



Penguin Pipeline

December 2009

In this edition of the Penguin Pipeline:

- Notes from Management
- S'up with the Seniors
- Coach Francis Tests Up
- Coaches Corner - Test Sets
- Upcoming Meets - Save the Date
- Awards Night
- Bear River Meet
- 2009 Golden Goggle Awards
- J is for Juggling
- Practice Schedule
- Bulletin Board
- Directory

Notes from Management:

- **New Volunteers** - Let's give it up for a new group of Penguin volunteers. First, welcome our new Board president Dean Kruschke. Dean is an ex collegiate and current masters swimmer, and can normally be found repairing lane lines at Memorial Pool. Welcome Dean and thanks for stepping in to fill Stephen Hoffman's huge shoes. We are also welcoming two new Board members, Tom Naramore and Chip Arenchild. Get this Tom Naramore played on 4 NCAA national champion rugby teams. When I challenged Chip to beat that, he told me he played on 2 NCAA champion ultimate frisbee teams (gotta love that UCSB). That means that the Penguin Board averages almost 1 NCAA championship per Board member. How cool is that?

Finally, thanks to Dana Nadeau-Richnak for stepping in as Volunteer Coordinator. Dana, any collegiate championships you care to disclose?

- **Winter Break Swim Schedule** - The Christmas schedule will be a little different this year. Seniors will have the pool each day from 8-10 and 3-5. We have decided to have an open practice from 10-11:30 on the 21, 22, 23, 28, 29 and 30. This means that Blues, Rockhoppers, Royals and Kings all come at this time (due to low holiday attendance in the past). Our other choice was 5-6:30 and we decided to take advantage of the daylight and have the kids swim during the day. Coaches will be accommodating for the different levels of swimmers at each practice and may have multiple sets going on at once. This is the Monday, Tuesday and Wednesday of the two holiday weeks. There will be no practice for Blues, Rockhoppers, Royals and Kings on December 24, 25, 31 and January 1st. We will assign one/two coaches for each practice day (Heidi, Jeff or Laura). At 11:30 on each of these days, swimmers have the opportunity to sign up for a 30 minute private stroke session with a coach for \$10. If a family wants to take advantage of this, the price is \$5 per extra swimmer. This is for swimmers who have wanted extra private stroke work. We will have a sign-up sheet posted at the pool soon.

After the break, workout schedules will be changing a bit so keep an eye out for an email from Brian.

- **Holiday Party** - Our team Christmas party will be on Dec. 18th at 6:00 at the Union Hill cafeteria. Sign-ups for this party at the pool or you can email Heidi and Jeff. Anyone attending is **REQUIRED** to sign-up in advance because the team is paying for the pizza this year and we need to have an appropriate head count. We are asking families to provide side dishes, drinks, desserts, utensils. There will also be a sign up for this. Please look for it at the pool. We will have food, games and a gift exchange. The gift exchange will be done within swim groups and the price should be no more than \$10.
- **Help wanted** - The team is in need of a volunteer to pick up the task of monitoring USA Swimming registration. For several years, our team vice-president, Brian Rhodes, has handled this task.

However, Brian has taken on too many team responsibilities to continue in this duty. This is a job that can be done at home on your schedule.

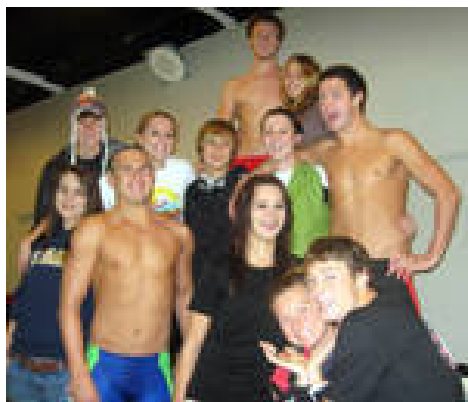
The USA Swimming Registrar tasks include coordinating and monitoring the status of USA Swimming registration for the swimmers (both new and returning), coaches, and the team. The job takes about 2 hours per month with a few months involving up to 8 hours total time. The busiest months are September and January.

