



# The Channel Cat Chat

*Official newsletter of the Tri-City Channel Cats Swim Team*

*P.O. Box 1668, Richland, Washington 99352*

*www.TriCityChannelCats.org*



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

## Coaches' Lane



### Meet Recaps

**Senior Sectionals in Federal Way (Mar.11-15)** –Twelve Channel Cats traveled to Federal Way for Senior Sectionals in early March. We had a good showing by our older swimmers at the meet. Three of our swimmers (**Cody Roberts**, **Joe Wertz**, and **Natilee Ruiz**) made finals in multiple events. **Cody Roberts** led the way with a first place finish in the 100 fly, a fourth place finish in the 100 back, as well as a 12<sup>th</sup> in the 100 free and a 14<sup>th</sup> in the 200 back. **Cody** also made the bonus finals in the 50 free. **Joe Wertz** made finals in the 100 and 200 back, and the 100 breast. In the 200 back Joe and Cody traded the team record back and forth 3 times. In prelims Cody broke Joe's team record, in the bonus finals Joe took back the record, and in the consolation finals Cody took the record back from Joe. It was fun to watch these two boys play a game of one-upmanship.

**Natilee Ruiz** made finals in all six of her events, finishing fourth in the 50 free, sixth in the 200 back, ninth in the 200 free, tenth in the 100 back, and 13<sup>th</sup> in the 100 free. She also made bonus finals in the 100 fly. Others attending the meet were **Kristen Bennett** who dropped nearly 16 seconds in the 1000 free and 3 seconds in the 200 fly. **Eric Blanchard** who dropped 6 seconds in the 200 back and had time drops in the 100 back and 100 fly. **Taylor Goodwin** swam the 50 free and 100 breast as well as participating on two relays. **Lucas Hill** dropped time in 3 out of 4 of his events. **Tyler Pickett** dropped nearly 6 seconds in the 200 breast, 2 seconds in the 200 back, and 8.5 seconds in the 400 IM. Not bad for being sick the entire meet. Way to be tough Tyler! **Nathaniel Weinman** dropped nearly 18 seconds in the 1000 free, 2 seconds in the 200 back, and 4 seconds in the 1650 free.

We had three swimmers attending their first Senior Sectionals. They were **Nick Connors** (500, 1000, and 1650 free, and 200 back), **Max Timm-Ballard** (200 and 500 free, and 100 and 200 back), and **Hailey Murphy** (100 fly and 1650 free). Nick broke 10:00 in the 1000 free, becoming the first Channel Cat to break three barriers (2:00 in the 200, 5:00 in the 500, and 10:00 in the 1000) all in the same season! Great job to all of the '09 Senior Sectional swimmers!

### Channel Cats '09 Senior Sectional Team

Cody Roberts	Joe Wertz	Natilee Ruiz
Kristen Bennett	Eric Blanchard	Taylor Goodwin
Lucas Hill	Tyler Pickett	Nathaniel Weinman
Nick Connors	Max Tim-Ballard	Hailey Murphy

## Coaches' Lane (continued)

### Shamrock Shakeup in Spokane (Mar. 13-15)

—The Luck of the Irish was with the 63 Channel Cats at the Shamrock Shake-Up Meet. huge (383 swimmers), so each day was long and jam-packed, but our swimmers rose to the challenges of the long weekend. It was a first time meet for 6 swimmers – **Trista Byrd, Alexis Day, Lauren Hall, Kaylee Eller, Dayla Hathaway** and **Jessa VanWormer**. The last four swam 9 events and got 9 legal times. **Scott Francis** achieved another 11 year old age group sectional time in the 100 fly; and **Ashton Pollick** added the 50 free to his age group sectional times. **Scott** also captured **6 meet records** over the course of the weekend: 200 IM, 50 Fly, 100 Back, 100 Fly, 50 free and 50 Back. **Ashton** made **2 meet records** in the 50 free and 100 Back; **Megan O'Leary** got a **meet record** in the 200 Back; and **Sarah Olsen** made the **meet record** for the 100 fly.



