



Penguin Pipeline

August 2009

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Notes from Management:

- Know any Orcas swimmers? Brian Rhodes is sending notices out to the Orcas swimmers letting them know of the opportunity to continue swimming in the Penguins program. Encourage any Orca families you may know to check out Penguins. It helps the Penguin club and gives those Orca swimmers a chance to continue to grow in the sport.
- Penguin Plunge - It's coming, the weekend of September 26, and we still need volunteers. The sign up list will be posted at Memorial Pool once we restart. Sign up quickly and avoid Fran Haulman having to track you down and assign a task to you. If Fran does have to track you down, she will assign the most miserable tasks. We would like to have everyone do at least 1 shift per family for every day a child is swimming, figuring that since you're there anyway you might as well pitch in.

Two important notes ... 1) Everybody gets to go off duty when their kids are swimming and 2) this can actually be a fair amount of fun. Sign up to work with people you like and it will all be fine. Trust me.

- There will be a Penguins General Membership meeting on August 26 during practice at Memorial Pool. We will be discussing ways to reduce our winter costs at Memorial Pool (last winter we spent \$25,000 on heating the pool alone), including the possibility of moving back to the NU pool in February. Bring your opinions and a chair to sit on.

Penguin performances

Muy congrats to the swimmers representing the Penguins at the 2009 Long Course Junior Olympics:

Grace Baker	Dominic Giuliani	Maria Giuliani	Paul Haas
Rebecca Haulman	Patrick Herbert	Siana Hoffman	Kala Kleiber
Benjamin McLain	Dana Neel	Kendall Pawlowski	Parker Rhodes
McKenna Toles	Dillon Virva		

And Representing the Penguins at Sections were:

Whitney Stevenson	Hayley Chase	Haley Porter	Sierra Kleiber
Seth Derrick	Trey Herbert	Kyle Virva.	

Masters Report

A group of masters swimmers recently competed in the Trans Tahoe race, placing 4th in their age group. Dean Kruschke, team scribe, offers this account of the race.

Typically when you think of swimming you think of an individual sport, but so often people do not think about the great times you get to have with your team mates in relays. In this relay we had a great team. The Trans Tahoe really is a 11.5 mile relay across Tahoe with 6 people. Each individual on the relay starts by swimming a 30 minute leg, once everyone on your relay swims their 30 minute leg you begin again with 15 minute legs and then go to 10 minute legs if you are not finished. Greg DeYoung started off the race at Sand Harbor, followed by Jill (from Michigan), Heidi Kirkpatrick, Victoria Keibler (our team captain), myself (Dean Kruschke), and Mike Behrin who finished up the race at Scandia beach. My father-in-law stayed next to us in his pontoon boat and kept us on course. It was a great team experience and shows how swimming stays with you a life time. It was a truly great experience I was able to share with great friends and family. By the way we took 4th in our group.

Dean forgot to mention the part about running over one of their own swimmers with the boat. Other than that, it's a great account.

Swimming Fast When It Counts Most - from USA Swimming

Once you get to that big meet, your physical work and preparation are over. You've done everything to insure that your body has the physical capability to go fast. Now what you need is to keep your mind in a "gold medal place." Swimming fast when it counts the most is all mental. The following three strategies will help you maximize your training and go fast:

1. **KEEP YOUR RACE FOCUS ON PROCESS, NOT OUTCOME** - One of the biggest mistakes that a swimmer can make is getting too caught up in the *importance* of the race, by focusing on their time or place. This "outcome" focus will make you nervous, tighten your muscles and slow you down. To go fast, your concentration must be on the "process." Focus on what YOU are doing in your lane, in the NOW.

2. **TRY SOFTER, NOT HARDER** - When you place too much importance on a race, you will tend to try too hard. Trying too hard tightens muscles and shortens your stroke. It's the game of diminishing returns: The harder you try, the slower you'll go! Instead, try to relax and focus on lengthening your stroke by "trying softer." Remember, your body already knows how to swim fast. Trust your training and let the fast swim come to you!

