

# The Chatty Cats

## Summer Recap

### Special points of interest:

- Long Course Champs.
- Kristen Bennett: Open water Nationals

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### Tri-City Channel Cats

## Long Course Championships

The Hydroplanes weren't the only thing bringing speed to the water July 29<sup>th</sup> – 31<sup>st</sup> in the Tri-Cities...the Channel Cats were bringing it too! Channel Cats ( 102 of us) brought home the first place team award (by over 1000pts!) as well as a few high point awards. We also racked up 604 new personal best times!! That has to be close to an all time record number of personal bests in a meet. Plus, We had 3 new swimmers qualify for the Western Zone Championship Swim Meet: Alyssa Musick, Mackenzie Hale, and Cole Westendorf. And finally, we had a few team members break some records as well. The individuals who broke MEET records were Skyler Younkin (100m fly and 100m back), Claire Schaef (200m IM and 100m fly) and Stephanie Tixier (100m fly). Actually 5 Channel Cats broke the 15 & over 100m fly record but Steph took 1<sup>st</sup> place and therefore gets the honor of replacing her sister (Christine) as the meet record holder. (Sorry Hailey Murphy, Max Timm-Ballard, Hailey Rankin, Sarah Olsen and Lisa Bratton...nice swimming though!) In addition some TEAM records were broken too. Ryan "Superman"

Monrean broke the 8 & under 50 free, 50 back and 50 fly team records. Skyler broke the 50 fly record and the 10 & under boys relays broke both the Medley and Free relay records! Yee Haw Cats, that's awesome.

The 5 relays that broke records were: the 10 & under girls and boys. Both broke both the 200medley relay and 200m free relay records. As well as the 14 & under boys broke the 400 medley relay record. Congrats to Olivia Gillett, Cricket Hoffner, Claire Schaef and Morgan Dooley, Ryan Monrean, Jack Elliott, Skyler Younkin and John Markillie; Scott Francis, Ryan Shippet, Luke Jackson and James Bennett; Olivia Gillett, Morgan Dooley, Emily Goodnight and Claire Schaef; John Markillie, Ryan Monrean, Jack Elliott and Skyler Younkin. Way to go awesome relay swimmers!

The high point winners for the Channel Cats were: Ryan Monrean, Skyler Younkin, and Cole Westendorf. Quite impressive accomplishments Cats. That's some nice reward for all your hard work and effort!! Woo-hoo!

Speaking of hard work...I think swimming with a broken foot is quite amazing. We coaches like for our swimmers to try to push through discomfort to get

*If you have any photos that you would like to have seen in the upcoming Chatty Cats Newsletter please e-mail them to Cheyenne Griffith at : [chatty.cats@charter.net](mailto:chatty.cats@charter.net)*



## **Best Times list**

**16 best times:** Scott Francis

**15 best times:** Cole Westendorf

**13 best times:** alexis Murphy

**12 best times:** James Bennett, Luis Hernandez-Mejia (12/12), Luke Jackson(12/14), Marcis Kim (12/13), Kelly Makela (12/13) and Jeevan Philip (12/13). Great job Cats!

**11 best times:** Ruth Chrisman (11/12), Lauren Hall (11/13), Jeff Kern (11/12), Alyssa Musick (11/13) and William Wertz. Nice swimming there team!

**10 best times:** Justyne Fink (10/12), Hannah Pickett (10/10), Ashton Pollick (10/13), Hailey Rankin and Ryan Shiplet.

**9 best times:** Courtney Comrie, Megan Gelston (9/11) and Porter Withers (9/9).

**8 best times:** Cheyenne Griffith (8/8), Kjerstyn Jordheim (8/8), Karl Kintner-Meyer (8/8), Claire Schaeff (8/8), Brayden Vickerman (8/8), Nicole Weinman (8/8), Maddie Elliott (8/10), JaZee Griffith, Mackenzie Hale, Jenacie Jones (8/10), Blair Murphy, Kelsey Olsen (8/10), Addison Pollick and Katie Schroder.

**7 best times:** Corey Bradshaw (finally competing as a Channel Cat!), Jesse Fink (7/8), Ethan Laudisio (7/8), Max Timm-Ballard (7/8), Skyler Younkin (7/8) and Mackenzie Gant (7/9).

**6 best times:** Aidan Pollick (6/6), Elizabeth McCarthy (6/7), John Markillie (6/8), Kristen Bennett, Matt Lanzara, Katelyn McLaughlin, Elise Miner, Tyler

Pickett, Emma Pope, Stephanie Tixier and Nathaniel Weinman.

**5 best times:** Toby and Todd Dizon (5/5), Jillian Hendry (5/5), BreAnn Bell, Lisa Bratton, Jack Elliott, Jordan and Joseph Hendry, Sarah Olsen, McKenzie Schroder and Emma Westendorf.

