

December 2007

Klassic Ketchikan



KETCHIKAN KILLER WHALES

Whales Tales



Opportunity Knocks ... and Swimmers Answer!

November was a fast month for Killer Whales, with 168 PRs (personal records) at the second time trial of the year and five new team records at the ABC Invitational in Petersburg. Here are your statitudes, for your racing attitudes!

New Championship Cuts:

| | | |
|--------------------------|----|------------|
| Beau Albertson | AG | 200 free |
| | AG | 200 breast |
| | AG | 400 IM |
| Alissa Bezenek | JO | 200 fly |
| Jennifer Chaudhary | AG | 100 back |
| Bernadette Franulovich | SE | 100 IM |
| | SE | 50 fly |
| Toni Hammersland-Pillaca | SE | 100 back |
| TJ Hammersland-Torres | JO | 200 back |
| | JO | 200 fly |
| | JO | 100 fly |
| | JO | 500 free |
| Emilee Johnson | JO | 200 fly |
| | SR | 400 IM |
| Matthew Johnson | SE | 200 breast |
| | AG | 100 breast |
| Jacob Jones | JO | 50 free |
| | JO | 100 free |
| | JO | 100 breast |
| Cody Kemble | SE | 50 free |
| | SE | 100 free |
| Kassandra Klose | JO | 200 free |
| | AG | 100 free |
| | AG | 50 free |
| Caleb Kuikhoven | SE | 100 breast |
| | SE | 200 back |
| Case Kuikhoven | JO | 200 free |
| Melanie Loughman | AG | 100 free |
| Josh McAndrews | SE | 50 free |
| Kiera O'Brien | JO | 100 back |
| | AG | 200 IM |
| Kris Singstad | JO | 50 breast |
| | AG | 100 breast |
| Kendra Standley | JO | 100 fly |
| Maddy Stephens | JO | 50 breast |
| Erica Stewart | AG | 100 back |
| | SE | 100 breast |
| Joseph Stewart | SE | 100 free |
| | SE | 25 breast |
| | SE | 25 fly |
| Kymerly Turner | AG | 50 back |
| | AG | 100 free |

New Team Records:

Kirsta Bezenek



15-16 100 Fly -2.99 seconds off of old record (Adrian Miller 1991)
 200 Fly -1.61 (Kirsta Bezenek '07)
 200 Free -1.97 (Elizabeth Jagusch '04)
 1650 Free -52.42 (Coach Jen! '97)

Emilee Johnson

15-16 400 IM -2.99 (Kate Galloway '01)

Most Yards raced at the time trial:

TJ Hammersland 16
 200 back, 200 fly, 1650 free
 Case Kuikhoven 13
 200 free, 200 IM, 1650 free
 Matthew Johnson 13
 100 fly, 200 breast, 1650 free
 Sean McCleary 12
 200 free, 100 free, 1650 free
 Kassandra Klose 12
 200 free, 100 breast, 1650 free
 Mikayla Brown-Harrison 12
 50 breast, 200 IM, 1650 free
 Kris Singstad 12
 50 breast, 100 breast, 1650 free

Silver Anchor Award (10% drop in event at either meet)

| | | |
|-----------------|-----|------------|
| Joseph Stewart | 26% | 25 fly |
| Tre'ann Denny | 23% | 25 free |
| Erica Stewart | 16% | 100 breast |
| Tre'ann Denny | 15% | 50 free |
| Joseph Stewart | 14% | 50 free |
| Alissa Bezenek | 13% | 200 fly |
| Joseph Stewart | 13% | 100 free |
| Amber Junker | 13% | 100 free |
| Josh McAndrews | 13% | 50 free |
| Joseph Stewart | 11% | 25 breast |
| Kiera O'Brien | 11% | 200 IM |
| Samantha Foland | 10% | 50 free |
| Erica Stewart | 10% | 100 back |



December Birthdays

| | | |
|------------------------|-------|----|
| Kathleen Chaudhary | 12/7 | 11 |
| Ashley Maioriello | 12/8 | 10 |
| Jayson Frizzell | 12/23 | 11 |
| Nathan Beck | 12/25 | 9 |
| Maricel McCleary | 12/29 | 7 |
| Bernadette Franulovich | 12/31 | 10 |



Head Coach

Martin Reichgott
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Assistant Coaches

Jen Walton
 Aubree Sambrano

Board of Directors

| | | |
|------------------|----------------|----------|
| Cathy Tighe | President | 225-7169 |
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| Trevor Stephens | Meet Director | 225-7965 |
| Charlene Stacy | Ways & Means | 247-6296 |
| Angie McCleary | Membership | 225-2011 |

Energy Drinks Are Fueling Concerns

THE cloudy purple drink in my glass had scarier instructions than most prescription drugs.

