

I. Announcements

- **This is Swim-A-Thon Week:** You received an e-mail last week with the times for each group Swim a Thon times and practices. Here is the breakdown of the events on this Monday and Tuesday:

Please note that the below schedule replaces our normal practice schedule for next Monday and Tuesday.

Swim-A-Thon 2008-2009 - Group Schedules

November 24th & 25th, 2008

(All groups swim at the CCDS Pool)

Monday, November 24th:

4:45-6:30 PM T-2, Senior & National Groups - Swim-A-Thon
(Dryland will follow 6:30-7:15)

6:15-8:15 PM A-3 & T-1 Groups - Swim-A-Thon
(Pizza will be served when swimmers are finished with the Swim-A-Thon.)

Tuesday, November 25th:

4:45-7:00 PM A-1 & A-2 Groups - Swim-A-Thon

(Pizza will be served when swimmers are finished with the Swim-A-Thon.)

6:45-8:15 PM T-2, Senior & National Groups - *Swim Practice*
(T-2 Veterans - Dryland 6:00-7:00 PM)
(Senior & National - Weights 6:00-7:00 PM)
(T-1 & T-2 Rookies - Dryland 6:30-8:00 PM)

REMINDERS FOR THE SWIM-A-THON:

- Please bring in canned food items and one \$5 gift item to be raffled off at the Swim-A-Thon. For every donated non-perishable item given, swimmers will get 5 raffle tickets.
- We would like to have 3 counters for each lane. Parents please volunteer to help while your child is swimming.

- **The Wildcat Inv.** This was one of our best in-season meets ever. Great job of racing and cheering. The positive attitudes were infectious. We finished 2nd out of 18 teams. Here are the top “8” finishing teams:

1. NO KY Clippers 1041.5

2. Cincinnati Aquatic Club 556.5

3. Wildcat Aquatics 535
 4. Lexington Dolphins 360.5
 5. Cardinal Aquatics 300
 6. Colonel Aquatics 246
 7. Louisville Tarpons 230.5
 8. Mason Manta Rays 186

This meet was a great set up for our mid-season MAKO meet where we have 120 swimmers getting ready to rock. Thanks to Sharon Jenkins for putting together the team dinner on Saturday. It was a great time and meal.

- **No AM Practice Monday November 24:** Due to the Wildcat Travel meet. See you in the PM.
- **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.
- **No AM Practice for T-2:** We will not have Thurs AM on Nov 27th due to Thanksgiving.
- **No Practice Thanksgiving:** All Groups are off on Thursday November 27th due to the holiday.
- **Practice Change Friday, November 28th:** The Sr. & National Groups will have their AM practice move later due to CCDS being out of school. The practice will be from 7:00-9:00 AM. Yea!!!
- **CCDS JR. HIGH AND HIGH SCHOOL MEETS COMING SOON:** We will be putting out the CCDS meets this week. We will have a practice schedule changes for the meets. Please keep an eye out for the e-mail.
- **EVENT WINNERS AT THE MAST MEET:**
 - ❖ Megan Slovenski – Girls 8 & Under 50 Back, 25 Breast.
 - ❖ Kendall Wheeler – Girls 8 & Under 50 Breast.
 - ❖ Maddie Shelton – Girls 10 & Under 200 Free
 - ❖ Charles Leibson – Boys 9-10 50 Free, 50 Back, 50 Breast, 50 Fly, 100 Back, 100 IM.
 - ❖ Alonna Motley – Girls 11-12 50 Free, 50 Back, 50 Fly, 100 Breast, 100 Fly, 100 Back, 100 Free, 100 IM, 200 IM.
 - ❖ Grace Stimson – Girls 11-12 500 Free, 200 Free, 50 Breast.
 - ❖ Greg Nymberg – Boys 11-12 50 Fly, 50 Back, 100 Back, 100 Fly, 100 IM, 100 IM, 200 IM, 200 Free, 500 Free.
 - ❖ Noah Brackenbury – Boys 11-12 50 Breast, 100 Breast.
 - ❖ Abby Wu – Girls 13-14 100 Fly, 100 Breast, 100 Back, 200 Breast, 200 Fly, 200 Free, 200 Back, 200 IM, 400 IM, 500 Free.
 - ❖ Lauren Weaver – Girls 100 Fly, 50 Free
 - ❖ Sammie Wheeler – Girls 100 Breast, 200 Breast, 200 Free, 200 IM.
 - ❖ Will Brackenbury – Boys 100 Breast, 200 Breast, 400 IM.
 - ❖ JR Strubbe – Boys 200 Fly.
 - ❖ Girls 11-12 200 Free Relay – A. Motley, E. Drerup, N. Malofsky, G. Stimson.

- ❖ Girls 11-12 200 Medley Relay – A. Motley, G. Stimson, E. Drerup, N. Reininger.
- ❖ Boys 11-12 Free Relay – N. Brackenburg, B. Feitlinger, J. Dowling, G. Nymberg.
- ❖ Boys 11-12 Medley Relay – J. Dowling, N. Brackenburg, G. Nymberg, B. Feitlinger.
- ❖ Girls 13-14 200 Free Relay – L. Tassone, R. McGoff, D. Wheeler, A. Wu.
- ❖ Girls 13-14 200 Medley Relay – L. Tassone, A. Wu, D. Wheeler, R. McGoff.

• **Event Winners at the Wildcat Meet:**

- ❖ Cara Norris – Girls 11-12 50 Fly, 200 IM.
- ❖ George Krug – Boys 11-12 50 Back
- ❖ Drew Rice – Boys 11-12 200 Free, 200 IM, 500 Free
- ❖ Valerie Borger – Girls 13-14 50 Free, 100 Free
- ❖ Hannah Vester – Girls 14 & Under 500 Free
- ❖ Max Mantkowski – Boys 13-14 100 Back, 200 Back
- ❖ Mack Rice – Boys 13-14 100 Free, 100 Fly, 100 Breast, 200 Free, 200 Fly, 200 IM, 400 IM, 500 Free

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:** The date of this meet has changed from Saturday to Sunday! Mark your calendars.

III. Coaches Corner:

- **Wildcat Meet:** The attention to detail is paying off big. We had a very good meet from Friday night all the way through Sunday afternoon. That effort is what sets up great Championship Meets!!! Keep up the great effort the next three weeks in the class room and in the pool. We need to take advantage of every practice opportunity. Get better every day and keep making the details a priority.
- **Seahawk Knit Hat Tradition:** The weather is starting to turn colder and it is very important that all Seahawks stay healthy. Please start wearing a Knit hat to and from practice. (Wow did it get colder this weekend!!!)
(We have been staying away from the “Big Germs” this season) Don’t get sick now!

• **Meet Count Down:**

<u>MAKO Inv.</u>	(Miami University -- Oxford, Oh.)	<u>3 Weeks</u>
<u>Holiday Training</u>	(CCDS)	<u>5 Weeks</u>

• **“Swimmers of the Week”:**

A-1	Lucy Bonner	T-1	Matthew Krott
A-2	Katherine Anning	T-2	Thomas Norris
A-3	Charlie Leibson	Sr/Nat.	Hailey Booth/Mack Rice

• **Quote of the Week:**

Do not wait to strike till the iron is hot; but make it hot by striking.
William B. Sprague