



# The Channel Cat Chat

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 **January 30**.

## Coaches' Lane

### Wenatchee—WOW!

Thirty-eight Channel Cat swimmers traveled to the CUDA Christmas Invite Dec. 6<sup>th</sup> and 7<sup>th</sup> in Wenatchee and what a splash they made! Channel Cats not only won the meet (and we were way out numbered by the host team), we also brought home 4 high point trophies and 164 new best times.

**Olivia Gillett, Matt Lanzara, John Markillie** and **Tallie Mortensen**

competed as Channel Cats for the first time as well. Welcome and way to go!

**Ryan and Scott Francis** were high point winners for the boys 9-10 and 13-14 year olds and for the girls, **Megan O'Leary** (13-14) and **Jenna Mehlenbacher** (15 & over) earned high point honors. Congrats and nice job swimmers!

Some of our swimmers had some great time drops as well...**Adin Anderson** dropped over 22 seconds in the 100yard breaststroke and over 12 sec. in the 100 fly. **Delaney Anderson** dropped over 11 seconds in her 100 fly as well. **Courtney Comrie** dropped 12 seconds in her 100 fly while **Makaylah Ferrito** dropped over 23 seconds in her 100 yard breaststroke and over 18 seconds in the 50 fly! **Scott Francis** dropped over 16 seconds in the 100yd. breaststroke and **Jillian Hendry** crushed her best time in the 200yd free by over 20 seconds! **Elizabeth McCarthy** took off over 11 seconds in her 100yd. fly while **Gabby Villareal** dropped over 15 seconds in her 200yd. breaststroke. Channel Cats were just on fire! **Cole Westendorf** and **Porter Withers** both dropped a bunch of time too. **Cole** dropped a whopping 17 seconds off his 50yd. butterfly and **Porter** dropped over 10 seconds in his 100yd. IM. That's some great swimming Channel Cats...I'd call that kind of swimming a great success!



↑ Coaches Jen & Karen with the meet trophy!



↑ Meet Buddies: Veterans Scott Francis and Cade Musick were paired up with new Channel Cats Skyler Younkin, Matt Lanzara, and John Markillie.



↑ Lindsey Nelson and Chyna Fish caught hanging out between events.



↑ Jenna Mehlenbacher, Megan O'Leary, and Lucy Hernandez-Mejia.



↑ Scott Francis, Cade Musick, and Cole Westendorf found that faux hawks really do make you swim fast!

## *Coaches' Lane (continued)*

### **The Christmas Invite best times list is as follows:**

**8 best times:** Delaney Anderson, Courtney Comrie, Jillian Hendry and Cole Westendorf.

**7 best times:** Skylar Younkin, Hailey Rankin, Keith Meline and Scott Francis.

**6 best times:** Adin Anderson, Makaylah Ferritto, Ryan Francis, Matt Lanzara, Katelyn McLoughlin and Gabby Villareal.

**5 best times:** Lindsay Nelson, Elizabeth McCarthy and John Markillie.

**4 best times:** James Bennett, Ann-Marie Dillsworth, Chyna Fish and Tess Jenkins.

**3 best times or less:** Jordan Ziemba, Porter Withers, Sean Stephens, Emma Pope, Alyssa and Cade Musick, Tallie Mortensen, Luis Hernandez-Mejia, Jordan Hendry and Kristen Bennett; Jenna Mehlenbacher, Megan O'Leary and Amanda Vega; Micah Cruz and Lucy Hernandez-Mejia and Dante Vega.

The coaches were very pleased with the results and look forward to the upcoming meets after the holidays! Hope you all have a safe, happy and healthy holiday!

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Four Channel Cat swimmers attended the **Jingle Bell Splash** in Moscow, Idaho the same weekend as the Cuda meet. No coaches were sent to this meet but results show that **Hailey Murphy** qualified for the Washington State Senior Champs in Federal Way by dropping time in her 100yd.

butterfly! **Blair Murphy** dropped time in the one event she swam and **Claire Schaefer** whooped up dropping time in 8 out of her 10 events and nabbing two new team records!! Congrats swimmers on a very nice job!

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**WA State Senior Champs** – We had quite the adventure going to Federal Way the weekend before Christmas. Eighteen swimmers were signed up for the meet. Three swimmers decided not to attend before even leaving for the West side. We drove over there Thursday morning hoping to swim the 1,000 freestyle that night. We found out that the King County Aquatic Center (KCAC) had closed the pool, and that events for Thursday had been cancelled. Then Thursday evening we got word that they cancelled Friday's events as well. I spoke with the meet director Thursday evening and asked her to let me know as soon as possible on Friday if they were going to cancel the meet all together so we could check out of the motel and head for home. Friday morning we took the kids around the corner to the Super Mall there in Auburn. We ate lunch and had still not heard from the meet director by 1:00pm so we decided to check out of the motel and head for home. We started driving home on Highway 18 when I got a call from the meet director telling me that the pool would be open on Saturday, and there would be swimming. The three car caravan pulled off the road in North Bend and I let everyone know that the meet would be happening on Saturday. At that point one car with six swimmers decided to continue home to the Tri-Cities. The other two cars, with nine swimmers, turned back around and headed back to the motel to check back in. After a few calls to some coaching friends, I secured a practice at Mt. Ranier High School so the swimmers could get in and practice Friday afternoon. Saturday we arrived at the KCAC and each swimmer was allowed to swim three events in a time trial format. We finished up about 2:30pm, and quickly got loaded up and made our way across Snoqualmie Pass to beat the oncoming storm. It was quite the adventure! But it taught the athletes that you can't always have things go perfect and sometimes you have to deal with adversity.

