

# The Channel Cat Chat



www.TriCityChannelCats.org  
October 2009

## Welcome, New Swimmers!

We are excited to have the following new Blue swimmers joining our team! Please show them a warm Channel Cat welcome when you see them in the pool and on deck . . .

### Swimming at CBRC:

Gareth Unwin (17)  
Morgan Dooley (8)  
Kjersten Jordheim (7)  
Cameron Sullivan (15)  
Janae Sullivan (12)

### Swimming at Kia Ora:

Kassidy Brons (13)  
William Chiang (10)  
Abby Grimmett (10)  
Victoria Heard (8)  
Anna Lesser (9)  
Claire Megna (12)  
April Mercer (12)  
Natalie Przybylski (10)  
Maria Tartakovsky (13)  
Michael Tyree (14)  
Darby Ufford (11)  
Daniel Dohnalek (11)

### Swimming at TCCC:

Jorgan Andersen (14)  
Matt Booher (16)  
Blaine Broberg (12)  
Katelynn Broberg (9)  
Cameron Edwards (9)  
Luke Harrison (12)  
Hilary Petersen (8)  
Brayden Vickerman (11)  
Nigel Makela (16)—Bronze  
Kelly Makela (10)

## Upcoming Swim Meet Hotel Blocks

**Octoberfest (Ellensburg), October 17, 2009** – Holiday Inn Express, held under “Tri-City Channel Cats”, 20 rooms at \$109 + tax. 509-962-9400

**Turkey Trot (Cheney), November 20 and 21, 2009** – Holiday Inn Express, held under “Tri-City Channel Cats” until November 1, 20 rooms at \$102 + tax. 509-235-1100

**Christmas Invitational (East Wenatchee), December 4 -5, 2009** – Cedars Inn, held under “Tri-City Channel Cats” until November 8, 20 rooms at \$95.95 + tax. 509-886-8000

**Winter Invite (Ellensburg), January 29 and 30, 2010** – Holiday Inn Express, held under “Tri-City Channel Cats”, 39 rooms(8 are King bed rooms) at \$109 + tax. 509-962-9400

**Inland Empire SC Champs (Ellensburg), February 26 and 27, 2010** – Holiday Inn Express, held under “Tri-City Channel Cats”, 35 rooms at \$109 + tax. 509-962-9400

**MLMR Invitational (Moses Lake), March 12 and 13, 2010** – Holiday Inn Express held under “Tri-City Channel Cats”, 15 rooms 509-766-2000

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### *For Your Calendar*

**October 13, 7:00pm**  
TCCC Board Meeting  
CBRC Conference Room  
Everyone is invited!

**October 20**  
SCRIP orders due to Cristy  
Bratton

**October 31**  
HAPPY HALLOWEEN!  
Stroke & Turn Clinic presented by  
Doug Wertz  
Items due to Wendy Francis for  
November newsletter

**November 10, 7:00pm**  
TCCC Board Meeting  
CBRC Conference Room  
Everyone is invited!



## From Our President

### Channel Cats Families –

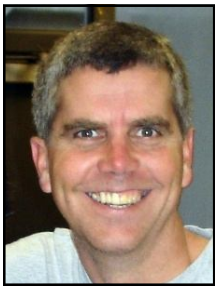
Thank you to all the parents who attended the September parent meeting, the 2009-2010 budget passed and we are all set for the upcoming year. I would like to welcome all new swimmers and families to the Channel Cat organization. Any questions or concerns you have please do not hesitate to ask the coaches, board members, other parents, or myself, it can at first seem a little overwhelming.

October signifies the beginning of the short course swim meet season, high school girls swimming, and our first fund-raising activity "poinsettia" sales. Please contact Todd Schaefer if you are interested in volunteering for the Poinsettia sales committee. Let's get this year off to a great fund-raising start.

Lastly, it is very important that the families have completed and submitted all the requested forms to the coaching staff. For returning families, please include updated information regarding email addresses, phone numbers, etc. so we can keep you all informed on Channel Cat activities, Channel Cat news/results, and yes those monthly bills.

