



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

Team Swag

Visit our new team store at:
<https://www.bluewateronegonswim.com/tccc>

TCCC Making Waves

Thank you to everyone who volunteered at our Ironman Run-Aide Station this year!

Reminders

Oct.15- Parent meeting

- -5:15 @ CBRC

Oct. 18- Tri-City Americans Hockey Night

- 5pm-9pm

Oct.22- Pink-Out Practice

- All groups come to practice wearing pink in recognition of Breast Cancer Awareness Month

Oct. 25-26- LGSC Spooktacular

- @La Grande, OR

Swimmer Spotlight

Abby Trembl was promoted to the Bronze group last February. Since that time she has been awarded the most improved swimmer award in May, and this past July qualified for her first Age Group Zone meet in Elk Grove, CA. Since returning to the pool in September she has shown some real leadership qualities. She doesn't miss practice, is the first one in the water, and leads her lane daily. Her hard work has not gone unnoticed. Keep up the hard work Abby!

-Coach Todd



Mikaila Wuttig is a natural leader in and out of the pool. She has demonstrated a talent of going above and beyond to create an atmosphere that promotes team spirit and bonding. She has done this through her volunteer time she has spent putting together welcome bags for new swimmers, promoting team events, fostering friendships in her training group, and creating a newsletter. She attends all practices and puts forth her best effort each day. We are thankful to have Mikaila as a swimmer, and for what she brings to the team, and are excited to see what she can accomplish this year.

-Coach Julia





Tri-City Channel Cats

Monthly Newsletter

Officiating

Interested in Becoming a USA Swimming Official?

Looking to get the best seat in the house? Our team is always looking to develop our next generation of USA swimming officials. If you're interested, please reach out to Coach Todd or our Board President.

Swim Buddy

Need help with swim meets? Email a member at large to pair your new swimmer with an experienced athlete for guidance during their first event!

'Gold'en Advice

"If you give your 100% effort, no matter the outcome, you should always be proud of yourself."
-Sofia Nielson

"Pain is inevitable. Suffering is optional."
-Aiden Wang

October Recap



Channel Cats at the Columbia Crossing



Channel Cats volunteering at the Ironman



Tri-City Channel Cats

Resource Center

Board of Directors

President: Scott Williams- [Email](#)
 Vice President: Albert Chu- [Email](#)
 Head Coach: Todd Stafek- [Email](#)
 CBRC Coach: Julia Merrill- [Email](#)
 Treasurer: Amanda Treml- [Email](#)
 Secretary: Kristen Wuttig- [Email](#)
 Member at Large: Ash Morton- [Email](#)
 Member at Large: Jennifer Nielson- [Email](#)
 Member at Large: Tony Treml- [Email](#)
 Community Member: Wes Bratton- [Email](#)

2025 Annual Summit (Denver, CO)

In September, our Channel Cats IES Athlete Representative, Esther Mei, went to Denver, Colorado for the 2025 Annual Summit hosted by USA Swimming. The Annual Summit is a gathering of all the athlete representatives and USA Swimming Directors from across the nation, where they would discuss topics such as issues your LSC is facing (an LSC such as IES) and Safesport. It is an amazing way to make connections with the best people throughout USA Swimming.

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.

October 2025



Tri-City Channel Cats

Sponsorship Page

THANK YOU
TO OUR SPONSORS!

BOB  RHODES
HEATING AND AIR CONDITIONING



core  concepts

CHIROPRACTIC

PHYSICAL THERAPY

MASSAGE