



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

October Recap



Happy Halloween!

Reminders

Nov. 3- National Stress Awareness Day

Nov 4- City of Kennewick Board Meeting

- @Kennewick City Hall starting at 6:30 pm

Nov. 15-16- Thankswimming Open

- @Moses Lake High School

Dec. 5-7- Beaverton Holiday Classic

- Qualifying meet. See times and location

Dec. 6-7- Christmas Open

- @Moses Lake High School

Swimmer Spotlight

This month's swimmer spotlight is **Sydnee**

Elerding. Sydnee started the season by moving up to the bronze group. It was rough at first with the extra 30 minutes of swimming and the higher intensity, but Sydnee has hung in there and now it is just another practice. But it isn't just another practice, it is a chance for her to improve. She has taken that chance and ran with it...or rather swam with it. She was just getting started with her performance at the Sprint meet in September. Her swims in La Grande at the Spooktacular meet were fantastic. She had huge drops in most of her events, especially the longer and tougher ones. Great job Sydnee and keep up the hard work!
-Coach Todd



This month's swimmer of the month is **Erwin Abringe**. Erwin always brings a fantastic attitude to the pool and is a wonderful role-model to his teammates. He demonstrates an eagerness to learn and improve, and shows consistent effort each practice. Erwin helps others on the team, whether it be picking up kickboards, offering help guiding others during sets, or sharing a warm smile and positive energy. Coach Julia is thankful to have a responsible and kind leader like Erwin for younger kids to look up to. Thanks for showing what it means to be a true Channel Cat!

-Coach Julia





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National Stress Awareness Day

This month we're recognizing National Stress Awareness Day and reminding all Channel Cats that mental health matters just as much as physical health. Swimming can be tough, and that's okay — taking a break, talking to someone, or asking for help shows strength. Let's keep supporting each other, because strong minds make strong swimmers. Go Channel Cats!

Here is an awesome resource:
[RTSP Podcast with Samantha Livingstone](#)

Hot Takes From the Pool Deck

Take a minute to vote on this month's hot takes! The results will be shared in next month's newsletter! Scan the QR Code or click the link to cast your votes:



<https://forms.gle/CJxHBZSebvMxiU4S9>

'Gold'en Advice

"Always do your best now, so you don't look back wishing you'd done better."
 -Erwin Abring

"There is no failure. You either win or you learn."
 -Annalease Gourley

TCCC Making Waves (Spooktacular Meet Recap)

The La Grande Spooktacular was a great opportunity for the Channel Cats to see just how much they have improved since last year's short course season. While the majority of the competitors were fellow Channel Cats I saw some good competition and some huge drops from our swimmers! This is just the beginning and a good start to the rest of our short course season. Although we got a late start to our long course season this past summer, I truly believe the long course work provides a great aerobic base for our new season. We have 3 weeks until the Thankswimming meet in Moses Lake and then another 3 weeks until the culmination of the first half of the short course season where we will be competing in either the Holiday Classic in Beaverton, or the Christmas Invite in Moses Lake. If you don't know which meet your swimmer should attend, please contact Todd or Julia.

It was also a chance for our new swimmers to experience what two-day swim meet is like. The new swimmers stepped up and performed great. That first meet is always a little scary, but after warmups and the first race they settled in and competed like they had been doing it for years. I saw swimmers hanging out together and creating memories that will last forever. I can still remember my very first swim meet 53 years ago in Canby, OR! The one thing I remember is the very first race of the swim meet. Back in those days they started the race with a starters pistol. The first time they shot the gun I nearly jumped out my skin. While you new swimmers will probably not remember the very first race of the swim meet, hopefully you remember being in La Grande and experiencing what it was like to hang out with friends and compete. Being a member of the Channel Cats is so much more than just swimming. It's building friendships that will last a lifetime, for both swimmers and parents!
 -Coach Todd



Tri-City Channel Cats

Resource Center

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Member at Large: Tony Trembl- [Email](#)

Community Member: Wes Bratton- [Email](#)

IES/SafeSport Rep: Stephanie Dahl- [Email](#)

Meet Our New SafeSport Representative!

A quick note from our new SafeSport Representative- **Stephanie Dahl**:

My name is Stephanie Dahl, and I've called the Tri-Cities home since 2007. I'm a former teacher and early learning coach with a long-standing focus on child well-being and family education. As a current Subcontract Manager for the Early Childhood Education and Assistance Program (ECEAP), I help ensure programs meet high standards of safety, quality, and care for children while fostering strong family engagement. I have four children and my youngest two are proud Channel Cats swimmers. I love the positive energy of this team and am excited to contribute to the safe, supportive, and fun culture that makes the Tri-City Channel Cats so special.



Resources

Website



Log into your account and register for swim meets.

<https://www.gomoti.onapp.com/team/ie/tccc/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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