



The Channel Cat Chat

December 2008

Official newsletter of the Tri-City Channel Cats Swim Team

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Your contributions are welcome (photos, too)! The deadline for submitting items for the next newsletter is **December 30.**

Coaches' Lane

Channel Cats in Cheney

Channel Cats swimmers tore it up in Cheney last weekend. The hard practices and great competition at the meet proved to be a perfect mixture for some fast times. Five swimmers (**Lisa Bratton, Ryan Francis, Lucy Hernandez-Mejia, Hailey Murphy, and Linnea Peacock**) cracked the 1:00 barrier in the 100 free for the first time. In addition, **Katelyn McLaughlin** dipped under the :30 barrier in the 50 free. Three swimmers (**Andrew Blanchard**-100 fly, **Lisa Bratton**-200 IM, and **Mackenzie Ruby**-100 fly) made new Age Group Sectional times and qualified to attend the AGS meet in March. We had three swimmers (**Shaylee Kieffer, Kaylyn Lesser, and Jordan Ziembra**) attending their first meet as Channel Cats. Here is the Best Times breakdown:

8 new best times – Lisa Bratton and Dominique Marlin

7 new best times – Andrew Blanchard, Scott Francis, Dane Marlin, and Hailey Murphy

6 new best times – Ruth Chrisman, Micah Cruz, Jillian and Joseph Hendry, Jenacie Jones, Bertha Kim, Kaylyn Lesser, Alexis and Blair Murphy, Cade Musick, Lindsay Nelson, and Andrew, Jonathon, and Linnea Peacock

5 new best times – Natalie Burke, Makaylah Ferritto, Chyna Fish, Ryan Francis, Allyson Fuller, Jordan Hendry, Marcia Kim, Katelyn McLaughlin, Alyssa Musick, Emma Pope, Hailey Rankin, and Jordan Ziembra

4 new best times – Ann Marie Dillsworth, JaZee Griffith, Danica Marlin, Addison and Ashton Pollick, and William Wertz.

3 new best times or less – Eric Blanchard, Tanner Collins, Nick Connors, Jake Douglas, Alex Fievez, Cheyenne Griffith, Jeff Grindel, Lucy and Luis Hernandez-Mejia, Shaylee Kieffer, Sarah Olsen, Miles Phillips, Lindsay Przybylski, Cody Roberts, Cheyanne Rollins, Mackenzie Ruby, Natilee Ruiz, Justin Smith, Sean Stephens, Amanda and Dante Vega, and Joe Wertz

Nutrition for Child Athletes

from American Swimming Coaches Association e-newsletter

A recent survey by the National Council of Youth Sports reports more than 44 million children in the U.S. participate in some type of organized sport. 75 percent of young athletes participate in sports activities year round.



Coaches' Lane (continued)

Child athletes need fuel for their bodies. Here's a breakdown of some of the important nutritional needs:

Carbohydrates. Carbohydrates (carbs) are sugars and starches found in foods. They are the main source of fuel for the body. When we eat, the digestive system breaks down carbs into glucose, a form of sugar used by the cells for energy. Some of the glucose may be used immediately. What's not needed is stored in the muscles in the form of glycogen. When the body needs extra fuel, it converts the glycogen back into glucose. If the body's stores of glycogen aren't adequate, the body runs out of energy, leading to fatigue. A well-balanced diet provides enough carbs to sustain most athletes for about 90 minutes. Children who participate in longer events or endurance sports may need to increase their carb intake several days ahead of a sporting activity to build carb stores.

Protein. Protein is needed to build and maintain muscle. A major source of protein in the average American diet is meat, preferably lean meat. Non-meat sources include: dairy products, nuts, soy products and peanut butter. Most people get enough protein in their diets. Contrary to what some people believe, consuming extra protein will not build muscle faster. The best way to build bigger and stronger muscles is through regular training and exercise. Too much protein can cause dehydration.

Vitamins and Minerals. The body needs a variety of vitamins and minerals to run efficiently. For most children, a healthy diet should provide the right amount of these nutrients. However, athletes need to ensure they get adequate levels of two minerals: iron and calcium. Iron (found in red meat, chicken, tuna, salmon, eggs, fruits, vegetables and whole grains) carries oxygen to the tissues. Female athletes may be especially at risk for low iron. Calcium builds strong bones and helps an athlete's body resist stress fractures or broken bones. Some sources of calcium are dairy products and green leafy vegetables.

Fats. Not all fats are bad for the body. Fat can be a concentrated source of fuel, especially for activities lasting less than hour. Moderate amounts of healthy fats (monounsaturated and polyunsaturated) provide essential fatty acids and help the body absorb important vitamins. Generally, health experts say no more than 30 percent of the daily calories should come from fat.

