



# Penguin Pipeline

December 2008 Newsletter

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## Mark Your Calendar!!!

**The Week of December 15 - Penguin's Holiday party.** Look for the announcement. This will be your chance to wish your teammates a happy holiday.

**Friday, December 19, 4:30 to 6:00 - All groups relays!** Rockhoppers ... Kings ... PreSeniors, all racing together?!? (look for monthly relay practices in 2009)

## Notes from Management:

- **New Consent Form** (from Betsy Naramore) - Check your red folders in the pool office for new consent for treatment forms. These forms need to be updated (even if you recently registered) annually. Please fill the form out completely and put dates in the consent time period (not "until no longer on the team") and place completed forms in the Consent to treat file in the pool office.
- **Thank you PST volunteers** - Except for our coaching staff, this team runs entirely on the hard work of volunteers so we want to recognize several people who have recently stepped up. When you see these people at the pool, please thank them for volunteering for the following tasks:  
**Barbara Price** - Escript Coordinator, **Steve Castleberry** - Monthly Newsletter, **Dana Nadeau** - Form Maintenance, **Kate Arenchild** - Team Snack Bar, **Betsy Naramore** - Consent to Treat Annual Update, **Sara and Dean Kruschke** - Update file folders, **Evie Pardini** - Bulletin Board Updates, **Diane Virva** - Decorating for Awards Night, **Diane Virva & Sandy Neel**-- travel arrangements for Senior/ Pre-senior, **Andrew Pawlowski** - Swim Meet Schedule Posters, **Chuck Scimeca** - Leading the 2008 Day of Giving telethon, **Chuck and Susan Chase** - Coordinating 2009 Pool Clean up, **Steve Baker and Christine Ingersoll** - LSC Reps, and **Betsy Naramore**, for doing the consent to treat, coordinating the lost and found, and recruiting donations for fundraising (way to go Betsy!). And thanks to new board members Tom Herbert, Dean Kruschke, Steve Castleberry & Frank Mondok (who will be pressed into service this upcoming year!)

Editor's Note - Some open volunteer opportunities only take a few minutes per month!

There are many more volunteer opportunities. To help out the team (in a small or big way), please contact Fran Haulman at fhaulman@comcast.net or Cindy Pawlowski at cpaw19ski@yahoo.com. There is a job that fits your talents and schedule.

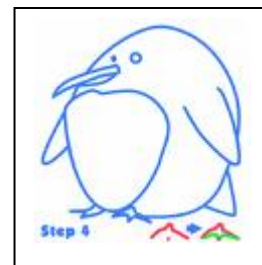
- **Suspension of Dues** - If your child needs to stop swimming for a month or more, please file a Suspension of Dues form by the end of the last month during which your child will be swimming into the red file folder or email Cindy Pawlowski at cpaw19ski@yahoo.com and include the swimmers name and time period of suspension. Swimmers may not suspend dues for a month if they have already been in the pool for that month.

"Thank you" to all the families who are turning in their monthly dues check by the beginning of the month.

## Practice Etiquette - article by the Penguin Coaches

This is designed to help our beginning through senior swimmers. The earlier we can instill proper practice etiquette, the more natural it will become to our swimmers and the better our team will be.

