



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 **June 30.**

Tri-City Invite Meet Recap

What do you call 119 Channel Cats at the Tri-City Invite May 29-31? Well, start with **696 best times**, add a slough of new IES (long course champs) qualifiers and 4 new team records... I call that an incredibly successful meet! Our team was tearing up the pool regardless of the heat!



Four new team records were set; two by **Claire Schaef** (50 free and 100 free), one by **Skylar Younkin** (50 fly) and one by **Natilee Ruiz** (50 free). But that's just the beginning of some amazing swims. **Jeevan Philip** had a great meet earning 13 best times out of 13 races! Well done, Jeevan. **Hailey Murphy** and **Lisa Tixier** both were 11 for 11; **James Bennett** (4 IES), **Ruth Chrisman** (7 IES), **Scott Francis** (7 IES) and **Dominique Marlin** all had 10 best times out of 10 swims, and **Makaylah Ferritto** (9 IES), **Lindsay Przybylski** (8 IES), **Allyson Fuller**, **Jordan Hendry** (5 IES), **Courtney Comrie** (5 IES) and **Lisa Bratton** all were 9 for 9 as well. Pretty darn good swimming there cats, well done.

Amanda Vega also had a terrific meet. She earned IES times in ALL 10 of her swims. Welcome to Long Course Amanda, great job! Other swimmers (not yet mentioned) earning 4 or more new IES times were: **Hailey Rankin** (9), **Danica Marlin** (8), **Luke Jackson** (8), **Matt Lanzara** (6), **Ellen Liu** (6), **Emma Pope** (6), **Skylar Younkin** (5), **Marcia Kim** (5), **Katelyn McLoughlin** (5), **Mylie Oberg** (5), **Alex Fievez** (4), **Olivia Gillett** (4), **Jenacie Jones** (4), **Shaylee Kieffer** (4), **Alexis Murphy** (4) and **Porter Withers** (4). Hope to see you all in Wenatchee at Champs with all that success.

Overall we had a great meet. Many were close to their best times if not getting a best time. Some were working hard to overcome recent absences due to flu or excessive schoolwork at the end of the year while others are just getting back into the water for the summer. Still we saw some great races and some come from behind attempts. Some toughed it out and swam the 800free or 400IM after some very long, hot days. From a coaching standpoint that is what we like to see...kids attempting to do their best regardless of the situation even if conditions are not



Thanks to Tami Fuller for the photo!

perfect. That is how we get better!

Finally, a big **THANK YOU** to all the parents who put in countless hours of work to help make this meet run smoothly. Some were there every day and well over 6 hours each day. Thank you all for representing the team so well and for helping make this meet enjoyable for all our visiting teams. We really appreciate your support.

(The IES designation means the swimmer's time qualifies him or her for the Long Course Champs meet in Wenatchee at the end of July. If you plan on attending this meet, call the Coast Hotel, mention the IES block of rooms and Channel Cats. Rooms are going fast so plan ahead!)

Boise Spring Fling

Twenty swimmers traveled to Boise to compete in the Spring Fling. We had swimmers with 100% best times. Those swimmers with 100% best times are: Micah Cruz, Mackenzie Gant, Esteli Garcia, JaZee Griffith, Aurora Oberg, Mylie Oberg, Addison Pollick, Ashton Pollick, Katie Schroder, Mckenzie Schroder, and Porter Withers. Wow! What a way to start the long course season! Swimmers that had 4 or more best times were Chyna Fish, Cheyenne Griffith, Nolan Hill, and Mackenzie Ruby. Others attending were Lucas Hill, Miles Phillips, Max Timm-Ballard, Nathaniel Weinman, and Nicole Weinman.

From Our Board President

Channel Cat Families –

I am writing this as we just concluded another very successful Tri-City Invite. If you were there you understand it was long, hot and busy!! However, many thanks to our Meet Directors Todd Schaef and Matt Henry who coordinated this meet. I want to thank all the many volunteers who helped throughout the weekend. What I noticed most was: there was a call for timers only once... there was no begging, pleading or having to hold up the meet to get people to help. We had more than enough officials to cover the shifts and no one had to spend consecutive hours on deck in the heat. The office ran smoothly, and results were posted timely; the announcers did an awesome job once again, people showing up on time and ready to work; concessions as always did a wonderful job feeding countless hungry swimmers and their families, and we cannot say enough about the hospitality crew who took care of just about everyone at the meet! I could go on and on, but I think you get the point. The Channel Cat team is made up of a fantastic group of parents who once again exceeded expectations. THANK YOU for your many hours of help this weekend.

