



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 **March 31**.

Coaches' Lane

A new face on and around the deck

Some of you might be wondering who this new face is at CBRC helping with Channel Cat practices. **Rachel Wildey** is a former Channel Cat who graduated from Richland High School in 2006 and was previously a sophomore attending Western Washington University. Rachel is transferring to Washington State University Tri-Cities and will begin classes in the fall. She hopes to eventually go into the law enforcement field working for a government agency.

She currently works at Swift Rehabilitation as well as for a private security company. She volunteers her time both with Channel Cats and in a classroom for ESL children at Carmichael Middle School. We are very fortunate that Rachel is willing to donate so much time to our Channel Cats. Please welcome her to the deck.



Jr. Champs in Moscow Idaho (Feb. 13-15) -- If this meet was a sign of things to come then "whoa Nellie" look out here come the Channel Cats!! Twenty eight Channel Cats went to Moscow for the Jr. Championship Swim Meet and our team placed second overall. In addition, three girls came away with high point honors. Congrats to **Maddie Henry** (9-10), **McKenzie Schroder** (11-12) and **Danica Marlin** (13-14) our high point winners!

Combined, our kids scored 169 new best times, and almost all of them made over half their swims new best times. We also picked up a few new BB times to qualify for the Short Course Champs Meet. Those were by **Maddie, Mylie Oberg, Blair Murphy, Kaylyn Lesser, Jordan Ziemba, Cheyenne Griffith, Chyna Fish, Emma Pope, Danica Marlin, McKenzie Schroder and James Bennett**. Did I mention that **James** also qualified for Age Group Sectionals as well as broke the Jr. Champs record in the 50yd fly? Channel Cats just tore up the pool!

Four of our swimmers got best times in ALL their races: **McKenzie Schroder** and **Jordan Ziemba** were the big winners with all 12 of their races as new best times!! **Mylie Oberg** (5 for 5) and **Dane Marlin** (8 for 8) also had all best times. Nice job Channel Cats!

We also had some great time drops like **Maddie** who took off over 12 seconds in her 200IM, and **Kaylyn Lesser** who dropped over 13 and nearly 12 seconds in two of her races. **Danica** took well over 23 seconds off her 500free and 12 off her 400IM while sister

Coaches' Lane (continued)

Dominique Marlin bested her time by over 12 seconds in her 200IM. **Emma Pope** dropped 14 and a half seconds in her 200IM and **Porter Withers** took off close to 14 second in his 200free. Way to go Channel Cats...that's some mighty fine swimming!

The Jr. Champs top times list is as follows:

12 best times: McKenzie Schroder and Jordan Ziemba.

10 best times: Danica Marlin and Chyna Fish.

9 best times: James Bennett.

8 best times: Shaylee Kieffer, Kaylyn Lesser, Dane Marlin and Emma Pope.

7 best times: Cheyanne Rollins.

6 best times: Maddie Henry, Matt Lanzara, John Lesser, and John Markillie.

5 best times: Skyler Younkin, Mylie Oberg, Luis Hernandez-Mejia and Cheyanne Griffith.

4 best times or less: Olivia Gillett, JaZee Griffith, Dominique Marlin, Blair Murphy, Katie Schroder, Amanda Vega, Porter Withers, Esteli Garcia, Lucy Hernandez-Mejia and Elizabeth McCarthy.

Our Junior Champs swimmers swam so hard and so well... the coaching staff is quite proud of ALL their efforts! It was a pleasure to watch all their hard work pay off! Way to go Channel Cats. Great swimming!!! With so much great swimming I hope I did not miss anything. If I did please let me know. (Coach Jen)

Boys High School State (Feb. 20-21) – The Channel Cats had several boys competing for Richland and Hanford at the WA State High School State meet.