## Get to Know



### **Ann Marie Dillsworth**

Pasco, WA  
Age 15, Bronze at TCCC  
1 year as a Channel Cat

**Favorite stroke:** Butterfly

**Favorite event:** 200 IM

**Favorite meet:** Starlight Invitational because I got into two bonus heats and a final.

**Favorite swim meet snack:** Ritz cheese crackers

**Proudest swimming moment:** Dropping time and getting several ribbons at the Christmas Invitational in Wenatchee.

**Swim goal:** An AGS time.

**Best advice from a coach:** Coach Jen told me that when my arms give out in butterfly to just keep my butt up.

**When I'm not swimming, I like to:** Read, sleep, talk, have sleepovers, watch movies, go to church and school.

**Favorite book:** The Bible

**Favorite movie:** Timeline

*"Never let yesterday's  
disappointments overshadow  
tomorrow's dream!"*

~Ann Marie

For information regarding Channel Cats own **Outreach Program** and eligibility, please contact **Marilee Roberts** at **(509)628-1905**.

## *Our Upcoming IMX / 10 & Under Meet: Call for Volunteers*

Our team is hosting the **IES 10 and Under Championship and IMX Extreme Challenge** (an Invitational meet) on the weekend of January 24 – 25, 2009. This is a call for your sign-ups for positions that are needed to host the meets. The timeline is approximately as follows:

<b>Saturday, January 24</b>	<b>Sunday, January 25</b>
7 am – Parents needed for setup	7 am – facility open
9 am – Concessions & Hospitality set up.	9 am – Concessions & Hospitality set up.
10 am – Warm-up begins; Meet Marshals needed; set up completed	10 am – Warm-up begins; Meet Marshals needed; set up completed
11 am – 10 & Under Meet starts – Positions: Head Timer, Lane timers, Timing Console Operators, Announcers, Clerk of Course, Office staff, Officials	11 am – IMX Meet starts – Positions: Head Timer, All Lane timers, Timing Console Operators, Announcers, Clerk of Course, Office staff, Officials
5 pm (estimated) End of 10& Under Champ Meet Warm-up for IMX meet begins; Meet Marshals needed.	5 pm (estimated) End of Meet; All needed for equipment removal, pack-up and facility clean-up (takes about 1 hour)
6 pm: Start IMX Meet Positions include Head Timer, ALL lanes timed by TCCC, Timing Console, Announcers, Office Staff, and Officials.	

### **Needed Positions:**

- ✚ Equipment / Facility Set Up: 10 people.
- ✚ Head Timers : Two per meet, per day – rotate on/off
- ✚ Lane Timers:
  - ✚ For 10 & Under Meet; 10 – 15 in order to cover assigned lanes
  - ✚ For IMX Meet – 32 positions to cover on Saturday / 64 on Sunday: the host team is fully responsible for timers when hosting an invitational. (Note: We will call for volunteers from visiting teams, but need to be prepared to cover all slots as the host.)
- ✚ Concessions: 5 people and a leader: Concessions are limited to pre-packaged foods and canned/bottled drinks. Coffee and hot water included. Will set up in Aquatic Center Lobby.
- ✚ Will sell Heat Sheets
- ✚ Hospitality: 3 – 5 people including leader:
- ✚ Providing food for coaches and officials in the equipment room just off the pool deck.
- ✚ Announcers: 3 people – rotate throughout the meets.
- ✚ Console Operators: 2 – 5 people; with experience and willing to train.
- ✚ Clerk of Course: 2 people for the 10 & Under Meet: assisting the 25 yard swimmers in line up per heats.
- ✚ Office Staff: As coordinated and lead by our Administrative Referee, Kari Weinman.
- ✚ Officials: As coordinated and lead by our Meet Referees, Jerry Bennett (IMX Meet) and Doug Wertz (10 & Under Meet)
- ✚ Meet Marshals: 2 people for each warm-up period: will provide for safety observation (do not have to be officials).



