

## **I. Schedule Changes and Announcements**

- Saturday, December 22nd...Holiday parties for all groups at the end of practice: Sr, T-2 7:30-8:30 ( wts. and dryland), 8:30-10:30 ( water), 10:30- 11:00 ( party ). Note : We will be taking the gifts to our Christmas family. All are welcome. T-1, A-3 10:00-12:00. A-2 11:30-1:30. A-1 12:00-1:30.
- Holiday parties for all CAC practice groups will be held on Saturday, December 22 following practice. Please call Mary Beth Mantkowski at 271-2947 if you can provide a treat or drinks for your child's party."
- T-2 and Sr gift for the Christmas family are still available. Call Coach Benson at 474-9461 to get a gift to buy. The gifts are due to the pool by December 22nd.
- Holiday practice schedule is out.
- Bad weather: Please call the team phone line (474-9461) if the weather is inclement. It will be the first place to know if practice would be cancelled.
- We learned this weekend that SSF Coach Joe Foster,"s wife had a baby. There were complications with the baby's heart which requires additional time in the hospital. With the extended stay, the bills will be mounting. Any one who would like to help out with a contribution from the club should make a check out to CAC and we will get them one check from the team. Please give the checks to Kathy Landstra or put them in the Landstra folder. Our thoughts and prayers are with the Foster family.

## **II. Status Of Meet Entries**

- CAC January Invitational; January 6, 2007: This 12 and under swim your age meet is for all 12 and Under Seahawks. Meet information is available. Entry forms are due Friday, December 14, 2007.
- Clipper Mid-Winter Classic; January 11-13, 2007: All Seahawks not swimming for their school should attend this Prelim/Final meet. Information is available. Entries are due Monday, December 10, 2007.
- CAC Mid-Winter Invitational; January 25-27, 2008: This home meet is a big fundraiser for our team. All Seahawks not swimming for their school should plan to attend. We will need all families to work at this meet. Information will be available soon. Entries will be due January 4, 2008.

## **III. Coaches Corner**

1 week until Holiday practice starts.  
Swimmers of the week....

A-1 Cara Snell	T-1Cameron Young
A-2 See Coach Ben	T-2 Elizabeth Hartman
A-3 Devin Landstra	Sr/Nat Natalie Fritz

**“ Want it in March – Earn it in December “  
–The Shirt CAC Coaching Staff –**

**“What I’ve done in the past is not as relevant as what I’m  
doing now and not as important as what I’ll do in the  
future.” - Unknown--**

**“Holiday training is must for you to reach your highest  
level of success!!!” – The Coaches –**

**“ The time is NOW !!! Go Hawks!!!**