



# 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

### December Recap



Second Harvest



White Elephant



Beaverton

### Reminders

Jan. 15-18 - Washington Open

• @Federal Way

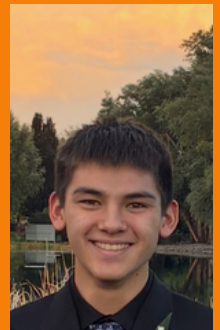
Jan. 31- Feb. 1 - Winter Invitational

• Moses Lake High School

### Swimmer Spotlight

Ben Chu made the switch this season to the Pacific Clinic and this is the first time that I have had the opportunity to work with Ben on a year-round basis. I have been able to witness not only his perfect practice attendance (100%), but also how hard he works day in, and day out. While Ben may not be the loudest swimmer on the team, he leads by example. He improved in almost every event at the Holiday Classic last month. Over the holiday training period he took full advantage of our long course training. I look forward to watching Ben compete this Spring and know that he has some big swims in his future.

-Coach Todd



January Swimmer of the Month for CBRC goes to Sofia Nielson! Sofia has exemplary practice attendance and shows her dedication to the sport day in and day out. In addition to her pool training, she goes above and beyond with strength and mobility workouts at home. It's clear that her goals are on her mind while she stays engaged and works hard each practice. Sofia shows what being a Channel Cat is all about, as she is kind and courteous to her teammates and always sets a great example of listening skills and respect.

-Coach Julia





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### USA Swimming Scholastic All America

USA Swimming Scholastic All America is a USA Swimming program recognizing select athletes across the nation. To qualify for the program, you must achieve a Winter Junior National qualifying time standard in an individual event as well as a minimum of a 3.5 gpa in grades 9-12.

Here is a message from our newest qualifying athlete **Sofia Nielson** :

"One thing I've learned as I've reached my goals is to always set new ones. Sometimes I'm surprised that I've reached my goals early in the season and after I do I'm not sure what to look forward to. My parents and coaches always remind me to set new goals and keep a good mindset for the rest of the season. Things I've done to reach my goals are to start simple and do little things that will add up in the end. It's important to me to always get a good nights rest, eat a well balanced diet with lots of protein, stretch, do dryland workouts, and find a focus in each set at practice. It's important to try your best in every set even if it looks hard, boring, or impossible. When I've done this it's helped me to have a more positive mindset each practice and it's helped me reach my goals."

### 'Gold'en Advice

"Winning isn't everything, but wanting to win is."

-Benjamin Chu

"Always talk to the swimmer next to you, matching a personality to the cap and goggles in the lane you're racing against makes competing a whole lot less scary! I've met some of the best people ever just by a simple fist bump or 'good luck'"

-Esther Mei

### TCCC Making Waves ( Meet Recaps )

#### Holiday Classic recap

The Holiday Classic was a HUGE success. Swimmers were dropping time in almost every swim. New Jr National cuts and new Channel Cat records were achieved by Sofia Nielson in the 100 and 200 breast. Adi Williams(coach Adi) qualified for her first Futures cut in the 200 breast. Jake Nielson qualified for Age Group Regionals in every event he swam, except one. Joining Jake at Age Group Regionals will be his sister Paige, who qualified in three events including the 400 IM(first time ever swimming the event!). Addison Wuttig qualified for Regionals in the 1650 free after dropping almost 27 seconds from just 3 weeks before. These are just a few of the swimmers that achieved new time standards. In addition to these swims we saw huge time drops and some very near misses of time standards for upper level meets. Congratulations to all the swimmers that attended the Holiday Classic. It was a great ending to the first half of our short course season.

Julia and I really liked the team-camaraderie at the meet. The cheering really helped push those swimmers in the water to achieve new best times.

#### Christmas Open recap

The Christmas Open was a fantastic swim meet for our team! We had lots of fast swims, and Coach Hope and Coach Susan were happy with the hard effort everyone put forth at the meet. Madeleine Austin, Chase Bookout, Anadi Kochhar, and Mason Johnson all attended this meet as their first meet ever. The first meet can always be scary, but these four swimmers stepped and performed. We hope all our swimmers have fun and keep up the hard work as we move to the second half of our short course season. We had many great swims, but some swimmers dropped over 10 seconds in one race! Bella Lopez, Wayne Schrader, Mila Splattstoesser, Lucy Blanton, Adelina Dawson, Sawyer Hatfield, and Gracie Hatfield, you all did some amazing work. Congratulations on such great time drops. We had so much fun watching your races. Last but certainly not least, a shout-out to Lucy Lu, who scored the most points for our team with a total of 149 and dropped time in almost all her swims.

#### January Storm recap:

We had a good meet this past weekend in Walla Walla! It was a great start to the second half of our SCY season. With the split schedule, sessions were short, and our swimmers fit a lot of racing into just a few hours each day. This creates a physical and mental hurdle, but we were proud of how well they all persevered. We had many excellent time drops and multiple high point awards. Owen Morton, Zoey Wuttig, and Maya Cruz all came out on top in their age groups! Some other accomplishments from this weekend include a new Age Group Regional cut for Sydnee Elending, a first 500 free swim for Zoey Wuttig, and massive time drops in all events from Owen Morton. We have many swimmers getting closer to some goal cuts, so we're excited to see what the next meet has in store. Keep coming to practice and working hard, we're seeing how all of that effort is paying off!



# Tri-City Channel Cats

## Resource Center

### Highlighted Quote

As a coach I have often stated that there is much more to competitive swimming than just swimming. A parent on the team posted this about their children on their Facebook page after the January Storm meet and I thought it was a perfect description.

-Coach Todd

"...I am beyond proud of their hard work, resilience, and determination. Swimming is such a unique sport-there are no timeouts, no substitutions, and no one else to rely on once you dive in. Swimmers give up evenings, weekends, and so much comfort to chase progress measured in tenths and hundredths of a second. They learn patience, discipline, and how to push through mental and physical barriers in a way few other sports demand."

### Safesport

As we get ready to start our Safe Sport renewal, we're excited to share that some Safe Sport training opportunities for parents and swimmers are coming soon! These trainings help us keep our community safe, supportive, and fun for everyone. More details to come - we'll be sharing dates, info, and next steps as we go. Thank you for being such an important part of creating a positive place for our athletes to grow and thrive!

If you have questions, please let me know!

Thank you!

Stephanie Dahl

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

### Get to Know Paige Williams!

What first got you into swimming?

- When I was 4 my sister started to swim for the Channel Cats. I was put in swim lessons with no intention of swimming. Todd came over to my dad one day and asked if I wanted to swim some events in meets because I was there anyways. Of course my dad said yes, and that's how it started.

What is your favorite part of being a Channel Cat?

- My favorite part about being a channel cats is the community and the lasting support. And the willing to want to do well from the motivation from my teammates.

What is a fun fact about you?

- I begged my parents for days to not put me in swimming and let me stay in basketball instead, (obviously the begging didn't work). I haven't look back since and I haven't step foot on the basketball court since then.

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

- Family. At the end of the day you get on the blocks and race your own race. But getting on the blocks and knowing you have a whole family supporting you is the best feeling.

Message to the team:

Dream big. Through good and bad practices, it will show. Believe that you can achieve, put the effort in and you'll be at your dream you never thought was possible in no time. Swimming is half a mental game and half a physical game.

### 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.

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# Tri-City Channel Cats

## Sponsorship Page

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# core concepts

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