



The Channel Cat Chat

Official newsletter of the Tri-City Channel Cats Swim Team

P.O. Box 1668, Richland, Washington 99352

www.TriCityChannelCats.org



Head Coach, TCCC

Todd Stafek

(509) 374-8550

toddstafek@charter.net

Head Assistant Coach, CBRC

Jennifer Tonkyn

(509) 783-9612

RJTonkyn@verizon.net

Assistant Coach, CBRC

Karen Eddy

(509) 628-2489

keddy@clearwire.net

Assistant Coach, KO

Laura Eddy

(208) 413-2756

laura-eddy@hotmail.com

Assistant Coach, TCCC

Amanda Trembl

(253) 209-7308

Newsletter Editor

Wendy Francis

(509) 628-1003

wendyfrancis@charter.net

Your contributions are welcome (photos, too)! The deadline for submitting items for the next newsletter is **February 26.**

Coaches' Lane

Welcome, New Swimmers!

The following swimmers have officially become Channel Cats! Please welcome them when you see them around:

Swimming Blue at CBRC: Ellen Liu and Aurora Oberg

Swimming Blue at Kia Ora: Kaylee Eyler, Ariel Gambetty, Alex & Lauren Hall, John Lesser, Mallory McAuley, and Jessa VanWormer

Swimming Blue at TCCC: BreAnn Bell, Trysta Byrd, Alexis Day, Jennifer & Natalie Ip, Luke Jackson, Blake Olin, Kelsi Ramos, and Katie & McKenzie Schroder

Swimming Bronze at TCCC: Elianna Jordan

Meet Recaps

A storm hit Walla Walla January 9-11, 2009 but it was not the weather, it was the Channel Cat Swim Team! Sixty-eight Channel Cats traveled to Walla Walla for the

January Storm

meet and blasted

off 361 new best times! **Scott Francis** (aka Mr. 200yd fly!) earned high point honors in the 9-10 age group. In addition, five of our other swimmers got second place in high points (**Claire Schaefer, Mackenzie Ruby, Andrew Blanchard, Nolan McCants** and **Meghan Pickett**). That's nice swimming.



Out of the 361 best times 8 Channel Cats had ALL best times: **Andrew Blanchard** and **Hanna Rankin** led the way with 10 out of 10 best times!! **Scott Francis, Andrew Peacock,** and **Emma Pickett** all earned 9 for 9, **Ruth Chrisman, Tristan Killian** and **Cheyenne Rollins** went 8 for 8 and **Tori Jones** swam 5 out of 5 best times. On top of that, there were some amazing time drops as well: The biggest and most impressionable was **Jeevan Philip**. He dropped over 71 seconds in his mile! **Adin Anderson** dropped close to 16 seconds in one of his races and **Tanner Collins** blasted out 3 huge time drops (12, 34 and 20 seconds). **Ann-Marie Dillsworth**

Coaches' Lane (continued)

dropped about 25 seconds and **Ally Fuller** had 2 major time drops of 20 and 12 seconds. More Cats dropped a bunch of time like **Tori Jones** (11sec.), **Tristan Killian** (11sec.), **Bertha Kim** (23sec!!) and **Marcia Kim** (11sec). **Hailey Murphy** challenged herself with the 200 fly and came out 12 seconds faster and **Andrew Peacock** impressively dropped 18 and 20 seconds. Continuing on the list of big time drops was **Emma Pickett** (12 and 11sec.), **Tyler Pickett** (13), **Emma Pope** (14sec.) and **Iovani Rodriguez** (well over 27 seconds!!). Finally, **Cheyenne Rollins** dropped 12 seconds and **Claire Schaeff** bested her time by nearly 20 seconds! That is an amazing list of great swimming...good job team!

The best times list is as follows:

10 best times: Andrew Blanchard and Hannah Rankin

9 best times: Scott Francis, Ryan Francis, Andrew Peacock and Emma Pickett.

8 best times: Ruth Chrisman, Ally Fuller, Tristan Killian, Marcia Kim, Hailey Murphy, Cade Musick, Hailey Rankin and Cheyanne Rollins.