**Sarah Olson** broke the 1:00 mark in the 100 free with a 59.43 and **Justin Smith** cracked the 30 second barrier in the 50 free with a 29.76. New BB times were reached by several swimmers: **Taylor Fievez** got 4; **Katelyn McLaughlin, Emma Pope, Makaylah Ferritto,** and **Joseph Hendry** each got 3 BB times; **Jared Churchill** and **Kaylyn Lesser** got 2 BB times; and **Cheyenne Rollins, Addison Pollich, Jillian Hendry, Ally Fuller, Alyssa Musick** and **Linnea Peacock** each added a BB time.

Congratulations to all for a fantastic weekend in Spokane!

**Nine Best Times:** Kaylee Eller, Taylor Fievez, Lauren Hall, Dayla Hathaway, Cheyanne Rollins, and Jessa VanWormer

**Eight Best Times:** Katelyn McLaughlin and Addison & Ashton Pollick

**Seven Best Times:** Courtney Comrie, Cade Musick, Mylie Oberg, Emma Pope and Justin Smith

**Six Best Times:** Trista Byrd, Jared Churchill, Makaylah Ferritto, Scott Francis, Cheyanne Griffith, Jordan Hendry, Aurora Oberg, Cyrus Stephens

**Five Best Times:** James Bennett, Olivia Gillett, JaZee Griffith, Joseph Hendry, Matt Lanzara, and Lindsay Przybylski

**Four Best Times:** Alexis Day, Jillian Hendry, Jenacie Jones, Tallie Mortensen, Jonathan Peacock, Iovani Rodriguez, Amanda Vega and Skyler Younkin

**Three and under Best Times:** AnnMarie Dillsworth, Alex Fievez, Chyna Fish, Ryan Francis, Ally Fuller, Esteli Garcia, Luis Hernandez-Mejia, John Lesser, Katelyn Lesser, Jenna Mehlenbacher, Alyssa Musick, Megan O'Leary, Sarah Olson, Andrew Peacock, Linnea Peacock, Yaritza Rodriguez, and Dante Vega.



## Get to Know



Lauren "Lo-Lo"  
Hall

Richland, WA  
Age 11, Blue at Kia Ora  
3 months as a Channel Cat

**Favorite stroke:** Freestyle

**Favorite event:** 100 Free

**Favorite meet:** Shamrock Shakeup, because my cousin who use to swim with coach Laura came to watch.

**Favorite swim meet snack:**  
Chocolate milk

**Proudest swimming moment:**  
Coming in first in some of my heats in Spokane.

**Swimming goal:** To beat my times.

**Best advice from a coach:** Coach Laura's compliments mean a lot, especially the one about my backstroke because it's not one of my favorite strokes. "You have beautiful flip turns on your backstroke."

**When I'm not swimming, I like to:**  
Play soccer and goof around with my friends.

**Favorite book:** Star Girl

**Favorite movie:** "Pink Panther 2"



*Tri-City Channel Cats  
were recently named a  
Bronze Medal Club for  
2009 by USA Swimming*

**Age Group Sectionals in Federal Way (Mar. 26-30)** —Channel Cats finished up the 2009 short course season with a great showing at Age Group Sectionals in Federal Way. Twenty-five swimmers attended who had qualified in individual events, a record number for our team! Out of those 25 swimmers, 14 actually made it into finals! That is a very big accomplishment at one of, if not the, biggest meet in the country. Approximately 1500 swimmers attended. **Natilee Ruiz** had 6 events in which she made finals!



She had 2 first place finishes and 4 second place finishes. **Miles Phillips** and **Danny Tixier** were the next best in show with 3 finals each. **Danny** swam to victory winning the 200 IM but also had 6 new best times for the meet. **Max Timm-Ballard** (2nd place 200 back), **Ashton Pollick** and **Tabitha Jones** all made finals in 2 events each. **Ashton**, in his first Age Group Sectional meet had 6 best times also. Nice swimming kiddo! **Andrew Blanchard**, **Lisa Bratton**, **Jeff Grindel** (3rd place 100 breast), **Nolan Hill** (5<sup>th</sup> 50 free), **Hailey Murphy** (3rd 1650 free), **Sarah Olsen**, **Stephanie Tixier** and **Nicole Weinman** all made finals in one event. Nice job Channel Cats. We had some great relay showings as well. The girls 13-14 200yd free relay (**Lisa** and **Stephanie Tixier**, **Natilee Ruiz** and **Linnea Peacock**) took 4th place.

