



Penguin Pipeline

February 2009 Newsletter

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Notes from Management:

- **CHANGES IN DUES!!!** (bet that got your attention). As noted in last month's newsletter, Penguin monthly dues and annual fees for both the Penguins and Masters may now be paid using a secure website payment process. You may reach the payment screen and directions from the Penguin Store website (Penguin Store website address: www.swimstore.webs.com).

We are finding that this website payment is significantly easier for our poor hardworking volunteers who process monthly payments. While members may still pay by check, the fact is that checks are harder to process and take more volunteer time. In fact, the checks are so much more difficult to process, it may be necessary to hire outside accounting help to assist. At the January meeting, the Board the potential of adding a \$5 handling fee on check transactions. This action will be deferred to see if families will embrace the website payment. We would hate to adjust dues but it is difficult for a volunteer organization such as ours to process checks.

If you have any questions or comments about the website payment option, please contact Brian Rhodes.

- **Race officials** - Thanks to the parents who attended the officials training class held at Bear River this month (if anyone attended any of the other classes, thanks to you too). Those parents who attended the training were treated to a sometimes non linear but enthusiast presentation from Bill Rose, Officials' Chairperson of Sierra Nevada Swimming. If you ever forget why we get involved with swimming, give Bill a call, and let him inspire you with stories of what swimming has done for he and his family. Officials-in-training, please try and pick up a training session at Minden.
- **The Penguin Swim Team Snack Bar is now Open** - For \$1.00 you can select such gourmet foods as top ramen, hot chocolate or beef jerky. Use of the new microwave use included with purchase!!! (Thanks to Dana Nadeau-Richnak for the microwave donation). Every dollar you spend goes directly back into the Penguin Swim Team. So come hungry and buy up.



The Snack Bar, located inside the Memorial Pool Office, is an honor system. So if you eat it, leave it (\$1.00). Thanks.

Also, anyone interested in donating food items for the snack bar, give Cindy Pawlowski a call.

- **PST volunteers** - More volunteer "thank you"s. Christine Ingersoll has joined Steve Baker as the 2nd LSC rep. Brian Rhodes has re upped for the thankless job of coordinating race officials. In addition, thanks to Dean Kruschke for his volunteer attempt to get an article about Penguins into the Union. Looks like he may be successful. You will also see Dean later this year as he attempts to organize an upcoming fundraiser. Finally, Dean is also the new face of Penguin dues. Dean you rock.

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.

January Penguin Events

- On January 17, Penguins competed at the Bear River Swim meet. Special correspondent to the Penguins Newsletter, Dean Kruschke, offer these observations.

I have always loved the mornings of a swim meet. Watching the excitement of the kids getting ready for the meet as they talk to their friends about what races they are going to swim and what times they want to beat. It was a much larger crowd than I expected for a one day meet so there was a great energy to the meet. The warm-ups began with Coach Jeff giving the kids instruction and encouragement. Heidi later showed up with their two young children. It is always so impressive how well they manage the team and with such young kids of their own. As the meet went on it seemed our team did very well. It is so much fun to see the younger kids really improving their times.



Coaches Corner – Penguin Newsletter Interviews Coach Heidi

Who is that person that is calling for another 500? What really makes someone want to coach? This interview answers those questions!

Penguins Newsletter: First, what was your best stroke when you swam?

Coach Heidi: My best stroke when I swam competitively was freestyle. My best events were the 200, 500, 1000 and 1650 freestyles and the 100 butterfly. My favorite race was the 500 free. I did that race so many times that my mind and body instinctively knew what to do.

I was a better long course meters swimmer than short course yards; mostly because my flip turns were not always affective (hence why I think underwater work off the walls is so important).

My second best stroke was butterfly. I loved swimming the 100 fly, really loved the intensity of swimming a sprint race. I always felt that I never really achieved my full potential in butterfly because as I developed my swimming career, my coaches all seemed to focus on training me for distance freestyle.



PN: How did you get started in swimming. How old were you, when did you start to compete, etc.

Coach Heidi: I started swimming when I was 5 years old for the Auburn Robalos Recreational team in Auburn, CA. I remember wanting to join the year before, but my mom said I was "too young". My first day of practice, I thought I was going to drown. One other kid and I could not make it across the pool - width direction. By the end of that summer, I was the fastest freestyler and butterflyer in my age group (for girls). I swam on the Robalos for two summers and then my family moved to Grass Valley. I did not swim again until I was 10, I do not know why. I remember one day when I was nine, my mom took me to a tryout for Penguins, but was too intimidated when I saw the senior swimmers and didn't come back for an entire year. In my nine year old head, I thought all the Penguin swimmers were as fast as the senior groupers and I was too scared to swim. Funny, what you think as a child.