3. **STAY CALM PRE-RACE** - Many swimmers unknowingly "lose" their races before the start because they get too nervous. Swimming fast is all about staying relaxed *pre-race*. To do this, try any of the following: stretch, listen to music, talk to friends, slow and deepen your breathing, joke around and most importantly, have fun!

Penguin Classifieds

Used Suits Available! A former Penguin swimmer has two female suits for sale at a discounted price. One suit is a size 26 and one is a size 28. One suit has NEVER been worn; the other has only been raced in a few times. If you are at all interested in one or both of these suits, please let Heidi know and she will put you in contact with the owner.



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Coaches' Corner - by Heidi Kirkpatrick



Dear Penguin Swimmers,

With the Penguin Plunge quickly approaching, we want to make sure that each one of you has entered. So, if you have not, please do so as soon as possible. We are lucky to host such a popular meet and it is filling up quickly. We want to make sure that we have 100% team attendance at this meet.

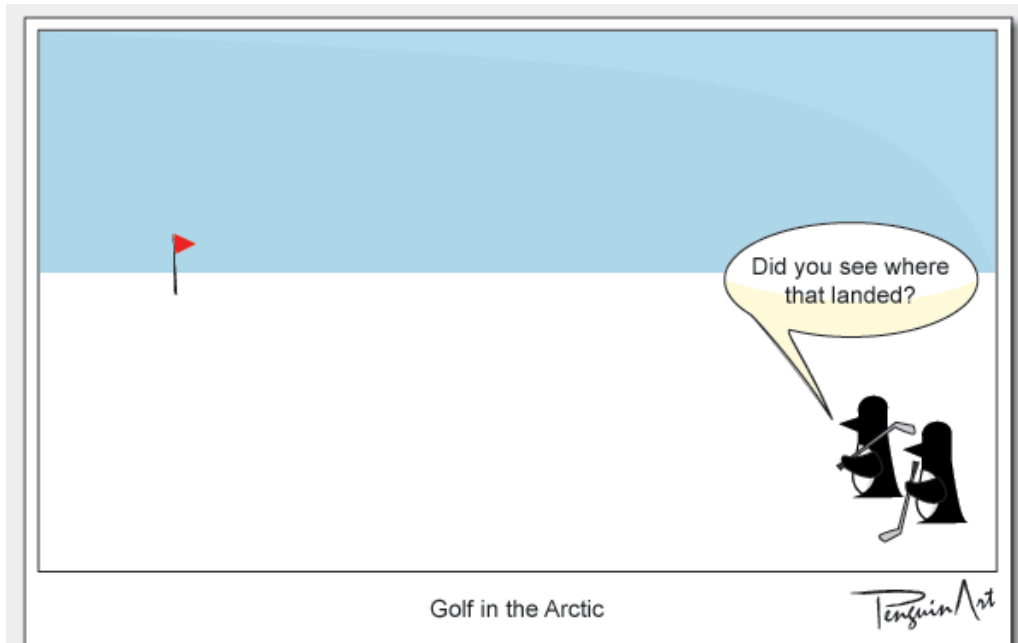
Regarding entering the Plunge, please sign up for a minimum of three events per day. If you are even considering trying to earn high point in your age group, please sign up for all five events each day. If you decide to only swim three events per day, please enter one race each day that you normally do not swim or maybe have never swum before. Individually, if you want to participate in relays, you will need to prepay online. If you have questions about this, Brian Rhodes can help you. To avoid scheduling swimmers for relays they cannot swim due to time conflicts or money restraints, we will form our relays from the provided list of prepaid relay swim entries.

