

March 2008

Whales Tales

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Head Coach

Martin Reichgott
Coachmartin@kpunet.net
(o) 247-7946 * (c) 254-1945

Assistant Coaches

Jen Walton
Aubree Sambrano

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225-7169

Art Maioriello
Vice President
247-1710

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Teamwork Gets it Done at Southeast Champs

Congratulations to KKW for the 2nd place finish and the 'Best Times Percentage' award. We learned that a team is bigger than the sum of its players, and everyone contributed to the excitement and success of the weekend. Many of us learned that being part of something greater than ourselves is energizing, and it feels good to contribute, to smile, and to make others proud of you.

Why we are proud of you:

1. **You set a goal and reached it.** 50 swimmers and second place was the team goal set in the Fall. Big, bold, far-off goals that you reached out and grabbed. Awesome.
2. **You were inspiring.** You made us cheer for you, with extraordinary effort, and big smiles. You made each other swim faster with your effort and then your cheering.
3. **You put your team first,** by swimming any and all events and stepping up on relays, even if it wasn't your favorite stroke or your age group. Anytime an individual swims 50's and 1650's in the same weekend, they are a true teammate and champion.
4. **You followed the plan** of swim fast

in the morning, swim faster at night. This is good long-term thinking, as you work toward faster championships.

5. **No excuses swimming, all weekend long.** Illness didn't matter, disappointing swims, schedule changes - nothing mattered to the Killer Whales.

6. **You overcame mental obstacles,** by winning close races and beating 'unbeatable' foes. Sometimes we make up obstacles that don't have to be there. This weekend you tore them down.

7. **You swam with confidence, pride, and sportsmanship** - You can do it, and when you did, you shook your opponents' hand and thanked them for competing with you.

8. **You returned to the pool ready to build on your achievements.** Practice since the meet has been full of the energy of a team excited about its new identity and potential.

Thank you to the energetic parents who were helpful all weekend, and very loud for their swimmers. It was noticeable and made a difference to the team. You were part of a terrific team effort by our community.

**What will we do in 2009?
What will be in Ketchikan 2010?**

Bring a friend to practice week: March 3-7
*You and your friend get a swim cap or a lollipop
for trying Killer Whales.*
Come and join the fun!

Ketchikan Killer Whales Swim Club
www.ketchikankillerwhales.com

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Erica Stewart workin for the team in the 100 fly at SE Champs.

Mikayla Brown-Harrison and Courtney Gallaway clown around on deck in Juneau.

March Birthdays

Joseph Stewart	8	3/14
Maddy Stephens	12	3/20
Gavin Salazar	7	3/24
Beau Albertson	12	3/25
Elijah Singstad	11	3/25
Tre'Ann Denny	8	3/27
Allie Hurley	11	3/27
Melanie Loughman	11	3/29

The birthday basket has been refilled!! Stop by the swim office and pick something out on your birthday!

ANCHORS AWAY!

Swimmers who dropped more than 10% on individual swims at SE:

Beau	100 Bk	16.15%
Merek	100 IM	14.97
John	50 BK	13.54
	100 FR	12.21
	25 FL	22.78
Bernadette	50 FR	11.43
	50 BR	10.83
Logan	25 FL	13.35
Toni	50 BK	14.23
	100 FL	11.32
Cody	25 FR	10.15
	50 FR	13.44
Maricel	25 BK	11.53
	25 BR	12.75
	25 FL	10.10
Heather	50 BK	12.65
	100 FR	11.09
Leif	100 FR	12.20
Kymberly	100 BK	19.97
	50 FL	10.51
	100 FL	10.55
Kyra	25 FR	10.14
	50 FR	10.65
	25 FL	24.57
Zane	100 BK	12.62

50 BK 11.73
100 FR 16.80

Sounding like a BROKEN RECORD

275 Personal Records!

Emilee Johnson, 15 new team records in the 100-200 free, 100 back, 400 IM.

As of right now, there is only one 15-16 girls' individual record that is older than 2004!

Kassandra Klose, 12 championship record in the 200 breaststroke.