Swimming for Richland High School were **Cody Roberts, Eric Blanchard, Nathaniel Weinman, Tyler Pickett, Nick Connors, and Alden Welsch**. Richland picked some big points with a 3rd place finish in the 200 Medley Relay and a 4th place finish in the 400 free relay. Individually, **Cody Roberts** led the way with state titles in both the 100 fly and 100 back. Both were Automatic All-American times, with the 100 fly being a new state record. The previous holder of the state record, Ugur Taner, went on to swim in the 1996 Olympics. Both of these times were new Inland Empire records. Congratulations Cody! I am sure the University of Washington swimmers and coaches are eager to have you on their team next year. **Nathaniel Weinman** placed ninth in the 200 free and fourth in the 500 free with two new best times. In the same events, the 200 free and 500 free, **Eric Blanchard** picked up an eleventh place finish in the 200 free and a sixth place finish in the 500 free, also in personal best times. Rounding out our 500 swimmers was **Nick Connors**, who placed 10th in the 500, a mere 3 tenths off of his first Senior Sectional time. Nick's time in the 500 was a 22 second drop from the beginning of the season. **Tyler Pickett** picked up points for Richland with a sixth place finish in the 200 IM and an eighth place finish in the 100 Breaststroke. Tyler's swim in the 200 IM was his first time under 2:00. Overall Richland finished 4th in the team standings.

Get to Know



John Markillie

Richland, WA
Age 8, Blue at CBRC
6 months as a Channel Cat

Favorite stroke: Breast stroke

Favorite event: Medley Relay

Favorite meet: The Christmas Invite in East Wenatchee because it was my first meet and I won all of my heats.

Favorite swim meet snack: Beef jerky and Fuze to drink

Proudest swimming moment: I'm proudest when I dive into the water and do a good job.

Best advice from a coach: "Flutter not sputter," ~Coach Jen

When I'm not swimming, I like to: Play on my didj and ride horses.

Favorite book: *Fly Guy*

Favorite movies: "Cars"

"Thanks for making me feel like I'm on the team!"

~John

Coming in May . . . Our Annual Awards Banquet!

We have scheduled the Annual Awards Banquet for May 9th, 5-7pm! Information regarding the location and pot luck will follow in the April and May newsletters. Stay tuned!

Representing Hanford High School were **Joe Wertz, Danny Tixier, Miles Phillips, Jeff Grindel, and Robbie Pfaff**. The Hanford relays finished 6th in the 200 Medley and 10th in the 400 Free. Individually, Hanford scored points off of **Joe Wertz** who placed 3rd in both the 200 IM and the 100 back. Both events were personal bests and Automatic All-American times. **Jeff Grindel** picked up a 6th place finish in the 100 breaststroke. **Danny Tixier** also competed in the 100 breaststroke, in spite of being sick and running a fever. Way to tough it out! **Miles Phillips** competed in the 200 and 500 free, achieving personal bests in both events. Congratulations to all of the boys who competed at State! To our Seniors (**Cody Roberts, Joe Wertz, Miles Phillips, and Jeff Grindel**), way to finish your high school careers!

IE Short Course Champs (Feb. 27-Mar. 1) – Unbelievable! That is how one would have to describe the IES Short Course Champs meet and the 57 Channel Cats who attended. The past two weekends have been great but now we have to add this last weekend in February that earned us a team victory, new Inland Empire records, Senior Sectional qualifying times, LOTS of Age Group Sectional qualifying times and 295 best times! I think the coaching staff was numb by Sunday as we realized anything was possible from our kids at this meet. Wow.

So where to start...We were in second place after Friday's portion by 30 points. Saturday night we had many swimmers who made finals and moved up spots to finish earning more points. We even had a swim (girls 13-14 200yd fly) where 7 of the 8 finalists were Channel Cats! That jumped us ahead by a lot of points and we rolled away ending with well over 100 points in the lead. That is just the beginning...

Three Inland Empire records fell to Channel Cats this weekend: **Claire Schaefer** broke the 8 & under 100yd free record swimming a 1:09.55 breaking the 1998 record of 1:11.37!! Two relays also wiped out records: the 13-14 girls 400 medley relay (**Max, Mackenzie R, Stephanie T, Natilee**) smashed the former Spokane Area Swimming record of 4:11.29 finishing with 4:08.81. And the 13-14 girls 400 free relay (**Nicole W. Hailey M, Steph T and Natilee**) also broke a TCCC record 3:45.07 from last year with a 3:42.87. Both relays qualified for Senior Sectionals.

