

December 5, 2005

Seahawk Talk

Visit CAC on the Web

at (www.swimcincinnati.org)

1. Schedule Changes and Announcements

- Due to the MAKO meet we have the following changes... No a.m. practices on Thursday and Friday December 8th and 9th. No dryland for T-2 on Thursday December 8th and no weights on Tuesday and Thursday December 6th and 8th. Also, no Saturday practice December 10th.
- Friday, December 9th practice changes... A-1 6:00-7:00, A-2 6:00-7:15, A-3 6:00-7:30 and T-1, T-2 and Sr 6:00-7:45.
- Due to Stepping Stones pump being out A-1 will practice at CCDS on Tuesday December 6th until further notice.
- Due to the CCDS "middle school" meet on Wednesday December 7th we will be on the following adjusted schedule A-3, T-1 6:15-7:30 and T-2, Sr/Nat 7:15-8:45.
- Please see the web-site for the holiday schedule.
- If you have not turned in a reservation for the CAC Block Party please try and do so by Monday, December 12. We are trying to get our total pledges determined. As of today, we have raised \$7550.00! Thanks to all that have contributed.
- Anyone willing to help out with the SCRIPS orders this month, please call Marci Wheeler at 677-5666. They are expected to be in on Wed. around 2:00 in the afternoon to the Wheeler's Loveland address. With well over \$16,000 of gift certificates on order, it will be extremely difficult for one person to be able to get the order processed with the normal turn around. Hopefully, they will be available for pick up Wed & Thurs at practice. Please check with Marci on a pickup time.
- Last chance to order your 2005 CAC team photo. Place order form with \$10.00 check (payable to Linda

Carlson) in the Donovan folder by Tuesday, December 6th.

- Save money on your team fees by purchasing your groceries at Kroger. Each new family has received a Kroger Fund raising Gift Card with a \$1.00 balance. Additional cards may be purchased for family and friends, and your family will receive credit for each card registered in your name. Simply add money to your card at any cashier BEFORE you begin to check out with groceries. Kroger will give back to CAC 4% of all purchases using the CAC gift cards. Based on a monthly statement received from Kroger, each family will receive credit for their purchases, and the amount will be deducted from each families monthly CAC fees. If you have any questions, or would like an additional card, please contact Betsy Warwick 474-3135 or bwarwick3@juno.com.

11. CAC Board Of Trustee

- The remaining board meetings for this year are as follows... January 3, February 7, May 2, June 6 and August 1. Anyone is welcome to attend.

111. Status Of Meet Entries

- MAKO Holiday Spirit Classic, December 10-12, 2005: More information will be available this week.
- CAC January Invitational (12 & Under), January 7, 2006: Information for this meet is available. Entries are due December 9.
- 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 will be available soon.

1v. Coaches Corner

- Big MAKO meet week! It is finally here. We are all pumped to see the great swims that are to come this