I was to drink only a quarter-bottle of EndoRush at a time, and only if I was over 18 or under 50. After 30 minutes, I would need to assess my tolerance. I could not have any other caffeine or expose myself to excessive heat after drinking EndoRush. Blood-pressure problems, depression or pregnancy would mean no EndoRush for me at all.

If I could pass the tests, EndoRush, which can be bought at gyms and nutritional-supplement stores, promised to give me endurance, energy, performance and mental focus, claims that its label points out have not been evaluated by the Food and Drug Administration. The drink draws its powers from a long list of ingredients, which range from stimulants like caffeine and the brain-enhancing drugs called nootropics to more than 4,000 percent (that's not a typo) of the daily requirement for Vitamin B12.

It would take days to research thoroughly the two dozen unusual stimulants and amino acids in EndoRush. Well, now, maybe less. After just four ounces, my heart is beating, my face is flush and I feel the need to do something, anything, quickly.

But would I want to work out feeling like this?

EndoRush is at the extreme edge of the energy and sports drink continuum, but the concoction and its less-scary cousins are part of the fastest-growing slice of the beverage market. Driven by a combination of young consumers who mix energy drinks like Red Bull with vodka to keep the party going and athletes looking for any kind of edge, the category has grown by 130 percent since 2000. Energy and sports drinks combined were a \$1.83 billion market in 2005, according to David Morris, an analyst with the Mintel market research group.

It used to be that only the elite gym rat carried a bottle of water. Now a bottle of water is as common as expensive workout shoes. "The energy drink or sports drink is now the premium statement connected with exercise," Mr. Morris said.

Energy drink manufacturers hand out samples at elite sporting events. Classic sports drinks like Gatorade can be found in some high school vending machines. Soccer players in elementary school drink Vitamin Water, which offers flavors like Tropical Citrus, an "energy" formula laced with more stimulants than a cup of coffee.

As the market grows, so do concerns about the safety of combining so much stimulation with exercise, particularly for the weekend or adolescent athlete.

David Ellis, a sports nutrition expert and registered dietitian who

helps train both collegiate and professional football players, says he is worried about the cavalier attitude athletes take toward energy drinks.

"There is no getting away from these things," he said. "They are absolutely in every locker room."

The point of drinking any fluid is to rehydrate the body. Tennis players can lose as much as two quarts of water an hour, and a professional football player working out in August can lose a quart and a half, said Jeff Zachwieja, a scientist at the Gatorade Sports Science Institute in Barrington, Ill. Water works best to replace those fluids, but sometimes athletes want more.

Like other trainers who handle high-level athletes, Mr. Ellis says he understands the value in delivering electrolytes, water and even low levels of stimulants like caffeine to an athlete whose body may be compromised under the stress of performance.

Intense physical performance knocks out the carbohydrates stored in an athlete's muscles. Adrenaline speeds the loss of electrolytes, including sodium and potassium, which are critical for nerve and muscle function. Sports drinks like Gatorade replenish carbohydrates through forms of sugar, and electrolytes with added salt and other minerals.

Energy drinks take things a step further by adding stimulants. Some list straight caffeine on the label. An 8-ounce can of Red Bull, for example, has 80 milligrams of caffeine. The same amount of drip coffee has at least 100 milligrams. Speed Stack, a product from American Body Building, has 250 milligrams.

But Speed Stack and other energy drinks have other kinds of natural stimulants, like guarana, derived from a South American plant, and bitter orange, which contains synephrine, a newly popular alternative to ephedrine.

Ephedrine is the active ingredient in ephedra, once included in some diet and performance-enhancing drinks. The F.D.A. banned ephedra in 2004 after it was linked to heart problems and heatstroke deaths among young athletes.