We also had a couple of milestone swims. **Nicole Weinman** broke the 2 minute mark in her 200 free while **Natilee** swam under 5 minutes in her 500 free nearly breaking the Channel Cat record. That's nice swimming ladies. Also, congrats on a great showing for **Scott Francis**. He "aged-up" the Monday before the meet but still qualified in 4 events. There is good news though. Next year the meet will move back to its spot a week earlier. You'll still be 11, Scott!



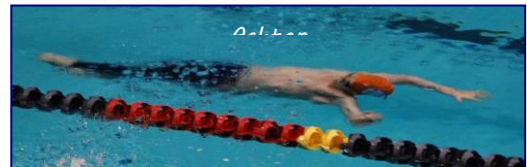
In team standings the results were: Channel Cat girls placed 11th out of 73 teams. Channel Cat boys placed 22nd out of 79 teams. **Overall, Channel Cats placed 12th out of 100 teams total. A great showing team! Way to go.**



The best times list is as follows:

**6 best times:** Ashton Pollick and Danny Tixier.

**5 best times:** Max Timm-Ballard and Miles Phillips.



**4 best times:** Lisa Bratton and Stephanie Tixier.

**3 best times:** Lisa Tixier and Sarah Olsen.



**2 best times or less:** Andrew Blanchard, Ryan Francis, Nolan Hill, Nicole Weinman, William Wertz, Natilee Ruiz, Megan O'Leary, Hailey Murphy, Tabitha Jones, Scott Francis, James Bennett, Jeff Grindel, Tori Jones, Alexis Murphy, Jonathan & Linnea Peacock, and Mackenzie Ruby.

**Relay-only swimmers:** Andrew Peacock



The coaching staff was pleased, especially with our first time Sectional swimmers! This is quite an intimidating meet. This was a nice finish to our short course season.

*Many thanks to Tia Pollick, who provided the outstanding photographs!*

*Channel Cats '09 Age Group Sectional Team*

James Bennett	Andrew Blanchard	Lisa Bratton	Ryan Francis	Scott Francis
Mackenzie Gant	Jeff Grindel	Nolan Hill	Tabitha Jones	Tori Jones
Alexis Murphy	Hailey Murphy	Megan O'Leary	Sarah Olsen	Andrew Peacock
Jonathon Peacock	Linnea Peacock	Jeevan Philip	Miles Phillips	Hannah Pickett

Meghan Pickett  
Danny Tixier

Ashton Pollick  
Lisa Tixier

Mackenzie Ruby  
Stephanie Tixier

Natilee Ruiz  
Nicole Weinman

Max Timm-Ballard  
William Wertz

## A Word from Our Coaches on TRAINING

*This article is from the 2007 ASCA World Clinic by Stephen Widmer regarding training. These are great quotes and SO right on the money.*

~Coach Jen

"Talking about coaching,... starting with expectations of our own athletes. ...general things are like we want them to work really hard on whatever we give them. We want them to be committed, no matter whether they feel great about themselves on that day or whether they just had a bad day at school. We want them to come in the same way, every day, motivated and enthusiastic.... We want them to do the little things the right way. ... We want them to keep on trying. Just like I said before, whether they had a setback the day before in the pool or at the competition and they have another race to go, positive is how I like them to be. It would be nice if you had just one day when a swimmer brings everything along."

"Here are a few of my favorite sayings I use in training very, very frequently. The first would be "Self-discipline is what happens when nobody is watching". I think a lot of the kids can do great things if they are under the spotlight, if they see the coaches there. Yet, how good are their repetitions when the coach is not watching? I think that is one of the secrets. If you can teach them to be as good whether we are there or not, then we are one big step ahead."

"The next quote leads right into it. "The pain of discipline is nowhere near as big as the pain of disappointment." If the athlete does not train hard in the moments when we don't watch him or her, they do the little things less hard, they do the little things less disciplined, it is maybe at that moment a little bit less pain for them as well. We know what they are preparing themselves for is a massive disappointment. It is something they have to deal with later on when they go to a major meet and they have not done the training they way we like them to do. They will end up with a massive emotional disappointment which normally scars them way more than anything physical."

