

January 2008

Klassic Ketchikan



KETCHIKAN KILLER WHALES

# Whales Tales



## SEAK Wins Age Group Championship



1. Southeast, AK 985
2. Northern Lights 534
3. Alaska Pacific 511
7. Viking 166.5
11. Haines 72

Another great team effort from SEAK resulted in the 2nd Age Group Championship in a row. Even with the most traveling to get to the meet, southeast swimmers had a terrific weekend in Fairbanks. The highlights of the weekend for KKW swimmers

was our ability to swim fast in prelims and then faster in finals, and the ability to bounce back from disappointing swims to always improve on the next one. Here's a sprinter's view of our individual successes:

**Kaitlyn Tighe (10)** 4th in the 200 free (first 'A' time) and 6th in the 500 free; on the gold medal 200 free relay/ silver in 200 medley relay; PR in every event; **Melanie Loughman (10)** 3+ second improvement in 200IM, 500 free, 50 fly; 5 PRs in six events; **Luke Jones (9)** All PRs including 7 seconds in 100 back; 3 new JO cuts and four new 'BB' times; **Matthew Standley (10)** 5 second improvement in 50 fly for new 'B' time; new JO cut in the 100 free; pair of 11 place finishes in the breaststrokes 5th place 200 medley relay; **Elijah Singstad (10)** 10th overall in age group; new 'BB' time with 4 second drop in 100 fly; on pair of 2nd place relays; **Merek Corporon (11)** 4th in 200 back in first state championship meet; 6 PRs including first 100 free during the 200 free; new 'B' time in 50 free; **Jayson Frizzell (10)** led-off 2nd place 200 free relay, on 5th place 200 medley relay; 10 second drop for 9th in the 200 IM, 9th in 200 free; 3 new 'BB' times; **Maddy Stephens (11)** 5th overall in age group, with 7 top 6 finishes; 2nd in the 200 free and 100 back; 33 second drop in the 500 free; 3 new 'A' times in 50/100 back, 200 free; **Beau Albertson (11)** six PRs including seven second drop in 100 IM; top 6 finishes in 50/200 breast, 400 IM; new 'B' time in 100 IM; **Alex Pihl (11)** 6th overall in age group with six top-6 finishes, including 1st in the 200 back, 2nd in the 100 IM, 3rd in 50 free/100 fly; two new 'BB' times in 200 back, 50 fly; **Kassandra Klose (12)** 6th overall in age group with five top-6 finishes, including 2nd in the 50/200 breast (10 second improvement), 200 fly; 8 new PRs, 4 new JO cuts; 'AA' time in 200 breast, new 'A' times in 50/100 breast, 200 IM; **Mikayla Brown-Harrison (12)** seven new PRs, including 13 second drop in 200 back, for 5th; finaled in 200 free and 200 breast, also; new 'BB' times in 100/200 back; **Danielle Carson'Anderson (11)** six PRs, including 12 second drop in 100 fly, 15 in the 200IM; 6th overall in 50 breast, with four second drop; 2 new JO cuts in 50 breast, 100 fly; new 'B' times in five events **Caleb Kuikhoven (12)** Pair of 7th place finishes in 100 fly, 200 free; PRs in 200 free and 50 free, including new 'B' time in the 200; **Kris Singstad (12)** 7th overall in age group with 7 top-6 finishes; 3rd in the 100/400IM/500 free, 2nd in the 200 fly; new JO cut in the 200 fly, also a new 'B' time with 10 second improvement; **Kendra Standley (13)** 1st in the 100 breast, 3rd in the 200 breast; breast-stroke leg on 3rd place 200 medley relay; new 'AAA' in 100 breast; **Case Kuikhoven (13)** 5th overall in age