- **Be on time to practice daily.** This includes changing into your suit, putting on your cap and goggles and being out on the pool deck ready to get in when your practice starts. This is respectful to your coach and fellow teammates.
- **Complete your entire warm-up.** Warm-up is an important part of practice. It is time for you to stretch out, get the feel of the water and your body and to get your mind and body ready for your workout.
- **Eat a light snack** one hour before practice so that you have energy for your workout.
- **Always bring a filled water bottle** with you to practice so that you can replenish your lost fluids throughout the practice.
- **Make sure you streamline your push offs and flip turns.** Your underwater work is a critical component to your racing. We must practice in workout what we hope to do in meets.
- **Stay on your side of the lane** when swimming with multiple people in your lane. This is respectful to others who are swimming in your lane and is a safety precaution. We do not need swimmers running into each other.
- **Make sure you are going in a fastest to slowest order** in your lane. This helps sets and practice run more smoothly.
- **Always move over** and let someone by if they do get on your feet while swimming.
- **Once you come into the wall, move far left in your lane** so that all swimmers have the opportunity to finish to the wall as well.
- **Never go to the bathroom in the middle of a set.** Always ask permission to go to the bathroom when you need to go.
- **Hold off on engaging in conversations while your coach is giving instructions.** You can miss valuable information if you are talking and you can cause others to miss out as well.
- **Try to never stop in a set,** just because it is hard or you are tired. You will get better physically and mentally by pushing through those tough sets. As Coach Larry says: "tough it out till the end of the set".
- **If you have an injury of any kind, make sure you notify your coach** so that he/she can make accommodations to your workout.
- **Bring the appropriate equipment** with you to the pool - suit, cap, goggles, extra goggles and cap, paddles and zoomers.
- **Bring appropriate clothing for after workout.** You need to make sure you are warm.
- **Have a positive attitude.** Enthusiasm spreads!



## Healthy Choices at Fast Food Restaurants - Fast Food Doesn't Have to Be High-calorie! From an article by Morgan Vermeil

It's late and you're tired and hungry. You just got out of practice where Coach Heidi had you cool down with 5-500s. A home cooked meal would be best, but you still have 3 math sets to do for tomorrow. In the distance, you see your family's favorite fast food restaurant. You would beg Mom to stop but those high-fat, high-calorie menu items will make a serious dent in your training diet. So what do you do?

Don't despair! There are still plenty of healthy fast food options. You can enjoy a quick drive-thru dinner without worrying about adding junk to your system - as long as you make some smart choices. Here are a few basic guidelines that work for most fast food joints:

**Skip the soda!** Sugary sodas can add lots of calories to your meal, and they've been linked to various health problems, too. It's usually a good idea to limit soda in your diet, so order an unsweetened ice tea or water instead.

**Avoid breading!** Many sandwiches sound healthy, but they're covered in processed breading and then deep fried! Avoid any sandwich that's fried or breaded. One warning sign is when "crispy" is part of the description.

**Choose low-fat!** Plain grilled chicken sandwiches are often a good choice at fast food restaurants. Chili, salads and grilled wraps are other healthy options.

**Eat the burger!** It may sound counterintuitive, but many fast food hamburgers are actually fairly low in calories and high in protein.

**Watch the condiments!** Ketchup and mustard are usually relatively low in calories, but mayonnaise and "special sauces" are hidden land mines of fat and calories. Ask for your food without any condiments or sauces.

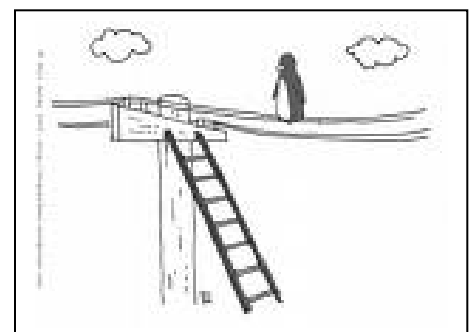
**Add some veggies!** If your sandwich doesn't already include lettuce and tomato, ask that they be added. You'll increase the nutrients in your meal plus add fiber.

**Choose healthy sides!** French fries may be a fast food favorite, but they're loaded with fat and calories. Many fast food places are offering healthier options these days, like fruit or baked potatoes.

**Eat the kids' meal!** One of the biggest problems with fast food restaurants is the enormous portions they serve. The average kids' meal is more than enough for the typical adult. And it's less expensive, too!

**Pick a healthier restaurant!** There are plenty of fast food restaurants that specialize in healthier choices. Look for one that serves deli sandwiches, fruit or special low-calorie menu items.

Fast food doesn't have to clog your arteries or add pounds to your waistline. Just look for the healthier options that are available at most fast food restaurants and you'll get a reasonably healthy meal.