7 best times: Tanner Collins, Courtney Comrie, Mackenzie Gant, JaZee Griffith and Jenacie Jones; Alex Killian, Aurora Oberg, Jeevan Philip, Iovani Rodriguez and Claire Schaeff.

6 best times: Chyna Fish, Olivia Gillette, Alexis and Blair Murphy, Alyssa Musick, Mylie Oberg, Sanjay Philip and Cole Westendorf.

5 best times: Tori Jones, Megan O'Leary, Meghan Pickett and Emma Pope, Yaritz Rodriguez, Sean Stephens and William Wertz.

4 best times: Mackenzie Ruby, Esteli Garcia, James Bennett, Luis Hernandez-Mejia, Shaylee Kieffer, Thomas McCants, Lindsay Nelson, Jonathan Peacock and Lindsay Przybylski.

3 or less best times: Porter Withers, Hannah Pickett, Sarah Olsen, John Lesser, Bertha Kim, Tabitha Jones, Cheyanne Griffith, Jake Douglas, Ann-Marie Dillsworth, Kristen Bennett, Adin and Delaney Anderson; Linnea Peacock and Cyrus Stephens; Tyler Pickett; and Lucy Hernandez-Mejia, Tess Jenkins and Nicole Weinman.

What a great meet Channel Cats! The coaching staff was very pleased at all the great time drops, little time drops and almost time drops! There were some great challenges met and there was some strong racing. Holiday training is paying off!



Coach Todd instructing some of the team at January Storm.

Get to Know



Hailey Dikeman

Richland, WA
Age 12, Blue at Kia Ora
1 year as a Channel Cat

Favorite stroke: Breaststroke

Favorite event: 50 fly

Favorite meet: I have only attended one meet so far (Pasco meet), but I know it will be one of my favorites because it was such a learning experience for me.

Favorite swim meet snack:
Pistachios

Proudest swimming moment:
When I got my first ribbon. It amazed me to think that I could win a ribbon out of all the people competing, and I was so happy when I did!

Swim goal: To go to as many meets as possible and to work hard to become faster.

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

Favorite book:
Saving Sailor

Favorite movies:
"Get Smart" and
"Miss Congeniality"

"Thanks so much for always being there for me and encouraging me!"

~Hailey

Let's help each other out!
Don't forget to submit your items for next month's
SWIM SWAP! E-mail
WendyFrancis@charter.net
for details.

Coaches' Lane (continued)

The **Inland Empire 10 and Under Champs** in Ellensburg was a fast meet that provided our little swimmers with the opportunity to shine! Many of our swimmers posted best times and a few even reached the BB standard in order to swim at the Short Course Champs meet in Walla Walla in February. **Claire Schaef** was awarded High Point winner for the 8 & under girls with 4 out of 5 Best Times. Claire also swam for a new Team Record in the 8&U Girls 100 Free with a time of 1:13.50. **Scott Francis** took away the boys 9-10 High Point trophy with 5 out of 5 best times and a very impressive 100 Fly swim (1:19.88). Other Shining Stars at the 10 and Under Championship Meet were: **Matt Lanzara** (5 out of 5 best times), **Tallie Mortensen** (5/5), **Skylar Younkin** (5/5 and BB in 50 Breast), **Marcia Kim** (4), **Cade Musick** (3), **Addison Pollick** (3), **Katie Schroder** (3 of 5, and achieved BB standard in 100yd Breast Stroke, Way to Go!), **Porter Withers** (3), **Makaylah Ferritto** (2 Best Times and BB in 100 yd IM), **John Markillie** (2), **Sanjay Philip** (2), **Cole Westendorf** (2), and **Jazee Griffith** (1).

Channel Cats proved to be up for the "Challenge" of the **IMX Extreme Challenge Meet** of 2009. **Ryan Francis** brought home high point honors for the 13-14 boys, plus a new Age Group Sectional qualifying time. All in all there were 10 new Age Group Sectional times achieved by the following swimmers: **Lisa Bratton** (3 qualifying times), **Nick Connors** (1), **Ryan Francis** (1), **Jeevan Philip** (2), **Ashton Pollick** (1), **Max Timm-Ballard** (1) and **William Wertz** (1). Congratulations to **Ann Marie Dillsworth** for best times in all six events; to **Ashton Pollick, Cheyanne Rollins** and **Jordan Ziemba** for best times in all five events; to **Carlie Berry** for 4 out of 4 best times; and to **Amanda Vega** and **Nathaniel Weinman** for 3 out of 3 best times! Way to go Channel Cats and on to the February Championships!!

