



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 **September 30.**

Channel Cats Families –

Welcome back Channel Cat swimmers and families. I first would like to thank 2008 – 2009 Channel Cat Board of Directors and coaches for a job well done and very successful year. Congratulations to all the Channel Cat swimmers not only for your success in the pool, but the great sportsmanship displayed on deck.

Our 2009 -2010 parent meeting is scheduled for September 12, 2009, so mark your calendars and complete the registration forms. This annual meeting is to review and approve the 2009-2010 budget, obtain the swimmer registration forms and Channel Cat handbook, and introduce the 2009 – 2010 board of directors.

Not only will the swimmers be getting ready for the short course season, the Board of Directors will be establishing the upcoming fund raising activities for this fall. Fund raising is an important part of the Channel Cats revenue and will require helping hands from all the Channel Cat families. Please do not be shy in offering a helping hand. We look forward to seeing you all at the parent meeting.

Chris Musick, President—TCCC Board of Directors



Don't Forget!

Practice for all swim levels begins Tuesday, September 8! If you are unsure of your practice time or location, please contact your coach.

And don't miss the Annual Fall Parent Meeting! Details are on Page 6.



Meet Recaps

Pendleton Invite

The weather was quite a bit different from the frigid arctic chill of the Summer Solstice swim meet held at the end of June. The Channel Cats returned for the Pendleton Invite July 10-12, 2009 and came away victorious nabbing first place as a team! The temperature certainly was hot as were the Channel Cats! Fifty-eight Cats captured 258 new best times while **Sean Stephens** led the team in best performances with 8 best times out of 8 swims! That alone is fantastic but check out the time drops he made in 5 of those events: 6.5, 8, 10, 14 and 23 seconds. THAT is some great swimming- congrats Sean on a great meet! There were some other absolutely amazing time drops at this meet as well.

Topping the list of amazing time drops is 7-year old **Toby Dizon's** 152.9 second time drop in her 100 free. That's nearly 2 minutes 33 seconds!!! Holy Swiss cheese Batman that's incredible! If she does that again she will finish way before she even starts! :)

But wait! There's more. **BreAnn Bell** dropped 60 seconds in her 50m backstroke. That's amazing too. Then we also had **Jeevan Philip** drop nearly 59 seconds in the mile, **Adin Anderson** dropped almost 33 seconds in the 100m free, **Ryan Francis** dropped 32 seconds in his mile, **Delaney Anderson** was 28 seconds faster in her 100m free and **Taylor Fievez** took off nearly 30 seconds in her 400m free; **Cole Westendorf** dropped nearly 18 seconds in the 100m breast, **Cyrus Stephens** bested 2 races by nearly 14 and 18 seconds, **Porter Withers** dropped over 16 seconds, **Katie Schroder** took off 13 seconds, **Sarah Olsen** dropped 12 seconds while **Marcia Kim** dropped a little over 11 seconds in her 100m free and **Todd Dizon** dropped almost 11 seconds in his 100m backstroke. Those are all great time drops. Way to go Cats! Usually we are excited about 5-10 second time drops so let's acknowledge those as well. Four swimmers fit that description with **Emma Pope** leading the way with three races in which she dropped over 8, 7 and 7 seconds! **Luke (aka Action) Jackson** dropped close to 5 and just over 5 seconds in 2 races, while **Aurora Oberg** and **Claire Schaeff** dropped nearly 7 seconds each for a race. I don't care who you are, that's some mighty fine swimming right there.

Our best times list is as follows:

8 best times: Sean Stephens (8/8), and Alyssa and Cade Musick.

7 best times: Cyrus Stephens, Emma Pope, Sarah Olsen and Ryan Francis.

6 best times: Ruth Chrisman, Courtney Comrie, Luke Jackson and Bertha Kim.

2009-2010 TCCC Board of Directors

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"Thank you for all of the prayers, cards, emails and balloons. They helped to cheer me up. I am feeling much better now."

*Love,
Claire [Schaeff]*

5 best times: Porter Withers, Katie Schroder, Claire Schaefer, Hailey Rankin, Jeevan Philip, Aurora Oberg, Jillian Hendry, Scott Francis and Todd Dizon.