Fluids. Water makes up a large portion of the body. It's needed for circulation, energy metabolism and elimination of waste products. As the body warms during exercise, sweat is generated to pull away the excess heat and allow cooling through evaporation. Thus, the body loses fluid volume. If fluids aren't replaced fast enough, dehydration occurs, leading to fatigue, muscle cramps, dry mouth and thirst. Severe dehydration can cause headache, dizziness, severe thirst, low blood pressure, rapid heartbeat and loss of consciousness. Athletes should drink plenty of fluids before, during and after activity. General recommendations are 4 to 8 ounces before and about 4 ounces every 15 minutes during the event. After the activity, drink 16 to 24 ounces of fluid for every pound of weight lost. Water is the best type of fluid to drink. For children who are active for more than an hour, sports drinks may be a good option because they replace lost electrolytes. Avoid caffeinated beverages because they promote dehydration.

Feeding Young Athletes

from American Swimming Coaches Association e-newsletter

Health experts recommend everyone participate in regular exercise and a healthy diet. Robert Gotlin, D.O., Sports Medicine Specialist at Beth Israel Medical Center in New York City, says many children don't like the idea of following a healthy diet because they don't want to be singled out by peers or eat differently from other family members. He suggests that the entire

Get to Know



**Elizabeth
McCarthy**

Richland, WA
Age 14, Blue at CBRC
1 year as a Channel Cat

Favorite stroke: Breast

Favorite event: 200 breast

Favorite meet: Tri-City Invite
because we got to swim outside

Favorite swim meet snack:
Orzo

**Proudest swimming
moment:** When I dropped
almost 15 seconds off a time

Swim goal: To get an A time

Best advice from a coach:
"Keep your head down!"--
Coach Jen

**When I'm not swimming, I
like to:** Read and hang out
with friends

Favorite book:
The Boy in Striped Pajamas

Favorite movie: The Mummy

Keep working hard and do not give
up.
And a big thank you to all the
coaches!

~Elizabeth

Get to Know



Emma "Max" Timm-Ballard

Walla Walla, WA
Age 13, Silver at TCCC
8 months as a Channel Cat

Favorite stroke: Backstroke

Favorite events: 400 free and 100 back

Favorite meet: Age Group Sectionals

Proudest swimming moment: Making finals at Age Group Sectionals

Swim goal: Work toward Senior Sectional times

Best advice from a coach: "Get your legs moving!"-- Coach Todd

When I'm not swimming, I like to: ride in the car to and from swimming!

Favorite book: To Kill a Mockingbird

Favorite movie: Ghost Town

Congratulations to the following Channel Cats who competed at the State level with their high school swim teams:

Kristen Bennett

Mackenzie Gant

Natilee Ruiz

Christine Tixier

Coaches' Lane (continued)

family take part in meal planning and preparation so everyone is following the same healthy diet.

Proper food choices can be a battleground when parents want kids to eat healthy and kids want to make their own decisions. Gotlin recommends parents allow children to choose between two or three healthy foods instead of making good versus bad choices. For example, a child who doesn't want chicken may pick tuna instead.

Parents can also play up the importance of the sport by following one of the specific meal plans in his book, Dr. Rob's Guide to Raising Fit Kids. There's even an "all-star" menu for kids who are active with tennis, swimming, ballet, track, hockey, gymnastics, volleyball and field hockey. And although the menus are titled with a specific sport, they can be interchanged and used as the basis for a healthy diet for any athlete or non-athlete.

Child athletes need snacks to help them bridge the time between meals. Allow children to choose between healthy snacks, like string cheese, pretzels, low-fat granola or nuts. And if a child hits the school snack bar once in a while, it's not necessarily a bad thing, as long as he/she is following a healthy diet. Even desserts, like low-fat ice cream can be included as an occasional treat.

Some parents worry about calories. Gotlin says the best way to determine if a child is getting the right amount of calories is to monitor his/her weight. If a child is growing normally and sustains a healthy weight, calorie intake is adequate. Gotlin also reminds parents that breakfast is the most important meal of the day. It jump-starts the body and provides fuel to get the child through to the next meal.

The book, Dr. Rob's Guide to Raising Fit Kids, is published by DiaMedica and retails for \$16.95. Copies can be obtained through your local or online book retailer. All the menus in the book emphasize lean proteins, whole grains, fresh fruits and vegetables.

Links to general information on dietary needs of children in sports:

- [The American Dietetic Association](#)
- [The President's Council on Sports and Exercise](#)

Links to information about youth sports:

- [National Alliance for Youth Sports](#)
- [National Council of Youth Sports](#)

Breakfast Improves Overall Diet Quality and May Help with Weight Management

from The Earth Times

A groundbreaking new study published in the November 2008 issue of the American Journal of Clinical Nutrition shows that eaters of lower energy dense breakfast have improved diet quality, and may have a better ability to maintain a healthy weight. The study found that those who enjoy a less energy dense morning meal have diets that are richer in important vitamins and minerals and lower in saturated fat and cholesterol compared to those who consume a more energy dense meal.

Generally, foods with the lowest energy density include fruits, vegetables, soups and whole grains that soak up water, such as oatmeal or rice. Fats and oils, fried foods, desserts, crackers and pretzels are highest in energy density. The more calories per gram of food, equals greater energy density. For example, a breakfast pastry would have more calories per gram (more energy dense) than a bowl of oatmeal and glass of 100% orange juice.