PN: You swam in both high school and college. For the younger Penguins, what was it like swimming on a high school team and a college team? Was it harder than Penguins? Was there any pressure? Was it fun? How good do you have to be to swim on a high school and college team?

Coach Heidi: Swimming on a club team all the way through high school, takes dedication and motivation. There will always be days in a swimmer's career, that they may not want to practice. There will be seasons of success and seasons that feel like total failure. Each of those seasons however, gives a swimmer character and paves the way for their future. Every swimmer goes through ups and downs....even if it doesn't seem like it.

High School swimming is complete fun. For a year round swimmer, high school swimming actually seems like "a break". Workouts can definitely be less challenging and the socialization is high. Swimming in dual meets and sections is truly fun. To be honest, I found high school swimming to be high pressure. My reason for this was because my focus was often on "winning the race" versus year round swimming, where my focus was "on my own race, improving my time".

College swimming actually combines both of those aspects. Everything you have ever trained for (endurance, strength, speed, mental toughness, racing and challenging yourself) all together. I truly can't bundle college swimming into a single package. I will tell you all this; I would never trade that experience for anything. Yes, it is grueling and yes, there were days I wondered why I did this and

wanted to quit. The amount of training that goes into a college swimming career is incredible. I often look back at sets that I had to do and wonder how on earth I survived the four years....but would go back and do it again in a heartbeat.

I cannot describe the bonds of friendship that you form with your college teammates. They were truly my "family". The traveling was amazing. I got to travel all over; to many places I never would have gone, all for free. I am truly thankful for that time, especially now that I am a mom of two and traveling is sparse.

I am now proud to say that I swam four years at Oregon State University and graduated with a 3.83 GPA. I am only telling you this because I know for a fact that you can earn good grades and commit yourself to serious training. In fact, I believe swimming can actually make you a better student. Each stage of swimming competitively gets harder and harder. In addition, as you age, you gain more and more interests which can challenge your dedication to the sport. It takes true commitment and motivation to swim all the way through college. I can only begin to imagine what it takes to be a Michael Phelps.

I couldn't encourage swimmers more to stick with the sport. It might not always seem like it, but swimming can bring things to your life that you may have only imagined. Sometimes the harder you work, the more you realize this.

Some may think that swimming comes easily to others and find this discouraging. Don't let yourself fall into this trap. Life is like that in all aspects. Some things come easily to people and other things come easily to another person; that is just the way it is. Do not let that be an excuse for you; in fact use it to help you get improve by setting higher standards and goals for yourself.

PN: What is your most memorable swim meet?

Coach Heidi: I do not have a "most memorable swim meet". I do have most memorable swims however. I can tell you this, my fastest swims ever, were the easiest swims ever. This I cannot explain. My fastest swims felt like I had endless speed and energy, and I could feel each part of my stroke working effectively, my mind pushing me to go faster.

PN: In college, how did you prepare for big swim meets?

Coach Heidi: Preparing for college meets involved many steps. First, of course, I went to practice and trained hard twice a day, six days a week, even when I had homework, tests or had a cold. At the beginning of the season, you always got a syllabus of meets. Mentally I would lock on those dates and begin visualizing myself swimming fast. I would imagine the pool, the temperature, the air, the sounds and smells. I would swim my race in my mind. Doing this gets your heart racing and helps prepare you to swim fast. If you have never tried this, please do, it really works.

My very last race in college was a memorable one for me. I cannot explain how odd it was to know that this was truly "the last" time I would really dive in a pool and race. How could something that I have loved and done for so many years, be instantly over? I remember that I couldn't focus on my swim, I was just thinking, "oh my". I remember that I did improve my time, but not nearly what I should have (it was a 1650....so I had many laps to think☺). I think the reason I am sharing this, is because, swimming can truly be a way of life. You really can love it so much that life feels a bit empty without the competition. Now that I am 32, eleven years out of college swimming, I have finally come to terms with just being a recreational swimmer...but I must admit, it took me many days and a few sad days to adjust to not having competitive swimming in my life. Your love for swimming and competition can truly be a way of life.

I missed swimming so much, that after college I actually joined a Masters team in Rocklin, while I started my teaching career. I swam numerous lake swims and had a great time. I did notice though, each year I started getting a little slower and slower....now I realize that at one point I could have lapped myself about three times in a 500 at my current speed!

