

Ketchikan Killer Whales

Fun, Fast, Forever



KKW est.1973

COACH'S NOTE: Saturday's Time Trial was a great way to start the 2015-16 club season. We had lots of best times and lots of smiles, which is exactly what we want to see!

We will hold monthly Time Trials on October 17, November 21, and December 19 giving our entire team opportunities for best times sanctioned by USA Swimming. We offer these time trials so swimmers can gain competitive experience without the costs incurred of traveling outside of the city. Times achieved here can qualify swimmers for meets and help to satisfy their IMXtreme and IMReady program lists. Additionally swimmers' times achieved here help the team's Virtual Club Championships score.

Our club is excited to announce that we will host the Southeast Championship meet December 4-6, 2015! Swimmers will need to earn qualifying times to compete in this three-day regional championship meet. To see if your swimmer has times, look under the "Time Standards" tab on the KKW Web site.

We would like to encourage newcomers to the Killer Whales Swim Club! Monthly, the Killer Whales will hold evaluations for prospective swimmers interested in joining the team. There is no need to sign up for this event. Evaluations are open to any child interested in seeing where he/she would fit best in the program. Interested children will meet the coaches and swim a length of each stroke to be evaluated by the staff. Parents will have an opportunity to meet coaches and have any questions answered. Participants will get a free goodie!
Please encourage your swimmer to invite their friends to our first Pre-Evaluation on Saturday, September 26th at 10:45 a.m.

Save the Date!

Time Trial

Oct. 17 @ 8am

All swimmers are encouraged to participate & earn best times!

PSSC Fall Decathlon

Oct. 24 – 25 Port Orchard, WA, at the South Kitsap Community Pool

November Rain

Nov. 13-15

Petersburg, AK
This is an excellent meet for first time travelers!

Kayhi Swim & Dive Meet

Ketchikan Killer Whales (as a fundraiser) runs swim meets for the Ketchikan High School Swim and Dive Team. Kayhi's first home meet is this upcoming weekend. #GoKings!
#Kayhipride!

Friday, September 18th
5:30-8:30 p.m.

Saturday, September 19th
11:00-3:30 p.m.

Parents can sign up for volunteer positions online. **Timers will receive a free Kayhi Swim and Dive T-Shirt!**

KKW swimmers are encouraged to attend & to cheer on the high school team!

The Kings' final home meet is October 18-19.



KKW KICKS OFF SEASON WITH TIME TRIAL!



After the Time Trial, Coach Patrick, Coach Megan, and the KKW Board met with parents to discuss the upcoming swim season. Parents were given a 2015-16 Event Schedule, KKW Handbook, and other useful information on travel, fundraising, boosting membership, and swim fees. Swimmers received a free KKW T-Shirt! There are lots of extra adult and youth sized T-shirts available for purchase—just \$10.

If you were unable to attend Saturday's meeting, please see Coach Patrick or a board member to pick up your 2015-16 goodies!

KKW GOLD SPONSORS ~ THANK YOU!



Through competitive success in swimming, the Ketchikan Killer Whale Swim Club strives to develop first-rate individuals and athletes who are passionate, confident, and dedicated in swimming and in life.

Why travel to swim meets? It's simple: because they are fun! Swimmers work hard during practices, and meets allow swimmers to *really* see how all that practicing is making them better! Swimmers also get to hang out with their friends, make new friends, swap stories, laugh at jokes, share music, yell very loud to cheer each other on, and most of all do what they like best--Swim!

Petersburg's November Rain is a perfect first meet to attend! Book Alaska Airlines flight #65 on Friday, November 13. You will arrive around 11am, the Scandia House has a free airport shuttle to transport you to the hotel, and then you can walk around town that afternoon. The pool is a quick 5-minute walk from the hotel, so there is no need to rent a car! The meet runs from 5-9pm on Friday. Swimming resumes Saturday morning at 8am and runs all day. Sunday swimming concludes by 2pm, in time to catch Alaska Airlines flight #64 home.



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At the close of last season, our Virtual Club Championship score had risen to a point total of 20, 254, which ranked our club 13th in the state and 1767th in the nation among USA Swimming Teams. Let's keep swimming hard to increase that ranking this year!

Breakfast for Champions ~ Paleo Pancakes

3 Large Eggs

½ Cup + 3 Tbsp Milk

1 Tbsp Honey

1 Tsp Vanilla Extract

½ cup Coconut Flour

½ cup Tapioca Flour

½ Tsp Baking Soda

½ Tsp. Baking Powder

1 Tsp Cinnamon

1 Ripe Banana, Mashed

Directions

Combine dry ingredients in a large mixing bowl. Sometimes the Coconut flour can clump, so whisk dry ingredients together to remove lumps. Add milk, honey, vanilla and eggs to the dry mixture until the mixture is well combined. Fold in mashed banana. If pancake batter is too thick, add milk.

Over medium to medium-low heat, scoop ¼ cup pancake mixture into greased frying pan.

Top cooked pancakes with fresh berries or eat plain.