Did you know that KKW has broken at least one SE championship meet record every year, since 2000!
Wow!

Olympic Invite Volunteer Opportunities

are posted on the bulletin board now!!

Swimming in College

Elizabeth Jagusch - Placed 10th and 24th individually in the 100/200 breaststrokes, and was part of Idaho's 6th place 200 Medley relay, as the Vandals placed 6th overall at the WAC Conference Championships, in Texas.

Rowena Manabat - broke school record on the 400 Freestyle Relay, and was

part of two other scoring relays, as Pacific University finished 8th overall at the NWC Conference Championships. Placed 16th and 21st individually in the 100 and 50 freestyles.

Megan Beattie - anchored the 8th place 200 free relay for Pacific, and finished 21st in the 1650 free, with a 21-second improvement on her best time.

For the Love of Swimming

by Sarah Corporon

Wow, what a weekend KKW had in Juneau for the Southeast Championship meet! I had the privilege of once again chaperoning (although this time with two other wonderful moms) a great group of swimmers: 45 swimmers who put their heart and soul into every race they swam.

I was asked by my friends and family who knew I was gone for the weekend helping to chaperone the swim team: **"How did it go?"**

The answer I want to give but don't think people will understand is: **"I LOVE SWIMMING!"**

What is the answer I give when asked, "How did your weekend go?"

"Exhausting, emotional, exciting, fun, and most of all PROUD of the kids we took to Juneau" is what I really want to say but don't get very far past "I'm tired". They seem to want to move on to another topic. Must be those circles under the eyes.....

Every time I come home from a meet such as this, I AM tired. I believe everyone who attends these meets feels the same way. Once I look past the exhaustion of it all, I like to think about all the other things that made the weekend a success.

Emotional? As a mother of a swimmer, of course I want my child to do the best he can. When Merek has a bad "moment", I feel badly. When he swims a best time, I am happy and excited for him. When he's tired and ready to go home, I am tired and ready to go home with him. I think most parents as well as swimmers who attended this year's Southeast Championships or any other meet can relate to what I am talking about. It's especially difficult when you're the chaperone and can't devote all your time to your child, and I appreciate Merek, Heather, and Kendra's willingness to "house elsewhere" while their mothers took on the job of chaperoning this year's meet. Without chaperones being willing to go to a meet and not stay with their child, a meet would not run as smoothly as it should.

Exciting! I get excited when people around me are excited. We were privileged to be able to go to the Capitol building for a tour on Thursday after the team practiced for an hour. The highlight of the tour was that both of our groups were able to meet Governor Sarah Palin! Bernadette Franulovich was about the most excited I have seen anyone in a long time. She got the Governor's signature, and it was all we could do to get her to leave the Capitol, as she was phoning her dad to tell him the great news. The smile that lit up her face will stay in my mind forever. The kids as well as the adults got a kick out of seeing all the portraits of past governors in the

hallway. On the very left hand side was Sarah Palin's. It was very cool to see a woman's photograph up there.

The 10 and Unders! The chaperones were given the duty of escorting these swimmers by event to "behind the blocks", especially benefiting any of the new swimmers who had not been to a large meet before. These kids, mostly new swimmers, had an "I can do" attitude, and they were there to swim their best times, which most of them did. Every time one of these little ones dropped time was exciting because it was plain to see how happy they were.

Maricel McCleary! I was afraid she'd get lost or squashed behind the blocks, and especially at the other end of the pool when she swam the 25 yard events. Once she got in the water, away she'd go. I will always remember her delight when the team awards were given out on Sunday afternoon. Her sense of pride and happiness that she was a part of something so wonderful was quite apparent.

FUN? I had the luck of being able to work with 2 other chaperones. We had fun! Silly fun! I couldn't imagine having chaperoned this swim meet without them. I think some of our silliness was due to lack of sleep, but overall, we just had a good time together because we enjoyed each other's company. Thank you Pamela Standley and Dorrien Hendrickson!