group, with seven top-6 finishes including first in the 200 fly; 8 PR's including 13 seconds in the 400 IM and 15 in the 500 free; new AKSr cut in 500 free, JOs in 100 free/100 back; new 'BB' times in 100 free/100 fly/200 back; **Sean McCleary (13)** 10th overall in age group with 5 top-6 finishes; 7 PRs, including 5+ seconds in the 400 IM/200 breast; new JO cut, 'A' time in the 50 free; new 'BB' times in the 200 IM/200 breast; **Matthew Johnson (13)** 5 PRs, including a 16 second improvement in the 500 free for 6th place; 7th in the 200 free; new JO cut in the 100 free; new 'BB' time in the 500 free; **Jennifer Chaudhary (14)** 4th in the 100 breast and on the sixth place 200 free relay; 12 second drop in the 400 IM for new 'BB' time; PRs in the 50/100 fly going out in the 400 IM.

## December Time Trial

A week after contributing to a state Age Group Championship, KKW swimmers were back racing in a home time trial as swimmers refocused for the 2nd half of the season. Most of the Killer Whales returning from Fairbanks competed in different events, while teammates continued to try to earn new time standards for the upcoming championships in February and April. In total, 53 swimmers participated.

Mikayla Brown-Harrison and Kassandra Klose earned the most outstanding improvements with a 90 second and 30 second drop, respectively, in the 500 yard free-style. In addition, Case Kuikhoven (200 breaststroke), Aidan McCleary (200 free), Kiera O'Brien (200 free), Danielle Carson'Anderson (200 free), Matthew Standley (500 free), McKenzie Harrison (50 free), Heather Paul (100 free), Solstice Lappin (100 free), and Merek Corporon (100 fly) all had improvements of 10 seconds or more in individual events.

In addition to Brown-Harrison, Carson'Anderson, Corporon, Kuikhoven, and Paul, Samantha Foland, Emilee Johnson, Kaitlyn Tighe, Kimberly Turner, Kyra Welker, Lukas Oswald, Madison Pope, and Gavin Salazar all earned personal records in each of their three events. Kevin Fast, 7, and Jaret Warstler, 6, competed in their first time trials.

TJ Hammersland-Torres, 16, earned his 5th qualifying time for next April's Junior Olympics, in his first attempt at the 400 individual medley. Klose (500 free), Kuikhoven (50 free, 100/200 breaststroke), Kris Singstad (200 breaststroke) and Sean McCleary (500 free) also added new JO cuts. Paul, Salazar, Turner, Welker, Corporon, Brown-Harrison, Nick Gier, Melinda Guerrero, Logan Hammersland, Brennan Schulz, and Zane Welker all earned cuts for next February's Southeast Regional Championship in Juneau.

"What's most enjoyable about time trials is watching the whole team cheer for one another, and having swimmers discover that they can do it. Whether it was a new event or swimmers trying to swim fast after a long weekend in Fairbanks, everyone wore a smile." said Coach Martin Reichgott.

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# Still in the Swim

## Two years after being paralyzed, Dave Denniston is back in the pool.

COLORADO SPRINGS — Dave Denniston loves to make jokes about his disability. He'll say he is 6-foot-3 when he is not 5-foot-1, which is when he's sitting in his wheelchair.

He makes wisecracks about going prematurely bald. About the thumping noise his paralyzed legs make when they scrape the lane ropes in the swimming pool at the Olympic Training Center. Even the sledding accident in Wyoming that left him a paraplegic in 2005.

"Up until that point," the former Olympic-caliber swimmer says with a goofy grin, "one of the best trips I've ever had."

Denniston could be bitter, but he said his accident cured him of that tendency. Now he's upbeat about a new goal: reaching the Paralympics in Beijing next summer as a breaststroker.

"I was a pretty negative, bitter person *before* my accident in a lot of ways," said Denniston, who swam for Arapahoe High School and Auburn University, nearly making the Olympic team in 2004. "I had a bad habit of focusing on the negative things in my life."

It took a broken back and a brush with death in the backcountry to straighten out the former NCAA breaststroke champion.

"When I was training for the Olympic team, my body was perfect, my attitude was paralyzed," Denniston said before a recent workout at the OTC. "Now it's switched around. My body may be paralyzed, but I'm much happier than I've ever been because of the way I've chosen to focus on all the positive things I have now."