## **10 Commandments for Swimming Parents** by Rose Snyder, Managing Director Coaching Division, USOC and Former Director of Club Services, USA Swimming (adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

- I. Thou shalt not impose thy ambitions on thy child** - Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.
- II. Thou shalt be supportive no matter what** - There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
- III. Thou shalt not coach thy child** - You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- IV. Thou shalt only have positive things to say at a swimming meet** - You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".
- V. Thou shalt acknowledge thy child's fears** - New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.
- VI. Thou shalt not criticize the officials** - Please don't criticize those who are doing the best they can in purely voluntary positions.
- VII. Honor thy child's coach** - The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.
- VIII. Thou shalt be loyal and supportive of thy team** - It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.
- IX. Thy child shalt have goals besides winning.** Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.
- X. Thou shalt not expect thy child to become an Olympian** - There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

# Penguin Bulletin Board

Upcoming PST Board Meetings  
 Monday, December 8<sup>th</sup> @ 6 pm  
 Sometime in January?

The Penguin Swim Team is a non-profit organization. We welcome all types of in-kind taxable deductible donations. Here are a few items on our wish list.....

**Digital pace clocks, back-stroke flags, lights, lane lines, lap counters, heavy duty large EZUP; 12 kickboards, pull-buoys**  
**If you have any questions or donations please contact Stephen Hoffman @ 308-3039.**

Q: What do Penguins sing on a birthday?  
 A: Freeze a jolly good fellow.

## Penguin Monthly Dues

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

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 out the "suspension of dues" form found in the file box in the office area at the pool.

## Upcoming Meets

Dec 5-7	Woodland	Blue, Rockhops, Royals, Kings
Dec 13-15	Corvallis	Seniors only
Jan 17-19	CAL Invite	Seniors and PreSeniors
Jan 17 (changed!)	Bear River	All Groups
Feb 9-14	San Diego	Seniors only
Feb 13-15	Minden	All Groups



## Raise Funds Year Round with E-Script!

Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to [www.escrip.com](http://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](http://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

**Penguin facts** - a group of penguins is called a huddle or a parcel.

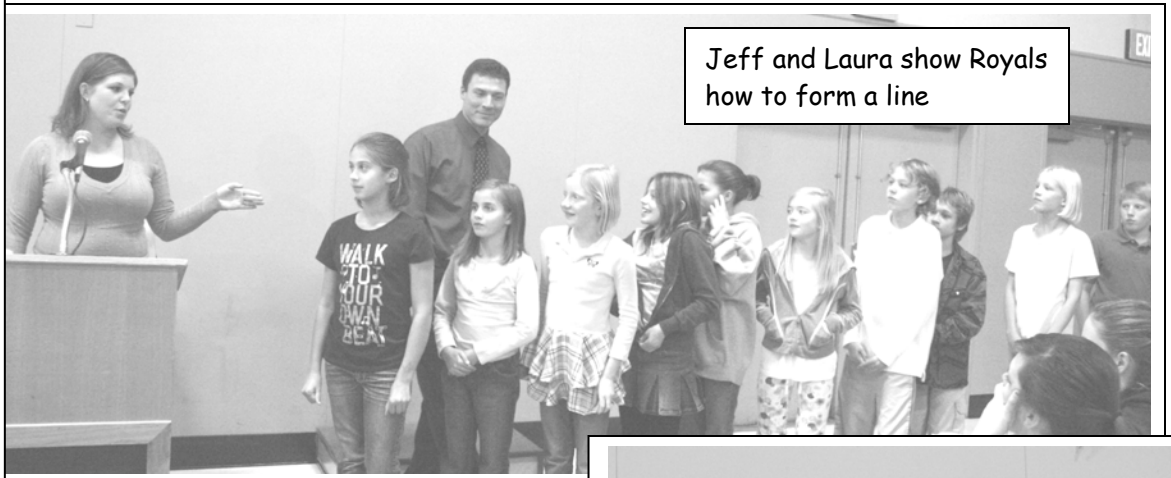
### Thanks to our special volunteers

Pool equipment - Elaine Line, Paul Buoy, Star Tingblock  
 Pool water quality - Claire Ination  
 Stroke judges - Flip Turin, Buck Stroke  
 Team uniforms - S. P. Dao  
 Race staging - Melody Relay  
 Team mascot selection - Pam Guinn

