

# THE CHATTY CATS

## Special points of interest:

- Pep Talk 2
- Practices
- Photos

If you have any photos that you would like to see in the upcoming Chatty Cat Newsletter please send them to Cheyenne Griffith at [chatty.cats@charter.net](mailto:chatty.cats@charter.net)

Thank-You,

Cheyenne Griffith



## PEP TALK 2

Channel Cat Families: Announcing PEP Talk #2 and Blue Practice for Turns and Breakout. SIGN UP on the Channel Cat home page by clicking on one of the PEP Talk Sign up buttons to the right of the picture show.

I want to thank all of those who attended the Start Practice and PEP Talk #1 on October 16<sup>th</sup> at CBRC. The coaches and I felt it was a big success, and that's more because of you than us. I would especially like to thank Doug Wertz for bringing the start equipment and his expertise. His dedication to the sport and to the kids is a blessing to all of us.

It was a real pleasure for me to meet so many enthusiastic parents and to get to know some of you. If you went to Ellensburg, I hope Octoberfest was all you hoped for. With that meet behind us, it's time to look ahead a little bit. Maybe you are ready for another special Blue practice and another PEP Talk.

If so, then Tuesday, November 20, is the day to plan for it. The coaches are organizing a "Turn and breakout clinic" for the blue swimmers, and PEP Talk #2 will cover an important yet strange topic: "Getting comfortable with being uncomfortable." It's something all swimmers eventually run into, all coaches teach, and

we as parents, have no idea about it (at least that was the case for me). During this PEP Talk, we'll talk about what it means to be "comfortable being uncomfortable" and how we parents can help our kids, and learn from them!

Logistics (same as the October PEP Talk):

Tuesday, November 20<sup>th</sup>, 2012

ALL Gold/Silver/Bronze swimmers: 3:30pm – Practice with Todd at Tri-City Court Club

ALL Blue swimmers: practice will be at CBRC ONLY with Jen, Karen, and Rachel. No BLUE practice at Kia Ora or TCCC. There will be two CBRC sessions:

Session 1: 4:15pm (45 slots)

Session 2: 5:15pm (45 slots)

All Blue swimmers should choose one of these sessions by signing up on the web site for your preferred CBRC session. Bring your swimmers to the practice you sign up for, then come to the CBRC Activities Center for PEP Talk #2!

Chance Younkin

Vice President, Channel Cats

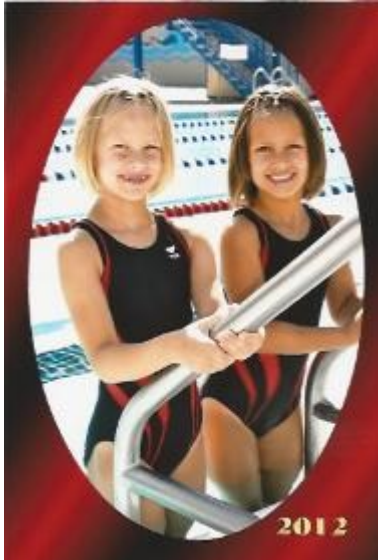


## PRACTICES

The girls high school season is coming to an end and we will be seeing many of them back in the water soon. Practices at TCCC and CBRC are very full and changing your practice location will not be acceptable without notifying and getting approval from both Todd **and** Jennifer. This also pertains to those of you that are planning on swimming boys high school. I know there are a few of you that normally swim at TCCC that are wanting to switch to CBRC for the high school season. Unfortunately there is not space available at CBRC so please make other arrangements.

Those of you that are high school boys who plan on not swimming at all with the Channel Cats during the high school swim season need to email both Todd Stafek, [toddstafek@charter.net](mailto:toddstafek@charter.net), and Wes Bratton, [tricitychannelcats@gmail.com](mailto:tricitychannelcats@gmail.com).

Todd Stafek



Julia and Jolee Tomer are new to Channel Cats. They made the team in August 2012.

Julia is 8 years old (3rd grade)

Jolee is 7 years old (2nd grade)







## PHOTO TAKING

Dear fellow swimmers and their parents,  
Taking photos is strongly encouraged at swim meets, practices and special events. If you would like to see them in the Chatty Cat Newsletter or at the annual awards banquet you can e-mail them as a jpeg to myself (Cheyenne Griffith, Newsletter editor) at [chatty.cats@charter.net](mailto:chatty.cats@charter.net)

It has been my experience that the majority of the swimmers enjoy seeing ourselves in the Newsletter. The photos help remind everyone of the fun we have.

Thank-you, Cheyenne Griffith

*“With so many people saying it couldn't be done, all it takes is an Imagination”*

*- Michael Phelps*

## OCTOBERFEST

Congratulations too all those who competed at Octoberfest, and good luck to all swimmers going to Thanksgiving Invitational. Results can be found on the IES website under the event name and results tag or on the Channel Cats facebook page.



## HIGH SCHOOL GIRLS

Congratulations to all of our Channel Cat girls who participated in high school swimming job well done!

