

October 29, 2007

Seahawk Talk  
Visit CAC on the Web at ( [www.swimcincinnati.org](http://www.swimcincinnati.org))

## **I. Schedule Changes and Announcements**

- Seahawks Rock at the CAC Pentathlon this weekend. We swam very well for this early season meet. There were 60% LTBS and many heat and event winners. The Hawk swimmers did a great job of focusing on their wall skills and team spirit. Again, a Big thank you to Mike Rice and all of our outstanding parent volunteers for running such a great meet...very smooth!!!
- New practice schedule ...As the High School season begins we will be changing over to our new practice schedule. It will start on this Friday, November 2nd. Please note there have been a few adjustments and improvements to improve our training. The changes "new practice schedule" will be posted on our web-site and a copy placed in your folder this week.
- Thank you to Julie Hefele for organizing our Halloween parties.
- MARK YOUR CALENDARS for the Annual CAC Parent Social!  
WHEN: Saturday, November 17 5:00 – 8:00 p.m.  
WHERE: Jackson's 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.
- Riviera Fall Invite, Nov. 9-11 in Indianapolis Hotel Details – We have reserved a block of rooms at the Holiday Inn Express, City Center 4100 Missouri St. Reservations can be made online or via (800) Holiday, use group code CAC block release date is 10/26/07.
- Halloween, October 31st practice for T-2/Sr-1, Sr-2 and Nat groups 3:35-5:30. No practice for A-3 or T-1 on Halloween.

## **II. Status Of Meet Entries**

- Riviera Swim Team Fall Invite 2007; November 9-11, 2007: This meet is closed. Information will be available the week of the meet.
- Mason Fall Invitational; November 9-11, 2007: This meet is closed. Details will be available the week of the meet.
- CAC Iron Hawk IMX Meet; November 16-17, 2007 (Friday and Saturday): Entry forms are available and are due to CAC by Thursday, November 1.
- 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**

- The coaches are pumped up with the effort and spirit of the team. We all agreed that we are ahead of schedule with many things... however IUPUI and Mason meets are just 2 weeks away. We are looking forward to a great 2 weeks training stretch. Keep up the great effort!!! Go Hawks!!!

Swimmers /last week... A-1 Joe Dowling      T-1 Stuart Marsh  
    A-2 Elizabeth Drerup    T-2 Brian O'Connor  
    A-3 Grace Stimson      Sr/Nat Andrew Spurling

Swimmers/this week...A-1 Megan Slovenski    T-1 Alonna Motley  
    A-2 Tyler Miller            T-2 Elizabeth Heinbach  
    A-3 Andrew Tengen        Sr/Nat Sammie Wheeler

**“Aim high that’s where glory dwells”. – H. Jackson Brown-**