On Saturday, September 19th (the Saturday prior to the Plunge), our team is hosting an intrasquad meet. All Penguin swimmers are expected to attend this, unless prior travel plans or an unexpected circumstance prevents you from doing so. Each Penguin swimmer will swim two events on the 19th. Sign-ups for the meet will begin Monday, September 7th at the pool. This meet will help all new members get over any fears related to meets before the Plunge and give all beginning swimmers an opportunity to learn about meet requirements in a more comfortable environment. After the meet, we will have a team potluck (lunch); all family members are encouraged to attend.

In addition, Penguin Swim Team will be under contract with Finis Swim starting September 1, 2009. Our goal will be to have all PST swimmers wear a team suit at the Penguin Plunge. If you have a team suit already, PLEASE do not purchase a new one. If you don't, you may order directly thru Finis at www.finisinc.com. Our new team suit is a non-customized black suit. As coaches, we have chosen to have non-customized suits in order to save money and allow swimmers to order suits whenever they need to. Girls can choose between the team solid black bladeback or skinback models and boys between the jammers and briefs. Upon checkout, you will type "penguin" (note the singular), in the pass code box and receive 25% off of your purchase. This discount applies to anything you purchase online through Finis.

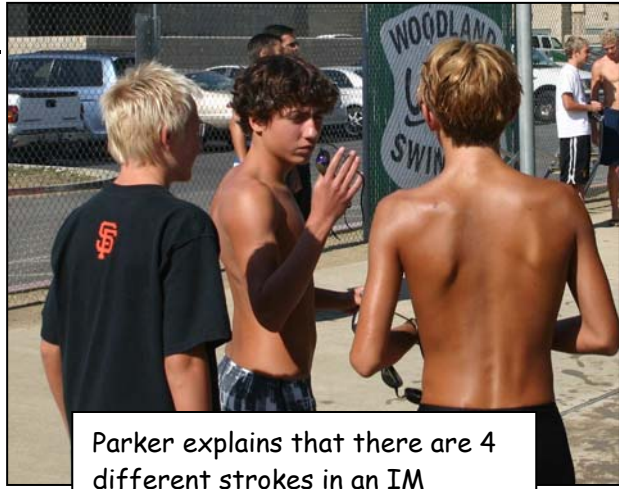
This makes ordering snorkels, paddles, zoomers, caps, goggles, etc. all very affordable and simple. If you have any questions regarding this matter, please contact Heidi or Jeff.

Thank you for reading all of this information. We look forward to seeing all Penguins at the intrasquad meet and the Penguin Plunge!



July Woodland Last Chance JO Meet

Camp Penguin



Parker explains that there are 4 different strokes in an IM



Pre race Maddie



Penguin parents dutifully timing



Ben and Big Ben



Playing "go fish". That's appropriate!



Who is that poor coach with no easy-up or sunglasses?



