

May 2008

Whales Tales

QuickTime™ and a
decompressor
are needed to see this picture.

Board of Directors

Cathy Tighe

President
225-7169

Art Maioriello

Vice President
247-1710

Sarah Corporon

Secretary
225-4588

Lorraine Johnson

Treasurer
225-7162

Trevor Stephens

Meet Director
225-7965

Dorrien Hendrickson

Ways & Means
225-6984

Angie McCleary

Membership
225-2011

Head Coach

Martin Reichgott

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

Assistant Coaches

Jen Walton

Aubree Sambrano

QuickTime™ and a
decompressor
are needed to see this picture.

Taking the Next Step: Swimming in College

Elizabeth Jagusch is completing her freshman year at the University of Idaho, where she competes for the Division I Vandals. Here she shares her experiences and advice for Ketchikan swimmers:

What do you like most about the team? The coach? The Vandal Swim team is a very diverse team. No girl shares a personality with another. This can make us disagree about many things, but also builds us as a team and as individuals. We learn from each other every day for sure. When I go to practice, I know I am with a group of kids who all want the same thing. To improve and be the best we can be, not only for ourselves, but for each other. Another rule about the Vandals is 'work hard, play hard'. We have a lot of fun together and make time for goofing off and having a good time. Tom Jager, our coach, is awesome! He is like another kid hanging out, but at the same time cracks down on us when needed. We all trust him and know that everything we do has a purpose.

What is your favorite set in college? Least favorite? My least favorite set in college was at a Saturday practice. The breaststroke lane did 10 times 100 breast on the 1:30, with double underwater pullouts. After that we did 10 more of them, half fly half breast, still doing double underwater pulls. It was pretty hard for me. The sets that I enjoy are when we do "Call Outs". This is when we all race a 25 at the same time as fast as we can, and the winner gets out. We get about 5 to 10 seconds rest and race another 25. The winner of that one gets out. Usually I get out by the middle, or towards the beginning. It's pretty fun!

What was winter training in Hawaii like? One word to describe winter training is, INTENSE. Swimming two times a day, and sometimes three including the Iron Man open water course was truly an experience I will never forget. I can honestly say that my body has never been pushed that hard in my entire life. The physical and emotional drain one feels is so immense and can take a swimmer to an entirely different mindset. Tom would give us a set, and we would look around with the same thought, *is this even possible?* But we would always end up doing it, and every swimmer finished each set. Yes, I make it sound bad, but in reality, we all grew as swimmers in those two weeks and bonded much more than we ever had throughout the year. This was probably because we were all going through the same thing for the same reason. Plus, if our bodies are going to be broken down, what better place to do it than in Hawaii right!? We also got to do many team things such as the Iron Man course (2.4 miles), canoeing, team dinners, team beach escapades, and a luau! It was extremely fun,

and I have never been that tan in my life!

Have you met any other Alaskan swimmers at meets? Monica Veit on the Northern Arizona (NAU) team is a freshman breaststroker from South Anchorage, I never met her, but read her name in the book. I also saw Julianne Fritcher from the Nevada Wolf Pack who is a back and freestyler from Anchorage. I actually housed her when I was younger at a high school meet, and we chatted it up. It's definitely fun to run into kids you know and have the AK in common.

What is it like to try to balance school with swimming? Balancing my school with swimming has not been too difficult. I feel that I do better getting things done when I have swimming, because it forces me to be more organized. I have timelines, whereas if I didn't have practice in the middle of the day, I would procrastinate and never get things done. Plus, what else am I going to be doing at 6:30 AM or 2:30 in the afternoon besides sleeping?:)

What is your major? Do you know what you want to do after graduation yet? I am a general studies major at the moment and haven't had my share of demanding classes just yet. I am basically getting my required classes out of the way until I figure out what I want to major in.

What advice do you have for Ketchikan swimmers? Honestly, if you want to swim in college, you've got to start emailing those coaches your junior year and start getting things done early! Martin is great for helping with that stuff, and I'm sure he's willing. Make personal goals and write them in places you see every day. At the University of Idaho, we keep goal books, so we look at them every day and know what our goals are. It truly helps keep things in perspective. Also, go to practice! Do the sets to your best ability and leave nothing in that pool. Listen to coach Martin, he knows what he's talking about! Even if you are the oldest one in the pool and going to practice is hard, just remind yourself that it WILL pay off someday. I myself procrastinated, but got extremely lucky. Coach Burt Stratton in Oregon pointed me out to my college coach Tom Jager and things just went uphill from there for me. For those kids who don't want to swim in college, just have fun! Swimming and competing is a great way to keep in shape and help mold you as a genuinely well rounded person. Like I said, it helps keep you organized, and gives you something healthy to do after school. And lastly, don't worry about losing your social life to swimming, because if you think about it, after school kids are just hanging out. Go swimming for the two hours, and catch up with them later.