4 best times: Mallory McCauley, Lindsay Nelson, Cheyanne Rollins, Miles Phillips, Stephen Antoniak, Trista Byrd, Hailey Dikeman, Toby Dizon, Taylor Fievez, Chyna Fish, Cheyenne and JaZee Griffith, Lauren Hall, Joseph Hendry, Sarah Hicks, Tori Jones and Matt Lanzara.

3 best times or less: William Wertz, Cole Westendorf, BreAnn Bell, Ashley Christenson, Micah Cruz, Alex Fievez, Ariel Gambetty, Jeff Grindel, Nolan Hill, Tabitha Jones and Marcia Kim; Tess Jenkins, Lucas Hill, Alexis Murphy, Nicole Christenson, Lindsay Przybylsky, Adin Anderson and Mylie Oberg; Blake Olin, Delaney Anderson and Jordan Hendry.

It was a good meet and the coaches look forward to the end of the season and some continued FAST swimming!

Long Course Champs

A small contingent of Channel Cats traveled to Wenatchee for the IES Long Course Championships late in July. Many of our older kids were attending Senior Sectionals in Mt. Hood so our numbers were lower than usual. Still, regardless of the blistering heat and small numbers, **our mighty 51 swimmers took Champs in an overwhelming team victory!** Hailey Murphy and Claire Schaefer both earned high point honors for their age divisions as well. Congrats girls and congrats to the team for the sweet victory.

Of notable mention were the following great swims: **Hailey Rankin** blasted out 17 best times to earn 3 prizes from the prize bag! That's some great swimming right there. Next in line was **Jeevan Philip** with 14 new best times. **Scott Francis, Alexis Murphy** and **Stephanie Tixier** all had 12 while **Danny Tixier** and **William Wertz** both had 11 best times.

Also worth noting were some great time drops like **Nicole Christensen** who dropped almost 27 seconds and 13 seconds off two of her best times, **Toby Dizon** dropped almost 7 seconds, and **Chyna Fish** dropped almost 10 seconds and 9 seconds in two races. Wow, then we had "**Mr. Scott**" (**Francis**) who took off over 10 and 11 seconds in two races while **Cheyenne Griffith** dropped almost 10 in one of hers. **Nolan Hill** had three swims at 6 and 7 second time drops and **Tabitha Jones** blasted out a mile that was nearly 30 seconds better than her fastest time! **Alexis Murphy** was on the hot tamale train dropping over 17 seconds in each of 2 events and **Jeevan**, our new "greyhound boy" dropped over 20 seconds in his mile and almost 13 in his 400m IM. **Miles Phillips** was also on fire dropping nearly 14 seconds and 24 seconds. **Max Timm-Ballard** showed her stuff taking off 11 seconds and then 6 more

Speedo Sr. Sectionals

Twelve swimmers traveled to Gresham, OR to compete at the Western Senior Sectionals. Channel Cats had some great swims. **Kristen Bennett** was 6 of 6 with best times. She not only had drops, but big drops – nine seconds in the 800 free, six seconds in the 400 IM, 23 seconds in the 1500 free and four seconds in the 200 back.

Eric Blanchard dropped in the 100 back. **Nick Connors** was 4 for 4 with huge drops. He dropped 25 seconds in the 800 free, 11 seconds in the 400 free, 45 seconds in the 1500 free, and eight seconds in the 200 back. **Taylor Goodwin** dropped four seconds in his only event, the 100 breast.

Sarah Hicks dropped one second in both of her events, the 50 and 100 free. **Lucas Hill** dropped almost two seconds in his 800 free. **Tyler Pickett** dropped three seconds in the 200 back and 200 IM, and nine seconds in the 400 IM. In addition Tyler made his first final at Sr Sectionals in the 400 IM. **Cody Roberts** dropped time in the 200 back and 50 free along with making finals in the 100 fly. **Natilee Ruiz** made finals in five of her six events. She also broke the Inland Empire record in the 200 IM. **Max Timm-Ballard** dropped four seconds in her event, the 200 back.

Nathaniel Weinman had best times in all six of his events. He dropped half a second in the 50 free, two seconds in the 100 free, three seconds in the 200 free, eight seconds in the 400 free, sixteen seconds in the 800 free, and thirty seconds in the 1500 free. In addition Nathaniel qualified for his first Sr Sectional final in the 400 free. **Joe Wertz** had time drops in four of his five events and made finals in four of his events.



in the 200m fly prelims then finals.