Six Best Times: Ann Marie Dillsworth

Five Best Times: Micah Cruz, Ryan Francis, Alex Killian, Jeevan Philip, Ashton Pollick, Hailey Rankin, Cheyanne Rollins, Sean Stephens and Jordan Ziemba

Four Best Times: James Bennett, Carlie Berry, Lisa Bratton, Nick Connors, Jake Douglas, Chyna Fish, Elizabeth McCarthy, Alyssa Musick, Sarah Olson, Hanna Rankin, Justin Smith, Nicole Weinman, William Wertz

Three Best Times: Ruth Chrisman, Mackenzie Gant, Luis Hernandez-Mejia, Tori Jones, Tristan Killian, Iovani Rodriguez, Cyrus Stephens, Max Timm-Ballard, Amanda Vega, Dante Vega, Nathaniel Weinman.

Two or less Best Times: Kristen Bennett, Tanner Collins, Courtney Comrie, Tabitha Jones, and Mackenzie Ruby.

Did You Leave Something in Ellensburg?

Coach Jen has several items that were left at our meet. If you left something, please contact her and give her a description of the item.

Get to Know



Cheyenne Rollins

Richland, WA
Age 12, Blue at Kia Ora
1 year as a Channel Cat

Favorite stroke: Freestyle

Favorite event: 500 free

Favorite meet: January Storm, I had 8 best times!

Favorite swim meet snack: Rice Krispy Treats

Proudest swimming moment: Completing the 500 free and 100 fly

Swim goal: An "A" time

When I'm not swimming, I like to: Hang out with friends

Favorite book: Twilight

Favorite movies: "Mean Girls" and "Dark Knight"

"Thanks for cheering me on!"

~Cheyanne

It's Flu Season AND the Season for Big Meets:

Remember to stay warm, eat according to your level of work/activity and get appropriate rest, especially 3 days prior to a big meet. The coaches have seen swimmers walking outside in flip-flops (or no shoes at all), no coats, and just a towel around them. This is unacceptable. Parents, please help us by talking to your swimmers.



2008-2009 TCCC Board of Directors

President

Mary Blanchard
cmblanchard4@msn.com

Vice President

Marilee Roberts
robertsswim@gmail.com

Secretary

Katt Thompson
Kathy_A_Thompson@ri.gov

Treasurer

Todd Schaeff
hschaeff@verizon.net

Co-Treasurer

Cristy Bratton
c.bratton@verizon.net

IES Representative

Chris Musick
Musicks1@msn.com

Member at Large—CBRC

Joan Wertz
dougwertz@charter.net

Member at Large—TCCC

Anne Jones
annenorth@charter.net

Member at Large—Kia Ora

Markie Henry
Wash3mhenry@yahoo.com

Member at Large—Community

Randy Willis
RWillis@my-cbrc.com

We are currently seeking nominations for the 2009- 2010 Board of Directors.

All positions are always open and we welcome anyone who is interested in participating. Without parent participation we cannot be successful. If you are interested in taking on a position (President, Vice President, Secretary, Treasurer, Co-Treasurer, Member at Large) and are willing to attend one Board meeting a month, we are interested in hearing from you. For more information, please contact Katt Thompson.

From Our Board President

Greetings to all Channel Cat Families:

We are currently in the process of seeking Channel Cat parents who are interested in submitting their name for a Board of Director position for the 2009/10 swim season. Position descriptions can be found in your parent hand book. Please email or contact Katt Thompson if you are interested, and/or please ask a current board member if you have any questions concerning any of the board positions. Remember it takes people willing to step up and volunteer their time and talent to make the Channel Cat organization as successful as it is.

