

Seahawk Talk

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I. Schedule Changes and Announcements

- 2008 is off to a great start! Happy New Year to all of our Seahawks and their families.
- NKC meet week and 2 CCDS meets The following practice changes:
Wednesday, January 9th (CCDS H.S. meet) A-3, T-1 6:00-7:30 and T-2, Sr/Nat 7:00-9:00. Thursday, January 10th (CCDS Jr. H. meet) A-2, T-2 5:45-7:15 and Sr/Nat 7:15-9:00 Wts. (6:15-7:15).
- No a.m. practice Thursday or Friday January 10th and 11th.
- Friday, January 11th A-2 5:00-6:15, A-3 and T-1 5:00-6:45, T-2 and Sr 5:00-7:15.
- Saturday, January 12th A-3 and T-1 8:00-9:30, T-2 and Sr. 6:40-9:30 Wts. 9:30-10:15, A-2 and A-1 9:10-10:30.
- Plan ahead CAC off (no practices) p.m. only on Thursday, January 24th (CCDS sosl champs) and Thursday, January 31st (CCDS mvc champs). Note: T-2 and Sr will all have practice 5:10-6:50 a.m.
- Swim-a-thon: was a big success! A big thank you to our committee heads... Patty Booth and Petra Vester for all their hard work setting up the event. Great job Seahawks.
- CAC 12 and under meet was outstanding! Many LTBS and a ton of heat and event winners. This is a great meet for our 12 and under Seahawks coming off of our outstanding holiday training. Keep up the good work.
- Big thank you to all our T-2 and Sr/Nat swimmers and to Anita Winning for organizing the Christmas family gifts which helped our sponsored family have a great Christmas.
- SCRIPS orders are due this Friday Jan 11. Please be sure to print your order and place it and your check in the SCRIPS folder. Make sure that you place it in an envelope with your name on it so that it can be returned to you. I do ask for your patience this month as the Wheeler baby has still not arrived. Depending on when she chooses to enter this world, these orders may be a few days late. I will try my best to have them available by Wed. Jan. 16, but please give me a couple of days just in case! As always, if you have -questions call me at 677-5666. Thanks!

II. Status Of Meet Entries

- MAST Entries due Wednesday, January 9

III. Coaches Corner

- The Coaches are pleased with the outstanding attendance and effort that all the groups had over the Holiday training period.
- The Coaches would like to give a heart felt thank you to all the Seahawk families who contributed to the Holiday gifts for Christmas. We hope you all had a great Holiday season and a Happy New Year.

Swimmers of the Christmas training weeks...

A-1 Jillian Rice/ Kendall Wheeler A-2 Caroline Fisher/Noah Brackenberry
A-3 Kevin Boyle/ Haley Johnson T-1 Lauren Tassone/ George Krug
T-2 Mack Rice/ Laurin McClure Sr/Nat Cynthia Donovan/ Lisa Spurling

Countdown	1 week	NKC Inv.
	2 weeks	H.S. Classic
	3 weeks	CAC Mid Winter Classic
	5 weeks	Milford Inv/H.S. Sectionals
	6 weeks	Ohio A-G regional/ H.S. Districts (Miami)
	7 weeks	H.S. Canton
	8 weeks	Ohio Senior Championship (Miami)

“Once you have established the goals you want and the price you’re willing to pay, you can ignore the minor hurts, the opponent’s pressure and the temporary failures”-Vince Lombardi- (NFL Coaching Great)