Stephanie Tixier took off nearly 7 seconds, **William Wertz** dropped over 7 in each of two races and **Porter Withers** dropped almost 7 seconds in his 100m butterfly. Well done, Channel Cats... You brought your best game and it showed!

Out of our **300 best times**, the top times list is as follows:

17 best times: Hailey Rankin

14 best times: Jeevan Philip

12 best times: Scott Francis, Alexis Murphy & Stephanie Tixier

11 best times: William Wertz and Danny Tixier

9 best times: Andrew Blanchard, Tabitha Jones, Blair and Hailey Murphy, Miles Phillips and Lisa Tixier

8 best times: Nolan Hill, Courtney Comrie & Max Timm-Ballard

7 best times: Micah Cruz and Alyssa Musick

6 best times: Chyna Fish, Ryan Francis, Allyson Fuller, Megan O'Leary, Emma Pickett (6 for 6 even!) and Mackenzie Ruby

5 best times: Porter Withers, Ashton Pollick and Hannah Pickett

4 best times or less: Stephen Antoniak, Lisa Bratton, Ashley Christensen, Toby Dizon, Emma Pope, Mackenzie Schroder, Cole Westendorf, Nicole Christensen, Tanner Collins, Cheyenne Griffith, Lauren Hall, Tori Jones, Cade Musick, Meghan Pickett, Katie Schroder, Claire Schaef, Addison Pollick, Sarah Olsen, Ellen Liu, Matt Lanzara, Todd Dizon, James Bennett, Christine Tixier and JaZee Griffith.

Western Zone Championships

Channel Cats **Kristen Bennett, Andrew Blanchard, Nick Connors, Lucas Hill, Nolan Hill, Tabitha Jones, Tori Jones,** and **Hailey Murphy** represented Inland Empire at the Western Zone Championships in Hawaii. They were led by **Kristen Bennett** who finished first in the 400 Free, 800 Free, and 400 IM. She also added a third in the 1500 Free and a sixth in the 200 Fly. **Andrew Blanchard** finished third in the 100 fly and sixth in the 200 fly. Both swims were new Channel Cat records and his first Senior Sectional qualifying time. **Nick Connors** finished fourth in both the 800 and 1500 free, fifth in the 400 free, and seventh in the 200 back. His time in the 200 back was a new Senior Sectional time. **Lucas Hill** finished fourth in the 200 free, fifth in the 1500 free, and seventh in the 400 free. **Nolan Hill** made it in to finals in the 100 free and finished eighth. **Tabitha Jones** had five best times including a fourth place finish in the 1500 free, fifth in the 800 free, and sixth in the 400 free. Her time in the 1500 free was her first Senior Sectional time. **Tori Jones** had best times in three of her events. And **Hailey Murphy** improved in four of her events including a sixth place finish in the 200 fly. Congratulations to these swimmers for representing the Channel Cats so well.

US Open and Junior Nationals

Natilee Ruiz and **Cody Roberts** represented the Channel Cats at the US Open and Junior Nationals. At the US Open Natilee dropped time in 4 of 5 events and broke the Inland Empire record in the 100 free, 100 and 200 back, and the 200 IM. Cody dropped time in both his events, the 100 back and 100 fly. He also broke his own Inland Empire record in the 100 fly. This was the first time Natilee and Cody have swum at the US Open and both qualified for a final, Natilee in the 100 back and Cody in the 100 fly. At Junior Nationals the next week, Natilee dropped more time in the 100 free and 200 back, and broke the Inland Empire records in both events. She also qualified for finals in both of these events. Cody dropped time in both the 50 and 100 free. He also qualified for finals in the 100 fly. Great job representing the Channel Cats at these National meets.

"Great swimming... great meets...great season, Channel Cats. Congrats to all! See you back in short course season Sept 8th. Best of luck to our graduating seniors!"

Your Channel Cat

coaching staff!



Channel Cat 2008-2009 Season REC

By Your Channel Cat Coaches

The 2008-2009 Championship swim season for the Channel Cats was quite something. To recap our team's success we have to start in December 2008.

Austin, Texas was home to the **USA Swimming/ Speedo Junior National Championships** in mid-December. One Channel Cat, Natilee Ruiz, both attended and made finals in multiple events. She kicked off a great season for our team!