PN: Talk about your family. Did you have siblings that swam? What's it like having a family full of good swimmers? At home, do you talk about swimming?

Coach Heidi: My family moved to Grass Valley when I was in fourth grade. My parents still live in the house they built way back then. I have an older sister and a younger brother, who were both Penguins at one time. My sister swam through high school and my brother just a few short years as a child. Although my sister enjoyed swimming, art and raising animals were her real passions. As for my brother, he really got into computers and firefighting. I honestly believe he had a ton of natural talent and if he hadn't of quit, he could have been very good.

My parents were up and down with supporting my swimming. Because of this; I recommend that all parents support their child fully with their swimming, whether they are swimming incredibly fast or slow. Swimmers need the same support from their parents during the best seasons and the worst. In fact, swimmers often need the support more when they are going through ruts.

At home, Jeff and I talk about swimming a lot. We both truly love the sport. My constant challenge is trying to find the time and energy to be the coach I feel I should be. My two little children get the most of me and believe that this is how it should be☺.



PN: What do you enjoy most about coaching the Penguins?

Coach Heidi: The thing I enjoy most about coaching swimming is seeing swimmers improve and have fun. When I say improve, I don't just mean times, I also mean ability. I love to see how the combination of dedication, motivation, hard work, and coaching, all help swimmers develop. I love helping swimmers with this. It is fun to watch the friendships develop and remember the joy the sport can bring to young lives.

PN: What's your favorite movie?

Coach Heidi: As for the personal questions....I don't really have a "favorite" movie. I will tell you that I fall asleep watching almost every movie....but sometimes comedies and suspenseful movies can keep me awake.

PN: What's on your ipod?

Coach Heidi: I don't actually own an ipod and to be honest, technological things are not really me. I wouldn't even know how to work one if I did have one☺. I will tell you that I love hiking, animals and being with family and friends.

PN: What's the one thing you would want to tell young Penguin swimmers about their future in swimming (besides "if you don't quit talking, everyone swims a 500")?

Coach Heidi: If I could tell all Penguins just one thing, it would be, "Make the most of your time with swimming. You truly do have the opportunity to be great. It just depends how badly you want it".

Upcoming meets

Following is a tentative schedule of 2009 meets. Mark your calendars.

Feb 13-16	San Diego	Senior Travel Meet
Feb 13-15	Minden	All Groups
Feb 25 - 1	Las Vegas	Sectionals (qualified swimmers only)
March 20-22	Fairfield	14 and under Junior Olympics
April 2-5	Morgan Hill	Far West SCY Championships (qualified swimmers only)
April 24-26	Folsom	Sierra Marlins Long Course
May 15-17	Woodland	Long Course - age group meet
June 6	Lake Berryessa	Open water swim - all groups
June 11-14	Santa Clara	Santa Clara International (qualified swimmers only)
June 19-21	Yuba City	FRAC - SCY - age group meet)
June 19-21	Roseville	Jr+ CCA Long Course
July 18-19	Chico	age group meet
July 24-26	Tahoe	age group meet
Aug 5-9	Hawaii	Western Zones (qualified swimmers)
Aug 7-9	Ukiah or Minden option	Age group meet
Aug 10-14	Federal Way	Junior National Championships (qualified swimmers only)
Sept 13	Whiskeytown	Open Water Swim
Sept 25-27	PENGUIN PLUNGE !!	
October 9-11	Roseville	All groups

Minden

For those newcomers going to Minden, a few miscellaneous tips from experienced Mindeners:



- Have fun
- Come and talk to your coach before and after each race, he/she is there to help you feel comfortable and give you advice on how to swim your race.
- Often times if you focus on race strategies versus "the race", a meet is less intimidating.
- All swimmers need to make sure they arrive on time and check in for their races when they get to the pool. Remember to get a good solid warm up in.
- We usually go out to dinner together on Saturday night. One year Penguins even took in a movie at the local theatres.
- The younger kids, when the weather is decent, have played on the playground and played flag football at the park behind the Minden hotel.
- Have a great time.



Penguin Bulletin Board

Upcoming PST Board Meetings

Jan 11 (Sun) at 1 pm at Sitaline Architects (approximately across the street from the Nevada City SPD)

Q: What did one snowman say to the other?

A: Do you smell carrots?

Q: Why don't cannibals eat clowns?

A: Because they taste funny?

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.



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.

