



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 **May 31**.

Here it Comes . . . Our Very Own Tri-City Invitational Swim Meet!

Friday, May 29—Sunday, May 31
Pasco Memorial Pool



We are getting ready for our TCCC Invite which is fast approaching. Bring your family and friends out to the meet to enjoy sunny weather and fun times. T-shirts by Original Design, featuring this year's theme "Surfs Up in the Desert" will be available all three days. Other vendors onsite during the meet will be offering snow cones and swim gear. We are excited about our meet and look forward to seeing each of you at the pool. Please think about where you could help during our meet. Help is needed and we expect all parents to step up to make this a great meet. Please contact one of the head committee chairs to sign up to help -

- ✚ Joan Wertz - timing
- ✚ Chris Musick - set up and take down
- ✚ Susanne Tixier - concessions
- ✚ Toni McCarthy and Liza Fish- hospitality
- ✚ Marilee Roberts - announcers
- ✚ Kari Weinman - office
- ✚ Matt Henry and Todd Schaefer (Meet Directors) – anything else

We will also need people to help open the pool and clean up prior to the meet since the pool won't have been open all winter (yuck). There is much work to be done and we appreciate all the help you can provide. If you have any questions, please call the Meet Directors, Matt Henry at 628-2776 or Todd Schaefer at 967-5137. Many thanks to those parents who have already stepped forward and volunteered their time. Sign up sheets will be available at the Awards Banquet or feel free to give any one of these parents a call – please don't wait to be asked!!



New rules on swim suits are in effect May 15th!

- ✚ Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- ✚ Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.

An exemption may be granted, on a case by case basis, to a swimmer who:

- ✚ Based upon the swimmer's stated religious beliefs, is required to wear a suit that covers more of the swimmer's body than is permitted under this Rule; or
- ✚ Whose medical condition requires more of the swimmer's body to be covered than permitted under this rule.

Further, effective on March 18th a swimmer may only wear one (1) suit during competition.



USA Swimming Safety Notice to Parents

Racing start certification: USAS enacted Emergency legislation, effective May 1st, regarding the requirement to certify that swimmers, 10 and under in age,

or any swimmer with a year or less experience, is trained to perform a starting dive in pools with 6 or less feet of water, at the start location.

In its experience, United States Sports Insurance Company has observed that the greatest risk of serious head injury in swimming occurs in connection with teaching racing starts.

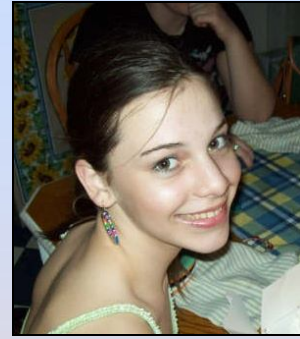
To avoid risk of serious injury, no swimmer who has not been properly trained should attempt to perform a racing start, from either a starting block or the side of the pool, into less than six feet of water.

Effective May 1st, USA Swimming has implemented a racing start certification program. The certification requirement is mandatory for swimmers 10 years and younger, and for swimmers with a year or less experience. For older or more experienced swimmers, the checklist requires the coach to certify appropriate skill level based on the coach's observation. The required certification is based on the coach's professional judgment and must be recorded in writing for each swimmer.

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.

Parents: Please determine your swimmers' requirements for this certification.
Coach Todd is providing the certification and written record.

Get to Know



"Smiley Mylie"
Mylie Oberg

Richland, WA
Age 13, Blue at CBRC
9 months as a Channel Cat

Favorite stroke: Freestyle

Favorite event: 100 IM

Favorite meet: Jr. Champs in Moscow because I got a 3rd place medal in the 100 back.

Favorite swim meet snack:
Cheez-its and Powerade

Proudest swimming moment:
Medaling at Jr. Champs

Swimming goal: Get faster in all strokes and improve my fly.

When I'm not swimming, I like to:
Paint my nails and snow ski.

Favorite book:
The 4th Harry Potter book

Favorite movie:
"Ferris Bueeler's Day Off"

Sunscreen: Please Use It!!

While you look forward to enjoying warm summer days, please take a moment to locate your sunscreen and discuss the importance of using it with your swimmers. And parents too! While the occasional sunburn will fade without notice after a couple days of discomfort, you are increasing the risk of skin



cancer that will emerge in later years. Not only is it very expensive, the progression can be something you really don't need to bring upon yourself, or your kids. There are many types of sunscreen available, easy to use, easy to apply, scented and unscented. So get in the habit right from the start this year.



When you see them, congratulate **Sean Murphy** and **Shaun O'Leary** on their certification as Meet Referees! We are fortunate to have so many active parent officials and we thank all of you for your selfless service to the swimmers. As always, we encourage anyone interested to start down the path

of official training, whether you enjoy the on-deck or office/administration, we need to continue to train and replenish the pipeline. Loren Eddy and Doug Wertz are IES Trainers who will get you everything you need to get started.