Although the ban is being challenged in the courts, most trainers tell their clients to avoid ephedra, which according to the F.D.A. has been a factor in thousands of health-related complaints and as many as 80 deaths, including that of Steve Bechler, a 23-year-old pitcher with the Baltimore Orioles who collapsed during a workout in 2003. The Broward County, Fla., medical examiner concluded that Mr. Bechler's use of ephedra contributed to his death from heatstroke.

Article from The New York Times, Health section

Take a Load Off of Your Kid's Back

Middle school students are carrying backpacks that are too heavy for them, some weighty enough to cause shoulder pain or even low back pain if they are unevenly positioned. A study at the University of California, San Diego School of Medicine found that the pressure put on shoulders by a backpack equal to 20 percent of a child's body weight was enough to reduce normal blood flow to skin and muscle in the area. They noted that a typical loaded backpack equals 22 percent of a child's body weight. For the study, the researchers tested backpacks on ten 13-year-olds, five boys and five girls. The more weight the backpack held, the more pain the children reported. To prevent injury, the researchers recommended that backpacks should be positioned high on the back, the straps should be wide and worn over both shoulders,

and the contents of backpacks should be minimized to lower the weight. The Consumer Product Safety Commission has estimated that nearly 7,500 schoolchildren come to emergency rooms each year for backpack-related injuries. The study was published in the December 2005 issue of the *Archives of Pediatrics and Adolescent Medicine*.

Thank You!

Thanks go to Charlene Stacy for her service as our Ways and Means Chair this season. Charlene is stepping down as chair, and we would like to thank her for all her work coordinating our fundraising efforts this year.



the I.M. Xtreme Challenge is a motivational program to promote versatility in age group swimming. Swimmers will participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that will be called the IMX Score. These will be ranked by single ages with rankings and recognition available on the USA Swimming website. The overall IMX score, as well as the swimmer's current best score for each IMX event, appears on the athlete's *My USA Swimming* page for each season. As times in these events improve, the swimmer's IMX score is automatically up-

dated. In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season. A swimmer's times will count for the entire season, so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group.

9 & Under: 10-year olds:

200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-year olds; 12-year olds:

200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds:

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

Current Team Scores:

Women 9 & Under

| | |
|-----------------------------|-----|
| Stewart, Erica (9) | 997 |
| O'Brien, Kiera (9) | 591 |
| Maioriello, Ashley (9) | 181 |
| Franulovich, Bernadette (9) | 112 |
| Painter, Shaelynn (9) | 22 |
| Junker, Amber (9) | 10 |
| Singstad, Andrea (9) | 3 |

Women 10-10

| | |
|--------------------------------|-----|
| Tighe, Kaitlyn (10) | 543 |
| Loughman, Melanie (10) | 465 |
| Chaudhary, Kathleen (10) | 45 |
| Hammersland-Pillaca, Toni (10) | 27 |
| Paul, Heather (10) | 1 |
| Hurley, Allie (10) | 1 |

Women 11-11

| | |
|--------------------------------|-----|
| Stephens, Maddy (11) | 558 |
| Carson-Anderson, Danielle (11) | 249 |

Women 12-12

| | |
|------------------------------|-----|
| Bezenek, Alissa (12) | 658 |
| Klose, Cassandra (12) | 617 |
| Brown-Harrison, Mikayla (12) | 616 |
| Turner, Kymberly (12) | 143 |

Women 13-13

| | |
|-----------------------|-----|
| Standley, Kendra (13) | 670 |
| Stephens, Isabel (13) | 132 |

Women 15-15

| | |
|----------------------|-------|
| Johnson, Emilee (15) | 2,332 |
|----------------------|-------|

Women 16-16

| | |
|----------------------|-------|
| Bezenek, Kirsta (16) | 1,427 |
|----------------------|-------|

Men 9 & Under

| | |
|------------------------|-----|
| McCleary, Aidan (8) | 189 |
| Jones, Luke (9) | 144 |
| Welker, Zane (9) | 79 |
| Hammersland, Logan (8) | 9 |

Men 10-10

| | |
|------------------------|-----|
| Frizzell, Jayson (10) | 380 |
| Standley, Matthew (10) | 326 |
| Singstad, Elijah (10) | 326 |
| Fast, Brandon (10) | 1 |

Men 11-11

| | |
|----------------------|-----|
| Albertson, Beau (11) | 523 |
| Pihl, Alex (11) | 518 |
| Corporon, Merek (11) | 61 |

Men 12-12

| | |
|-----------------------|-----|
| Singstad, Kris (12) | 167 |
| Kuikhoven, Caleb (12) | 160 |

Men 13-13

| | |
|-----------------------|-----|
| McCleary, Sean (13) | 578 |
| Johnson, Matthew (13) | 315 |
| Kuikhoven, Case (13) | 290 |

Men 16-16

| | |
|-----------------------------|-----|
| Hammersland-Torres, TJ (16) | 552 |
|-----------------------------|-----|

Remember, swimmers earn these scores by swimming the above listed events at meets and time trials. So, to raise your score, participate in as many time trials and meets as possible, and swim a variety of events. Let's go swimming!