**Chris Musick, President—TCCC Board of Directors**

## We know They're great, now everyone else does, too!



**COACH TODD**  
2009 IES Coach of  
the Year!

At the recent IES HOD meeting, two key people in our organization received top honors! Congratulations to **Coach Todd, 2009 Coach of the Year**, and **Doug Wertz** (Dad of Channel Cat William Wertz and our team IES Rep), **2009 Official of the Year**. When you see them on deck, give them a big "high 5!" It's because of people like them that our team is so outstanding!



**DOUG WERTZ**  
2009 IES Official of the  
Year! (Shown here with  
his wife, Joan)

### 2009-2010 BOARD OF DIRECTORS

**President**  
**Chris Musick**  
628-8998  
[Musicks1@msn.com](mailto:Musicks1@msn.com)

**Vice President**  
**Todd Schaefer**  
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**Secretary**  
**Wendy Francis**  
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**Treasurer**  
**Cristy Bratton**  
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[C.Bratton@verizon.net](mailto:C.Bratton@verizon.net)

**IES Representative**  
**Doug Wertz**  
375-7716  
[DougWertz@charter.net](mailto:DougWertz@charter.net)

**Member at Large—CBRC**  
**Jeff Markillie**  
308-2234  
[JMarkillie@me.com](mailto:JMarkillie@me.com)

**Member at Large—TCCC**  
**Bart Connors**  
628-0640  
[Bart@basingold.com](mailto:Bart@basingold.com)

**Member at Large—Kia Ora**  
**Kiane Lesser**  
628-0678  
[TheLessers@verizon.net](mailto:TheLessers@verizon.net)

## Officials Needed

Two Official's training opportunities are coming up. The first, **on Saturday afternoon of the Octoberfest Meet in Ellensburg**, Doug Wertz will be providing a training class for all interested parents who are attending that meet. A second opportunity will be on **October 31**, probably at the CBRC, for others who are interested but not attending the meet in Ellensburg. The Inland Empire is considering a requirement that all teams provide officials at swim meets, in proportion to the number of swimmers attending the meet. At present, not all teams are providing their fare share, and a way to solve this problem is needed. Within the Channel Cats, we need to get 5 or more parents started as officials this year, to keep the pipeline full, accommodate attrition, and the desire of present officials to progress to additional positions. Please consider becoming an official, working on deck or within the timing/office positions. We need your help!!



## Meet James Bennett

"Gameboy" (Blue at TCCC) is 12 years old and a 7th grader at McLoughlin Middle School. He lives in Pasco and has been a Channel Cat for 6 years. When he's not swimming, James likes to play video games.

**Favorite stroke:** Butterfly

**Favorite event:** 50 fly

**Favorite meet:** 2009 Age Group Sectionals because it was my first time there to swim

**Favorite swim meet snack:** Red Vines

**Proudest swim moment:** Winning High Point at the Tri-City Invite

**Swimming goal for this year:** Make Age Group Sectional times in more than one event

**Favorite comment from Coach Jen:** "Best butterfly I've ever seen you do!"

**Favorite book:** *Vampire Knight* by Maturo Hino

## Our COaches

**Head Coach, TCCC**

Todd Stafek

(509) 374-8550

[toddstafek@charter.net](mailto:toddstafek@charter.net)

**Assistant Coach:**

Amanda Trembl

**Head Assistant Coach, CBRC**

Jennifer Tonkyn

(509) 783-9612

[RJTonkyn@verizon.net](mailto:RJTonkyn@verizon.net)

**Assistant Coach:**

Rachel Wildey

**Assistant Coach, Kia Ora**

Karen Eddy

(509) 628-2489

[keddy@clearwire.net](mailto:keddy@clearwire.net)

## New Swimsuit Rules

**Females** are now only allowed to wear suits in competition that do not go below the knees or past the shoulders. They cannot have a zipper or other fastening device on the suit. They must be made of only textile material (NO LZR's or Blue 70s). **Males** must wear a brief or jammer only, made of textile materials. Also, you may only wear ONE suit in competition. For more information, please visit <http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=490&Alias=Rainbow&Lang=en&mid=806&ItemId=3173>



## Five Birds and Good Intentions

by Michael Josephson

Five birds are sitting on a telephone wire. Two decide to fly south. How many are left? Most people would say three. Actually, all five are left. You see, *deciding* to fly isn't the same as *doing* it.