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From Our Board President

Greetings:

I hope all of you had a wonderful Thanksgiving! I hope as a family you had the opportunity to reflect on all that you have to be thankful for. I thought this would be a good opportunity to reflect on the many blessings that we as the "Channel Cat Organization" should be thankful for as well. We should be thankful for our dedicated and supportive coaching staff; our parents who step up to fill board positions, help to run meets; chair fundraisers; handle our website and newsletter; become stroke and turn officials; and for all who get their kids to practice on time day after day. We should also be thankful for the three private clubs, and the City of Pasco who allow us to use their facilities to practice. And most importantly we should be very thankful that our children are provided the opportunity to swim competitively, and in the process learn to accept victory and defeat gracefully; and finally we should be thankful for the friendships that being a part of a "swim team" provides for both the athlete and the parents.

Many congratulations to all of the Channel Cat girls who participated at the State High School Swim Meet.

And finally as a reminder all board meetings are open to parents. We encourage you to come and share your concerns and/or ideas. Meetings are held every second Tuesday of the month at 7:00 at CBRC.

Wishing all of you the happiest of holiday seasons.

Mary Blanchard



Christmas Hint

Extra goggles or a new pair of Zoomers make great gifts (each swimmer should have his or her own pair of Zoomers)

Get to Know



**Dayla "Day"
Sathaway**

Richland, WA
Age 10, Blue at TCCC
2 months as a Channel Cat

Favorite stroke: Breast

Favorite event: 50 Breast

Favorite swim meet snack:
Oranges

Proudest swimming moment: Winning first place at Catfish swim meets (my last swim team)

Swim goal: To have fun and get better at swimming

Best advice from a coach: "You can work harder, hard work pays off!"—Dance Coach

When I'm not swimming, I like to: dance at E.W. Elite

Favorite book: Nancy Drew

Favorite movie: Aquamarine



Poinsettia plants will be delivered on Thursday, December 4th



Time: Noon to 5 pm, sharp.

Where: Location is the same as last year/ same as spring flowers. The Vista company warehouse is located in the alleyway next to Platt Electric (the west side of Platt Electric) This is in the area across Gage Blvd. from Olive Garden, and behind the army/navy recruiting offices.

Payments: Payment for all flowers must be made at pick-up.

Channel Cat Apparel Now Available

Anne Jones is now accepting orders for new Channel Cat apparel. See the order form (attached to the same e-mail that brought you this newsletter or available in the Forms section on our website) for details. **Orders and payment are due to Anne no later than Wednesday, December 10.** Since Anne lives in Walla Walla, all orders must be mailed so please keep this in mind and don't wait until the last minute! Anne will deliver orders to the Tri-City Court Club on Monday, December 22 or she will mail them to you for an additional charge.

In addition, the following inventory is available right away from Anne on a first-come, first-served basis. If you would like any of these items, please e-mail annenorth@charter.net or call her at (509)386-8268.

Navy sweatpants w/ TCCC logo: \$18.00 each

Adult sizes: 2 small, 1 medium

Youth sizes: 1 small, 1 large

Ladies white tank w/ navy TCCC logo: \$11.00

Adult size: 1 medium

Unisex white tank w/navy TCCC logo: \$11.00

Adult size: 1 extra-large

DAD white T-shirt front chest TCCC logo & dad print on back: \$12.00

Adult size: 1 extra-large

Orange 07-08 Pain is only Temporary T-shirt: \$6.00

Adult size: 1 small

Navy TCCC hat: \$14.00 (7 available)

Burnt Orange TCCC hats: \$14.00 (9 available)

Bright Orange 08-09 T-shirts: \$12.00

Youth sizes: 2 medium, 4 large, 2 extra-large

Adult size: 2 small

Don't forget . . . turn in your Winter 2009 Meet Commitment form (which you received via e-mail) to Coach Todd by December 17th!

Dec. 4

Pick up your poinsettias at Vista Warehouse, 12-5pm

Dec. 5-7

Christmas Invitational; East Wenatchee

Dec. 9

TCCC Board Meeting, 7:00 p.m., CBRC Conference Room
Everyone is invited!

Dec. 10

Apparel orders due to Anne Jones

Dec. 17

Tryouts, 6:30 p.m. at Tri-City Court Club

Dec. 20

SCRIP orders due to Cristy Bratton

Dec. 17

Winter 2009 Meet Commitment forms due to Coach Todd

Dec. 18-21

State Senior Championships, Federal Way

Dec. 22-Jan. 2

Winter Break, stay tuned for a special practice schedule

Jan. 9-11

January Storm; Walla Walla

Jan. 24-25

We host 10 & Under Champs & IMX Meet in Ellensburg

Feb. 13-15

Inland Empire Jr. Champs; Moscow, ID

Feb. 27-Mar. 1

Inland Empire SC Champs; Walla Walla

Mar. 11-15

Senior Sectionals; Federal Way

Mar. 14-15

Shamrock Shakeup; Spokane

Mar. 27-29

Age Group Sectionals; Federal Way