November 5, 2007

Seahawk Talk
Visit CAC on the Web at (www.swimcincinnati.org)

I. Schedule Changes and Announcements

- Mason and Riveria week.
- Friday, November 9th we will combine the A-2, A-3, T-1, Sr and Nat groups. Flex 4:40, water 5:00-6:30.
- Saturday, November 10th there will be no practice due to the meets.
- Practice November 16th and 17th will be the Ironhawk IMX Meet.
- No practice Thursday, November 22nd due to Thanksgiving.
- We have several rooms and family cottages reserved at Hueston Woods Resort during the Mako meet in Oxford, Ohio December 7-9, 2007. Group reservation # 9A15R8 should be given when you call (513) 664-3550 to reserve a room. Block release date is NOVEMBER 7TH (THAT IS A CORRECTION DATE FROM THE MEET SIGN UP SHEET.
- MARK YOUR CALENDARS for the Annual CAC Parent Social! WHEN: Saturday, November 17 5:00 – 8:00 p.m. WHERE: Jacksons 7490 Pinehurst Drive Cincinnati, Ohio 45244 WHAT TO BRING: Parents with last names beginning A-M bring an appetizer, last names N-Z bring "finger food" dessert.

II. Status Of Meet Entries

- Mason Fall Invitational November 9-11, 2007: This meet is closed. Details will be avail able the week of the meet.
- CAC Iron Hawk IMX Meet; November 16-17, 2007 (Friday and Saturday): This meet is closed. Details will be available the week of the meet.
- Sycamore Val Lyons Invitational; December 1-2, 2007: This meet is closed. More information will be available the week of the meet.
- MAKO Speedo Holiday Classic; December 7-9, 2007: Meet information is available. Entries are due by Tuesday, November 6.

III. Coaches Corner

- CAC swimmers please bring in your grades for the Honor Roll. Show it to your group coach 3.0 0n a 4.0 scale or its equivalent. Go Hawks!!!
- Meet week do the little things to get ready. Rest and sleep well, eat and drink well, get your mental prep up. Go Hawks!!!

Swimmers of the week…. A-1 Kendall Wheeler T-1 Joel Keefer
A-2 Stephen Tracy T-2 Mack Rice
A-3 Alexandre Cabello Sr/Nat JR Strubbe

"A great attitude always precedes a great performance". – Unknown-