

I. Announcements

- **This is start of CCDS Home Meet Schedule Week:** You have received an e-mail today with the practice changes for when the CCDS swim teams have meets. Note: CCDS has three meet next week. Please print out the practice changes and note them in your calendars.
- **The first CCDS meet is this Wednesday, December 1st:** Here is the plan for that day:

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|------------------------------|-----------------------------------|
| T-2 & T-1 Groups | 6:00-7:45 PM |
| Sr. & Nat. Groups | 7:00-9:15 PM (dryland too) |
- **No AM Practice Thursday AM, December 4th for T-2 or National Groups:** Due to the up coming MAKO Meet. Swimmers enjoy your extra sleep.
- **No AM Practice next week:** We will not have AM Practices next week on Monday, Wednesday, Thursday or Friday (December 8,10,11, and 12) due to the MAKO Meet.
- **Board Meeting:** The next Board meeting Tuesday, January 6th in the main CCDS Building at 7:30 PM. Anyone who would like to attend is always welcome.
- **Christmas Holiday Practice Schedule 2008-2009:** Will be coming out this week.
- **Kroger Cards:** A note from Janine Hunsche regarding Kroger Cards - your CAC account is not credited for Kroger credits until CAC receives the check from Krogers. For example: Janine received the Kroger check to CAC on November 25th for purchases families made from 10/05/08-11/01/08.
- **SCRIPs orders are due by this Friday, Dec. 5th.** Checks and confirmations should be put in an *envelope* and placed in the SCRIPs folder by end of practice Friday. Orders should be available for pick up by Thursday, Dec. 11th. This is the last chance to place orders before Christmas.
- **Swim-A-Thon was a big success:** A Big thank you to Patty Booth and Petra Vester for organizing such a fun and outstanding event. The swimmers really churned out the laps. Great swimming Seahawks!!!

Swim-A-Thon monies are due in by Monday, December 8th. Please make **one check payable to CAC.** No cash please. Please put envelopes in Booth or Vester folders.

Please attach Swim-a-thon form (will be provided in your folder.) along with your envelope. Form must accompany envelope. (The form will give you the opportunity to pick options for where you would like the monies raised to go toward).

A portion of your swim-a-thon funds raised will go towards your team fees for January. Should you have any questions please call Patty Booth or Petra Vester. Remember...the group that averages the most donations gets to "Pie" the coach of their choice. Also, anyone who brings in more than \$500.00 worth of donations gets to "Pie" the coach of their choice, too!!

Thanks to all of the counters and for all of you that brought in gifts and canned food. We had so much food donated that we had to get another bin!!! Your generosity will be much appreciated by the families that are less fortunate. The bins will be picked up Monday, December 1st by the Free Store Food Bank.

II. Meet Information:

- **MAKO Holiday Invitational, Oxford OH; December 12-14, 2008:** This meet is closed. Details will be available the week of the meet.
- **CAC Distance Meet; December 20, 2008:** Meet information is available. Entries will be due by Monday, December 1.
- **CAC January (Swim your Age) Invitational; Sunday January 11, 2009:** All 12 and under swimmers and Hawks are invited to swim in this CAC hosted meet. Help would be welcome from all CAC families! Entries due by Thursday, December 18.
- **Clipper's Mid-Winter Classic, Silverlake Rec. Center; January 16-18, 2009:** Meet entry information will be available soon. Entries will be due no later than Thursday, December 11.
- **CAC Mid-Winter Invitational; January 30-February 1, 2009:** Meet information will be available soon. All swimmers not swimming for their Jr. / Sr. High Schools are expected to participate. All families will need to work any session in which they have a swimmer. Any help from other families and older swimmers would be appreciated.

III. Coaches Corner:

With just two weeks until MAKO the coaching staff is very excited about the 120+ swimmers we have going to Oxford. We can't wait to see the hard work that you have all put into the season come out in your races. Keep doing the little things in practice to make you better and better. Take care of yourself these next two weeks by eating and sleeping well. Rest your body away from the pool, and mental train and game play each of your events. Go hawks!!!

- **Meet Count Down:**

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|--------------------------------|-----------------------------------|-----------------------|
| <u>MAKO Inv.</u> | (Miami University -- Oxford, Oh.) | <u>2 Weeks</u> |
| <u>Holiday Training</u> | (CCDS) | <u>4 Weeks</u> |

- **"Swimmers of the Week":**

| | | | |
|-----|---------------|---------|---------------|
| A-1 | Sydney Miller | T-1 | Charlie Braun |
| A-2 | Alisha Ko | T-2 | Joel Keefer |
| A-3 | See Coach Ken | Sr/Nat. | Libby Hunsche |

- **Quote of the Week:**

"Only those who risk going to far can possibly find out how far one can go."

- *T.S. Eliot*