Jeff Grindel will be attending and swimming for Illinois Institute of Technology, where he will double-major in Electrical and Computer Engineering. He has received the honor of being an Academic All-American through the National Interscholastic Swimming Coaches Association. Way to go, Jeff!



A Winning Strategy to Beat Spring Sporting Injuries

from Forbes



Spring beckons us outside for fun and exercise and that tends to lead to more calls to doctors about foot injuries, according to the American Podiatric Medical Association (APMA). "With warm weather approaching, many athletes are busy gearing up for another competitive season in their sport. Unfortunately, training in improper footwear and neglecting to stretch properly before and after activity greatly increases serious occurrences of foot and ankle injury," Ross Taubman, APMA president, said in a news release issued by his organization.

Get to Know



"Taytay"
Taylor Fievez

Richland, WA
Age 13, Bronze at CBRC
3 years as a Channel Cat

Favorite strokes:

Freestyle & breaststroke

Favorite events:

100 IM, 200 IM, & 200 breast

Favorite meet:

Shamrock Shake-Up in Spokane because I did AMAZING ☺

Favorite swim meet snack:

Peanut butter sandwich

Proudest swimming moment:

Breaking the record in the 200 fly on my first try!

Swimming goal:

Live through the 400 IM.

Favorite quote from a coach:

"The pain of discipline is nowhere near as big as the pain of disappointment," ~Coach Jen

When I'm not swimming, I like to:

Read, eat and sleep.

Favorite book:

Just Listen by Sarah Dessen

Favorite movie:

"A Walk to Remember"

**cough* Hello*

~Taytay

2008-2009 TCCC Board of Directors

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Mary Blanchard
cmblanchard4@msn.com

Vice President

Marilee Roberts
robertsswim@gmail.com

Secretary

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Kathy_A_Thompson@rl.gov

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Todd Schaef
hschaef@verizon.net

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c.bratton@verizon.net

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Musicks1@msn.com

Member at Large—CBRC

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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. 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 –

I hope you have marked your calendars for our annual awards banquet and parent meeting on May 9th 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. Pizza will be provided and we ask all families to please bring a case of water or Gatorade or pop to share – all extras will be used at our Tri-City Invite Meet.

Flower bowl deliveries will take place on May 7th – contact Jennifer Kissee Stephens with any questions.

Again as another reminder is our upcoming Tri-City Invite Meet. Contact one of the meet directors - Todd Schaef or Matt Henry to see where your help is needed.

Long course season is rapidly approaching. We will be sure to let you know when we make the transition to Memorial Pool. In the meantime should you have any questions please contact one of the coaches.

I look forward to seeing you on May 9th.

Mary Blanchard, President—TCCC Board of Directors

Get to Know



Tanner Collins

Pasco, WA
Age 13, Blue at TCCC
7 months as a Channel Cat

Favorite stroke: Breaststroke

Favorite events: 200 Breast

Favorite meet: Trick or Treat because it was my first meet since joining the Channel Cats.

Favorite swim meet snack:
Power Bar

Proudest swimming moment:
Swimming the 400 IM

This year's swim goal:
To swim fully Bronze, build endurance and drop on my times.

Best advice from a coach:
Coach Todd told me to kick harder on my backstroke and when I did he said that if I kept it up I would be one heck of a backstroker!

When I'm not swimming, I like to: Listen to music and MySpace.

Favorite book: No Limits

Favorite movie:
"Step Brothers"

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



For Your Calendar

May 7

Spring Plant Sale orders arrive

May 9

TCCC Awards Banquet, 5:00-7:00 p.m., Assembly of God Church in Richland

NOTE: There is not a Board meeting in May

May 15-17

Spring Fling Meet in Boise, ID

May 20

SCRIP orders due to Cristy Bratton

May 29-31

We host Tri-City Invite in Pasco

May 31

Items due for the May newsletter. *Don't forget your Swim Swap ads!!*

June 19-21

Summer Solstice meet in Pendleton, OR

July 10-12

Pendleton Invite meet in Pendleton, OR

July 21-25

LC Senior Sectionals in Gresham, OR

July 24-26

IE LC Champs in Wenatchee, WA

August 4-9

Western Zones meet in Waipahu, HI

August 10-14

Junior Nationals meet in Federal Way, 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!!!



Channel Cat Bill Payments

Please mail your Channel Cat payments to P.O. Box 1668, Richland, WA 99352. The coaches will no longer be taking payments that need to be passed along to the Treasurer. Thanks!

Channel Cats Enjoyed Ian Crocker Clinic



Several Channel Cats and their families enjoyed the Ian Crocker Clinic and classes offered by IES at the HOD weekend in April at the University of Idaho.

"As soon as you write it down on a piece of paper, a part of you believes you can do it."

~Ian Crocker, 4/25/09

There will be a SWIM SWAP in the June newsletter. Please send your ads to Wendy Francis.