There were 3 swimmers who qualified for Sr. Sectionals for the first time as well; **Max Timm-Ballard** (100 and 200 back), **Hailey Murphy** (1650 free) and **Nick Connors** (1000 and 1650 free). That's fast swimming right there. Great job Cats!

We had six Zone Championships qualifying swimmers (**Nolan Hill, Stephanie Tixier, Hailey Murphy, Andrew Blanchard, Max Timm-Ballard, and Tabitha Jones**). Are you ready for Hawaii? Aloha!

See why the coaches were numb?

We also had 9 milestone swimmers! **Cheyenne Griffith, Jonathan Peacock and Ann-Marie Dillsworth** all broke :30 in the 50yd free. **Andrew Blanchard** and **Nolan Hill** busted 2 minutes for the 200yd free, and **Ashton Pollick, Lisa Tixier, Taylor Fievez and Tabitha Jones** all broke the minute mark in the 100yd free. Big candy bars for you at our banquet!

Age Group Sectionals is going to see some new Channel Cats and Channel Cat swims as well. 16 swimmers and one relay qualified: Congrats to **Lisa Bratton, Hailey Murphy, Stephanie Tixier, Nolan Hill, Tabitha Jones, Ashton Pollick** (7 qualified swims!), **Max Timm-Ballard, Miles Phillips, Jonathan Peacock, Lisa Tixier, Mackenzie Ruby, William Wertz, Alexis Murphy, Scott Francis** (he ages up and still made 3!), **Sarah Olsen** and **Jeevan Philip** as well as the boys 13-14 400yd Medley Relay (**Ryan Francis, Andrew Peacock, Andrew Blanchard and Nolan Hill**).

We also had 10 swimmers make ALL best times in all their swims: **Taylor Fievez** (6/6), "Mr. Fly" **Scott Francis** (10/10), **Cheyenne Griffith** (11/11), **Nolan Hill** (13/13), **Aurora Oberg** (3/3), **Miles Phillips** (10/10), **Max Timm-Ballard** (13/13), **Lisa Tixier** (10/10)...and the big winners of the day- **Stephanie Tixier** and **Ashton Pollick** both 14 for 14 best times! Absolutely fantastic job everyone!

There were some amazing swims that need to be mentioned as well: little miss **Claire**, our 8 year old...the only 8 year old girl in the meet, swimming against all the 10 & under girls and breaking an IES and team record, **Andrew Blanchard** with a 100 fly time of 55.67, and touching out his long time rival at the very end of a tight race. That time qualified him for high school state...except he's not in high school yet. **Nick Connors** blasted out a senior sectional qualifying time in the 1000yd free while he was swimming the mile...and he got that cut too by dropping 43 seconds! He also broke a minute in the

Coaches' Lane (continued)

100yd back. **Hailey Murphy** made huge time drops in the 500 free and 400 IM. But in the mile she dropped 91 seconds to earn her Sr. Sectional cut! **Scott Francis** ages up right before Age Group Sectionals and not only did he make a bunch of his current age group cuts, he earned 3 in the next age group so he can attend the meet! **Stephanie Tixier**, "Golden Girl of the meet" dropped 5 seconds in the 200fly to qualify her for zones, but split a 1:01 100 fly on the Sr. Sectional qualifying relay and a 54 in the 100 free. Her previous best was a 57.7! **Nolan Hill**, what did you eat for breakfast? He dropped almost 22 and 20 seconds in his 500 free and 400 IM. He went on to have a phenomenal race in the 100 and 200 free and split a 51.6 on the free relay. His best time in the 100 free was a 55! Wow! **Ashton "the Golden Child boy"** of the meet had best times in everything AND qualified for Age Group Sectionals in everything. He dropped over 2 seconds or more in every race he swam...11 in the 500 free! **Max Timm-Ballard**, two Sr. Sectional cuts in the 100 and 200 back, new Zones cuts and Age Group Sectional cuts too. **Max** cleaned up on the honors that's for sure!