Ways and Means Board Position Open!

If you are interested in serving KKW coordinating our fundraising, as a voting member of our board, contact Coach Martin or any Board Member.

KKW at Petersburg: Melanie Loughman, Erica Stewart, Kirsta Bezenek, Coach Martin, Beau Albertson, Joey Stewart, Emilee Johnson, Caleb Kuikhoven.

Kickin' KKW Cof-

2000 lbs

Dark French Roast now available!

Don't forget! KKW coffee makes a great gift!! Buy for Christmas, birthdays, housing gifts...

370 lbs

Our Goal So Far...



TEAM GOAL

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



Coming Events

December 7-9

Age Group Champs @ Fairbanks

December 8

No practice

December 12

KKW Board Meeting
6:30 pm in swim office

December 15

KKW Time Trial
Swimmers on deck at 7:45 am

December 24, 25, 31 & January 1

No Practice



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

The K-Files: Getting to Know ... TJ Hammersland-Torres

TJ Hammersland Torres swam in his first time trial ever at age 14. A year and a half later, he finaled at high school regionals and has earned multiple JO cuts, including both fly events. Known for a quick smile and a sly sense of humor, he leads in the pool and on the deck. Here's more about the fast charging sophomore:

How long have you been swimming? I have been swimming for about 2 years.

Why did you join the KKW? I went to open swim during Christmas break 2006 and they wanted me to swim for the team and I also liked the water.

What's your favorite stroke, and why? My favorite stroke is butterfly through influence by my coaches.

Your least favorite race? My least favorite race is the 100 breaststroke because I still need to work on the "technique".

What's your favorite swimming memory? My favorite swimming memory was the underwater swimming pictures by Tim Jagusch for the Kayhi swim team.

What do you think about during practice?

During practice I think about making the time interval and "is practice over yet!?!".

What are your swimming goals? My swimming goals are to make it to state for Kayhi swim team in 2008.

Life goals? My life goals are to go to college and major in architecture or design with swimming on the side.

What's your favorite food? My Uncle Eric's homemade lasagna.

Where is your favorite place to swim? My favorite place to swim is Mike Smither's pool.

Why? Because it doesn't have a smell of VINEGAR and SALT.

What is your favorite book? My favorite book is "How to be the funniest Kid in the Whole Wide World" by Jay Leno.

If you were a superhero, what would your name be? If I were a superhero I would be called "The Hammer".

Your powers? My powers would be to have Xtar Super Strength!

If you could bring anyone to swim practice, who would it be? I would bring my Grandma and Grandpa because they live in Iowa and they can't make it to watch my races.

When you're not at the pool, what do you enjoy doing? Sleeping and watching QVC.

If you could make a new stroke or race, what would it be? 25 DOLPHIN DIVE!!

If you were designing a pool, what would it look like? It would have massive windows on all of the walls so the people outside walking by could watch the swimmers in the races inside.

Advice to younger swimmers? Go to swimming practice because it does pay off.

Proudest non-swimming moment? Getting my driving license on the first attempt.

Something people don't know about you is...

While in Sitka for Southeast Champs I was walking with Coach Jen and Mrs. Corporon down an alley then all of a sudden here comes this police car and it stops right in front of us. The policemen get out and say "Are you Roxy?" then I hear Coach Jen say "No, she's a he.". I am there in total shock and have no clue what to say without getting into trouble with the police, so I just stand there watching Coach Jen talk to the nice gentlemen. Roxy is a girl that had escaped the Juvenile Detention Center.

Your favorite joke?

Girl: Did you hear that lobsters celebrate Christmas?

Guy: How do you know that?

Girl: Because they have Sandy Claus.



Thank you to our sponsors!



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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