

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

- It is time to race!!! MAKO week!!!
- Wednesday, December 5th CCDS H.S. Meet! Practice change as follows... A-3, T-1 6:00-7:15, T-2, Sr/Nat 6:55-8:15.
- MAKO week December 3-9 no a.m. practices and no weights... taper week. Sr rotation is canceled due to taper as well as all swimmers may come each day.
- No practice, a.m. or p.m. December 10th due to the CCDS Jr. High Meet and MAKO finals. All groups off.
- Friday, December 7th all groups not going to MAKO... practice A- and up 5:30-7:30 and A-2 5:30-7:00.
- No practice on Saturday, December 8th due to MAKO for A-2 and up. A-1 will be on its normal schedule.
- SCRIPS orders are due in by Friday Dec. 7. All orders are now done on line through [shopwithscrip.com](http://shopwithscrip.com). Enrollment cards can be found in the scrips folder at the CCD pool. Orders will be available for pickup by Wed. Dec. 12, plenty of time for Christmas. Any questions call Marci Wheeler.

### **Swim-A-Thon...Tuesday, December 18th 2007 (T-2 & SR/Nat. Groups)**

4:40-5:00 pm Flex and setup  
5:00-6:15 pm Swim (5000 Yards-200 lengths)  
6:15-6:30 pm Pizza  
6:30-7:30 pm SR. Weights, T-2 Dryland  
(A-1 & A-2 Groups)  
5:55-6:15 pm Flex and setup  
6:15-8:15 pm Swim (5000 Yards-200 lengths)  
8:15-8:30 pm Pizza

### **Wednesday, December 19th 2007(T-2 & SR/Nat. Groups)**

4:30-5:00 pm Flex. Dryland  
5:00-6:30 pm Swim Practice  
(A-3 & T-1 Groups)  
6:10-6:30 pm Flex and setup  
6:30-8:30 pm Swim (5000 Yards-200 lengths)  
8:30-8:45 pm Pizza

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

- MAKO Speedo Holiday Classic; December 7-9, 2007: Warm up information will be available this week.
- CAC Distance Meet; December 15, 2007: Entry forms are past due. If you are still interested in swimming at this meet see your coach.
- 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.

### **III. Coaches Corner**

MAKO Week....Swimmers rest, sleep and eat well. Go Hawks!!!  
Swimmers of the week.... A-1 See Coach Paige    T-1Lauren Tassone  
  A-2 See Coach Ben        T-2 Xanna Tracy  
  A-3 Haley Johnson       Sr/Nat Lisa Spurling

**“The moment of enlightenment is when a person’s  
dreams of possibilities become images of probabilities “  
–Vic Braden -**