

I. Announcements

- Week three of the season will be a lot less windy than week two. We hope everyone has their power restored, and we can get back to training all of our Seahawk swimmers.
- **PRACTICE CHANGES:** The IHSC has informed us that they are shutting down for the season after the wind last week knocked out one of the three power sources to their pool. This will mean that we will follow the September 9 –November 6 “Pre High School Schedule” that was put out in your packet and is on the CAC web site.
- **PARENT MEETING – Wednesday, October 1** All parents are encouraged to come to the Parents Meeting on *Wednesday, October 1 from 7:00 to 8:15 pm at the CCDS Auditorium*. General team information will be addressed at the beginning of the meeting and then we will breakout into training groups (A-1, A-2, A-3, etc.). Coaches will meet with the parents of their swimmers to discuss specific group information.
- **PRACTICE CHANGE ON WED. OCT.1** Due to the parent meeting being held this night (ALL parents are encouraged to attend and we want all the coaches available to attend, as well), there will be a practice change for the Senior/National Group and the T-1 and T-2 Groups. Practice times will be as follows:
 - Senior/National – **4:50 to 6:30 AM** (no PM practice)
 - T-1 & T-2 Groups – **4:00 to 6:15 PM**
- **Kast A Ways** is coming this week - Monday and Tuesday, September 22nd and 23rd. They will be at CCDS from 5-7 pm. Please bring your payment with you. Note: All Seahawks should wear the TYR CAC Team Suit in our competitions (or a red/black suit). We want to look sharp and have a great team image. Coaches encourage the swimmers who want to display CAC team pride and who wear a drag suit in practice to get the “HAWK” DRAG SUIT. Drag suits are usually for the boys, however many of the girls have been wearing the HAWK drag suit as well. We get an additional team discount if we order 12 or more this year.
- **SCRIPS** The first SCRIPS order for the year is do by Friday, October 3. This is a great fundraiser as you only purchase gift cards for face value at those establishments you know you will be spending money at anyway. For those families who are new to this and need help getting started, call Marci at 677-5666 with any questions.
- **P.E.P. TALKS** The coaches will be putting out our first Parent Education Program Talk this week. The topics will be Meet Information/Description sheets and Meet Declaration sheets. Instead of being placed in the folders, they will be e-mailed to you this year. Please fill them out and return them ASAP to your swimmer’s coach’s folder.
- **A-1, A-2, and A-3 Wednesday Practices Added** For the month of October (except Oct 1 due to parent meeting) and the last week of September 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 September 24, October 8th, 15th, 22nd, and 29th.
Times: A-1 7:00-8:00 pm A-2 & A-3 7:00-8:30

II. Coaches Corner

The coaching staff is excited about the way the training is going (windstorm excluded). The General Conditioning/Foundation Phase of our season will continue for the next 2-3 weeks. We are starting our “Swimmers of the Week” announcements this week. The award goes to the swimmer in each group the coaches feel did the best job of following the characteristics that make for an outstanding week of training. Some of the things that we are looking for are: outstanding prompt attendance, attentive positive attitude, perfect technique in dryland and the water, leadership, helping teammates, Seahawk spirit, helping with equipment, just to name a few. GO HAWKS!!!

“Swimmers of the Week”

A-1	Nathan Beck	T-1	Alexandre Cabello
A-2	Katie Vorpe	T-2	Abby Wu
A-3	Audrey Shelton	Sr/Nat	Stephanie Pearce

“Become the most positive and enthusiastic person you know.”