

February 11, 2008

Seahawk Talk
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I. Schedule Changes and Announcements

- A-G Regionals and H.S. District Championship Week.
- Congratulations to our Seahawks who swam at the Mary Lou Mini Meet, Milford Inv. And the H.S. Sectionals.
- 19 Seahawks at Milford took first place in the team standing with 1st CAC 2311 pts. , 2nd Milford 1573 pts., 3rd SSF 1189 pts., 4th MAC 1078 pts., 5TH AB 862 pts., 6th Liberty YMCA 860 pts. Top 5 high point winners were... 9/10 girls Grace Stimson (10) 1st 151 pts., 11/12 girls Alexandra Tracy (12) 1st 148 pts., Abby Wu (12) 2nd 140 pts., Cara Norris (11) 3rd 135 pts., Alonna Motley (12) 4 th 110 pts. Lauren Tassone (12) 5th 95 pts., 13/14 girls Corinne Jenkins (14) 1st 142 pts., Hannah Vester (13) 2nd 137 pts., Maddie Slattery (14) 3rd 81 pts., 9/10 boys Sam Vester (10) 1st 148 pts., Jack Dowling (10) 2nd 132 pts., 11/12 boy Tanner Landstra (12) 1st 160 pts., 13/14 boys Mack Rice (13) 1st 153 pts., Max Mantkowski (13) 2nd 135 pts., Gray Dennis (14) 3rd 110 pts., Thomas Norris (13) 5th 82 pts. Great swimming Seahawks!!
- 17 Seahawk swimmers are Qualifiers for the District Championships in Miami this weekend. Their events are... Girls D:1 Hailey Booth 100 fly and 500 free, Cynthia Donovan 50 free and 100 free, Libby Hunsche 200 free and 100 back, Laurin McClure 100 fly, Stephanie Pearce 500 free and 100 back, Lisa Spurling 100 free, Megan Tassone 100 breast, Lauren Weaver 50 free and 100 free, Sammie Wheeler 200 I.M. and 100 breast, Adrien Winning 100 back.
- D: 11 Natalie Fritz 200 I.M. and 100 breast, Christina Flessa 50 free
- Boys ... Bryan Bedacht 200 I.M. and 100 breast, Michael Carrigan 200 free and 100 fly , Andy Gorman 500 free, Kevin Louis 100 fly, Andrew Spurling 200 free and 100 back. Other outstanding LTBS were turned in by Daniel Carrigan 100 free and 100 back, Will Brackenbury 200 I.M. and J.R Strubbe 200 free and 100 fly. Congratulations to all of our Seahawks who swam. See swimmeet.com for full results.
- Pasta party for Regional Swimmers will be Wednesday February, 13th from 6:15- 7:00 p.m. in the Cafeteria. Parents please call Julie Hefele (321- 1555) if you can help with the big feast. Thank you for your great dishes. Go Hawks!!!
- The Dayton Raiders Inv. Is open and encouraged for all 14 and under swimmers. Swimmers who are not attending DR or JO's have concluded their practice. We look forward to seeing you when we start back up in April.
- Pep talk coming this week on Championships.

- Please note updated schedule for H.S. swimming on back sheet.

II. Status Of Meet Entries

- Ohio Regional Championship Meet; February 16-18, 2008, (Mason Rec Center): This meet should be attended by all swimmers who do not have all of their State times. Information is available.
- Dayton Raider Winter Invitational; February 29- March 2, 2008: Age Group swimmers will attend this meet. The coaches will pick the events. More information will be available soon.
- Ohio Senior Meet: Feb.29-Mar. 2, 2008 (Miami U): All senior swimmers must attend this meet. Information will be available soon.
- Ohio State Championship Meet; March 14-16, 2008 (Keating): All swimmers who have State times are required to swim at this meet. This is an important meet for our team. Some swimmers who do not have individual times will be swimming on relays.
- Sectionals; March 27-30, 2008 (IUPUI): All swimmers who have Sectional cuts must attend this meet.

III. Coaches Corner!

Swimmers of the week	A-1 Jillian Rice	T-1 Alonna Motley
	A-2 Emma Dietz	T-2 Max Mantkowski
	A-3 Zack Fisher	Sr/Nat Adrien Winning

“Experience tells you what to do ; confidence allows you to do it!!! – Stan Smith (Tennis Great)