As a team, the Channel Cats have a great reputation for hosting well run meets. The reputation has been earned by folks such as you who have given your time unselfishly. Most of these positions don't require training, just a can-do attitude; proper instruction will be provided in lane timing, and for the head timers, and the repetition takes care of itself. Announcing can be a little intimidating, but as with all jobs, is a lot of fun. We do expect that people work multiple jobs....serving as a lane timer in addition to some other task. Bottom line, the adage, "many hands make light work" rings so true in this situation. Thanks in advance for your time and effort. **Please reply via email to [dougwertz@charter.net](mailto:dougwertz@charter.net) on the job(s) you will work.**



## 2008-2009 TCCC Board of Directors

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Congratulations to **Natilee Ruiz**, who has been awarded WIAA (State of Washington Athletics) 2A High School Swimmer of the Year. Natilee was also outstanding at USA Junior Nationals recently, where she competed in 6 events. She placed 3<sup>rd</sup> in the 50 free and set new IE records in the 50 free, 200 IM, and 100 free. In the 50 free, Natilee currently ranks 1<sup>st</sup> in the United States for 13-14 girls. Way to go, girl!



## From Our Board President

Happy New Year!

I hope all Channel Cat families enjoyed the holidays and maybe even some of the snow... and that the swimmers got some rest in between practices.

The Channel Cats are hosting the 10 and under championship and IMX meet the weekend of January 23-25. Remember this is a TCCC hosted meet and one of only two meets we host each year – we need your help! Several emails have been sent out asking for volunteers as well as a write up in this edition of the newsletter. Please respond back to Joan Wertz, Meet Director, as soon as possible and let her know how you can help. All families have a 26 hour per year obligation for volunteering at TCCC hosted meets.

Board meetings are open to all parents. They are held the 2<sup>nd</sup> Tuesday of the month at CBRC. Our next meeting is scheduled for January 13<sup>th</sup>. We welcome your comments and input.

Here's to a healthy and successful 2009.

*Mary Blanchard*

## Get to Know



### Hailey "Hai" Rankin

Prosser, WA  
Age 13, Silver at TCCC  
4 months as a Channel Cat

**Favorite stroke:** Butterfly

**Favorite event:** 200 IM

**Favorite swim meet snack:**  
Bagels and cream cheese

**Favorite meet:** Turkey Trot  
because that's where I really  
got to meet the other swimmers  
and talk to them.

### **Proudest swimming**

**moment:** Getting A times my  
first year

**Swim goal:** to keep improving  
my times and become a stronger  
swimmer

**When I'm not swimming, I  
like to:** eat! I spend a lot of  
time on the computer, too.

**Favorite book:**  
Harry Potter series

**Favorite movie:**  
Tristan and Isolde

*"Just keep trying your hardest and  
listen to the coaches because, whether  
you think so or not, they know what's  
best for you!"*

~Hai



### Attending Age Group Sectionals?

If you have qualified or think you may qualify for Age Group Sectionals in Federal Way this March, book your hotel soon. This meet draws swimmers from all of the western states plus Alaska and Hawaii, and hotels fill up very fast. You can always cancel (just make sure you check the hotel's cancellation policies). We have a block at the Best Western Peppertree Auburn, (253)887-7600.

### Charles Schultz Philosophy (author unknown)

The following is the philosophy of Charles Schultz, the creator of the 'Peanuts' comic strip. You don't have to actually answer the questions. Just read them through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America Contest.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. They are not second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are NOT the ones with the most credentials, the most money, or the most awards. They are the ones who care.

### Get to Know



### Olivia Gillett

Richland, WA  
 Age 8, Blue at CBRC  
 4 months as a Channel Cat  
**Favorite stroke:** Butterfly  
**Favorite event:** 25 free  
**Favorite swim meet snack:**  
 Anything with sugar is really good!

**Favorite meet:** The meet at Wenatchee has been my only meet and I had a good time.

**Proudest swimming moment:** I finished first in my heat in the 25 fly. I love finishing first!

**Swim goal:** I want to swim more races and better my strokes.

**When I'm not swimming, I like to:** draw and play piano.

**Favorite book:**  
Because of Winn Dixie

**Favorite movie:**  
The Call of the Wild

#### Jan. 8

New Parent Meeting, 7pm at CBRC

#### Jan. 9-11

January Storm; Walla Walla

#### Jan. 13

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

#### Jan. 20

SCRIP orders due to Cristy Bratton

#### Jan. 24-25

We host 10 & Under Champs & IMX Meet in Ellensburg

#### Feb. 10

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

#### Feb. 13-15

Inland Empire Jr. Champs; Moscow, ID

#### Feb. 27-Mar. 1

Inland Empire SC Champs; Walla Walla

#### Mar. 10

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

#### Mar. 11-15

Senior Sectionals; Federal Way

#### Mar. 14-15

Shamrock Shakeup; Spokane

#### Mar. 27-29

Age Group Sectionals; Federal Way



Channel Cat  
**Cody Roberts** has signed with the University of

Washington and will begin swimming with them this fall 2009.  
**Congratulations, Cody!**