Ketchikan Killer Whales Swim Club

www.ketchikankillerwhales.com

May Birthdays

Kevin Fast	5/2	8
Zane Welker	5/20	10
Logan	5/28	9
Hammersland		

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

Tom Jager



A native of Collinsville, Ill., and a 1982 graduate of Collinsville High School, Jager began to make his mark on the swimming world at UCLA. His Olympic and collegiate careers overlapped during his years with the Bruins. By the time he graduated in 1987, Jager had seven NCAA championships and two Olympic gold medals. As team captain for the U.S. national team, he added 11 national titles and five more Olympic medals – three gold, one silver and one bronze. He is one of just two swimmers in history to compete in three Olympics (1984, 1988, 1992).

Jager is a member of the International Swimming Hall of Fame, the UCLA Athletic Hall of Fame and the USA Swim Team of the Century. He held the 50-meter freestyle record from 1990 to 2000.

Tom is currently the Head Coach of the UI women's swim team.

Wounded Vet Again Tackles Basic Training

Swimmer Among Those Trying Out For Paralympics

By Amy Shipley
Washington Post Staff Writer

Melissa Stockwell bobbed in the water at one end of the pool at the U.S. Olympic Training Center, peering through swimming goggles at her coach, Jimmy Flowers, on the pool deck. The day's first training session was under way, and Flowers called for a kicking drill.

He tossed Stockwell a training fin and she slipped it underwater, pulling it on her right foot. She did not need a second.

Nearly four years ago, most of Stockwell's left leg was blown off by a roadside bomb in Baghdad. The injury to the Army first lieutenant required 15 operations and nine months of treatment at Walter Reed Army Medical Center, where Stockwell swam laps as part of her rehabilitation and learned that her Purple Heart and bronze star did not have to be the only medals she claimed while serving her country.

In the hospital's physical therapy center just months after the explosion, she encountered John Register, a U.S. Olympic Committee official and himself an amputee. Register pitched the opportunities within the Paralympic movement and this summer's Paralympic Games, a global competition for athletes with disabilities that will take place immediately after the Olympic Games in Beijing.

"As soon as I heard about it, I knew I was going to do it," Stockwell said.

Stockwell, 27, is one of more than a dozen disabled veterans of the wars in Iraq and Afghanistan -- seven of whom now are living and training full time at USOC training facilities -- hoping to qualify for the U.S. Paralympic squad. Founded after World War II as part of a rehabilitation program for injured veterans, the Paralympics over time came to be populated predominantly by athletes who were born with disabilities or disabled much of their lives. But more than 31,000 service members have been injured in combat in the wars in Afghanistan and Iraq, invigorating what has proved to be an inextricable relationship.

"It's really the Paralympic movement going back to its roots," said Register, who has visited Walter Reed more than a dozen times since the start of the Iraq war. "Some of these individuals, they're going to make the team."

USOC Paralympic Chief Charlie Huebner estimates that between four and 10 disabled veterans, nearly all of whom were introduced to the Paralympics during one of Register's visits to military hospitals or at subsequent invitational camps, will qualify for the 240-person U.S. Paralympic team this summer. Huebner said war veterans eventually could

make up 10 to 15 percent of the team, but probably not until the 2012 Summer Games in London.

Only one U.S. war veteran competed in the Paralympics in Athens four years ago. Stockwell sensed the size of her mission to make the U.S. team from the start. It took her months to get used to her new body, making her way through Walter Reed's corridors at first by wheelchair, then on crutches and finally with the aid of her new prosthetic leg. Now she is training furiously in a sport in which many top athletes have competed for years or even decades. In January, Stockwell packed her bags and moved to the Olympic Training Center here to prepare for the U.S. Paralympic Swimming Trials April 3-5 in Minneapolis, leaving behind her husband, who is attending medical school in Chicago.

She plans to compete in the 50-, 100- and 400-meter freestyle and the 100 butterfly.

Once her morning workout concluded, Stockwell pulled herself out of the pool and sat for a moment on the deck catching her breath, the six inches or so that remain of her left leg exposed.