The coach and team registrations involve paperwork. Coaches must complete trainings each year. Coach and Team registrations must be completed and mailed in a timely manner to keep the team in good standing with USA Swimming. This is also an important task for the team to assure that the swimmers and team are covered with insurance. Please consider taking on this task.

If you are interested and/or willing, please contact Brian Rhodes at brianrhodes4@comcast.net or Fran Haulman at fhaulman@comcast.net

S'up with the Seniors?

At the Corvallis meet, the Penguin girls came in fifth and the boys team came in eight out of 35 teams. Whitney Stephenson was the girls high point meet winner, and Trey Herbert came in first in the 50 free



Penguin Seniors at the recent Corvallis meet Back Row: Trey Herbert, Siana Hoffman. Middle Row: Patrick Herbert, Hayley Chase, Kendall Pawlowski, Dana Neel, Elliot Golnik, Bottom Row: Sierra Kleiber, Carter Haas, Kayla Kleiber, Whitney Stephenson, Dillon Virva.



If you don't think the Seniors are hard core, take a look at them lounging after a recent practice. Back Row: Sierra Kleiber, Front: Kendall Pawlowski, Dana Neel, Dillon Virva, Kayla Kleiber, Trey Herbert, Hayley Chase, Whitney Stephenson, Patrick Herbert, Carter Haas. Not Pictured: Siana Hoffman, Elitt Golnik.

Coach Francis tests up

"Coach Francis will be leaving the Penguins this month to return to school for his medical degree in the Dominican Republic! Francis has been a great addition to the Penguins family (not an addition really since he swam as a Penguin back in the day). He has patiently worked with the Blues, Rockhoppers, and Royals (not the easiest groups) refining their strokes and building their endurance. He was particularly good at meets, giving a good balance of encouragement and advice. Over the next week, give him your thanks."



Coaches Corner - Helpful Information about Test Sets and Moving up



It should be the goal of every swimmer to advance to a more challenging group. Requirements for moving from one group to the next are listed in the descriptions and standards of all four groups. Swimmers should familiarize themselves with the requirements and set goals for themselves to make progress towards meeting them. Some of the requirements can only be fulfilled by attending swim meets; other requirements relate to stroke technique. One of the final requirements for moving up is to pass a test set. These test sets help coaches determine whether the swimmers are ready for the kind of sets that are generally given in the next group. Passing a test set does not guarantee the swimmer will immediately move up; in fact, sometimes a swimmer will need to pass a test set several times in order to earn the privilege of moving to the next group. Just because a swimmer can pass one or two test sets doesn't *necessarily* mean that their overall speed, work-ethic or maturity level will enable them to keep up with a group during the whole workout on a daily basis. If a swimmer can pass the test sets multiple times, this will help ensure that a swimmer will not be overwhelmed by the rigors of the next group when he or she moves up.

Even when swimmers are ready to move to a more challenging group, circumstances can prevent coaches from moving them ahead. Swimmers may need to wait until spots open up in the next group, because the addition of new swimmers to a full group can greatly reduce the quality of workouts for everyone. Sometimes the swimmers in the next group are so much older and more mature than a swimmer who passes a test set, that coaches need to consider the social ramifications of moving swimmers to this group. If a swimmer does not have a social connection in the next group, often times they may become less enthusiastic about swimming.

The coach in the more advanced group always has input into whether a swimmer can join the group, and all moves from group to group require approval of the head coaches. Parents should encourage their swimmers to work hard, do their best, and listen to their coaches. This includes teaching them to respect the decision of their coaches to keep them in a group, or move them up. When a swimmer is ready, and circumstances allow a move, the coaches will work to do what is in the best interest of the swimmer.

Upcoming Meets - Save the Dates

The meet schedule for next year has not yet been finalized. However, mark these two dates on your calendar.

