

February 19, 2008

Seahawk Talk
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I. Schedule Changes and Announcements

- Wow! What a great weekend of Seahawk swimming. Now we are heading into the High School State Championships this weekend and the Ohio Sr Champs/ DR Inv. the following week. Here are the upcoming practice schedule adjustments and times... Wednesday, February 20th State H.S. 3:45-5:15, Sr not at State meet will practice with T-2's, A-3 regular and T-1 regular. Thursday, February 21st No T-2 a.m. practice (see Sun), Sr 4:00-5:15, T-2 4:30-6:30, A-2 6:30-8:00. Friday, February 22nd Sr 4:00-5:30, T-2 4:30-6:45, T-1 4:30-6:45, A-2 and A-3 6:15-8:15. Saturday, February 23rd Sr 8:30-11:00, T-2 8:30-11:00, T-1 10:30-12:30, A-3 10:30-12:30, A-1 and A-2 12:00- 1:45. Sunday, February 24th All Sr. 3:00-4:30, T-1 and T-2 1:15-3:15
- Ohio Age Group Regional Championships were great. We had a ton of heat, event winners. The LTBS were flying! 44 new state JO cuts!!!! Great swimming Hawks!!.
- 11 CAC High School swimmers are going to the State Championships in Canton, Ohio this weekend. 3 long standing records were broken.....
- D-1 Girls Laurin Weaver (S0) 50 free 23.69 District Champion (2003)
- Boys Andrew Spurling (Sr) 200 free 1:42.57 6th (2001)
- D-1 Girls Libby Hunsche (S0) 100 back 59.08 6th (1996)
- (Other State Qualifying swims were)...
- Boys Bryan Bedacht (S0) 200 I.M. 1:56.66 7th
- D-1 Girls Cynthia Donovan (S0) 50 free 24.64 5th, 100 free 53.87 10th
- D-11 Christina Flessa (Sr) 50 free 24.64 2nd
- D-11 Natalie Fritz (Sr) 200 I.M. 2:14.92 8th, 100 breast 1:10.22 3rd
- Boys Andrew Spurling (Sr) 100 back 53.13 3rd
- D-1 Girls Megan Tassone (Sr) 100 breast 1:08.11 10th
 - Laurin Weaver (S0) 100 free 52.87 4th
 - Sammie Wheeler (S0) 100 breast 1:10.95 8th
- State relay swimmers... Hailey Booth (S0) and Lisa Spurling (S0). Also swimming LTBS were Michael Carrigan 200 free and 100 fly, Andy Gorman 500 free, Kevin Louis 100 fly, Hailey Booth 500 free and 100 fly, Lauren McClure 100 fly, Stephanie Pearce 500 free. Please see swimmeet.com for full results. Great swimming Hawks!!!
- DR Inv will be posted by February 22nd. Please check that day for any changes and give them to your coach ASAP! Thank you.

- Congratulations to our Seahawks that finished their season at Regionals this weekend. They have concluded their practice season. We look forward to seeing all of you in April.
- It is time to turn in your report cards. Please bring in a copy and show your coach so that you may be eligible for the scholar athlete award at the end of the season.

II. Status Of Meet Entries

- 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-2Nina Reininger	T-2 Elizabeth Heinbach
	A-3 Devin Landstra	Sr/Nat Laurin Weaver
	T-1 George Krug	

“A brave heart is a powerful weapon” -H Jackson Brown

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