PROUD!! The swimmers had their eye on the 2nd place team finish, and they accomplished this! They also won the award for the highest percentage of swims with improved times. What makes me proud is that KKW is an organization that teaches our children to strive to be their best. KKW had many swimmers make finals, get 1st place, and break KKW records. But KKW also had many MORE kids drop times in their events. Way to go, Killer Whales! I am extremely proud of our coaching staff. Coach Martin and Coach Jen put everything they had into this meet, and I believe we are extremely lucky to have such dedicated coaches. Thank you Martin and Jen! Also a great big thanks to Coach Aubree as well!

Would I chaperone a meet again? Of course! I LOVE the Killer Whales!

I LOVE SWIMMING!

Team note: Thank you to Sarah, Pamela and Dorrien for all of their help over the weekend. They made the meet easy for swimmers and coaches.

We appreciate you!

Elijah Singstad, Caleb Kuikhoven, Kris Singstad, and Alex Pihl make sure teammate Joseph Stewart wears a cap at SE Champs.



2009 SE Champs

February 13-15
(Saturday-Monday)
Petersburg
BE THERE!!

NW Age Group Sectionals

Killer Whales on
Team SEAK:
Maddy Stephens
Kirsta Bezenek

Let's Go To Anchorage!

JO Team:

Kiera O'Brien, Luke Jones,
Isabel Stephens, Maddy
Stephens, Case Kuikhoven,
Caleb Kuikhoven, Beau
Albertson, Matthew Johnson,
Mikayla Brown-Harrison,
Courtney Gallaway
**Who else will help SEAK
defend their title?**

Coming Events

March 1

Time Trial

On deck @ 7:45 am

March 5

Board Meeting

6:30 pm in office

March 8

Stroke & Turn Class

1-4 @ Houghtaling

March 10-11

JOs Sign-ups

5:20-6 pm @ pool

March 14-16

NW Age Groups

(Qualifiers)

March 15

No Practice

March 29

Time Trial

On deck @ 7:45 am

May 9-11

Olympic Invite KTN

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The K-Files: Getting to Know ... Kassandra Klose

Quiet during practice and meets, Kassandra Klose, 12, let her swimming do the talking at this year's Southeast Champs, leading KKW with four individual victories, breaking a meet record, and earning two NW Age Group Sectional times. Now with some bigger goals in mind, it's time we get to know Kassandra...

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How many years have you been on the team? 6 years.

Why did you start swimming? Cause I liked the water when I was little.

What's your favorite event and why? 200 breast, Because I broke the Southeast record.

If you could be a character in a book, who would it be and why? Harry Potter, Because he has magical powers.

Favorite food? Steak, Prawns and twice baked potatoes.

What do you eat at swim meets? Pasta, water and fruit.

What other sports do you play?

Soccer

Favorite movie? I don't have a favorite but I like comedy.

What do you like best about working on the boat? Sorting fish!

When you're not at the pool or at school, what do you like to do?

Hang out with friends.

What's your favorite pool that you've been to? Fairbanks

You've had the opportunity to practice with other teams. What teams? What did they do that was different?

Sitka, They worked on long course swimming a lot.

What is your favorite swimming memory, and why?

In Juneau, at the awards banquet I was going to get my award and felt sick so I started to run to the bathroom and I didn't make it and got sick everywhere. People from the other swim teams were asking me a lot of questions, and I was getting sick all over the place, so I couldn't answer them.

Then my mom was looking for me because I wasn't on the podium and saw me getting sick in the middle of everything and took me back to the hotel.

If you could add a new event to swimming, what would it be? 500 fly

What is something that people don't know about you? I can't catch or throw.

What is your favorite joke?

Your brother is so dumb he tripped over the cordless phone. Always makes me laugh.

Seeing family over the break? Just want to do something nice for someone? Bring 'em coffee!! Let Diana know what you need (dianalovesrain@yahoo.com) or stop by the swim shop to pick up a bag! Bring a piece of Ketchikan into everyone's life!

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Thanks to our Sponsors!

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

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Did you know you can pay for swim team with PayPal? Check it out on the website!

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