Whew! And now for the best times list:

- 14 best times:** Stephanie Tixier and Ashton Pollick
13 best times: Nolan Hill and Max Timm-Ballard
11 best times: Cheyenne Griffith and Lisa Bratton
10 best times: Nick Connors, Andrew Blanchard, Scott Francis, Miles Phillips and Lisa Tixier
9 best times: William Wertz and Hailey Rankin
8 best times: Allyson Fuller
7 best times: Jeff Grindel, Tabitha Jones, Alexis Murphy, Hailey Murphy and Sean Stephens
6 best times: Cole Westendorf, Hannah Rankin and Taylor Fievez
5 best times: Jeevan Philip, Tyler Pickett, Claire Schaefer, and Nathaniel and Nicole Weinman
4 best times or less: Mackenzie Gant, Tori Jones, Alyssa Musick, Sarah Olsen, Andrew Peacock, Emma and Hannah Pickett, Mackenzie Ruby, Dante Vega, Linnea Peacock, Aurora Oberg, Jenna Mehlenbacher, JaZee Griffith, Ann-Marie Dillsworth and Chyna Fish; Danny Tixier, Katie Schroder, Emma Pope and Jonathan Peacock, Skyler Younkin, Meghan Pickett, Ryan Francis, Kristen Bennett, Christine Tixier, Natilee Ruiz, McKenzie Schroder, Blair Murphy, Lucy Hernandez-Mejia and James Bennett.

With 13 pages of results and a rush to get this into the newsletter I am sure I missed something and I apologize. The coaching staff is so very pleased and amazed at our swimmers and what they accomplished this past weekend! Everyone swam well. Special thanks go to the high school boys who attended this meet after such an amazing State meet last weekend. We know you were tired but your points were needed and your leadership was very much appreciated. And thanks to the officials and timers who represented the Channel Cat Swim Team too. We applaud your efforts on our team's behalf as well as for all the swimmers. What a great meet for everyone! Well done Channel Cats, well done!

Get to Know



Ashton Pollick

Richland, WA
Age 12, Bronze at CBRC
4 years as a Channel Cat

Favorite stroke: Backstroke

Favorite event: 50 back

Favorite meet: 2009 SC Champs because I got 7 Age Group times and my first Zone time.

Favorite swim meet snack: Blueberry bagels with strawberry cream cheese

Proudest swimming moment: Getting a Zone time in the 50 back.

This year's swim goal: Break 30 seconds in the 50 fly and 50 back.

Best advice from a coach: "Don't stop." ~ Coach Jen & Coach Karen

When I'm not swimming, I like to: Watch movies & listen to my iPod.

Favorite book: The End

Favorite movie: "The Dark Knight"

SWIM OFFICIAL TRAINING

If anyone is interested in certification or recertification as a stroke and turn official or starter, or in gaining a better understanding of what your swimmer is working so hard to achieve, please contact Doug Wertz at dougwertz@charter.net.

Doug is providing a 2-3 hour clinic on Sunday, March 22, at 1:00 p.m.

From Our Board President

2008-2009 TCCC Board of Directors

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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 Marilee Roberts.

Greetings:

Spring is right around the corner and with that brings lots of swimming and championship meets. I just spent the weekend at the Short Course Champs in Walla Walla. It was very apparent that the Channel Cats did indeed "Rule the Pool." There was great swimming all around. Congratulations to all the swimmers. I also saw that the Channel Cats "Ruled the Deck" as well. I counted as many as 8-10 Channel Cat parents at any one time on deck officiating and/or timing. Thank you to all those parents who volunteered their time at this meet and at every meet. It is one reason the Channel Cats have such a great reputation throughout the Inland Empire.

Congratulations are also in order to all the Channel Cat HS boys who participated at the State High School Meet in Federal Way. They all did awesome!

Once again I'm putting the call out to any parent willing to serve on the Board of Directors for the 2009/10 swim season. Please contact Marilee Roberts at robertsswim@gmail.com if you are interested.

Spring also brings our annual flower bowl fundraiser. Thank you to Jennifer Kisse-Stephens for once again volunteering to chair this fundraiser. Please watch for more information in the coming weeks. This may be one of your last opportunities to earn some of your dues offset. Please remember all dues offset money will be due and payable with the June invoice. The amount currently owed will be included with your monthly invoice this month. Should you have questions please call the Treasurer.