- First, February 12 - 14 is the Minden St. Valentine's Invitational Meet. We were snowed out of last year's meet so this year will be the Penguin's grand return. Expect a good winter meet, indoor pool, and Basque dinner with the Penguin families.
- While it is a ways off, mark July 23 - 25 on your schedule for the Tahoe Swim Meet. This meet includes a fun weekend of camping immediately adjacent to the meet pool. The combination of swimming and bar-b-queing can't be beat, right Stephen? In February, we will put out a call for campground signups so we are sure there is room for everybody.



Awards Night

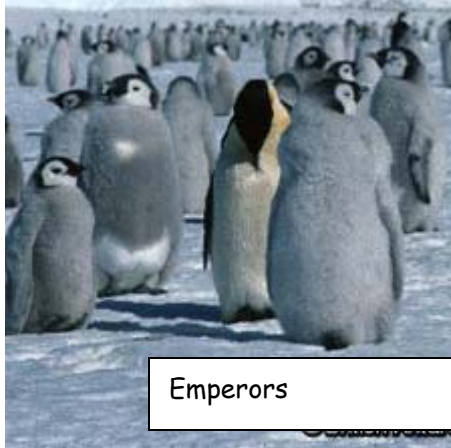
Thanks to Ken Toles for capturing the Penguins awards night on film.



Blues



Kings



Emperors



Royals



Rockhoppers



Seniors



"Well, *one* of us is in the wrong cartoon."

Bear River Meet

A bunch of tough Penguin swimmers braved the cold and rain at the Bear River dual swim meet.



Camp Penguin braces for the storm



Bear River (continued)



Ben and Luke stroke it out



Referee Brian checks for infractions on the starts



The 2009 Golden Goggle Awards - by special correspondent Stephen Baker

Thanks to the gracious hospitality of John Peterson and Risk Management Service of Tempe, Arizona, Penguin Swim Team parents Stephen and Mollie Baker attended the sixth annual Golden Goggles Awards in Beverly Hills, California on November 22, 2009. The Golden Goggles Awards is the annual celebration of the US National Swimming Team and the major fund raiser for the USA Swimming Foundation, the premier charitable organization for the sport of swimming in the United States.



Misty Hyman, Grace Baker, and Jason Lezak (Grace is the one in the middle)

In attendance at this gala event were not simply the world's greatest swimmers: Michael Phelps, Ryan Lochte, Matt Grevers and Cullen Jones among the men, and Dara Torres, Rebecca Soni, Ariana Kukors and Amanda Weir among the women. In addition, many swimming greats of years past also appeared to present awards. These presenters included Summer Sanders (remember the meets last year at the Summer Sanders Pool in Roseville?), Tracy Caulkins (the only swimmer to own American records in every stroke, Tracy set 62 American Records, 5 world records, won 48 National Championships and 3 Olympic Gold Medals.), Steve Lundquist (Steve broke world and American records on 15 occasions and was the first swimmer to break two minutes in the 200 yard breast stroke.) and Misty Hyman (28 time All-American from Stanford University and Olympic Gold Medalist in the 200 meter butterfly).

In light of the sobering statistics showing that drowning is the leading cause of accidental death among children in the United States, the USA Swimming Foundation developed a child-focused water safety initiative, Make a Splash, which has provided swimming lessons to over 155,000 at risk children. World champion sprinter Cullen Jones, who nearly drowned as a child, and retired American sprinter turned announcer Rowdy Gaines, are spokesman for the program.

Golden Goggles were awarded for various categories for both men and women: Breakout Performer of the Year, Perseverance Award, Coach of the Year, Relay Performance of the Year, Race of the Year and Athlete of the Year. Not surprisingly, Michael Phelps earned the Male Race of the Year Award for his 100 meter butterfly win at the World Championships in his showdown with Michael Cavic. Ariana Kukors won the Female Race of the Year for her world record performance in the 200 IM at the World Championships. Athlete of the Year honors went to Ryan Lochte (two world



Grace and Natalie

records in the 200 and 400 IM) and Rebecca Soni (world record in the 100 meter breast stroke and NCAA Champion in the 100 and 200 meter breast stroke).