"When I found out I had a second chance to go over and represent my country, I had to take it," she said later. "I went to Iraq in an Army uniform. It would be great to go back in a USA uniform."

'Your Leg Is Gone'

The quilt dotted with American flags that covered her bed and the massive flag on her wall during her childhood years in Georgia and Minnesota help explain why the daughter of Dave and Marlene Hoffman voluntarily joined the Army ROTC program as an undergraduate at the University of Colorado. While other kids dreamed of becoming doctors, professional athletes or movie stars, she aspired to wear camouflage and a U.S. crest.

"When someone asked me what I wanted to be when I grew up, I always said I wanted to be in the Army," said Stockwell, whose father worked as a financial officer and mother stayed at home. "My parents always thought it was a phase I was going through."

On her college graduation day in May 2002, she was commissioned as a second lieutenant. In a matter of months, she had married fellow soldier Dick Stockwell, and both were on their way to Iraq. Her job in the Baghdad suburb of Taji was to lead supply convoys between U.S. installations.

On the night of April 12, 2004, she called her family. Her father recalled the optimism in her voice. She said she was safe, and the coming weeks would bring a welcome change: She would be carting supplies to and from the Green Zone, the fortified center of the Iraqi government and the U.S. diplomatic mission in the center of Baghdad.

The next morning, she and four others piled into a door-less Humvee for a test run to the Green Zone. She was so excited about the new route, she took a camera with her, hoping to take pictures of the most scenic part of the city. She sat behind the driver and swung her left leg outside of the vehicle in order to better be able to handle her rifle in an emergency. She rode, as she always did, with her finger on the trigger of her M16.

About 10 minutes into the tour, she recalled, there was a deafening explosion. Someone screamed "IED! IED!" The Humvee swerved. The windshield, she noted, cracked. The vehicle bounced off a guardrail and rammed a house.

Still conscious, she looked down and saw blood all over her pants.

A medic in the vehicle traveling behind hers cut her out of her seat belt and dragged her to the ground. He tied a tourniquet tightly around her left leg, just above her knee. Stockwell tried wiggling her toes, convincing herself she could feel them.

She was loaded into the back of a pickup truck and rushed to a U.S. hospital, where she was wheeled into an operating room. When she opened her eyes hours later, her husband sat at her bedside.

"I think something happened to my leg," she said.

He took her hand.

"It's gone," he said. "Your leg is gone."

A Recruiting Pitch

During his frequent trips to Walter Reed and other military hospitals, the USOC's Register doggedly seeks out war veterans, approaching them as they are being stretched on physical therapy tables, knocking on the doors of their private rooms and chasing down wheelchairs carrying men and women missing arms or legs or both.

There is, he says, a place for all of them in the Paralympic movement, living a healthy lifestyle, playing sports and getting past their trauma and physical loss. Register, though, holds a special passion for the Games themselves. A former University of Arkansas hurdler who lost his left leg in a freak hurdling accident in 1994, Register competed in the 1996 Paralympic Games in Atlanta, then won a silver medal in the long jump at the 2000 Paralympics in Sydney.

His biggest reward, he admitted, would be if a few exceptional soldiers turned their debilitating injuries into Paralympian

opportunities. "It's a very quick learning curve," Register said. "They're active. They're athletic. They've been in combat. They're in very good physical condition. They can turn that corner very quickly."

Enthusiasm, Register said, grows quickly. During rugby demonstrations at the military hospitals, quadriplegic athletes smash into one another in special chairs with abandon. When the basketballs are rolled out, there are brilliant three-point shots, impressive three-man weaves and jarring collisions.

The newly disabled soldiers, Register said, always want to try after they see such displays.

"I tell them, 'Here's this great opportunity if you allow it to challenge you,'" he said. "I've been where you are. You are able to move yourself forward."

He said Stockwell is among the toughest of the lot. Besides devoting herself to swimming, a sport she had competed in only casually in her childhood, she completed a marathon in a special racing wheelchair and a triathlon. She also dabbled in downhill skiing.

"I sensed I was not going to have to spend a lot of time with her," he said. "She had it. I knew right away this woman was ready to go."

In preparation for the trials, Stockwell spends most of her waking hours in the pool or weight rooms at the Olympic Training Center. During a recent morning workout, she swam alongside a blind teenager, a teenager with spina bifida, a man missing both legs and a woman with only one functional arm. None, however, had been injured in war.

"The guys really respect her," said Flowers, her coach. "They know what she's been through, and what she's done."

But he added: "This isn't Camp Olympia. You're here for a reason. . . . She does have a lot of room to improve. She has to improve."