We also had a very successful awards banquet and parent meeting in May. A big thank you to Marilee Roberts for coordinating this event and Dean Pollick for securing us a venue. I also want to congratulate the incoming BOD for the 2009/10 swim season: Chris Musick, President; Todd Schaef, VP; Wendy Francis, Secretary; Christy Bratton, Treasurer; Members at Large Bart Connors, TCCC; Jeff Markilee, CBRC; Kianne Lesser, Kia Ora; and Doug Wertz, IES Rep.

See you on deck

Mary Blanchard, President—'08-'09 TCCC Board of Directors

Get to Know



"The Fish"

Chyna Fish

Richland, WA

Age 11, Blue 1

1 ½ years as a Channel Cat

Favorite stroke: Butterfly

Favorite event: 200 breast

Favorite meet: The Christmas Invite because that was my first meet swimming the 200 breast.

Favorite swim meet snack:
Different kinds of cereals

Proudest swimming moment:
When I dropped 6 seconds in the 100 free.

Swimming goal: Get an Age Group Sectional time.

Favorite advice from a coach:
"JUMP! ... Now do that off the blocks!" ~Coach Jen

When I'm not swimming, I like to: Play video games, watch movies, read and play with friends.

Favorite book: The Name of this Book is Secret by Pseudonymous Bosch

Favorite movies: "Bedtime Stories" and "The Mummy Returns"

Thank you
to Shaun O'Leary,
who was the mastermind
behind getting our
computer system up and
running at the Tri-City
Invite. We couldn't have
done it without you!

2008-2009 TCCC Board of Directors

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Science News

Excessive Cola Consumption Can Lead To Super-sized Muscle Problems, Warn Doctors

ScienceDaily (May 20, 2009) — Doctors have issued a warning about excessive cola consumption after noticing an increase in the number of patients suffering from muscle problems, according to the June issue of *IJCP*, the International Journal of Clinical Practice.

"We are consuming more soft drinks than ever before and a number of health issues have already been identified including tooth problems, bone demineralization and the development of metabolic syndrome and diabetes" says Dr Moses Elisaf from the Department of Internal Medicine at the University of Ioannina, Greece.

"Evidence is increasing to suggest that excessive cola consumption can also lead to hypocalcaemia, in which the blood potassium levels fall, causing an adverse effect on vital muscle functions."

Working out the wrong way? 6 common workout mistakes

Having less than a full hour to exercise is no reason to skip working out. Even 10 minutes of activity can be beneficial.

By Howard Seidman, Staff Writer, myOptumHealth

People often make mistakes when they work out, especially when trying to make up for past inactivity. Many ignore the basic exercise rule that gradual progress yields the best results. Or they overdo it, which can cause strains or significant injuries.

Some common mistakes people make when it comes to exercising include:

- 1. "All-or-nothing." Having less than a full hour to exercise is no reason to skip working out. Even 10 minutes of activity can be beneficial.**

When time seems short, like when work is busy, it can help to treat exercise like a ritual. Rituals are made by choosing to do an activity regularly. Things like brushing your teeth or walking your dog are rituals. And if you define exercise as a ritual and schedule it very specifically, it can become a part of your life.

- 2. Improper warm-up. Warm muscles and tendons are less prone to injury and can improve performance. Even simple warm-ups increase blood flow, raise body temperature and help you mentally prepare for your workout.**

The Henry family is leaving us! We will miss Maddie in the pool, Markie as our smiling Kia Ora Rep, and Matt as our Hospitality and Co-Meet Director! We wish you the best of luck in the future. Keep on swimming, Maddie!



Get to Know



"Caders"

Cade Musick

Richland, WA

Age 10, Blue 2A

3 years as a Channel Cat

Favorite stroke: Breast

Favorite event: 100 breast

Favorite meet: Turkey Trott—
long breaks and lots of my friends
were there.

Favorite swim meet snack:

Cheezits

Proudest swimming moment:

Swimming the 500 free.

Swimming goal: Get into Lane 3
in practice.

Favorite advice from a coach:

"Boil the water, kick!" ~Coach Jen

When I'm not swimming, I like

to: play football & baseball and
play with my friends.

Favorite book: *Eragon* by

Christopher Paolini

Favorite movie: "Journey to the
Center of the Earth"

**You may be
disappointed if
you fail, but
you're doomed if
you don't try!**

Do some stretching once your muscles are warm to make them more flexible. Focus on stretching large muscle groups, especially ones you'll be using. Hold each stretch for 20 to 60 seconds. Maintain proper breathing during each stretch and make sure not to cause any pain. Finish warming up with exercises that are specific to your planned activity.

