

I. Announcements

- **This is a normal training week.** We will be switching to our High School Practice Schedule starting Friday November 7th.
- **Report Cards /CAC Honor Role** The first round of report cards will be coming out soon. Please have your Seahawk swimmers bring in their grade cards to show their group coach. The coaches will pump them up and mark it in the records for the awards night as the end of the season. You may put a copy in the coach's folder as well.
- **If you called and offered a TV and or DVD/VHS player:** please go ahead and bring them in. We will use more than one set if we get them. Thanks again for the offers.
- **TV AND DVR/VHS PLAYER:** The coaches are still looking for a second set of **LARGE TV AND DVD/VHS PLAYER** to show tapes of the swimmers strokes. We would like to have the TV to have the red, white and yellow inputs for a camcorder in the front of the TV if possible. If anyone has extras and would like to donate them to the team please call Head Coach Benson Spurling at 474-9461. This would or should be a possible tax write off as well.
- **Board Meeting:** The next Board meeting Tuesday, November 4th in the main CCDS Building at 7:00 PM. Anyone who would like to attend is always welcome.
- **Dry Land Program Set up:** The coaches are very excited that our equipment is almost all in. We will be starting our new dryland program soon. Details will follow shortly in a PEP TALK.
- **Halloween Parties:** Thank you to Nancy Tomon and Julie Hefele organizing the parties. A big thank you as well to the parents who brought in treats for the Halloween parties. They were great fun.
- **SCRIPS Orders Due November 7** SCRIPS Orders are due this Friday, November 7th. Please place your order online and put the paperwork along with your check in the SCRIPS folder. If you have any questions please contact Marci at 677-5666. We are also looking for someone to take over this program for the club. Give Marci a call for information on what the position entails.

II. Meet Information:

- MAST Meet – Milford High School November 14-16, 2008. This meet is closed more information will be available te week of the meet
- Wildcat Invitational, Lexington, KY November 21-23, 2008. All entries for this meet should be in. More information will be available soon. Hotel info is posted on the meet page for this meet.
- MAKO Holiday Invitational, Oxford, OH December 12-14, 2008. Meet entry information was emailed recently. Entries are due no later than Tuesday, November 11.
- CAC Distance Meet December 20, 2008. We encourage all 11 and over swimmers who what to swim a 500 or 1650 Free to enter this meet. We are hosting this meet in order to give swimmers an opportunity to swim these events which are not always offered at all meets. Entry information will be available soon.

III. Coaches Corner:

- **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. Warm clothes and coats are also very helpful in keeping our swimmers away from colds and sniffles. It is a good idea to wash your hands through the day in the winter months to keep from catching others illnesses.

- **Meet Count Down:**

Mast Inv. (Milford High School)

2 Weeks

Wild Cat Inv. (University of Kentucky—Lexington Ky.)

3 Weeks

- **“Swimmers of the Week”:**

A-1 Ava Keller

T-1 Clare Suess

A-2 See Coach Ben

T-2 Joel Keefer

A-3 Lindsay Tracy

Sr/Nat Max Mantkowski

- **Quote of the Week:**

If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting.

---Dick Vermeil