That night, Stockwell walked with a limp to an athletes' lounge on the training center campus. Her metal prosthesis was hidden by her sweat pants and a running shoe. She would be homesick, she said, if she weren't so busy. She knew the exact number of days remaining before her Paralympic trials. She didn't have much time to drop her times.

"Every weight you lift counts," she said "Every practice counts."

But whether she makes it to Beijing or not, Stockwell seems to realize she already has found a new purpose in life.

"I've done more without a leg," she said, "than I ever did with two."

Board Openings

We are looking for people to run for office for next year. If you have questions about any of the Board positions or about the club in general, please ask a Board member.

Board Positions Include:

- President Vice-President
- Secretary Treasurer
- Membership Ways & Means
- Meet Director

If you are interested in running for a board position, email Cathy Tighe at tighe@kpunet.net Elections will be held at the Annual Banquet on May 4th.

QuickTime™ and a decompressor are needed to see this picture.

KKW's JO squad!

**Kickin' KKW Coffee
2000 lbs. 968.5 lbs.**

QuickTime™ and a decompressor are needed to see this picture.

QuickTime™ and decompressor are needed to see th

Our Goal So far...

Recycle Cell Phones

KKW will be collecting and recycling used cell phones as a fundraiser for our team. Each family will receive a sack in their pool file. Place unwanted cell phones in the sack and drop in the box in Coach Martin's office.

Coming Events

May 4

Annual Banquet
5:30-7:30pm

@ Fawn Mtn

Olympic Theme: Dress as
your favorite Olympic
Sport

May 7

Board Meeting
6:30 pm in office

May 9-11

Olympic Invite @ KTN

May 13/15

Individual Photos
Details will follow

May 16-June 1

SWIM BREAK
NO KKW

June 2-6

Dryland Practice TBA

June 9

Summer Schedule Starts
8:00-11:00 Mon-Fri
Ages & Groups TBA

QuickTime™ and a
decompressor
are needed to see this pic

The K-Files: Getting to Know ... Kymberly Turner

Kymberly Turner, 13, has had a breakout season this year, jumping from Southeast qualifier to scoring at JOs. Traveling off the island for meets for the first time, Kymberly scored in four individual events at SE Champs, and then followed it up with an even better effort on SEAK relays at JOs. The secret's out about her talent, and here's what she has to say:

QuickTime™ and a
decompressor
are needed to see this picture.

Kymberly Turner at age 2...swimming!

How long have you been swimming? For about 2 years.

Why did you join KKW? Because I thought it would be fun, and I love to swim.

What's your favorite stroke, and why?

Your least favorite race? My favorite stroke is butterfly because it's the easiest for me. And my least favorite race is the 200 back because it is very hard.

What's your favorite swimming memory?

My first swim meet, the 2008 Southeast Alaska Regional Championships.

What do you think about during swim practice?

My homework for that night

What's your favorite food? Mushroom alfredo.

What do you eat at swim meets? Bagels with cream cheese, Propel, and lots of water.

Where's your favorite place to swim?

There is an outdoor swimming pool in Centralia, Washington.

Any nicknames? Why? My mom calls me Kymber and everybody else calls me Kym as it is short for Kymberly.

What's your favorite book? Inkheart by Cornelia Funke.

What are you famous for? For playing the bass clarinet and the clarinet. And getting A's in school in all of my classes for the whole year.

If you were a superhero, what would your name be? Your powers? My name would be Eco Girl, and I would cure our earth of all it's pollution.

If you would bring anyone to swim practice, who would it be? I would bring my dad, so I could prove to him that practice is harder than it looks.

When you are not at the pool, what do you enjoy doing? I enjoy spending time with my family and friends. And playing my video games.

If you could make a new stroke or race, what would it be? A 25 of backwards breaststroke.

If you were to design a pool, what would it look like? It would have a 50 meter pool with a tie dye bottom. It would also have a warm pool with tons of water slides every where.

If you could go to the olympics in any other sport, what would it be? Track because I love to run.

Advice to younger swimmers? Do your best at swim practice.

Proudest non-swimming moment? When I was able to skip a level of ballet.

Something that people don't know about you, is... I have heart shaped nostrils.

My favorite joke is... I don't have a personal favorite because I like most.

QuickTime™ and a
decompressor
are needed to see this picture.



**Thanks to our
Sponsors!**

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

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

QuickTime™ and a
decompressor
are needed to see this picture.

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

QuickTime™ and a
decompressor
are needed to see this picture.

