

January 16, 2006

Seahawk Talk

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

1. Schedule Changes and Announcements

- "Look ahead"...CCDS is hosting two championship meets. We will cancel practice on Thursday, January 26th and Thursday, February 2nd. Note
A-1 will have practice at Stepping Stones on these days.
- ATTENTION!! Meet Information Correction. A1 and up swimmers should swim at the Milford meet. Hawk swimmers should swim at the SFF All American.
- "T-2" Red/Black Night... Friday February 3rd overnight and Saturday February 4th practice schedule will go as follows.. T-2 7:30-9:30 and Sr/Nat 9:30-11:30.
- H.S. SWOSCA Swim Classic for the 13th year, Coach Benson and Mike Leonard of PCY were the Waycross Community Media voices for the Classic. Check out the Seahawks in finals. (Details in coaches corner).
- Waycross channel 4 Wed. the 18th at 6:30p.m., Thur. the 19th and Sat the 21st from 9:00 a.m.-12:00 p.m. Waycross channel 15 Fri. the 20th 5:00p.m.-9:00 p.m. Mon. the 23rd 1:00 p.m. Waycross channel 24 Mon. the 23rd at 9:00 p.m.

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

- CAC Mid-Winter Invitational, January 27-029, 2006: This meet is closed. Please verify your entry in the glass case. More information will follow the week of January 23, 2006.
- MAST (Milford) February Invitational, February 10-12, 2006:

6 weeks	Ohio A.G.
Regionals (Mason)	
	H.S.
State (Canton)	
7 weeks	Ohio Sr. Champ
(Miami)	
8 weeks	A.G State
9 weeks	USA
Sectional/Zone Champinoships	
• Swimmers of the week ...	* A-1 Catherine Hartman * T-
1 Jackie Smith	

* A-2 Hannah Schroeder * T-2 Mack Rice

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A-3Valerie Borger * Sr/Nat Alex Norris

• "All winning teams are goal oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives. They go about their business with blinders on; nothing will distract them from achieving their aims." - Lou Holtz-

• The following swimmers were event winners at our January Inv...

* Hugh Gore	9yr. boys
50 free	
* Jasper Gore	12yr. boys
50 free, 50 back, 100 I.M.	
* Kyle Jackson	12 yr. boys
50 breast	
* Devin Landstra	7 yr. girls
25 free	
* Tanner Landstra	10 yr. boys
50 free, 50 back, 50 fly,	
50 breast, 100 I.M.	
* Laurin McClure	12 yr. girls
50 free, 50 back, 50 breast,	
100 I.M.	
* Cara Norris	9 yr. girls
50 free, 50 back, 50 fly,	

50 breast, 100 I.M.	
* Drew Rice	9 yr. boys
50 back, 50 breast, 100 I.M.	
* Mack Rice	11 yr. boys
50 free, 50 back, 50 fly,	
50 breast, 100 I.M.	
* Maddie Slattery	12 yr. girls
50 fly	
* Jackie Smith	11 yr. girls
50 back, 50 fly, 100 I.M.	
* Sam Vester	8 yr. boys
25 free, 25 back	
* Abby Wu	10 yr. girls
50 free, 50 back, 50 fly,	
50 breast, 100 I.M.	