

September 29, 2008

Seahawk Talk

(website: www.swimcincinnati.org)

I. Announcements

- **Meet Entries:** If you have sent in a fax entry in the last week or so it did not come through. We have had some technical difficulties in the set up of a new fax machine. Please send it again or e-mail Cindy Carrigan Sprint meet (Yes or No) reply at cindycarrigan@fuse.net all other meets would need to be faxed again or turned into the clear folder in the back of the files at the CCDS pool. Thank you for your understanding on this matter.
- **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 break out into training groups (A-1, A-2, A-3, etc.). Coaches will meet with the parents 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**
- **A-1, A-2, and A-3 Wednesday Practices Added** For the month of October (*except Oct 1 due to the Parent Meeting*) 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 8th, 15th, 22nd, and 29th.
Times: A-1 7:00-8:00 pm A-2 & A-3 7:00-8:30 pm
- **A2 Saturday practice** will start ten minutes earlier, going from 11 to 1 from now on.
- **Seahawk Talk:** If you need to submit any information into Seahawk Talk please e-mail exactly what you want to be put in to Molly Tassone at yarngirl1@fuse.net. Please send no later than Sunday night. Thank you.

II. Meet Information

- In an effort to save money, all meet information will be distributed electronically. Each family will be sent an e-mail and information will be available on the website. Please print the event entry forms and return them to CAC by the appropriate due dates. Please direct any questions to Lisa Pearce at lisapearce@cinci.rr.com or 231-7321.
- **CAC Sprint Challenge October 4, 2008:** Entries and worker forms should be turned in. If you have not done so, please turn them in immediately. More information will be available this week.

- **CAC Pentathlon; October 18, 2008:** Meet information and worker forms are available. Please return to CAC by Saturday, October 4.
- **NKC Halloween Invitational, Silverlake Recreation Center; October 25-26, 2008:** Meet information is available and must be returned no later than Friday, October 3.
- **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.

III. **Coaches Corner**

- This is a busy week of training as we now have three weeks of early season conditioning in the books. 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 finished your activity. Then you can get into a consistent practice schedule routine. Don't forget that you may need to enter a meet.
- "Swimmers of the Week"

A-1	Clayton James	T-1	Haley Johnson
A-2	Katherine Anning	T-2	Stuart Marsh
A-3	Catherine Hartman	Sr/Nat	Adrien Winning

“All of us like to practice the skills we do well. But winners discipline themselves to work on their weaknesses until they become their strengths”

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