"It is easy to put in the extra effort, but it is easier not to." That saying is from one of the moms of one of our great swimmers... We all know that we can be that little bit better and our athletes know that, but how often do we do it, being that little bit better? "

"This is probably a big thing, the definition of insanity. "To do the same thing again and again and expect a different outcome." ... We try certain things again and again and expect the outcome to be different."

Channel Cat Families,

As most of you know a new program has been implemented by USA Swimming regarding racing starts. This week we have been going through the 5 step process of certifying each swimmer. This 5 step process is for 10 and under swimmers, and swimmers with less than one year of competitive experience. That is why we have been only certifying the Blue level swimmers. I will be signing off on the Bronze, Silver, and Gold swimmers as I have observed them all do a correct shallow racing start. On page 10 of this newsletter, I have attached a [safety notice](#) from USA Swimming regarding this program.

Todd Stafek

## Get to Know



Jordan Hendry

Benton City, WA  
Age 13, Blue at CBRC  
1 year as a Channel Cat

**Favorite stroke:** Freestyle

**Favorite event:** 50 Free

**Favorite meet:** I like Long Course the best. I like being outside with more space to hang out.

**Favorite swim meet snack:**  
Gatorade and pizza

**Proudest swimming moment:**  
Swimming in the same heat with my brother in the 50 fly and beating him.

**This year's swim goal:** BB times.

**Best advice from a coach:** When Coach Jen told me I have a lot of potential.

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

**Favorite book:** *Eragon*

**Favorite movie:** "The Run Down"

"Rock on!"

~Jordan



### 2008-2009 TCCC Board of Directors

#### President

Mary Blanchard  
[cmblanchard4@msn.com](mailto:cmblanchard4@msn.com)

#### Vice President

Marilee Roberts  
[robertsswim@gmail.com](mailto:robertsswim@gmail.com)

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Katt Thompson  
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#### IES Representative

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[Musicks1@msn.com](mailto:Musicks1@msn.com)

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#### Member at Large—Kia Ora

Markie Henry  
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#### Member at Large—Community

Randy Willis  
[RWillis@my-cbrc.com](mailto: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 Marilee Roberts.

### Channel Cats Families –

It has been definitely been another successful short course season for the Channel Cats. Congratulations to all of our Sectional Swimmers who competed well at Senior Sectionals and Age Group Sectionals this past month. After all this swimming I hope everyone enjoyed their time off during spring break.

Our annual awards banquet and parent meeting is right around the corner. Please mark May 9, from 5:00 – 7:00 pm at the Assembly of God Church at 1110 Stevens Drive, Richland. This is one of two parent meetings held annually. We will be electing a new board of directors as well as proposing a few minor changes to the standing rules that will need to be voted on. This is also the time that we recognize all the hard work of our athletes and their accomplishments. Please watch your email for more information.

Also right around the corner is the Tri-City Invite. This is our meet and we will need "all hands on deck- literally" Todd Schaef and Matt Henry are the Meet Directors and I hope you will step up to the plate (or deck) and offer your assistance where needed. Remember all Channel Cat parents are expected to volunteer to help run this meet as it is a large revenue producer for the team.

And finally on a more difficult note, the Channel Cat Family lost a former swimmer this past week. Jessica Newman passed away at the young age of 23. It is one of life's reminders that the roads traveled are not always easy. Please remember Jessica and her family in your thoughts and prayers.

*Mary Blanchard, President—TCCC Board of Directors*



### Do You Like Food?

We are looking for someone to head up concessions at our upcoming Tri-City Invitational meet. If you are interested please contact Todd Schaef (967-5137) or Matt Henry (628-2776).

*This article comes from Bill Krumm, our Western Zone Rep. from USA Swimming:*

### Exercise Improves Young Men's Heart Regulation

*from Reuters*



Offering yet more reason to get regular exercise, a new study shows that running and other aerobic activities improve nervous-system control of the heart in young men. The study, of 149 healthy young adults, found that 12 weeks of aerobic exercise improved the autonomic nervous system's regulation of the heart - - at least in men. In general, the training lowered men's resting heart rate and improved their results on a measure of heart-rate variability -- heart's ability to speed up or slow down in response to demands. The benefit was not seen in women, however, the researchers report in the American Journal of Public Health.

