sup> adjusted schedule as follows... A-1 10:00-11:00, A-2 10:00-11:30, A-3 10:00-12:00, T-1 and T-2 10:00-12:00.
- "Look ahead"...CCDS is hosting two championship meets. We will cancel practice on Thursday, January 26<sup>th</sup> and Thursday, February 2<sup>nd</sup>. Note A-1 will have practice at Stepping Stones on these days.
- Great job and BIG thank you to all of our parents for running such a great meet on Saturday. To our meet directors, Mike Rice and Chip Carrigan. Thank you for all of the planning and set up work that you do.
- We want to express a BIG THANK YOU to everyone that helped with the CAC January Invitational on Saturday. Our meet was 30% larger than it was last year and the success of our meets depends so much on our volunteers. We want to especially thank everyone that helped with the second session, especially those that ran our Clerk of Course. Also, a BIG thank you to those families (mom, dad, siblings, and aunts) that worked the meet on Saturday.
- The total funds raised for the Block Party Fund is \$12,010.00. Congratulations and thank you to everyone that helped us reach our goal. CAC's share of the

costs of the new blocks is \$5,854.88. The use of the balance of the funds (\$6,155.12) has not been determined, but a "wish list" of equipment is being compiled. Reminder: We are trying to collect all pledges by January 31.

- If anyone is interested in helping with the celebration (party) for the Block Party, contact Mike Rice. He would appreciate some assistance.

## 11. CAC Board Of Trustee

- The remaining board meetings for this year are as follows... February 7, May 2, June 6 and August 1. Anyone is welcome to attend.

## 111. Status Of Meet Entries

- Northern Kentucky Clipper Mid-Winter Classic, January 13-15, 2006: This meet is closed. Please check the glass case to verify your entry. More information will follow the week of the meet.
- CAC Mid-Winter Invitational, January 27-029, 2006: Information is available. All entries are due by January 2, 2006!

## 1v. Coaches Corner

- We are looking forward to a great month of training. With the NKC and CAC meets this is a big time to set up our times for the championship run. Go Hawks!!!
- Countdown... 1 week NKC and H.S. Classic

	3weeks	CAC Inv.
	5 weeks	MAST and
H.S. Sec.		
	6 weeks	H.S. Dist.
	7 weeks	Ohio A.G.
Regionals (Mason)		
		H.S.
State ( Canton)		
	8 weeks	Ohio Sr.
Champ (Miami )		
	9 weeks	A.G State
	10 weeks	USA
Sectional/Zone Champinoships		

• Swimmers of the week ... \* A-1 Charles Leibson \*  
T-1 Daniel Carrigan

\* A-2 Hugh Gores \* T-2 Michael Carrigan \*

A-3 Elizabeth Heinbacg \* Sr/Nat Natalie Fritz

• "Celebrate what you've accomplished,  
but raise the bar a little higher  
each time you succeed."

- Mia Hamm-