

October 2007



KETCHIKAN KILLER WHALES

Whales Tales



Paul Peavy: Motivating Kid\$!

“Mommy, Mommy now you have to get me a TV!” squealed the little 8-year-old as she ran back to her mother after picking up her trophy for finishing second in her age group at a recent triathlon.

“Hmm... a TV for finishing second in your age group in a kid’s triathlon,” I thought to myself. My, how times (and parents) have changed. \$100 for good report cards, a car for just having lived for sixteen years, new swim suits for personal best times. Wow! Whatever happened to just teaching a kid simple pride in an accomplishment?

What’s funny about this little girl’s adventure is I remember her mother trying to attempt the triathlon last year and the girl would not give in until she found out she got a free swim cap just for entering. Yes, a free swim cap!

I think therein lies a big part of the problem in giving material rewards for achieving goals. Once it’s offered once, it becomes the expected. And each time the price goes up a little bit more.

Call me old-fashioned, or just call me a mental health therapist, but I think kids (and adults) need to get back to the basics of working hard and achieving just for the basic need to, well, work hard and achieve. I still think kids have that glow when they climb out of the pool and know they have dropped time.

When the other parents and kids share in their sense of accomplishment, you can tell

the swimmers are proud because of that non-stop, ear to ear semi-circle under their noses. Yeah, internal pride has a way of beaming through with that primitive, “Aw shucks” smile that you had when you were a kid.

I am going to say something that may shock you or make you a little embarrassed or just make you think I’m crazy. I think kids (and adult humanoids) are still primarily motivated by pride in accomplishment. We as adults want to get involved in somehow thinking we are involved in our kids accomplishing their goals. Trust me, the fact that you get them out of bed every morning, drive them to practice and feed them is a pretty good bit of involvement.

I loved what I overheard at a swim meet recently. A man came up to the merchandise tent and was buying some goggles and was talking to the owner. The man purchasing the goggles was complaining about how much he was spending on his daughter.

The owner replied that he also had a 16 year old daughter also and he felt his pain. The goggles purchaser then went on to vent about how much he was spending on his daughter’s car. He then went on to ask the owner what kind of car his daughter had. The merchandise man caught his customer off guard when he simply replied, “None.”

I bet \$100 if that little girl was given a choice between taking her trophy or her TV to

show-and-tell at school, she would have taken her trophy because then she could have talked more about her hard work and how good it felt to accomplish something. On second thought, let’s just make that a handshake bet, you know, for pride.

Paul Peavy is a Licensed Psychotherapist and former stand-up comic making him, well, a very stand-up therapist. His personal competitive swimming experience entails coming out of the water near the end of his age group in triathlons. He and his wife, Sherrie, have completed one Ironman together, in which Sherrie barely nudged him out by only 2 1/2 hours. Despite her parents' inexperience and lack of talent in swimming, their 10-year-old daughter, Lauren, is a happy and even a very good swimmer.



**Reprinted from usaswimming.org

October Birthdays

Carson Barnes	10/5	13
Ian McAndrews	10/13	10
Heather Paul	10/13	10
Andrea Singstad	10/25	9
Lukas Oswald	10/27	9



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SuperMeets—Volunteer Sign-Up System

It's a sign-up sheet ... It's a bulletin board ...

It's SUPERMEETS!

Introducing our new volunteer sign-up program, 'SuperMeets', a way for busy families to check-in on opportunities to make our organization successful. Here's what to do:

1. Click on the 'Supermeets' icon on our home page, which will bring you to the 'Upcoming Events' page. In the upper right corner is a 'login as user' that you must click on.
2. On the log-in page, click on 'First time users: Set up your account'. On the 'Create Account' page, put in your last name and the team password 'killerwhales'.
3. This should bring you to the 'Upcoming Events' page. If you wish to change your password, click on 'Your Account' in the top right corner. On the 'Family Account and History' Page, you can update your e-mail information and password. Press 'update' when it is right.

4. Now, click on 'Upcoming Events' in the top middle of the page, which will take you to the list of available events. Click on one (I will use the Time Trial - Volunteers for this example). This will take you to the list of positions available. Click on the right hand column, 'Sign-Up', and follow the prompts. The name of the volunteer should then appear in the 'Participant' column.
5. Confirm your sign-up by clicking on 'Your Account' in the top corner, and your page should list your volunteer commitments.

Some other notes: SuperMeets is set up to calculate 'points' for volunteering. KKW does not have a volunteer requirement component, so the points that you see listed are not required. It is an idea that may be connected to positive reinforcement later.