## Ian Crocker Clinic!!

The Ian Crocker Clinic and House of Delegates weekend will be **April 25-26 in Moscow, Idaho**. It has something for everyone!



- ✚ Don't miss out!! **Ian Crocker**, World Record Holder and Olympian, is our motivational speaker and clinic leader for IES swimmers, coaches and parents on April 25.
- ✚ The clinic will also feature **Tom Jager** (U of I Head Women's Swim Coach), **Erica Quam** (WSU Head Women's Swim Coach) and **college athletes** from both teams, who will also make a presentation about college swimming.
- ✚ **IES officials and parents**—fine tune your skills about setting up a meet, running Meet Manager software and officiating.
- ✚ **Coaches** will meet to finalize the meet schedule for 2009-2010 and plan for the next IES season.

*You do not have to attend the HOD meeting to attend the clinic! Register by filling out the [attached form](#) (page 9) and sending it with a check to TCCC for \$25 per swimmer to Wendy Francis, 1907 Newhaven Loop, Richland 99352. **Wendy MUST receive your form and check by Tuesday, April 14<sup>th</sup>**. She has to compile everything and send all of the forms together with one check from the team. IES is paying half of the cost of this clinic for our athletes—don't miss out! [See attached brochure on pages 7-8 for more info.](#)*

## Tri City Channel Cat Annual Awards Banquet

**When:** Saturday, May 9, 2009  
**Time:** 5:00pm-7:00pm  
**Where:** Richland Assembly Of God Church  
1110 Stevens Drive  
Richland, WA



Channel Cats will provide the pizza for everyone!! Families are asked to bring their choice of beverage, preferably a case, (e.g. Gatorade, water, soda etc.) to share.

*\*Any left over beverages will be used in our Hospitality and Concession stands during the June Invite meet!!!*

**Outreach Program Fund Raiser**--This year we will have a fund raiser for our Outreach Program during the awards banquet. We have purchased several Fast Skin I and II swim suits at a considerable discount and will make them available to win by purchasing tickets and then entering to win the suit of your choice. The suits are brand new, many still with their tags on!! Tickets will be \$1.00 each. You may enter any drawing with as many tickets as you wish. You must be present to win and all drawings will take place the night of the banquet. All proceeds to benefit our Outreach Program! So help us help our Outreach!!!

**Let's all celebrate a very successful swim season!!!**



## For Your Calendar

- Apr. 8**  
Spring Plant Sale order forms and payments due to Jennifer Stephens
- Apr. 14**  
Ian Crocker Clinic registration forms MUST be received by Wendy Francis.
- Apr. 14**  
TCCC Board Meeting, 7:00 p.m., CBRC Conference Room. *Everyone is invited!*
- Apr. 20**  
SCRIP orders due to Cristy Bratton
- Apr. 24**  
Summer Meet Commitment forms due to Coach Todd
- Apr.25-26**  
Ian Crocker Clinic & Spring HOD Meeting in Moscow, ID
- Apr. 30**  
Items due for the May newsletter. *Please send in your photos!*
- May 7**  
Spring Plant Sale orders arrive
- May 9**  
TCCC Awards Banquet, 5:00-7:00 p.m., Assembly of God Church in Richland
- May 12**  
TCCC Board Meeting, 7:00 p.m., CBRC Conference Room. *Everyone is invited!*
- May 15-17**  
Spring Fling Meet in Boise, ID
- May 29-31**  
We host Tri-City Invite in Pasco
- June 19-21**  
Summer Solstice meet in Pendleton, OR
- July 10-12**  
Pendleton Invite meet in Pendleton, OR



IES Mission: Provide a positive atmosphere for swimmers of all abilities to be successful throughout life.

# Ian Crocker Clinic and House of Delegates weekend

April 25-26, 2009, Moscow, Idaho  
Something for Everyone!!!



- Don't miss out!!- **Ian Crocker**- World Record Holder and Olympian, is our motivational speaker and clinic leader for IES Swimmers, Coaches, and Parents on Saturday April 25, 2009 as part of our House of Delegates weekend!

