



CHANNEL CATS NEWS



ABOUT THE TCCC



Our club is a USA Swimming year-round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to national competitor.

UPCOMING EVENTS

- Oct 26 -LGSC Spooktacular (La Grande, OR) **Deadline- Oct 14th**
- Nov 15 -Thankswimming Open (Moses Lake, WA) **Deadline- Nov 1st**
- Dec 6 -Holiday Classic (Beaverton, OR) **Deadline- Nov 20th - MUST BE QUALIFIED**
- Dec 7 -Christmas Open (Moses Lake, WA) **Deadline- Nov 25th**

COACHES CORNER

Coach Todd

I've been lucky enough to be the head coach of the Channel Cats for the last 35 years. I like to golf and go camping in my rv trailer. I have 3 dogs(Bella, Miley, and Lucy) that keep me busy. One of my favorite quotes is, "As a coach, I could care less about your potential and more about what you do with it. The world is full of gifted under-achievers. DON'T WASTE YOUR GIFT!"

Coach Mark

I have dedicated 45 years to coaching. Prior to my time with Channel Cats, I served as the Head Coach of Bend Swim Club for 35 years. I am proud to be a six-time Oregon Senior Coach of the Year. Throughout my career, I have coached Olympic Trial finalists as well as members of the USA Swimming National B and National Junior Teams. When I'm not coaching, I love traveling to Hawaii and playing golf and some occasional gambling .

Coach Julia

My name is Julia Merrill, and I've been coaching for 17 years. I have been on the Channel Cat staff for the past 10 of those years! I have four children, a dog, two cats, a lizard, and three fish. As a family, we love to spend time hiking, baking, and watching movies. I love to swim, bike, and run and recently fell in love with triathlon training and competition.

Quote: "The secret is there is no secret. Consistency over intensity. Progress over perfection. Fundamentals over fads. Over and over again."

Coach Ashley

Coach Ashley grew up swimming competitively since she was 6, and went on to the state of Tennessee to swim for Bethel University. During summers home Ashley was asked to coach the Selah Dolphins where she continued for 7 seasons.

Coach Ashley's favorite stroke has always been breaststroke, and she loves to teach it! Coach Ashley loves dogs (her and her husband have 4), sweet treats, and getting to coach the channel cats!

Coach Susan

Assistant coach at
CBRC

Coach Ruth

Assistant coach at PC

FUN FACT



The average high school swimmer swims 1 million strokes per season.

TEAM STORE



Visit our team store on SwimOutlet
www.swimoutlet.com/collections/tccc



CHANNEL CATS

RESOURCE CENTER



BOARD OF DIRECTORS

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SWIM MEET MUST HAVES

- Heat Sheet
- Sharpie, highlighter, pen/pencil
- Towels (at least 2)
- Swimsuit
- Cap
- Drinks - water/electrolytes
- Snacks - high protein & high calorie
- Chair

RESOURCES

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.

Website



Log into your account and register for swim meets.

www.gomotionapp.com/team/tietccc/page/home

Parent Facebook



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

RESOURCES



Snack Ideas

- Beef Jerky
- Sandwiches (pb & j)
- Bananas
- Trail Mix
- Protein Bars
- String Cheese
- Pretzels
- Apple Sauce



Between Events

- Cheer on team mates
- Play a card game
- Listen to music
- Read a book



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!

YOU ARE KEY TO YOUR CHILD'S SWIMMING

A parent's attitude toward swimming, the program, the coach, and their child's participation, is key towards the child's attitude and success.

TEAM STORE



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