

I. Schedule Changes and Announcements

- Hope everyone had a great Thanksgiving.
- SFF Week. Go Hawks!!!
- Wednesday, November 28th CCDS H.S. Meet! Practice change is as follows... A-3 and T-1 6:10-7:30, T-2 and Sr/Nat 7:10-9:00.
- No a.m. practice on Thursday, November 29th.
- No practice for A-1 on Saturday, December 1st due to the SFF Meet.
- A-2's will practice on Saturday, December 1st with the A-3 group from 10:30-12:30.
- T-2, Sr/Nat will not have dry land or weights on Saturday, December 1st.
- 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 5:30-7:30.
- No practice on Saturday, December 8th due to MAKO for A-2 and up. A-1 will be on its normal schedule.

II. Status Of Meet Entries

- Sycamore Val Lyons Invitational December 1-2, 2007: Watch for details this week.
- MAKO Speedo Holiday Classic; December 7-9, 2007: This meet is closed. Please check the bulletin board to verify your entry.

- CAC Distance Meet; December 15, 2007: This meet is for any swimmer who is interested in swimming the mile. Entry forms will be available this week. Entries will be due December 1.
- CAC January Invitational; January 6, 2007: This 12 and under swim your age meet is for all 12 and Under Seahawks. Meet information will be available soon.
- Clipper Mid-Winter Classic; January 11-13, 2007: All Seahawks not swimming for their school should attend this Prelim/Final meet. Watch for more information soon.

III. Coaches Corner

- Cold weather ...Please stay warm and wear a knit hat to and from practice. Please use your eardrops as well.
- We are training very well. Keep up the good work Hawks

Swimmers of the week	A-1 Joe Dowling	T-1 Nathaniel Adams
	A-2 See Coach Ben	T-2 Sydney Fisher
	A-3 Sarah Vester	Sr/Nat Andy Gorman

“With confidence, you can reach truly amazing heights; without confidence, even the simplest accomplishments are beyond your grasp “–Jim Loehr -