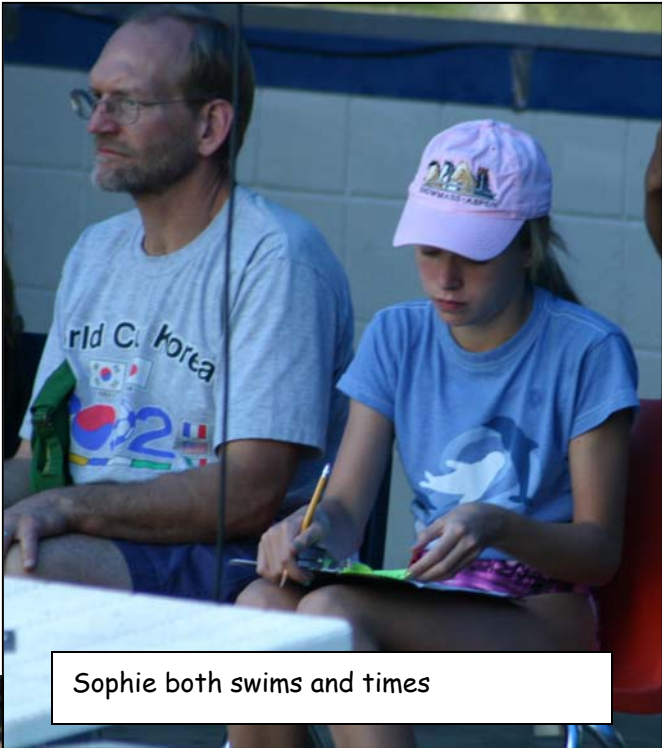
July Tahoe "Come Up For Air" Meet



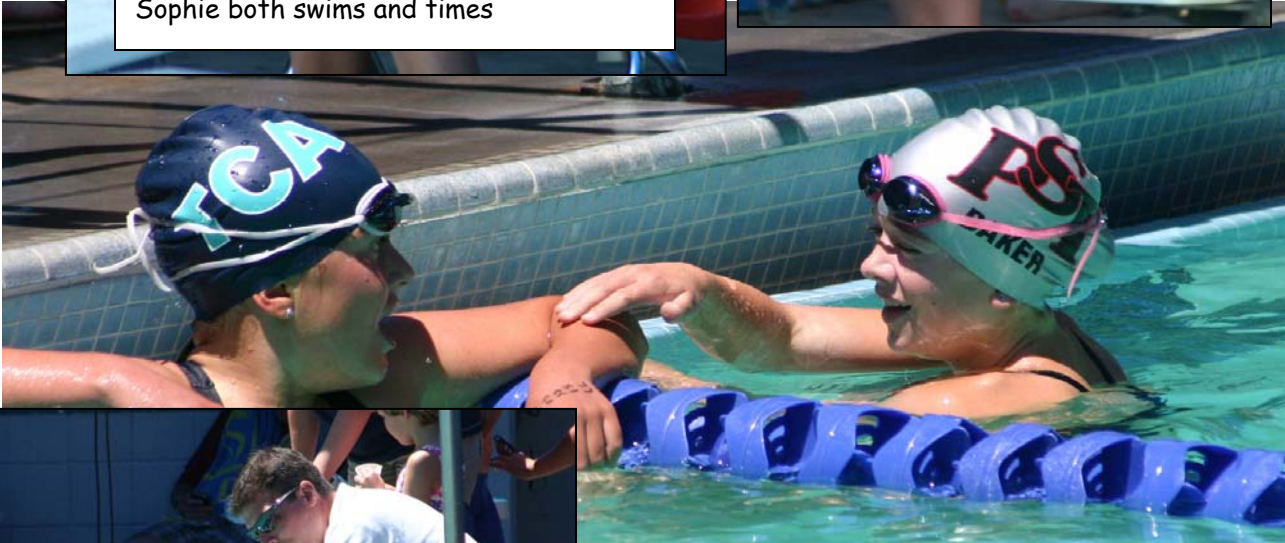
Penguin sportsmen and women



July Tahoe "Come Up For Air" Meet
(continued)



Sophie both swims and times



Jeff warms up a gaggle of Penguins



July Tahoe "Come Up For Air" Meet (in camp and in the stands)



