

October 27, 2008

Seahawk Talk

I. Announcements

- Seahawks finished as the top visiting team at “The NKC Halloween Inv.” The meet had 12 teams competing. The coaches were pleased with the effort and spirit of the swimmers. We had many LTBS for this early in the season and won a ton of heats and had many event winners. We had over 100 swimmers attend. This is a great way to start the season. We now turn our attention to the Milford and Wild Cat Inv. Meets coming up. Great Swimming Seahawks. Below are the top 10 team scores and the top 10 CAC high point individual point finishers.

Place Team Points

1 NO KY Clippers CLPR-OH 3,382 .50

2 Cincinnati Aquatic Club CAC-OH 1,531 .50

3 Wildcat Aquatics WA-KY 1,242

4 Highbridge Aquatics HA-KY 731 .50

5 M.E.Lyons/Anderson Barracudas ABLY-OH 578 .50

6 Mason Manta Rays RAYS-OH 493

7 Bluegrass Swim Team BST-KY 274

8 Mariemont Aquatic Club MAC-OH 219

9 Unattached - Kentucky UN-KY 146

10 Kingfish Aquatic Club KAC-OH 888 & Under Girls - Individual Scores

Place	Name	Age	Points
3.	Ko, Alisha A	7	35 .50

8 & Under Boys - Individual Scores

9	Dowling, Joe B	8	20
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10 & Under Boys - Individual Scores

7	Blair, Liam D	9	50
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11-12 Girls - Individual Scores

1	Norris, Cara M	11	86
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3	Motley, Alonna V	12	70
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9	Stimson, Grace E	11	49
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11-12 Boys - Individual Scores

1	Gores, Hugh B	12	80
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2	Krug, George E	12	77
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10	Zink, Adam P	12	54
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13-14 Girls - Individual Scores

3	Wu, Abby J	13	42
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13-14 Boys - Individual Scores

1	Mantkowski, Max T	14	69
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6	Rice, Mack R	14	40
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15 & O Girls - Individual Scores

6	Hunsche, Libby A	16	34
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8	Weaver, Lauren A	17	23
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15 & O Boys - Individual Scores

4	Bedacht, Bryan S	16	47
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- **Halloween Parties** We will be having our Halloween Parties on Wednesday and Thursday October 29th & 30th. They will fall at the end of the Senior and National practice and at the start of the Transition 2 practice. The A-2 and A-3 will have their parties at the end of their practice. Note: Transition 1 will be at the end of Wednesdays practice.
- **No Practice** on Friday PM October 31 due to Halloween. **We will have AM practice for the Sr, National and T-2 swimmers. The Practice will be from 4:50-6:30 am.**
- **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.
- **The Parent Social** is Saturday, November 8th from 5:00-8:00 pm at Kim and Ray Jackson's house. Please RSVP to Kim Jackson at rjackso4@fuse.net.
- **Board Meeting:** The next Board meeting is Tuesday, November 4th in the main CCDS Building at 7:00 PM. Anyone who would like to attend is always welcome.
- **The last extra A-1, A-2, and A-3 Wednesday Practice:** October 29th is the last added practice for those swimmers who cannot make their normal practices on Tuesday and Thursday due to other commitments.
Times: A-1 7:00-8:00 pm A-2 & A-3 7:00-8:30 pm
- **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.

II. **Meet Information:**

- **MAST Meet, Milford High School; November 14-16, 2008:** Any swimmer not attending the Wildcat Meet in Lexington should attend this meet. Entries were due October 23rd.
- **Wildcat Invitational, Lexington KY; November 21-23, 2008:** All interested swimmers should attend this meet. 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:**

- Way to go Seahawks we had a very solid meet at the NKC Halloween Inv. this past weekend. It is time now that we are almost back full force from our fall sport to continue making practice a priority. Go Hawks!!!
- **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:**
Mast Inv. (Milford High School) **3 Weeks**
Wild Cat Inv. (University of Kentucky—Lexington Ky.) **4 Weeks**

- **“Swimmers of the Week”:**

A-1	Duke Steiner	T-1	Kendall Hart/Nate Wagner
A-2	Hailey Magenheim	T-2	Stuart Marsh
A-3	Ben Feitlinger		Sr/Nat Lauren Weaver
- **Quote of the Week: "Desire is the key to motivation, but it's an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."**

-Mario Andretti