- The clinic will also feature -

**Tom Jager**-University of Idaho Head Women's Swim Coach

**Erica Quam**- Washington State University Head Women's Swim Coach

**College Athletes** from both teams will help Ian with the clinic and will make a presentation about College Swimming.



- **IES Officials and Parents** - Fine tune your skills about setting up a meet, running Meet Manager Software and officiating. Your expertise and enthusiasm are vital to our successful meets.

- **Coaches** will meet to finalize the meet schedule for 2009-2010 and meet as a group to plan for the next IES season.



The House of Delegates meeting will be held at the University Inn in Moscow on Sunday morning, April 26, 2009 at 10:00 AM





**Pool meeting Schedule: University of Idaho Saturday April 25**

**Check in at 8:30am!!**

- 9-11am: 12 & under Pool session with Ian Crocker**
- 11-12am: Lunch (provided if you check the box) Some might prefer to go out**
- 12-1pm: Ian Crocker Speech for swimmers,coaches,parents Renfro Hall**
- 1-2pm: Equipment set up Dave Drown- Officials, volunteers**
- 2:30-4:30pm: 13 and Over Pool session with Ian Crocker**
- 5-6pm: College Swimming with Ian, Erica, and Tom**

**Renfro Meeting Schedule, Room 111 Saturday April 25:**

**Check in at the pool 8:30am!!**

- 9-11am: Meet Manager with Karen Byers (mandatory for meet directors, computer operators,referees)**
- 10am-12pm: IES Coaches Meet Scheduling (Lunch provided during coaches meeting)**
- 12-1pm: Speech with Ian for swimmers,coaches, and parents**
- 1-2: IES Coaches meeting ...continued**
- 2-5pm: Officials meeting with Don and Jack**
- 7pm: Coaches and Officials social TBA.**



INLAND EMPIRE SWIMMING CLINIC  
REGISTRATION FORM  
SATURDAY APRIL 25<sup>TH</sup>, MOSCOW, IDAHO

**Form must be received by APRIL 14<sup>th</sup>. Send to:**

Wendy Francis  
1907 Newhaven Loop  
Richland, WA 99352

Name: \_\_\_\_\_ Swimmer age \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Emergency Contact and phone: \_\_\_\_\_  
Team: \_\_\_\_\_  
Check all that apply: Swimmer: \_\_\_ Coach: \_\_\_ Parent: \_\_\_ Official: \_\_\_

I will be attending these clinics: (Check all that apply)

Lunch: \_\_\_\_\_ IES NEEDS HEAD COUNT FOR LUNCHES BY APRIL 18th

Morning: 12 and under swim with Ian \_\_\_\_\_

Afternoon: 13 and over swim with Ian \_\_\_\_\_

Motivational Lecture for all with Ian: \_\_\_\_\_

Meet Manager Clinic with Karen Byers \_\_\_\_\_

Meet set up with Dave Drown \_\_\_\_\_

Officials Clinics with Don Hougardy and Jack Beck: \_\_\_\_\_

College Swimming with Erica Quam, Ian Crocker and Tom Jager \_\_\_\_\_

IES is paying half of the cost of the clinic. Please make your check out to "TCCC" for \$25 per swimmer. The team will be writing one check to IES.

Motel Info:

The Town Centre Inn in Pullman is offering for the night of April 25th the following rates to those who are attending the IES Clinic / HOD Meeting. Mention that you are attending when you make your reservation.

Single bed - \$49    Double beds - \$54    Triple beds - \$54    Kitchenettes - \$60

The Motel's telephone number is 509-334-2511

As of April 7<sup>th</sup>, rooms were also available at the Best Western University Inn, 208-882-0550.



## USA Swimming Safety Notice to Parents

To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

USA Swimming has implemented a racing start certification program where a swimmer's coach documents his or her professional judgment that a swimmer has demonstrated sufficient skill to safely perform a racing start into four feet of water.

Although somewhat unusual, swimmers do not always participate in swimming competitions under the supervision of a certified coach. It is the parent's responsibility to make sure the swimmer does not attempt to perform a racing start in less than six feet of water if the swimmer has not been properly certified by the swimmer's coach to do so.