Denniston set Colorado prep records in the 200-meter individual medley and the 100-meter breaststroke. He helped Auburn win an NCAA team championship and was part of a relay that broke a world record in Moscow. He made a world championships team in 2003 and came within 1.31 seconds of making the 2004 Olympic team.

He thought his competitive career ended that day in 2004 at age 26. The following winter, having accepted a club coaching job in New Zealand that would keep him far from home for two or three years, Denniston called childhood friend Andy Miller to suggest a backcountry trip to the family cabin in Wyoming. On their second day of sledding, he lost control going headfirst.

"I hit a bump or something and it sent me off toward a grove of trees," Denniston recalled. "I bailed off the sled and tried to stop, but it was just ice from where the shadow of the trees had been. I kept sliding right towards this tree, really fast, headfirst. I realized I was going to hit it and spun my body around, bam, right in the middle of my back."

Miller rushed to his side, where he found Denniston coughing up blood. Denniston couldn't feel his legs and wondered if he was dying.

### Friend ran 2 miles for help

Miller ran 2 miles to a point where his cell phone would work so he

could call for help. EMTs on snowmobiles arrived two hours later.

"I joke around about it now, but it was scary," Denniston said. "It was the most scared I've ever been."

While recuperating, he saw people in hospitals who were bitter and resentful, feeling sorry for themselves. He vowed to be different. He spent more than two years at Project Walk in Carlsbad, Calif., trying to make his legs work again. Now he lives in Longmont and rehabs at Boulder's SCI Recovery Project, when he isn't in the pool training for Beijing. His first competition comes Dec. 6-8 in College Park, Md.

He's only been swimming seriously since August, but coaches believe he could be exceptional because most Paralympic swimmers have no previous background as elite competitors.

"I would anticipate from Dave's background and the physiology of an elite athlete, with a little more time to get back into shape, that's all going to come through," said Julie O'Neill, head coach of the U.S. Paralympics Swimming national team.

Not that the transition has been easy. Not only do his paralyzed legs offer no propulsion, they droop behind him like an anchor.

"The legs get in this V-shape where the knees drop down and there's nothing he can do to control that," O'Neill said. "He's got a little bit of extra drag."

### Working twice as hard

Denniston compares it to dragging a parachute, something he did training as an able-bodied swimmer to strengthen his arms. It takes him almost exactly twice as many arm strokes to cover a given distance in the pool.

"It's twice as hard to go half as far," Denniston said. "But it's still fun. I've been having a lot of fun."

Denniston also is working with USOC Paralympics coach Jimi Flowers, who recruited him to Auburn and coached him there.

"The fact that he doesn't have his legs to propel him forward, he's relying on a lot of lunging, timing and technique," Flowers said. "Thank God we worked, when he was able-bodied, on technique."

Denniston trains at the OTC in Colorado Springs with a half-dozen Paralympic hopefuls including Rudy Garcia-Tolson (double amputee above the knees) and Jarrett Perry (left leg amputee), both of whom won gold medals at the 2004 Paralympics in Athens. Denniston hopes his notoriety will bring more attention to them and Jessica Long, who won the 2007 Sullivan Award after winning nine gold medals and setting five world records at last year's world championships.

"You hear all about Michael Phelps doing it, which is amazing, but who is Jessica Long?" Denniston said. "Hopefully I can be a little bit of a bridge and get some of these athletes that I train with every day a little more notoriety. They are phenomenal athletes, you just don't hear about them very much."

By John Meyer, The Denver Post

## Congratulations!

Congratulations to Coach Martin, who has been selected as one of the coaches of the 2008 Alaska Zone Team!

## Team Photo

January 26 @ 7:45 am

Wear black team gear \* On deck before the time trial

## Swim Shop Announcements

**You asked for them, so we got them!** The new KKW towels are now on sale for \$35.00. They are an awesome way to show your Killer Whale spirit!