And finally the Board of Directors meetings are held the first Tuesday of the month at CBRC @ 7:00. Your input is always welcome.

Good luck to all swimmers as they compete at Shamrock Shakeup, Age Group Sectionals and Sr. Sectionals in the coming weeks.

See you on deck.

Mary Blanchard, President—TCCC Board of Directors

Spring Plant and Color Bowl Sale

Soon you will receive materials for our annual Spring Plant & Color Bowl Sale. **This will be the last chance of the season to raise funds toward your dues offset commitment.**

In the past, these plants have been beautiful and healthy, as well as reasonably-priced, and we expect the same this year. There is always a large variety of plants and flowers to choose from. So start thinking about friends, neighbors, and relatives who love to plant flowers in the spring and let them know that you have a great fundraiser coming up that will make their plant shopping easy! If you have any questions, please contact Jennifer Kisse-Stephens at kisseestephens@pocketinet.com or 967-0839.



Need something?

Check the SWIM SWAP!

Channel Cat lined parka, size youth XL, royal blue with embroidered orange logos on front and back. Used, \$50. Contact Janice Olsen at Janice@allamericangymnasticscenter.com or 521-1544.

Channel Cat team jacket, size youth M (approximately size 8), navy blue. Used, free to good home. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.

Channel Cat team sweatpants, size youth L (approximately size 8-10), navy with "Tri-City Channel Cats" down the side. Used, free to good home. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.

Girls' Swimsuit, size 30 WaterPro Lycra. Black with dark blue, light blue, and neon green interlocking circles with neon green contrast piping. Never worn and still in original package, \$25. Contact Carol Pope at 539-4227 or popequarterhorses@msn.com



Jammers, size 26 Speedo Endurance (polyester). Last year's boys' team style--Black with blue side design. Like new--used just for meets, \$10. Contact Ana Hernandez at altah1@msn.com or 727-2580.



Jammers, size 26 Speedo nylon/lycra. Black with turquoise & fuschia side design. NEW with tags still on, \$15. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.

Jammers, size 26 Speedo Endurance (polyester). Black with blue side design. 2 pairs—one is last year's team suit and the other is similar colors but different pattern. Like new, very rarely used (boys grew too fast—help!), \$15 each. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.

Jammers, size 26 Speedo Endurance (polyester). Last year's boys' team style--Black with blue side design. Used—great condition but center seam has faded to white, \$8. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.



Z2 Zoomers, size D (men's 5 1/2 to 7 or women's 6 1/2 to 8). Used, \$10. Contact Wendy Francis at 628-1003 or wendyfrancis@charter.net.



Get to Know



Katie Schroder

Richland, WA
Age 9, Blue at TCCC
2 months as a Channel Cat

Favorite stroke: Breast stroke

Favorite event: 100 breast

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

Favorite meet: IES Jr. Champs in Moscow. I got a silver medal.

Favorite swim meet snack:
Parmesan Goldfish

Proudest swimming moment: When I got my BB time in breast stroke.

This year's swim goal: Get a BB time in backstroke.

When I'm not swimming, I like to:
Play wii and Legos

Favorite book: The Nancy Drew series and Chicken Soup for the Kids Soul

Favorite movie: "Nancy Drew"

"Go Huskies!"

~Katie



For Your
Calendar

Mar. 10

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

Mar. 11-15

Senior Sectionals; Fed. Way

Mar. 13-15

Shamrock Shakeup; Spokane

Mar. 20

SCRIP orders due to Cristy Bratton

Mar. 22

Swim Official Training, 1:00-3:00 p.m. at CBRC

Mar. 26-Apr. 5 SPRING BREAK

No practice during this time

Mar. 27-29

Age Group Sectionals; Federal Way

Mar. 31

Items due for the March newsletter. *Please send in your photos!*

Apr. 24

Summer Meet Commitment forms due to Coach Todd

May 9

TCCC Awards Banquet, 5:00-7:00 p.m.