Thank you to all who worked the 10 and Under and IMX meet in Ellensburg on January 24 and 25. Even though our numbers were not where we would have liked them, once again TCCC parents did an awesome job of running an efficient and organized meet. A special thanks to Joan Wertz, our Meet Director.

Just a reminder that all dues offset money will be due and payable with the June invoice. Please contact Todd Schaeff or Christy Bratton if you have any questions regarding your dues offset obligation. As always we appreciate you sending your payments in by the 10th of each month. This ensures we are meeting the financial obligations we have to our Coaches, vendors, etc., in a timely manner. Please be sure you are communicating with the Treasurer directly regarding any issues you may have with your invoice, payments etc...

The Coach's and Board are available to answer any questions you may have and welcome your input. The Board of Directors meeting is open to all interested parents and is held the second Tuesday of the month at 7:00 p.m. at CBRC – we hope to see you there.

And finally, Good luck to our Channel Cat boys as they prepare for High School Districts and State later this month.

See you on deck,

Mary Blanchard

The TRUTH about Volunteer Hours

The following is reprinted from the Channel Cat Handbook, page 17, Section 7, second paragraph:



It is mandatory that each family support the meets hosted by the team. In order to remain in good standing a minimum of 26 mandatory service hours per family per year is required. Participation at hosted meets may include but is not limited to: working in the concessions stand, hospitality room, equipment, set-up and take down, staffing the office, announcing, timing console operation, lane timing, head timer, or any meet official. Hours will be tracked via time cards that are maintained by each family, initialed by a team lead, and turned in after the last meet. Alternatively, a fee of \$8/hr will be assessed for failure to participate at the board's discretion. Arrangements to trade time with others or provide substitute/s is acceptable.

Time cards are available on our website, www.tricitychannelcats.org, by clicking on the Forms tab.



For Your Calendar

Get to Know



**Alexandra
"Alex" Killian**

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

Favorite stroke: Breaststroke

Favorite event: 100 breast

Favorite quote from a coach:
"Swimming is like skateboarding,
only no coasting."—Coach Jen

Favorite swim meet snack:
Goldfish

Favorite meet: Tri-City
Invitational 'cause it was at home
and just really fun. I like
swimming Long Course!

Proudest swimming moment:
Just movin' up; droppin' time.

Swim goal: Break 30 seconds in
the 50 free.

**When I'm not swimming, I like
to:** rock out, skate around and
hang out with my brothers.

Favorite book: The Outsiders

Favorite movie: "Stick It"

*"Seven days of no swimming
makes one weak."*

~Author Unknown

Get to Know



**Alexis "Alli
Bear" Murphy**

Kennewick, WA
Age 10, Blue at TCCC
3 years as a Channel Cat

Favorite stroke: Breaststroke

Favorite event: 100 breast

Favorite quote from a coach:
"KICK!"—Coach Todd

Favorite swim meet snacks:
Wheat Thins and muffins

Favorite meet: Any meet in
Moscow. I like the pool, it's fast!

Proudest swimming moment:
When I got a 10-yr-old Zone time.

Swim goal: I want to get another
Zone time or two.

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

Favorite book: Terrible Twins of
Christmas

Favorite movie: "Princess Bride"
or "Mall Cop"

*"Keep up the hard work and
listen to your coaches."*

~Alexis

Attention, PARENTS: As we get later in the season
and into meets with prelims and finals, we really need cell
phone numbers in case a swimmer qualifies for finals and
doesn't realize it. PLEASE MAKE SURE YOUR COACHES HAVE
CURRENT CELL PHONE NUMBERS FOR YOUR FAMILY.

As always, if ANY of your contact info changes, please alert
both the Treasurer and the coaches.

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. 20

SCRIP orders due to Cristy
Bratton

Feb. 26

Items due for the March
newsletter, including ads for
the Swim Swap section and
photos you'd like to submit

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

Book Hotel Now for Age Group Sectionals

**Age Group Sectionals
(Federal Way)** - Best

Western Peppertree Inn in
Auburn 888-624-4854.

Twelve double/double rooms
for \$99.95/night. They are for
the nights of March 26, 27,
and 28. They are being held
under "Tri-City Channel Cats"
until February 26. So if you
are qualified or close to
qualifying please make your
reservations.