Befitting the event's presence in Beverly Hills, the crowd was also entertained by the internationally award winning dance troupe, GrooValoos, specialists in street, funk and hip-hop dance styles. Toward the end of their performance, Cullen Jones was pulled from the audience and surprised everyone with his panache.



Grace Baker and Ryan Lochte

Thanks to the fortuitous circumstances of a family wedding in Carlsbad the day before, Penguin Swimmer Grace Baker also attended the Golden Goggles and met such swimming luminaries as Natalie Coughlin, Lenny Krazelburg, Summer Sanders, Jason Lezak and Ryan Lochte.

J is for Juggling Everything by Aimee Kimball, PhD. Dr. Kimball is the Director of Mental Training for the UPMC Center for Sports Medicine. She is an Association of Applied Sport Psychology Certified Consultant, and is a member of the American Psychological Association, the United States Olympic Committee's Sport Psychology Registry, the USA Swimming Sports Medicine Network, and the NCAA Speakers Bureau. She works with athletes, coaches, and parents to help them achieve success in sport and life. (from USA Swimming)

Athletes are dedicated. They are committed. They are willing to make sacrifices in their lives to help their sport performance. However, when you take this commitment to their sport and add a similar level of commitment to their academics, social lives, work and family, it can lead to a very difficult juggling act.

Take "Christina" for example. She is an athlete whom I work with that did not play well partly because she had done poorly on a paper and was stressed about it and partly because she didn't get a chance to eat before her game and instead had taken a nap.

She was so tired because she was up until 1 a.m. finishing a paper. She was up so late because she had procrastinated and did not manage her time well. She had known about the paper for a week, but said that it wasn't really that long or difficult of an assignment. She even admitted she could have done a better job managing her time because she probably didn't *have* to watch "Grey's Anatomy" (which took longer for her to watch than it did to actually complete the paper).

She also said her friend had a bad day, so she spent almost an hour on the phone talking to her. Because she waited until the last minute, waited until she was totally exhausted, and did not prioritize well, she not only did poorly on her paper she also did poorly in her game. Juggling her fun time, with her friend time, with her sport and academics proved to be too overwhelming. However, if she had thought it through and worked to manage her time and energy better, she could have been more successful in both her academic and athletic performance.

Unfortunately, I'm sure many of you can relate to Christina and are wondering how committed athletes who look for success in all areas of their lives juggle everything. Here are some suggestions to help you juggle your many demands successfully:

Recognize it's hard to give 100% to everything all the time

You're not a superhero. At some point something has to give, and that's OKAY. It's fantastic to strive to be perfect, but it's unrealistic to expect it all the time in everything you do. Do what you can, the best you can, with what you have at that moment.

Know your true priorities and think long term

Make sure if you choose to sacrifice one area of your life for the benefit of another that you are not just focused on the here-and-now, that you are thinking about how prioritizing one area of your life will affect you 1, 5 and 10 years from now. For example, if you choose to put your social life first and go out with friends all night rather than working on a project or getting a good night sleep before your 6 a.m. practice, recognize that one year from now your grades might not be good enough to get you the job or get you into college, or, five years from now when your swimming career has ended you may regret not doing the little things necessary to help you to reach your fullest potential. However, when choosing your priorities, keep in mind that the odds of competing at the collegiate or Olympic level are against you. So, before you prioritize swimming over all else, make sure you don't totally neglect the areas of your life that you have to rely on if/when competitive swimming ends. Again, think about the long-term effects of your decisions.

Know who else your decisions affect

As you are juggling the various aspects of your life, make sure you know what relationships might suffer. Whether it's your relationship with teammates, coaches, friends, or family, when you are spending a good deal of time with one group your connection to others may begin to fade. It's just something to consider as you try to balance your life.