**Ketchikan High School
Regional Championship Meet
Oct 26-27 in Ketchikan**



We need lots of volunteers ...
and even more school spirit ...
so wear your maroon and white...
and cheer for the kings!



Kickin' Coffee!

KKWSC is excited to team up with Green Coffee Bean Company to sell 'Killer Whale Coffee' and Central American Decaf. What a great way to establish ourselves as the 'go-to' organization for coffee in Ketchikan!



Killer Whale Coffee

Here's how to do a favor for your neighbor while raising funds for the team:
Every week, e-mail Diana Maioriello at dianalovesrain@yahoo.com, by Friday, with your orders. Monday, after practice, turn in your money and pick up your orders to deliver. Simple.

Every quarter, the top three sellers will earn a prize. In addition, top sellers for the entire season will earn a grand prize!

Killer Whales and Killer Whale Coffee. It makes sense.

New on Deck

Elisha Howard is our welcomed help at KKW for the month of October. A senior at KayHi. Elisha swam for KKW and KayHi and is excited to use her knowledge to help out the younger Ketchikan swimmers. Thanks for your help, Coach Elisha!

KKW Wish List

- * Mobile dart booth
- * A TV for the KKW Office to show instructional videos. The current TV in the office does not connect to the new VCR.



How to Read Your Results

31.45	Y	SE	F	50	Free	1/12/2007	2007 Winter Games South
1:06.66	Y	AKAG	F	100	Free	1/12/2007	2007 Winter Games South
1:15.12	L		F	100	Free	7/6/2007	2007 ECSC Summer Long Course Invitational
2:18.86	Y	AKAG	P	200	Free	2/16/2007	2007 Southeast Championships
2:42.85	L		F	200	Free	7/6/2007	2007 ECSC Summer Long Course Invitational
5:38.74	L		F	400	Free	7/6/2007	2007 ECSC Summer Long Course Invitational
5:57.83	Y	JO	F	500	Free	2/16/2007	2007 Southeast Championships
11:34.75	L		F	800	Free	7/6/2007	2007 ECSC Summer Long Course Invitational
12:20.54	Y S	JO	F	1000	Free	2/16/2007	2007 Southeast Championships
20:23.41	Y	JO	F	1650	Free	2/16/2007	2007 Southeast Championships
37.39	Y S		P	50	Back	2/16/2007	2007 Southeast Championships
1:17.45	Y S	AKAG	P	100	Back	2/16/2007	2007 Southeast Championships
1:27.88	L S		F	100	Back	7/6/2007	2007 ECSC Summer Long Course Invitational
2:36.11	Y	JO	P	200	Back	2/16/2007	2007 Southeast Championships
2:59.99	L		F	200	Back	7/6/2007	2007 ECSC Summer Long Course Invitational
40.36	Y S		F	50	Breast	1/12/2007	2007 Winter Games South
1:25.28	Y	AKAG	F	100	Breast	1/12/2007	2007 Winter Games South
3:04.18	Y	SE	F	200	Breast	12/1/2006	2006 Speedo/Alaska Swimming Age Group Champi
33.06	Y S		P	50	Fly	2/16/2007	2007 Southeast Championships
1:12.19	Y	JO	P	100	Fly	2/16/2007	2007 Southeast Championships
1:25.72	L		F	100	Fly	7/6/2007	2007 ECSC Summer Long Course Invitational
2:41.96	Y	JO	F	200	Fly	12/1/2006	2006 Speedo/Alaska Swimming Age Group Champi
3:14.08	L		F	200	Fly	7/6/2007	2007 ECSC Summer Long Course Invitational
2:35.51	Y	JO	F	200	IM	1/12/2007	2007 Winter Games South
3:00.52	L		F	200	IM	7/6/2007	2007 ECSC Summer Long Course Invitational
5:21.81	Y	AKSr	F	400	IM	2/16/2007	2007 Southeast Championships
6:17.07	L		F	400	IM	7/6/2007	2007 ECSC Summer Long Course Invitational

After every competition, you receive an updated list of your best times. You can make out the times part, but all that extra info is sometimes confusing. Here's what it all means (from left to right):

31.45 = Your time for that event

Y/L/S = Yards/Long Course Meters/Short Course Meters.

There are three recognized pool measurements for swimming: the 25 yard pool (SCY - only in the US); the 50 meter (LCM - like in the Olympics); 25 meter (SCM). The letter following your time will tell you the type of pool.