So it is with most things. Good intentions aren't enough. It's not what we want, say, or think that makes things happen; it's what we do.



I frequently think of writing thank-you notes. Unfortunately, only a sad few of these good sentiments ever make it to paper. Still, if I don't look too closely, I can delude myself into thinking that based on my good thoughts I'm a gracious and grateful person. A truer and less admirable picture of my character is drawn by my actions.

In the end, we either do or don't do. We either make the time to do the things we want to and should do or we make excuses. . . . What's stopping you from jumping off the wire and flapping your wings?





## Meet Joseph Hendry

Joseph (Bronze at CBRC) is 16 years old and a junior at Hanford High School. He lives in Benton City and has been a Channel Cat for 2 years. When he's not swimming, Joseph likes to hang out with friends.

**Favorite stroke:** Freestyle

**Favorite event:** 200 IM

**Favorite meets:** All of them!

**Favorite swim meet snack:** Food!

**Proudest swim moment:** Breaking a minute in the 100 free

**Swimming goal for this year:** Improve all my times

**Favorite advice from coaches (all of them!):** "Keep swimming, no breaks!"

**Favorite book:** The Long Road Home



## Meet Alex Fievez

"Biscuit Head" (Blue at CBRC) is almost 10 years old and a 4th grader at Jason Lee Elementary School. She lives in Richland and has been a Channel Cat for 3 years. When she's not swimming, Alex likes to drive her big sister, Taylor, CRAZY!

**Favorite stroke:** Freestyle

**Favorite event:** 200 IM

**Favorite meet:** Trick or Treat in Moscow, ID, because the shirts were cool and I love Halloween.

**Favorite swim meet snack:** Apple

**Proudest swim moment:** The 200 IM (even though Coach Todd says he didn't mean to put me in it).

**Swimming goal for this year:** To win!!!!

**Favorite advice from Coach Jen:** "Just keep swimming!"

**Favorite book:** Diary of a Wimpy Kid

**Favorite movie:** "Poltergeist"



## Meet Jake Douglas

Jake (Blue at CBRC) is 14 years old and a freshman at Hanford High School. He lives in West Richland and has been a Channel Cat for 2 years. When he's not swimming, Jake likes to spend time on Facebook.

**Favorite stroke:** Butterfly

**Favorite event:** 100 free

**Favorite meet:** January Storm in Walla Walla—great pool!

**Favorite swim meet snack:** Jerky

**Proudest swim moment:** Finally getting my breast stroke kick right

**Swimming goal for this year:** Drop time!

**Favorite advice from Coach Jen:** Butterfly is in 4 steps

**Favorite book:** Maximum Ride by James Patterson

**Favorite movie:** "School of Rock"



## House Of Delegates Report

By Doug Wertz, IES Rep

As the team's representative to the Inland Empire Swimming (IES) House of Delegates, I attended the semi-annual meeting, held at the **brand-spank'in-new, awesome, community/aquatic center in Coeur D'Alene, Idaho** on Saturday, October 3<sup>rd</sup>, 2009. I don't want to tell you about the aquatic center because you'd probably break down in tears, knowing what opportunities we are missing in the Tri-Cities without one....but, if you really care about it, you will email, write, attend meetings etc., to let your respective city governments know where you stand.

But I digress, the fall HOD meeting always follows the USAS Convention, which was held in Chicago this year. **Hot topics** from the convention included: 1) Swimsuit regulation changes – the same as already described / promulgated via email to the club 2) an emphasis on USA's development and growing interest in Open Water Swimming – IES encourages clubs to get involved/host events, etc. 3) and award of the 2010 Western Zone Meet to San Jose, CA, to be held August 10-14, 2010. There was also discussion regarding the development of a Senior Western Zone Meet, location and date to be determined.