3. Unbalanced strength training. People tend to focus on building certain muscles because it's where they feel strongest or think their appearance will change most. But you need to develop all your major muscle groups for a strong, balanced body. Trying to "spot reduce" won't work.

4. Bad form. Lifting weights incorrectly is the surest way to get hurt.

Common problems are:

- * Extending certain joints too far
- * Jerking while lifting weights
- * Failing to work through a full range of motion
- * Not adjusting machines to one's body size
- * Lifting too much weight

Remember that gradual, progressive resistance is the best and safest way to build strength.

5. Failing to cool down. Cooling down after a workout is just as important as warming up. A cool-down lowers your heart and breathing rates and helps with recovery. It can:

- * Prevent pooling of blood in muscles, which can lead to lightheadedness and muscle soreness
- * Aid waste product removal from muscles

Start cooling down by lowering the intensity of your activity. A cool-down should last 5 to 10 minutes. It should be followed by light stretching to relax the muscles used during the activity.

6. Not drinking enough water. You're already on your way to dehydration if you wait until you're thirsty. Keep a water bottle near you during exercise and throughout the day.

If you expect exercise to see dramatic results quickly, you may get disappointed and be more inclined to stop. Remember, by changing small parts of your workout routine, your results will improve. And always check with your doctor before you increase your activity level.

SOURCES:

- * American College of Sports Medicine. Decisional balance.
- * American College of Sports Medicine. The power of positive rituals.
- * American Council on Exercise. ACE lists the top ten mistakes people make in the gym.
- * American College of Sports Medicine. Exercise right: Proper warm-up and cool down. ACSMFIT society page, Winter 2005.



For Your Calendar

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.

Blue & Orange Swim Parka, size large, blue exterior and furry orange interior, "Zinsli" emblem on front upper right. \$10. Contact Susanne Tixier at Tix7@truevine.net or 430-8686.

Blue & Orange Swim Parka, size small, blue exterior and furry orange interior, "Stephanie" on front upper right. \$10. Contact Susanne Tixier at Tix7@truevine.net or 430-8686.

Z2 Zoomers, size D (men's' 5 ½ to 7 or women's' 6 ½ to 8). Used, \$10. Contact Wendy Francis at wendyfrancis@charter.net or 628-1003.

Zoomers Red, size C (men's' 3 ½ to 5 or women's' 4 ½ to 6). Used, \$10. Contact Wendy Francis at wendyfrancis@charter.net or 628-1003.

Volunteer Hour Timesheets DUE

Cristy Bratton needs volunteer hour sheets turned in or emailed (c.bratton@verizon.net) ASAP indicating when and in what capacity families have worked this past year. Thank you!



Keys to Success: Whitney Myers

(Reprinted with permission from USA Swimming website)

This Speedo Tip of the Week comes from 2005 and 2007 U.S. World Championships Team member Whitney Myers. Myers was also the 2007 NCAA champion in the 200 IM and NCAA Woman of the Year. Here are the keys to her success.

Have fun. Everybody says this, but it's true. If you are not having fun, choose a different sport or hobby, or find a way to make it fun.

Set little goals for yourself along the way. This point relates to my first one, because it keeps it fun for me. Accomplishing goals helps you enjoy what you are doing.

Have a life outside your sport. That could mean applying yourself in school or having a hobby on the side, maybe arts and crafts, singing or riding a bike. There are days when swimming isn't going so well, so if you don't have other things going on, it can bring you down.

Be involved in whatever you are doing. Really immerse yourself. Get to know the people in your circle, and outside of it. Get involved with your team, your school, your family and your friends. Don't just sit and let things happen to you. Go out and make things happen.

June 19-21
Summer Solstice meet in Pendleton, OR

June 20
SCRIP orders due to Cristy Bratton

June 30
Items due for the May newsletter. *Don't forget your Swim Swap ads!!*

July 10-12
Pendleton Invite meet in Pendleton, OR

July 14
Channel Cat Board Meeting, 7pm, CBRC. Everyone is invited!

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

September 12
Annual Channel Cat Parent Meeting, details to come

Make good decisions for yourself. That might be about food, about your sleep, about what you do on Friday and Saturday nights, or in school. Making the right decision time after time ends up giving you reward after reward, which add up and make you feel good. Plus, making smart decisions gets you respect. You want to earn respect for all you accomplish.