Fran and friend



These people certainly don't look sleep deprived

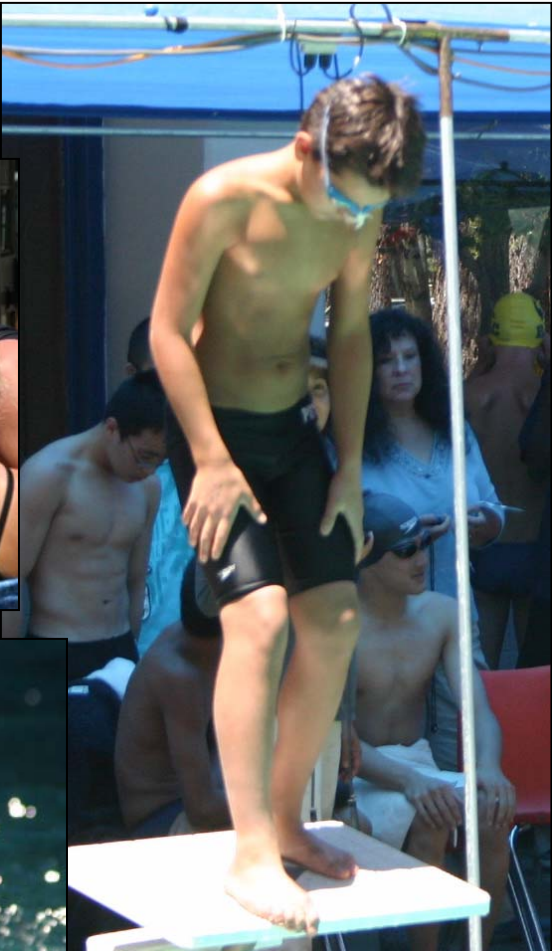


The potluck



The chef

July Tahoe "Come Up For Air" Meet (continued)



July Tahoe "Come Up For Air" Meet (continued)



August Minden High Country Champs Meet

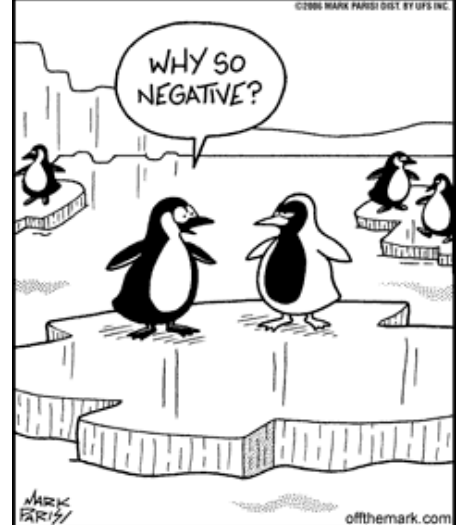


Macey returns!

August Minden High Country Champs Meet



off the mark.com by Mark Parisi



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Upcoming meets

Following is a schedule of remaining 2009 meets.

Aug 10-14	Federal Way	Junior National Championships (qualified swimmers only)
August 16	Donner Lake	Hot August Chill lake swim
Sept 19	@ NUHS	Intra-Team Meet
Sept 26-27	PENGUIN PLUNGE !!	
October 9-11	Roseville	All groups
Nov 7-8	Shasta College/Redding	Jr+ and age group open (all groups)
Nov 20-22	Folsom	Sierra Marlins BB+ all groups
Dec 5	Bear River	Dual meet
Dec 11-13	Corvallis	Senior Travel Meet

NEW PRACTICE SCHEDULE

For schedule updates go to www.penguinswim.org or call the DIVE line: 265-DIVE

PST Practice Schedule for Memorial Park Pool beginning Monday August 24

	Mon	Tuesday	Wed	Thursday	Friday	Saturday	
Blue Penguins Beg.*		4:15-5:00		4:15-5:00	4:15-5:00		Tank/Lane 1
Blue Penguins Adv.		4:15-5:00		4:15-5:00	4:15-5:00		Lane 1/Tank
Rockhopper Penguins	4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	4:00-5:00		Lanes 1&2
Royal Penguins	5:00-6:15	6:00-7:15	5:00-6:15	6:00-7:15	5:00-6:15		Lanes 1-3
King Penguins	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30		Lanes 4-6
Pre/Senior	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	8:00-10:00	Lanes vary

*Blue Penguin Beginners in tank at least on T/Th

Coaches have not yet been assigned as they are still drawing straws to see you has to coach the Kings (just kidding Kings).



Blue



Rockhopper



Royal



King



Evil

Penguin Bulletin Board

Upcoming PST Members Meeting

There will be a General Membership meeting in August (date to be determined). Bring chairs!



Raise Funds Year

Round with E-Scrip!!

Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to www.escrip.com, go to "sign-up" and designate the Penguin Swim Team to receive contributions. Our group ID # is 3712655. For more information just log on to www.escrip.com. Don't forget to sign up your grandparents, aunts and uncles, too!!! The Team earns money while you shop at Safeway and other escrip registered stores

Remember, September 11 is Moonlight Madness - raise money and have some fun! See Cindy Pawlowski (Kendall's mom) or Katherine Keenan (Natalie and Keeley's mom) for details.

Penguin Monthly Dues

Seniors	\$130
Pre Seniors	\$120
King Penguins	\$90
Royal Penguins	\$80
Rockhoppers	\$75
Blue Penguins	\$65
Masters	\$40

For families with more than one swimmer, there is a \$10 discount for the second swimmer. Monthly family maximum is \$185. Please remember that dues should be paid before the month starts. If you plan to be out of the water for any month, please fill

The Penguins Miner Moe's fundraiser has been extended. Anytime ANYONE orders from Miner Moe's Pizza and mentions the Penguin Swim Team, 10% will be applied toward our team fundraiser. You don't even have to be a team member!!!



Penguin Directory

Board of Directors

President	Stephen Hoffman	308-3039	stillness5599@att.net
Vice President	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Secretary	Fran Haulman	470-0934	fhaulman@comcast.net
Treasurer	Jan Pattee	272-9619	jep@sbcglobal.net
Director-at-Large	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Director-at-Large	Tommy Herbert		toh@sbcglobal.net
Director-at-Large	Frank Mondok		mondokf@comcast.net
Director-at-Large	Steve Castleberry	470-9188	castleberry@sbcglobal.net
Director-at-Large	Dean Kruschke		sadean1997@att.net
Director-at-Large	vacant		

Coaches

(Team phone)		265-DIVE	
Head Coaches	Jeff Kirkpatrick	432-8330	heidijeff@live.com
	Heidi Kirkpatrick	432-8330	heidijeff@live.com
Senior Group Coaches	John Sultan	271-2075 (home)	swimjunkies@cebridge.net
	Larry Gruver		larrygruver1@aol.com
Age Group Coach	Laura Winter	559-3032	luwa27@msn.com
	Seth Derrick		sethtderrick@gmail.com

Committee Chairs

Awards	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Dues payment website			www.swimstore.webs.com
Registration and Dues	Dean Kruschke		sadean1997@att.net
USA Swimming Registration	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Fundraising	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
LSC Representative	Steve Baker	272-8421	sbaker@dbpwlaw.com
	Christine Ingersoll		
Master Liason	Victoria Kleiber.		victoriak@sncs.org
Printing	Tamara Haas		thaas@ncws.com
Moonlight Madness	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Moonlight Madness	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
Newsletter	Steve Castleberry	470-9188	castleberry@sbcglobal.net
Officials	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Penguin Store	Brian Rhodes	273-0617	brianrhodes4@comcast.net
			www.swimstore.webs.com
Publicity			
Records			
Recruiting			
Safety	Chuck Chase		chickranger@gmail.com
Social	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Swim Lessons	Jill Frank		jfranks@hotmail.com
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org

Part 1 of 2

Best / Improved Times 2008/2009 Season as of August 18, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