**As for IES, we had a pretty good Olympic Year bounce with an overall membership increase of 25%.** Meet attendance was up across the board, with good participation by the "West Side" in our summer meets. Also, IES swimmers had a great result at the Western Zone meet in Hawaii.

**We will soon have another member club in IES – the Baker Swim Club (Oregon)** has applied for membership in the Inland Empire, a request that was approved by the HOD. Similar to Pendleton and La Grande Swim Teams, Baker will enjoy improved competitive swimming opportunities in a Local Swim

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Committee that has similar demographics. On that note, there was an appeal to all Inland Empire teams to seriously consider attending one or two of the meets offered by our new member clubs. Admittedly, people are used to attending the same meets each year, and in the spirit of greater growth and opportunity, the organization should support the new member clubs.

The HOD also approved the annual budget, with one addition; which was to extend swimmer support to our disability swimmers and their attendance to national meets. Elections included two positions – the Senior Swimmer Chair, to which Coach Todd was elected, and the Coaches Representative position, to which Kevin Wong (SWAT) was elected.

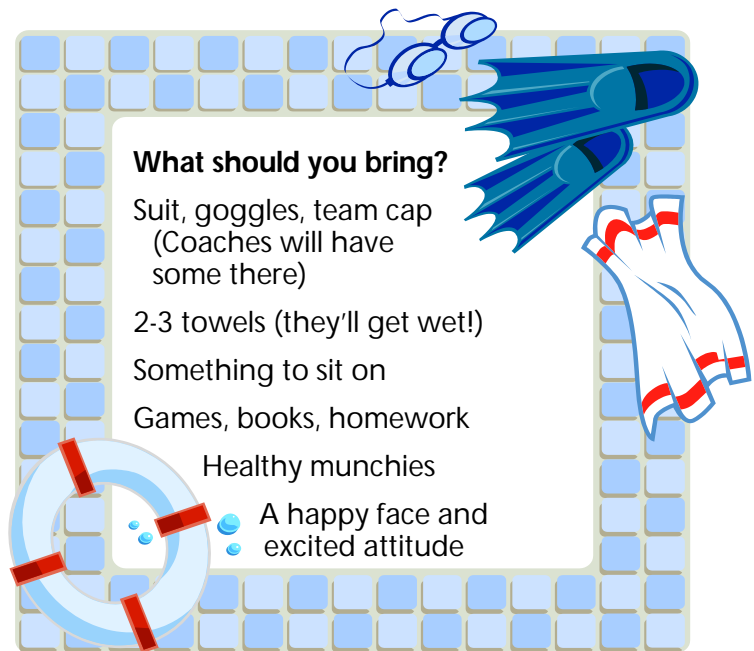
**Mark your calendars for the IE Spring Swimposium, to be held April 21-22, 2010,** location to be determined. This year is the year where USAS provides support in the form of speakers and workshops on all topics. This is a great opportunity for parents and swimmers alike. Please plan to attend. Perhaps if there is enough interest, we could make a bus trip out of it.

Loren Eddy (husband of Coach Karen), the IE Club Development Representative, presented awards for the Toyota Virtual Team Challenge. You can read more about this at the USAS website, but basically your swimmers earn points based on their times in designated strokes that comprise the Individual Medley. While awards for improvement went to La Grand and Spokane Waves Swim Clubs, it was noted that **TCCC ranks in the top 200 teams nationwide in this competition!**

Two other awards were presented to our own this year: **Todd Stafek was awarded Coach of the Year and yours truly was named as Official of the Year.** In many areas, TCCC continues to lead the way in the Inland Empire, through the combined efforts of the team swimmers, coaches and parents. I encourage all of you to continue in your support of the team by volunteering at events and projects, and keeping your swimmers healthy and motivated throughout the year.

## Going to your first meet?

**All right!** If you want to know what events you are swimming, check the bulletin board outside the pool or ask your coach. Check your paperwork for your warm-up times and PLEASE BE ON TIME! When you arrive at the meet, you will be able to purchase a "Heat Sheet" for \$5-7 that will list start times for all of your events. Most of all have FUN!



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*Providing athletes with the environment to realize their potential and learn skills that will enable success in swimming and life.*