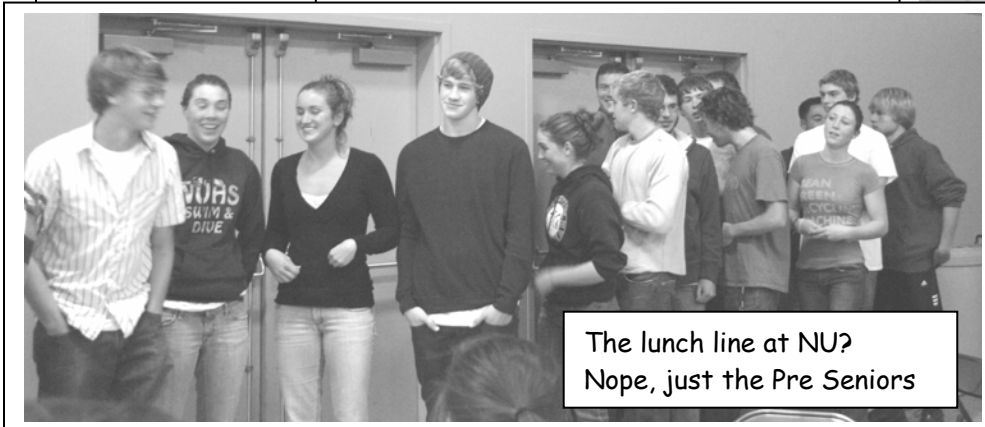
Of the 17 penguin species, emperor penguins weigh the most at 27-41 kg (60-90 lbs). In contrast, the fairy penguin is the lightest, weighing roughly 1 kg (2.2 lbs).

# Penguins Award Night

Another great season, another great awards dinner!!!



Jeff and Laura show Royals how to form a line



The lunch line at NU?  
Nope, just the Pre Seniors



Coach Larry teaches the appropriate tuck for a flip turn



The Kirkpatrick Klan



Coach Seth planning how many 500s the Rockhoppers should do



A long line of King Penguins



Coach Laura points out the Beginning Blues



Jeff introduces the up and coming Advanced Blues



Lifetime Penguin - Award Winners

**PRACTICE SCHEDULE**

@ Memorial Pool

For schedule updates go to [www.penguinswim.org](http://www.penguinswim.org) or call the DIVE line: 265-DIVE

- Heidi
- Jeff
- John
- Laura
- Seth

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Blue Beg.	4:15-5:00		4:15-5:00		4:15-5:00	
Blue Adv.		4:00-4:45		4:00-4:45	4:15-5:00	
Rock Hoppers	5:00-6:00	6:00-7:00	5:00-6:00	6:00-7:00	5:00-6:00	
Royal	6:00-7:15	5:45-7:00	6:00-7:15	5:45-7:00	6:00-7:15	
King	5:00-6:30	4:45-5:45	5:00-6:30	4:45-5:45	5:00-6:30	
Pre/Senior	3:00-5:00	3:00-4:30	3:00-5:00	3:00-4:30	3:00-5:00	8:00-10:00
P/S Dryland		4:45-5:45		4:45-5:45		
King Dryland		4:00-4:45		4:00-4:45		

Coaches Meeting - 3rd Wednesday of every month ( Practice ends at 6:50 PM )

# Penguin Directory

## Board of Directors

President	Stephen Hoffman	308-3039	stillness5599@att.net
Vice President	Brian Rhodes	273-0617	brianrhodes1@yahoo.com
Secretary	Fran Haulman	470-0934	fhaulman@comcast.net
Treasurer	Jan Pattee	272-9619	jep@sbcglobal.net
Director-at-Large	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
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		sadean@usamedia.tv