L or S = To the right of the pool distance column could appear an 'L' for 'leadoff' or an 'S' for 'split'. The leadoff leg of a relay, like the first 100 of the 400 freestyle relay, can count as a legal individual time, as can any distance from the start of an individual race, like the first 200 split of the 500 freestyle. Both of these examples start like an individual race, versus the second leg of a relay, in which the racer can anticipate the start.

***SE/AKAG=** These indicate the highest championship meet for which the athlete has qualified in that event.

The abbreviations signify:

SE - Southeast Championships

AKAG - Alaska Age Group Championships (14&Under)

JO - Alaska Junior Olympics

AKSr - Alaska Senior Championships/Great Alaska Open

NWAG - Northwest Age Group Championships

WZ - Western Zones

NWSr - Northwest Senior Championships

Remember that qualifying times are often based on age, so, in November, a swimmer may have a 12 year old qualifying time for Southeast Champ's, but she may be 13 years old at the time of the meet. Check your binders for all qualifying times.

P/F/S = Indicates when the time was earned, Prelims/Finals/Semifinals. All races at a time trial or invitational are considered 'timed finals'. KKW doesn't compete in meets, yet, with semifinal rounds.

50 Free = The event description. 'IM' stands for 'Individual medley', all four strokes in the same race.

Then the **date of the first day of the meet**, followed by the **name of the meet**.

* Sometimes, your Best Times Report will include the national time standards (B, BB, AAA etc.) instead of your meet qualifying standards. Those letters are a percentile rankings of your time, versus all swimmers in your age range in the US. The more 'A's the higher you are ranked, up to 'AAAA'. After that, you are eligible to be ranked in the Top 16 swimmers, in your event, in the country.



TEAM GOAL
for swimmers by swimmers

KKW will have 50 swimmers attend the 2008 Southeast Championships, Feb 15-17 at Juneau.

If you have five qualifying times, let's go!



Coming Events

October 4 & 5

Sign-Ups for November ABC & Alaska Age Group Champs
5-6 pm

October 6

KKW Time Trial
Swimmers on deck at 7:45 am

October 10

Board Meeting in the office
6:30 pm

October 26-27

H.S. Regional Champs
@ Ketchikan

November 3

KKW Time Trial
Swimmers on deck at 7:45 am



Have ideas for future issues of Whales Tales?
Contact Natasha O'Brien
obrien@gci.net

The K-Files: Getting to Know ... Matthew Johnson

Matthew Johnson, 13, has been working hard on Killer Whales for three years. Known for hitting best times in practice, and lovin' the 500 free, Matthew rarely boasts about himself. So, here's the shout out about MJ:

How long have you been swimming?

4 years

Why did you join the KKW?

Because my sister always swam, and I wanted to, too.

What's your favorite stroke, and why?

My favorite stroke is freestyle because it's the fastest.

Your least favorite race?

100 Breaststroke

What's your favorite swimming memory?

When we had a water polo tournament

What do you think about during practice?

What we're going to do next

What's your favorite food?

Lasagna

What do you eat at swim meets?

Jerky, snacks, and water

Where is your favorite place to swim?

The new Petersburg pool

What is your favorite book?

The Harry Potter Series

If you were a superhero, what would your name be?

Mr. Muscles

Your powers?

strength

If you could bring anyone to swim practice, who would it be?

Any famous swimmer

If you could make a new stroke or race, what would it be?

Side-stroke races

When you're not at the pool, what do you enjoy doing?



Riding my bike and playing my computer

If you were designing a pool, what would it look like?

It would be a 50 meter pool/ultimate water park

Advice to younger swimmers?

Listen to the coach!

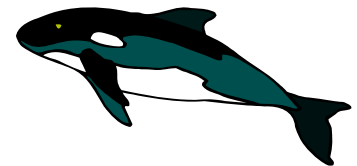
Proudest non-swimming moment?

When I somehow got my room clean

Something people don't know about you is... I listen to country music and am a great artist.

Your favorite joke?

There were two muffins in an oven. One muffin said to the other muffin, "Dang it is hot in here!" Then the other muffin said, "Ahhhhhhhhhh! A TALKING MUFFIN!"



Thank you to our sponsors!



Check it Out!

Go to the KKW site to shop online through igive.com/kkw, and a percentage of your purchase goes to KKW.



Also check out cafepress.com/kkw for your cool KKW gear sent straight to your home!



247-SWIM

Ketchikan Killer Whales

www.ketchikankillerwhales.com