**Order forms for this year's KKW sweatshirt order will be in your files next week.** Anyone interested should fill out the form and turn it in to the swim shop no later than January 7th. The sweatshirts will be here by SE Champs. Questions?

Please call Shawna Harrison at 225-8669

## Swimmers in College

### Megan Beattie (Pacific Univ.)

Megan is the top ranked swimmer for the Boxers in the 1650 and is 2nd in the 500 and 1000 freestyles ... 2nd place finish in the 1650 versus Univ. of Puget Sound...

### Elizabeth Jagusch (Univ. of Idaho)

Elizabeth won the 100 breast as Idaho snapped Nevada's seven year conference dual meet unbeaten streak...She is currently ranked 3rd in the 100 breast in the Western Athletic Conference...

### Rowena Manabat (Pacific Univ.)

Rowena is ranked 2nd in the 50 and 200 frees and 3rd in the 100 free for the Boxers...She placed 2nd in the 100 free versus Puget Sound, and earned a top-8 finish in the 50 free at the NW Invitational...

## Top Coffee Sellers!

### The Bean Count (Oct 1-Dec 31):

27 swimming families participated  
510 pounds of coffee were sold

### Top Sellers:

The **Harrison Family** sold the most coffee, selling a whopping **154 pounds** of java!

The **O'Brien Family**: 72 pounds

The **Maioriello Family**: 37 pounds

The **Franulovich Family**: 31 pounds

The **Chaudhary Family**: 20 pounds

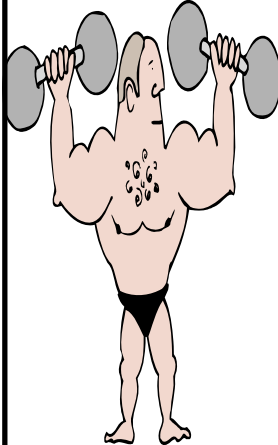
Gift cards will be issued to the top five selling families as soon as next week.

**Round-Trip ticket to Juneau for SE for sale; \$275**

Ask Coach Martin for details.

## Kickin' KKW Cof-


**2000 lbs**



**Dark French Roast now available!**

Don't forget!  
KKW coffee makes a great gift!!

**510 lbs**



**Our Goal So Far...**

## Craig Winter Games

Let's go to the Winter Games Invitational, January 19-20, in Craig!

This year, the meet is on Sat. & Sun. only (no Fri. evening session). We will travel by ferry on Fri., Jan 18 and Mon., Jan 20. Everyone should purchase their own ferry tickets. If your swimmer will be traveling with the coaches and the chaperone, list Coach Martin Reichgott as the guardian.

The Craig Waverunners will be providing housing for those who request. If you plan to make a family weekend trip, contact Coach Martin for a list of available lodging.

If you are interested in officiating, or you are in training and would like to walk the deck, please contact Coach Chuck Lendrum at [crlendrum@hotmail.com](mailto:crlendrum@hotmail.com). The Waverunners would appreciate all help that can be provided.

If your swimmer can complete seven individual races (50/100/200 free, 50/100 back, 50/100 breaststroke for example) we encourage them to participate in this meet. Ask Coach Martin if you are unsure if this meet fits your swimmer.

**Meet signups will be Mon & Tues, Jan 7-8**

**5-6 pm in the KKW office**

**Meet entry fees will be due at signups.**



## TEAM GOAL

for swimmers by swimmers

## Southeast Champs

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

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

**Committed to SE:** Brandon Fast, Maddy Stephens, Isabel Stephens, Leif Stephens, John Coss, Alex Pihl, Merek Corporon, Mikayla Brown-Harrison, McKenzie Harrison, Ashley Maioriello, Sean McCleary, Aidan McCleary, Maricel McCleary, Alissa Bezenek, Kiera O'Brien, Kaitlyn Tighe, Emilee Johnson, Matthew Johnson, Joseph Stewart, Erica Stewart, Case Kuikhoven, Caleb Kuikhoven, Beau Albertson, Cody Kemble, Brennan Shulz, TJ Hammersland-Torres, Kassandra Klose, Kathleen Chaudhary, Luke Jones

**Sign-ups for meet fees on January 28-29**

**5:00-6:00 pm in the KKW office**

Remember, each family must purchase their own tickets. Let Coach Martin know when you have cemented your travel plans.

