

October 20, 2008

Seahawk Talk

I. Announcements

- This is NKC Halloween week. We have over 100 swimmers attending. Let's have a great week of training and a great meet. Go Hawks!!!
- The Pentathlon Meet was outstanding. Thank you to all of our Volunteers and our Meet Director Mike Rice for running such a great meet.
- No Practice on Saturday, October 20th due to the NKC Meet.
- No Monday AM Practice October 27th due to the Weekend Meet. Rest up for the PM practice.
- **New Coach Announced---A-1 Assistant:** (Megan brings our coaching staff to 12)
Megan Nunn: CAC Assistant Coach Age Group 1

We are excited to announce that Megan Nunn is returning to assist with our Age Group 1 swimmers. Megan's swimming experience includes her age group (10 year) career here at CAC from the age of 8 through High School. Megan was our team's record holder in the 100 and 200 Backstroke events and was an Ohio High School State finalist all 4 years in High School. She swam at the University of Cincinnati her freshmen year. Megan then stepped away to concentrate on her studies. Megan has coached with CAC in the past and did a great job of instructing our young Seahawks in the A-1 and A-2 groups. Megan is very knowledgeable in the areas of stroke mechanics and outstanding at making swimming fun for the young swimmers. She is excited to be back coaching with the Seahawks and is looking forward to graduating with a degree in Nursing in May. It is great to have Megan back in the Seahawk nest. Please welcome Megan back when you see her after practice.

- **We are also excited to announce the following new program:**
CAC Team Building Hawk Program 2008-09
Senior/National Groups Assistant Hawk group Helpers:

This season we will have a new and exciting Senior/National Team Building activity. Each swimmer who is in the Senior/National group will go down to Stepping Stones to help out with the Hawk Program. Every one has one Day for 40 Minutes. You will receive an extra practice credit for helping with the group. You will be supervised by the Hawk Head Coach Kim Trotta-Baldasare.

This is a great chance to bond and get to know your youngest Seahawk teammates. You will get to see what it is like to be an assistant coach for a day. It is an easy way to pick up a volunteer service hour as well.

It is very important that we do not miss the day you have been assigned. If you have a conflict please let me know ASAP so that we can switch your date with another swimmer in the group.

Remember the young Seahawks look up to you and this is your time to show them how important they are to the future of the Cincinnati Aquatic Club. Be a great leader.

- **Note ---Senior Parents:** You have received an e-mail detailing the schedule and practice that your swimmer will be helping out.
- **First TV and DVD/Players have come in.** Thank you to the Wills Family for donating the TV, and to the Landstra family for donating the DVD/VHS players. They are working well together.
- 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.
- **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.
- **A-1, A-2, and A-3 Wednesday Practices Added** For the month of October there will be an added practice for those swimmers who cannot make their normal practices on Tuesday and Thursday due to other commitments. On the following Wednesdays we will offer practices for the swimmers in the A-1, A-2, & A-3 Groups on October 22nd, and 29th.
Times: A-1 7:00-8:00 pm A-2 & A-3 7:00-8:30 pm
- **Dive In and Help:** was successful again this past weekend. Seahawk swimmers donated over 150 personal hygiene items to be delivered to Milford Miami Ministries. Thanks everyone.

II. **Meet Information:**

- **NKC Halloween Invitational, Silverlake Recreation Center; October 25-26, 2008:** More information will be available this week.
- **MAST Meet, Milford High School; November 14-16, 2008:** Any swimmer not attending the Wildcat Meet in Lexington should attend this meet. Entry information will be available this week and will be due by Thursday, October 23.
- **Wildcat Invitational, Lexington KY; November 21-23, 2008:** All interested swimmers should attend this meet. Information will be available this week. Entries will be due no later than Thursday, October 30.
- **MAKO Holiday Invitational, Oxford OH; December 12-14, 2008:** This prelim/final meet should be attended by all A-2, A-3, T-1, T-2, and SR swimmers. This is a mid season championship meet.

III. **Coaches Corner:**

- We had another great Pentathlon Meet. Seahawk Swimmers. We have been working hard on our wall skills (Stream Lines, Starts, Turns, and Finishes) the past few weeks and they are showing up in our races. Keep up the great work at practice and lets have a super spirited and fast meet at the NKC Halloween meet this weekend. Go Hawks!!!
- Attendance has been very good with all the fall activities that are going on. If you are involved in other activities please try to get to practice as much as you can until you have finish with the activity. Then you can get into a consistent practice schedule routine. Don't forget that you my need to enter a meet.
- **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 cloths 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:**
NKC Halloween Inv. (Silverlake Rec. Center) **1 Week**
Mast Inv. (Milford High School) **4 Weeks**
Wild Cat Inv. (University of Kentucky—Lexington Ky.) **5 Weeks**
- “Swimmers of the Week”:**

A-1	Connor Ellingson	T-1	Cameron Laatsch
A-2	Kathleen Tomon	T-2	Alonna Motley
A-3	Victoria Klee	Sr/Nat	Stephanie Pearce
- Quote of the Week:**
 “There are no secrets to success. It is the result of preparation, hard work, learning from failure.”
 ---Colin Powell---