



# Tri-City Channel Cats

## Monthly Newsletter

### About the Channel Cats



Our club is a year round competitive swim team for all ages and abilities. Our team mission is to provide athletes with a safe environment to realize his or her potential and learn the skills that will enable success in swimming and life.

### Our Coaches

Todd Stafek- Head Coach at PC/ Pasco

- [Email](#)

Julia Merrill- Head Coach at CBRC

- [Email](#)

Susan Travis- Assistant Coach

Ruth Wood- Assistant Coach

Hope Rossiter- Assistant Coach

Nolan Jenks- Assistant Coach

Adilyn Williams- Assistant Coach

### November Recap



Veterans Day Hike!



Friendsgiving!



### Reminders

Dec. 5-7- Beaverton Holiday Classic

- Qualifying meet. See times and location

Dec. 6-7- Christmas Open

- @Moses Lake High School

Dec. 22- Second Harvest

- (See Second Harvest section)

Dec. 27- Tri-City Americans Hockey Night

### Swimmer Spotlight

Emelia Lemmon started off the season a little slow because she was splitting practice time between swimming and volleyball. Since the volleyball season was completed at the end of September, she has really taken off in the pool. She has missed a total of one practice since the beginning of October. She made the jump from the Blue practices to the Bronze practices and has continued to improve her strokes and stamina. At the Thankswimming meet in November she swam the 200 IM for the first time, and dropped time in the 100 breast(22 sec.), 200 free(46 sec.), 100 back(11 sec.) and the 50 free(almost 3 sec.!) Those are some huge time drops!!! Congratulations Emelia, keep up the hard work!

-Coach Todd



This month's swimmer of the month for CBRC is Adilyn Williams. Adi has been consistent in attendance and effort throughout the season. She has gone the extra mile this season as a team leader, organizing bonding activities, leading the group in dryland, and creating an atmosphere of positivity and encouragement. Adi has shifted into a lane with faster sendoffs recently, and had risen to the occasion, working hard to make them and not backing down from a challenge. As a coach, Julia is incredibly proud of Adi and is thankful for her presence on the team.

-Coach Julia





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### New Pasco Bubble

Thank you so much to the City of Pasco for allowing us to swim at the brand new Pasco bubble! Their amazing team has been working on putting up the bubble since March. We are looking forward to getting to practice there again in the near future!



### 'Gold'en Advice

"We're not NIKE. Don't just do it, just do it fast."

-Rowan Young-McMurchie

"The body achieves what the mind believes."

-Adilyn Williams

### TCCC Making Waves (Thankswimming Meet Recap)

It is impossible to remember every swim we had at the meet, but the coaches saw some good racing. For a few swimmers, this was their first meet of the season. Congratulations to Sydnee Elerding for making her first ever Age Group Regional cut in the 100 breast, and to Jimmy Park for achieving a Sr Zone cut in the 100 free after just missing it in La Grande. A big shout out to all of our 1650 swimmers but especially Kian Young-McMurchie who dropped over a minute from his previous best, and Addison Wuttig and Clara Peck for both going under 20 minutes in the race for the first time. Last, but certainly not least, congratulations to all of our hi-point winners: Ada Merrill(8 & U girls), Wayne Schrader(8 & U boys), Paige Williams(13-14 girls), Kian Young-McMurchie(13-14 boys), Adilyn Williams(15 O girls), and Rowan Young-McMurchie(15 & O boys).

As we approach the mid-way point of our short course season the coaches would like to see swimmers concentrate on their turns and not make silly mistakes that lead to disqualifications. On a positive note, we love to see the competitiveness and look forward to seeing swimmers improve and hopefully achieve times for some of our upper level meets at the end of the season. GO CHANNEL CATS!!!

-Coach Todd







# Tri-City Channel Cats

## Resource Center

### New Team Store

We have a new team store! Please check it out at the link below:

[xtremeswim.com/collections/tri-city-channel-cats](https://xtremeswim.com/collections/tri-city-channel-cats)

### Safesport

Safe Sport isn't just rules, it's the vibe we bring! Kind language, cheering for one another, and sharing positive energy are all safe sport skills! THANK YOU for keeping our team a safe and supportive place to grow. 🌟 This team is the best!!

You are welcome contact me with any Safe Sport questions, concerns, or ideas! We will have training opportunities soon!

-Stephanie Dahl  
[stephanie.dahl@outlook.com](mailto:stephanie.dahl@outlook.com)

### Get to Know Coach Nolan Jenks!

What first got you into swimming?

- "Well my mom used to swim but also a swim instructor once told me that I could be Michael Phelps after watching my butterfly."

What is your favorite stroke/ race and why?

- "The 100 breast and the 50 free because they are really fun to train for."

What is your favorite part of being a Channel Cat?

- "I really enjoy getting to coach a variety of athletes among different levels especially because I know they're here because they want to be. I've also met so many great people."

What is a fun fact about you?

- "I prefer cold food over hot food and I start every practice with a joke."

What is your favorite snack and hype song?

- "I love Peanut butter pretzels and Sea Weed and I always listen to 'A Sunday Kind of Love' by Etta James and 'Big Jet Plane' by Angus and Julia Stone."

If you could describe The Channel Cats in one word what would it be?

- "Fantabulous because its fantastic and fabulous!"

Message to the team:

- "Remember to always have fun no matter what especially when racing."

### Resources

#### Website



Log into your account and register for swim meets.

<https://www.gomotionapp.com/team/ietccc/page/home>

#### Meet Mobile



Download Meet Mobile now to follow your favorite swimmers and swim meets

\*This does cost money and is only one account per device

#### Parent Facebook



Feel free to ask questions and remember that we regularly share upcoming information on our parent Facebook page

#### Instagram



Follow our Instagram page to view our posts highlighting our swimmers and their swim meets.



# Tri-City Channel Cats Sponsorship Page

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