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 Facts

- The name "penguin" is derived from Welsh terms 'pen', meaning head and 'gwyn', meaning white.

PRACTICE SCHEDULE

@ Memorial Pool

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

Note: this schedule will change in the next couple of weeks when the Seniors start at the high schools. Look for an email about the new schedule.

January Schedule 2009

John	Heidi	Jeff	Seth	Laura
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	Mon	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 Hopper	5:00-6:00	4:45-5:45	5:00-6:00	4:45-5:45	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	5:45-7:00	5:00-6:30	5:45-7:00	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		4:45-5:45		4:45-5:45		



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		sadean@usamedia.tv
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		

Committee Chairs

Awards	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Dues	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
Dues payment website			www.swimstore.webs.com
Registration	Dean Kruschke		sadean@usamedia.tv
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
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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			
Social	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Swim Lessons			
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org

Best / Improved Times 2008/2009 Season as of January 20, 2009 Earned at USA Swimming Sanctioned Meets - List
 prepared by Brian Rhodes

<u>Name (12 and Under Swimmers)</u>	<u>Age</u>	<u>Age Group</u>	<u>Bear River Meet</u>	<u>2008/2009 Season Total</u>
ALBERTS, JENNIFER	12.7	11-12 Girls	5	22
ALBERTS, JUSTIN	10.3	9-10 Boys		2
ARENCHILD, BENJAMIN	7.6	8 and U Boys		3
ARENCHILD, KATE	11.6	11-12 Girls		6
ARENCHILD, TERA	9.5	9-10 Girls		6
BAKER, GRACE	12.0	11-12 Girls		8
BRENNAN, DANIEL	8.3	8 and U Boys		2
BRENNAN, SARAH	10.1	9-10 Girls		2
BROUWER, ABIGAIL	11.2	11-12 Girls		12
BROUWER, CALVIN	9.3	9-10 Boys		9
CASTLEBERRY, KEI	9.1	9-10 Girls		1
CHAMBERS, CHRIS	9.7	9-10 Boys		1
DUNBAR, DELAYNEE	4.7	8 and U Girls		2
DUNBAR, EMERSON	7.0	8 and U Girls		4
GARDNER, ALYSSA	10.3	9-10 Girls		7
GIULIANI, DOMINIC	11.5	11-12 Boys		10
GOODNOW, SARAH	11.1	11-12 Girls	2	2
HERRON, KATE	8.8	8 and U Girls		15
KING, JEANIE	12.5	11-12 Girls		4
KOHLER, DYLAN	11.7	11-12 Boys		4
KOHLER, OLIVIA	9.9	9-10 Girls		3
KRUSCHKE, SAMANTHA	10.6	9-10 Girls	4	19
LATTER, SHAWNA	10.2	9-10 Girls		5
LAVULO, ROSELANI	11.7	11-12 Girls		1
LEE, FORREST	11.0	11-12 Boys		5
LUNDMARK, NATALIE	9.2	9-10 Girls		6
MARTINEZ, KEELEY	9.9	9-10 Girls		1
MAYOL, NICHOLAS	11.1	11-12 Boys		4
MCKENZIE, MARINA	12.3	11-12 Girls		10
MCLAIN, BENJAMIN	12.5	11-12 Boys	5	10
MOULE, JACOB	10.2	9-10 Boys		1
NARAMORE, JESSIE	9.4	9-10 Girls		9
PARDINI, ANDREW	9.9	9-10 Boys	2	4
PARDINI, CONNOR	11.9	11-12 Boys		3
PAWLOWSKI, TANNER	11.5	11-12 Boys	1	5
POTTER, EMMA	12.5	11-12 Girls		2
PRICE-TISON, ANIKA	9.6	9-10 Girls		5
RHODES, MACEY	7.8	8 and U Girls		7
RICHNAK, SOPHIE	11.7	11-12 Girls		5
RICHNAK, TANNER	9.4	9-10 Boys		4
ROMINGER, DEREK	12.3	11-12 Boys		2
ROSS, OLIVIA	10.0	9-10 Girls		1
SHARP, JARED	10.7	9-10 Boys		2
SHARP, MEGAN	12.6	11-12 Girls		3
SUENRAM, GRACE	9.2	9-10 Girls		2
THIBAUT, HAYDEN	7.7	8 and U Boys		2
TOLES, MCKENNA	10.2	9-10 Girls		7
WARA, ARLETTY	8.8	8 and U Girls		5
WHITING, MICHELLE	11.6	11-12 Girls		2

