

September 24 2007

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

I. Schedule Changes and Announcements

- Practice is on its regular schedule this week.
- National Merit Semifinalists Congratulations to our two Senior Seahawk swimmers: Matthew Jaroszewicz: School of the Performing Arts and Andrew Spurling: Turpin who are National Merit Semifinalists. Our team has a great history of Seahawk swimmers having high achievement in the class room.
- October escrow bills will be generated week of September 24th. Your escrow bill will be e-mailed separately from your team fee bill. Escrow fees are used to cover charges for meet entries, latex and silicone caps, and team T-shirts. Escrow payments should be placed in the green "Norris" folder. For returning families, final summer 2007 escrow spending reports will be placed in your folders by 9/30. If you have any questions about your escrow account, please contact Sharon Norris at 745-0884.
- Silicone "CAC" caps are available for purchase. The cost is \$10.50 per cap, which will be deducted from your escrow account. If you would like a silicone cap, please call Sharon Norris at 745-0884, or at m_g_norris@msn.com.

II. Status Of Meet Entries

- CAC Sprint Challenge; Saturday, October 6, 2007: Entry and worker forms are available on line and in folders. All forms are due to CAC by Friday, September 21.
- Northern Kentucky Clippers Halloween Express; October 20-21, 2007: Entry information is available. Entries are due no later than Saturday, September 29.
- Cincinnati Aquatic Club Pentathlon; Saturday, October 27, 2007: Meet entry forms and worker forms are due by Saturday October 6.
- Riviera Swim Team Fall Invite 2007; November 9-11, 2007: This information will be available soon. Entries will be due by October 9.

III. Coaches Corner

- We are off to a fast start with our training. The emphasis is on building endurance and stroke mechanics. The coaches are pleased with the way the swimmers came back in condition to start the season.
- Coach Kevin and his family would like to thank all of the CAC families for the support and gifts. It has made a huge impact on our family. Thank you CAC.

Countdown...	2 weeks	CAC Sprint Meet	Home CCDS
	4 weeks	NKC Halloween Inv.	Silverlake
	5 weeks	CAC Pentathlon	Home CCDS

“Great success demands great sacrifice” -Unknown-