

December 19, 2005

## Seahawk Talk

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### 1. Schedule Changes and Announcements

- Holiday training starts this week. Please see the schedule (red) in your folder or view on line.
- Sr/Nat weights will be as follows... Tuesday 20<sup>th</sup> regular, Thursday 22<sup>nd</sup> regular, Saturday 24<sup>th</sup> 9:00-9:45a.m., Tuesday 27<sup>th</sup> 4:00-4:45, Thursday 29<sup>th</sup> 4:00-4:45, Saturday 31<sup>st</sup> 9:00-9:45 a.m.
- A-1 practice on Tuesday the 27<sup>th</sup> will be at CCDS due to the holidays.
- T-2 and Sr/Nat secret Santa exchange will be 6:30 on Tuesday December, 27<sup>th</sup> at Larosa's in Kenwood. Swimmers need to work out rides. See Coach Spurling if you did not get your secret Santa yet.
- We still need one or two more people to volunteer for the holiday parties. Please contact Molly Tassone at 533-0633. The parties will go as follows... A-3 and T-1 Wednesday December 21<sup>st</sup> from 7:45-8:15. A-1 and A-2 Thursday December 22<sup>nd</sup> from 7:30-8:00.
- Thank you to everyone that contributed to the CAC Block Party Fund. Over the weekend, we reached our goal of \$12,000! We should all be very proud of accomplishing this goal. Remember, if you want to take the tax deduction on 2005, we need to receive your contribution by December 31.
- Congratulations to Alex Norris! Alex was selected to participate in the inaugural Central Zone Select Camp to be held June 8-11 in Bloomington, Indiana. The Central Zone Select Camp is sponsored by USA Swimming and is viewed as an integral step for athletes to move from the local and Zone level to the national swimming scene. A total of 28 male and 28 female athletes were selected from each of the four Zones for the regional camps. This is a great honor and exemplifies Alex's dedication and hard work.

- The Top 16 lists are official for the 2004-2005 swimming season and CAC is represented again. Mack Rice: 10 & Under Boys - 200 Free (5th); 500 Free (3rd); 50 Fly (10th), 100 Fly (8th) and 200 I.M. (9th). Cara Lennon, Cynthia Donovan, Alex Norris, and Christina Flessa: 13-14 Girls 200 Free Relay (16th) In order to qualify for the Top 16 lists, an athlete or relay team must achieve the NRT standard and be ranked in the top 16 times in that event in the country. Congratulations to these Sea Hawks for their outstanding performances!

## 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

- CAC January Invitational (12 & Under), January 7, 2006: Entries were due December 9. If you wish to attend and have not signed up, please see your coach immediately.
- 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 27-29, 2006: Information is available

## 1v. Coaches Corner

- Now that the holiday training is here we will be cranking it up. It is important to make all of your practices ( if possible) as this training time will set up your championship meets.
- "Discipline is the hidden ingredient that turns nobodies into somebody ." -Unknown -

- Swimmers of the week..A-1See Coach Ben Landstra T-1 Tanner

A-2Alona Montley T-2 Jasper Gores

A-3 See Coach Kevin Sr Nathan Butler