**4 best times or less:** delany Anderson, Morgan Dooley, Jake Douglas, Olivia Gillett, Emily Goodnight, Jenna Gunter, Ryan Monrean and Mylie Oberg; Adin Anderson, Nik Connors, Ariel Gambetty, Maggie Kleist, Claire Megna, Lindsay Nelson, Hilary Petersen, Holly Rankin, Trevor Sharp and Justin Smith; Stephaen Antoniak, Austin Beierle-Miller, Taylor Fievez, Kaylyn Lesser, Emma Pickett, Mackenzie ruby and Amanda Suter; Ally Fuller, Abby Grimmett, Cricket Hoffner, Danielle McKeirnan, Hanna Munson, Hailey Murphy and Lisa Tixier; Andrew Blanchard, Sarah Hicks, Tess Jenkins, Anna Lesser and Christine Tixier.

### **Ryan Monrean**



200free, Swimming in the fast 10 and under backstroke heat with my friends, and when I reached my goal to break an 8 and under record this summer.

Guess what? I don't really like to watch TV or play video games! And I love science!

My favorite swim meet snacks are turkey sub sandwiches, tigers milk bars, beef jerky, and Gatorade.

Besides swimming I like to play: Baseball, basketball, tackle football, go skateboarding, and wakeboarding

Ryan is in blue group and swims at CBRC. He has been a Channel Cat for 1 1/2 years.

Favorite strokes: backstroke and butterfly

Favorite events: 25 free, 25back, 50 back, 100 back, 25 fly, and 200IMI like every event!

Best memory as Channel Cat:  
The first time I did the





# August Birthdays

2nd Gabriella Hansen (15)

12th Courtney Comrie (15) & Addison Pollick (12)

13th Olivia Prince (10) &

20th Max Timm-Ballard (16)

22nd Taylor Burnight (18)

28th Luis Hernandez-Meji(14)

29th Emily Goodnight (11)

30th Toby Dizon (10) & Claire Schaefer (11)

# September Birthdays

3ed Stephen Antoniak (18), Keith Meline (18) & Lindsay Nelson (14)

4th Lauren Hall (14)

6th Amanda Suter (12)

13th Linnea Peacock (16)

18th Hannah Bryan (13)

21st Stephanie Tixie(17)

25th Kaylyn Lesser (16)



## Open Water Nationals/ US National Team Trials

The Open Water Nationals / US Team Trials were held in Fort Lauderdale, Florida. Kristen Bennett a 2011 graduate swam her first open water competition. She's the first swimmer to represent the Tri-City Channel Cats at this event and wanted to share some of her experience with fellow swimmers.

When Kristen arrived at the beach, she asked a team if she could tag along and practice the course. She learned that open water swimming is drastically different than swimming in pools. You have to really be aware of your surroundings. There are no black lines to follow so you constantly have to lift your head out of the water to see where you are going (You have to time yourself so you are on top of a wave when you look, or else you can't see anything). You're constantly watching for strong waves, currents and swimmers, some try to shove you down to get in front of you, or swim in the other direction.

Swimming in salt water also creates additional problems to include:

- You can become dehydrated quicker.
- Jelly fish can be a problem
- You need to coat yourself in Vaseline or your swim suit will rub you raw.

During the 10k the water was so rough the coaches were falling off the feeding boats, and the swimmers were also getting sea sick. (A feeding boat is where coaches stand and use feed sticks to give water to swimmers during the race)

Kristen had never swum a race longer than a mile; even though it was long she says that the whole thing was still an all out sprint.

She's excited to be attending college in Hawaii - they do a lot of open water swimming.



Megan Gelston

Megan is 11 she swims at Kia Ora, and swims in blue group. Megan has been swimming as a Channel Cat for one year.

Favorite stroke: Butterfly

Favorite events: 100 Fly and 400 Free

Best memory as a Channel Cat: Hanging out under a tent with friends at the Tri-City Invite

Guess What? This year I was the 5<sup>th</sup> grade student of the year at James McGee Elementary.

Favorite swim meet snacks: 31 Flavors Ice cream (favorite flavor: chocolate brownie)

What you like to do besides swimming: Basketball, Mathematics, and being with my family

Jeevan Philip

Jeevan is 16 and has been swimming as a Channel Cat for seven years. He practices at CBRC as a silver swimmer.

Favorite stroke: Breaststroke

Favorite events: 200 Breaststroke, 100 Butterfly

Best memory as a Channel Cat: When I first

qualified for Zones for the first time as a ten year old on the 100 Breaststroke.

Guess What? I am an avid science-fiction reader. I compete in three High School sports.

Favorite swim meet snacks: Trail mix, pancakes, and huckleberry jam sandwiches.

What you like to do besides swimming: Ride my bicycle around town, distance running, triathlons, and decathlons.