The 2008/2009 Season runs from 09/01/08 through 08/31/09

List prepared by Brian Rhodes

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Chico Meet</u>	<u>Tahoe Meet</u>	<u>Junior Olympics Meet</u>	<u>Minden Meet</u>	<u>2008/2009 Season Total</u>
ALBERTS, JENNIFER	13.3	13-14 Girls					24
ALBERTS, JUSTIN	10.9	9-10 Boys					4
ARENCHILD, BENJAMIN	8.2	8 and U Boys		2		1	6
ARENCHILD, KATE	12.2	11-12 Girls		5			17
ARENCHILD, TERA	10.1	9-10 Girls		5		3	20
BAKER, GRACE	12.5	11-12 Girls		6	1	1	34
BRENNAN, DANIEL	8.9	8 and U Boys					3
BRENNAN, SARAH	10.7	9-10 Girls					3
BROUWER, ABIGAIL	11.8	11-12 Girls		4			24
BROUWER, CALVIN	9.8	9-10 Boys		5			20
BROUWER, ELIZABETH	8.0	8 and U Girls		8			13
BROUWER, LUKE	13.1	13-14 Boys		4			6
CASTLEBERRY, COLE	13.4	13-14 Boys		5			11
CASTLEBERRY, KEI	9.7	9-10 Girls		4		2	14
CHAMBERS, CHRIS	10.3	9-10 Boys					1
DUNBAR, DELAYNEE	5.3	8 and U Girls					2
DUNBAR, EMERSON	7.5	8 and U Girls					4
GARDNER, ALYSSA	10.9	9-10 Girls					7
GIULIANI, DOMINIC	12.1	11-12 Boys			9		29
GOODNOW, SARAH	11.7	11-12 Girls					2
HART, DANIEL	9.9	9-10 Boys		3			7
HERRON, JACK	12.2	11-12 Boys	3				12
HERRON, KATE	9.3	9-10 Girls	6				48
HORTON, BELLA	9.6	9-10 Girls		6			13

20 Best / Improved times in the season earns a special award at the PST awards night.

40 Best / Improved times earns a second award.

Swimmers only get credit for 25 yard events swam before they turn 9 years old.

Swimmers only get credit for events that have a time standard for the swimmer's age group.

Part 2 of 2

Best / Improved Times 2008/2009 Season as of August 18, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

The 2008/2009 Season runs from 09/01/08 through 08/31/09

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<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Chico Meet</u>	<u>Tahoe Meet</u>	<u>Junior Olympics Meet</u>	<u>Minden Meet</u>	<u>2008/2009 Season Total</u>
KING, ABEL	10.7	9-10 Boys					5
KING, JEANIE	13.1	13-14 Girls				2	18
KING, OLIVIA	9.1	9-10 Girls					3
KING, SAMANTHA	9.4	9-10 Girls					3
KOHLER, DYLAN	12.3	11-12 Boys					4
KOHLER, OLIVIA	10.5	9-10 Girls		4			7
KRUSCHKE, SAMANTHA	11.2	11-12 Girls					33
LATTER, SHAWNA	10.7	9-10 Girls					5
LEE, FORREST	11.6	11-12 Boys					5
LUNDMARK, NATALIE	9.7	9-10 Girls		7			13
MARTINEZ, KEELEY	10.5	9-10 Girls		3			7
MAYOL, NICHOLAS	11.7	11-12 Boys					4
MCKENZIE, MARINA	12.8	11-12 Girls		4			21
MCLAIN, BENJAMIN	13.1	13-14 Boys			2	6	46
MOULE, JACOB	10.8	9-10 Boys					1
NARAMORE, JESSIE	10.0	9-10 Girls		5			14
NARAMORE, LILY	7.1	8 and U Girls		3			3
PARDINI, ANDREW	10.5	9-10 Boys		6			14
PAWLOWSKI, TANNER	12.1	11-12 Boys					5
PRICE-TISON, ANIKA	10.2	9-10 Girls					7
RHODES, MACEY	8.4	8 and U Girls					13
RICHNAK, SOPHIE	12.3	11-12 Girls		4			12
RICHNAK, TANNER	10.0	9-10 Boys		6			12
ROMINGER, DEREK	12.9	11-12 Boys					2
ROSS, OLIVIA	10.6	9-10 Girls					1
SHARP, JARED	11.2	11-12 Boys					2
SHARP, MEGAN	13.2	13-14 Girls					3
SUENRAM, GRACE	9.8	9-10 Girls					2
TOLES, MCKENNA	10.8	9-10 Girls			6		37
WARA, ARLETTY	9.4	9-10 Girls					5

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40 Best / Improved times earns a second award.

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Swimmers only get credit for events that have a time standard for the swimmer's age group.