## 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		

## Committee Chairs

Awards	Brian Rhodes	273-0617	brianrhodes1@yahoo.com
Dues/Registration	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
Fundraising	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
LSC Representative	Steve Baker	272-8421	sbaker@dbpwlaw.com
	Christine Ingersoll		
Master Liason			
Printing			
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			
Penguin Store	Brian Rhodes	273-0617	brianrhodes1@yahoo.com
Publicity			
Records			
Recruiting			
Safety			
Social	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Swim Lessons			
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Team Pictures	Nathaniel Ingersoll		webmaster@penguinswim.org
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org



Penguin Swim Team  
 2008/2009 Season 09/01/08  
 through 08/31/09



Best / Improved Times 2008/2009 Season as of November 25, 2008

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

List prepared by Brian Rhodes

2008/2009

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Redding Meet</u>	<u>Folsom Meet</u>	<u>Season Total</u>
ALBERTS, JENNIFER	12.5	11-12 Girls		6	13
ARENCHILD, BENJAMIN	7.4	8 and U Boys			3
ARENCHILD, KATE	11.4	11-12 Girls			6
ARENCHILD, TERA	9.4	9-10 Girls			6
BAKER, GRACE	11.8	11-12 Girls			6
BRENNAN, DANIEL	8.1	8 and U Boys			2
BRENNAN, SARAH	10.0	9-10 Girls			2
BROUWER, ABIGAIL	11.1	11-12 Girls			12
BROUWER, CALVIN	9.1	9-10 Boys			9
CHAMBERS, CHRIS	9.5	9-10 Boys			1
DUNBAR, DELAYNEE	4.6	8 and U Girls			2
DUNBAR, EMERSON	6.8	8 and U Girls			4
GARDNER, ALYSSA	10.1	9-10 Girls			7
GIULIANI, DOMINIC	11.3	11-12 Boys			9
HERRON, KATE	8.6	8 and U Girls			11
KOHLER, DYLAN	11.5	11-12 Boys			4
KOHLER, OLIVIA	9.8	9-10 Girls			3
KRUSCHKE, SAMANTHA	10.5	9-10 Girls	6		15
LATTER, SHAWNA	10.0	9-10 Girls			5
LAVULO, ROSELANI	11.5	11-12 Girls			1
LEE, FORREST	10.8	9-10 Boys			5
LUNDMARK, NATALIE	9.0	9-10 Girls			6
MARTINEZ, KEELEY	9.7	9-10 Girls			1
MAYOL, NICHOLAS	10.9	9-10 Boys			4
MCKENZIE, MARINA	12.1	11-12 Girls			10
MCLAIN, BENJAMIN	12.4	11-12 Boys			5
MOULE, JACOB	10.1	9-10 Boys			1
NARAMORE, JESSIE	9.3	9-10 Girls			9
PARDINI, ANDREW	9.8	9-10 Boys			2
PARDINI, CONNOR	11.8	11-12 Boys			3
PAWLOWSKI, TANNER	11.4	11-12 Boys			4
POTTER, EMMA	12.3	11-12 Girls			2
PRICE-TISON, ANIKA	9.4	9-10 Girls	2		2
RHODES, MACEY	7.7	8 and U Girls			7
RICHNAK, SOPHIE	11.6	11-12 Girls	2		5
RICHNAK, TANNER	9.3	9-10 Boys	2		4
ROMINGER, DEREK	12.2	11-12 Boys			2
ROSS, OLIVIA	9.9	9-10 Girls			1
SHARP, JARED	10.5	9-10 Boys			2
SHARP, MEGAN	12.5	11-12 Girls			3
SUENRAM, GRACE	9.1	9-10 Girls	2		2
THIBAUT, HAYDEN	7.5	8 and U Boys			2
TOLES, MCKENNA	10.0	9-10 Girls			7
WARA, ARLETTY	8.7	8 and U Girls			5
WHITING, MICHELLE	11.5	11-12 Girls			2