The **Washington State Senior Champs** were held in Federal Way in early January 2009. We had 18 swimmers qualify, 15 actually headed over regardless of the terrible storm headed towards the area and 9 actually stayed for the one day of swimming on Saturday. But as Todd mentioned in his write up, not always do things go our way so it is a good life lesson about mental toughness.

Our next championship meet was the **10 & Under Champs** in Ellensburg. It was a one-day event and was attended by 15 Channel Cats. Two came away with high point honors. No team awards were scored.

The **14 & Under Junior Champs** were held in Moscow, Idaho in early February. 28 Channel Cats attended, three took high point honors and the team earned 2nd place overall. The number of best times was fantastic (169) especially when almost everyone had over half their swims as best times!

Moving on to **IES Short Course Champs** at the end of February. A total of 57 Channel Cats travelled to Walla Walla, Washington and lit up the pool! The team took 1st place! In addition, there were 295 best times, three swimmers qualified for Sr. Sectionals for the first time, 8 swimmers qualified for the Zone Championship Meet and there were 17 new Age Group Sectional qualifying times! Whew...what a great meet for our swimmers!

The **Age Group Sectional Meet** in Federal Way was held late in March. We had a record number of Channel Cats qualify: 24! In the girls events our team scored 11th out of 73 teams. In the boys events we scored 22nd out of 79 teams. Overall, however, the Channel Cats took 12th place out of 100 teams! Nice job swimmers!

The **Senior Sectional Meet** in Federal Way, Washington was held in mid-March. Twelve of our swimmers attended, three of whom made finals with one taking the gold medal in one of his races! Congrats to Cody, Joe and Natilee, our finalists.

Long Course Senior Sectionals in Gresham, OR were held the same weekend as the IES Long Course Champs in July. 13 Channel Cats attended with multiple finalists.

IES Long Course Champs in Wenatchee was a hot weekend for spectators as well as swimmers! Channel Cats fired up without our Senior Sectional swimmers and took 1st place in a tight battle with Spokane Waves. SWAT, by the way, brought in some of their Sr. Sectional swimmers for Sunday's events but Channel Cats held tough and won the meet. Two swimmers took home high point honors.

The **Western Zone Championships** were held in Oahu, Hawaii this August.

Eight Channel Cats attended with kids from other teams and represented Inland Empire Swimming. IES took 5th place overall and came home with the coveted Spirit Award to boot! Two of our swimmers, Andrew Blanchard and Tabitha Jones, got new Senior Sectional qualifying times while there as well. Way to finish the season strong!

Last but not least, in early August of 2009 in Federal Way, Washington two swimmers participated in the **U.S Open & Junior National Championships**. Both made finals at these two meets, even though both were new to the very fast and talented field of the US Open. When you are looking at members of the current National Team or former Olympians on the blocks at finals and one of our Channel Cats is out there too, it is quite impressive! Congrats to Cody and Natilee on this great accomplishment!

On a separate note, we say good luck to our graduating seniors who will be swimming in college this fall: Jeff Grindel competes for Illinios Institute of Technology in Chicago, Lucas

Hill will compete for the College of Idaho in Caldwell, ID, Jenna Mehlenbacher will represent Principia College in Elsau, Illinois, Miles Phillips will compete for Linfield College in Portland, OR, Cody Roberts will compete for UNLV in Las Vegas, Nevada; and Joe Wertz will compete for Seattle University in Seattle, Washington. Again, good luck to our Channel Cats going on to compete at a collegiate level.

Great 2008-2009 season! Let's build on our success of the past year and go on to have a bigger and better season next year. GO CHANNEL CATS!

Announcing the Annual Fall Parent Meeting

Mark your calendar and plan to be there . . . it's swimmers to meet each other, have fun, and learn!

✚ **Saturday, September 12, 2009**

✚ **3:00 – 5:00 pm**

✚ **Assembly of God Church, 1110 Steve**

The purpose of this meeting is to present and vote on the budget. In addition, annual swimmer information/commitment packets will be distributed. Please be reminded that completion of these forms is mandatory for participation in practice and competition privileges. See you there!

For Your Calendar



September 8

Swim practices begin for short course season

September 12

Annual Channel Cat Parent Meeting, 3-5pm at the Assembly of God church in Richland

September 20

SCRIP orders due to Cristy Bratton

September 30

Finals for the Olympic