Let's go to Juneau!

Coaches and chaperones flying on:

#65 Thursday Feb 14 Dept 8:44am Arr 12:04pm

#60 Monday Feb 18 Dept 7:10am Arr 8:15 am



# Coming Events

January 7-8  
Craig Winter Games Signups  
5-6 pm in KKW office

January 19  
No Practice

January 19-20  
Winter Games South @ Craig

January 26  
KKW Time Trial  
Swimmers on deck at 7:45 am  
TEAM PHOTO  
7:45 am on deck  
WEAR BLACK

January 28-29  
SE Champs Signups  
5-6 pm in KKW office

February 6  
KKW Board Meeting  
6:30 pm in swim office



# Old School

By Sarah Corporon

Cleo Weston is one of my "girls". I hang out with quite a few of them on Saturdays over at the Yarn and Bead Shoppe in Salmon Landing. A couple weeks ago after helping out with the time trial, I was sitting across from Cleo and she asked me, "Where did you get that tee shirt?"

The shirt I was wearing was the "Old School" tee shirt with the new "old" logo.

"I designed that Killer Whale over 40 years ago!" said Cleo.

Needless to say, I was very surprised; then I was pleased that she was extremely happy that the Killer Whale Swim Club had decided to go back to the "old" logo. Turns out she created the original painting around the year 1963. She was asked back when Killer Whales was formed if her design could be used as the KKW logo, and she was very happy allow the club to use it.

This past week I had a chance to chat with her and ask her a few questions. She told me she just turned 80 years old on November 27, 2007. She moved to Ketchikan in 1951 after living in Missoula, Montana, where she graduated from high school.

I asked her if she attended art school, and she said the only art training she has had was the art classes she took in high school and then some art classes at the University of Alaska in Ketchikan.

She said she was inspired to create the native style Killer Whale after reading an article in an art magazine about native "coppers", which were pieces of copper with native artwork imprinted on them. She mentioned she was featured in another magazine in an article that pictured Cleo painting the original Killer Whale. Both magazine names were forgotten, but she did say that they were around "somewhere" and when she came across them, she would be glad to make a copy.

When asked what other things she had done with this particular design, she said that she had done some rice paper prints with it, and also had

some latch hook rug fabric done with the design so people could make a "Killer Whale" rug. The only other place she has seen her design was on the letterhead for the Ketchikan Educational Association and this was quite a few years ago.

Cleo has been very active in Ketchikan's Art. She was part of a group of people who started the "Ketchikan Art Show" that occurred every spring in the Armory. This tradition ended a few years ago. She most recently taught seniors at the senior center a water color class. She continues to water color and spends a lot of time knitting beautiful hand knit socks. She has also been known to be a beader, and I'm sure that's not the end of her creativity.

I asked her about her family and whether she had any swimmers in it. She said none of her children swam, but they were involved in other sports as well as music, and she was always there, cheering them on. This is one reason why she was happy to let the swim club use her design for their logo. She did then recall that she has a grand-daughter that swam in Sitka and now coaches swimming "somewhere in Anchorage".

I am sure there is a lot more to Cleo than this short article can tell you, but one thing is for sure: Cleo is thrilled to see that her logo is still being used and it's being used for an organization that serves Ketchikan's children such as the Ketchikan Killer Whale Swim Club.



## January Birthdays

Madeline Anderson	1/1	8
Amber Junker	1/5	10
Case Kuikhoven	1/5	14
Josh McAndrews	1/7	8
Aidan McCleary	1/17	9



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



247-SWIM

# Ketchikan Killer Whales

[www.ketchikankillerwhales.com](http://www.ketchikankillerwhales.com)