Decisions don't have to be totally wrong or totally right, they just have to be the best you can make at that time

Many people stress out because they don't want to make the wrong decision. When several things are important to you, you are likely to feel that you are doing something wrong if you have to make a choice between two things you enjoy. When you struggle with such a decision, weigh the pros and cons, the long term effects, the people involved (including yourself), and make the best choice you can with the options available.

Balance the time and energy required for tasks

When you have lots of demands for your time, it is hard to get everything done. You can feel overwhelmed, stressed, and think that it is impossible to be you and be everywhere at once. When you have stress because of significant time demands, the best way to get control of it is to plan it out and learn to manage your time and your energy. First, get out a piece of paper and divide it into five sections. This is going to be your "to do" list. In the first column write down everything you have coming up. In the second column estimate how much time the task will take. In the third column, decide on a scale of 1-5 (1 being a little bit, 5 being a lot) how much energy the task is going to take. Then look at your list and prioritize-your fourth column is the order in which you are going to complete each task. The final column is the date or time you want to complete the task by.

To Do	Time Required	Energy Required (1-5)	Priority	Completion Date/Time

I suggest doing the tasks that require the most energy first, the ones that require the most time next, then, with the remaining tasks, decide which are most important. The reason you want to do the tasks that use your energy first is because you want to do them while you still have energy and you don't want to have them hanging over your head all day. You might have to call a coach and tell him that you are going to miss practice, something you dread and know it takes a lot of your energy to do but not necessarily a lot of time. If you wait until the end of the day, you'll have been stressing over this "energy-draining" task all day, which can distract you from all of your other tasks (causing them to take longer than needed and possibly decreasing their quality). Also, once the "energy-drainers" are completed, that sense of relief of having it done can actually bring you an energy boost.

Juggling the various aspects of your life is a skill. If you can create good time management habits, set goals to help you choose your priorities, and learn how to deal with the stress of it all, you will develop the ability to be successful in multiple areas without having to sacrifice too much in others. Sometimes, there is a lot going on and a lot being demanded of you, but the more you work at it, the more things you can juggle at once.

Make it great!

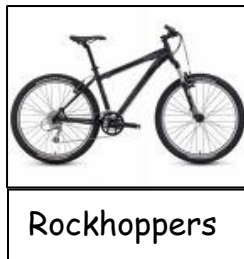
PRACTICE SCHEDULE

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



Penguin Bulletin Board

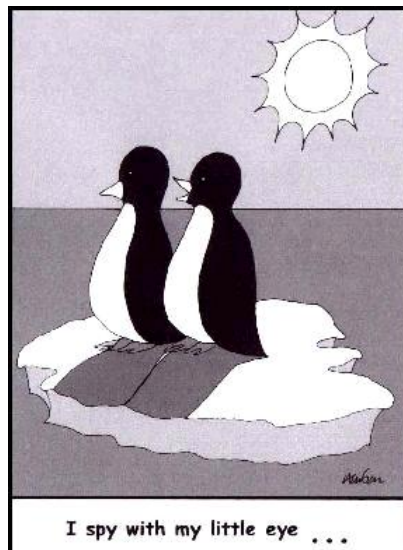
The Penguins Miner Moe's fundraiser has been extended. Anytime ANYONE orders from Miner Moe's Pizza and mentions the Penguin Swim Team, 10% will be applied toward our team fundraiser. You don't even have to be a team member!!!

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

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





Penguin Directory

Board of Directors

President	Dean Kruschke		sadean1997@att.net
Vice President	Brian Rhodes	273-0617	brianrhodes4@comcast.net
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Past President	Stephen Hoffman	308-3039	stillness5599@att.net
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Director-at-Large	Tom Herbert		toh@sbcglobal.net
Director-at-Large	Chip Arenchild		carenchild@iwins.com
Director-at-Large	Steve Castleberry	470-9188	castleberry@sbcglobal.net

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	Heidi Kirkpatrick	432-8330	heidijeff@live.com
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	Larry Gruver		larrygruver1@aol.com
Age Group Coach	Laura Winter		

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