

Penguin Pipeline

January 2009 Newsletter

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Notes from Management:

- **Be a race official!!!** Over the last few years, our crew of qualified, volunteer, parent officials has dwindled and we are in need of many more. When we send more than just a handful of swimmers to a meet, we are also required to send officials. Because this is a requirement, there is also a consequence for not fulfilling it: our swimmers may only swim for times, and are not eligible to receive any awards. This happened recently at the Woodland meet last weekend.

There are benefits to becoming an official. The meet hosts provide officials with snacks, beverages and lunch. You also learn quite a bit more about the sport of swimming from going to the clinics than if you were to sit in a timers chair all day. Finally your swimmers will be assured of receiving awards whenever they earn them at the meets.

Fortunately, there are three upcoming chances to become trained, and one is in our own back yard at Bear River.

- January 3 @ Davis (ok, you are probably reading this after 1/3)
- January 15 @ Bear River (this is an easy Thursday night clinic starting at 6:30 pm at Bear River High School)
- January 31 @ Redding

Our team will reimburse you for any clinic costs (usually \$50) after you finish your training.

For those parents that have already attended a clinic, please finish your poolside training and take your open book test. It is a very easy multiple-choice test that can be taken anytime in your training process. There is no cost to take the test and it can be completed on-line in about 30 minutes.



- **PST volunteers** - More volunteer "thank you"s. Steve Baker is serving as the LSC representative.

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.

Editor's Note - Being a race official is a great way to volunteer. You're at the meet anyway, right?

- **Donations** - Thanks to the many families who have donated to the coach's gift (we have collected over \$400, which makes Stephen happy!). It is not too late to show your appreciation.
- 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). Click on the "Pay Dues" button.

Please read the directions the first time you make a payment. It is important that you make your Dues payments by the 30th of each month before the swim month you are paying for. If you don't pay your dues by the 30th, please bring a check to the pool or mail your payment to PO Box 404, Grass Valley and include a \$5 late fee. Your payment will clear your bank account in 4 working days after you submit your payment.

You may still pay your dues by check if you like before the 1st of the month, but we hope you use this service. This will allow you to time your payment. The cash will be withdrawn 4 days after the transaction. This withdrawal is not automatic. You will need to visit the Penguin Store each month you decide to pay on-line.

Reminder - the 2009 Penguin fee of \$75 is due before January 1st. (\$75 per family) You may pay this fee on-line if you wish.

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

November and December Penguin Events

- On November 1, the Penguin Swim Team was featured on the Day of Giving—the local telethon on NCTV. During the event, the team received \$400 in donations from current and former PST families, and members of the community. Chuck Scimeca, PST Master-swimmer, was the master-mind of this effort. Chuck not only helped to underwrite the event, he wrote the script, filmed and conducted interviews.

It has been said that we each have 15 minutes of fame. In the case of PST, it was only 13 minutes. Senior swimmers, Maria Guiliani and Jeremy Schultheiss, as well as coach, Larry Gruver, were interviewed on live TV. In addition, PST Master swimmer Chuck Chase and Penguin swimmer Tara Arenchild were interviewed at the Memorial Pool for showing on the Day of Giving. They highlighted the many benefits of the team to the community and our youth.

Thank you to Maria, Jeremy, Chuck and Larry for giving up their Saturday for this event. Thank you to the members of our community and the PST families Scimeca, Murphy, Baker, DeGraw, Mayol, Hoffman, and Haulman for their generous donations to this fundraising effort.

If you would be interested in helping Chuck to make this event an even bigger success next year, please contact Fran Haulman at fhaulman@comcast.net.

- On December 5, 6, and 7, hardy Penguin swimmers attended the appropriately titled Woodland Artic Challenge Swim meet.



- Penguins score big at the Corvallis Senior Open Dec 12-14, 2008** (report from John Sultan Senior Coach) - Penguin Senior swimmers Zack Humphries, Haley Porter and Trey Herbert all broke Penguin Team Records at the Corvallis Senior Open.

Zack Humphries recorded two first place finishes winning the 100yd backstroke in 52.24. He also won the 200yd backstroke in record setting time of 1:54.06 breaking Scott Wiederhold's record of 1:56.57 for 17-18 year olds set in 1995.

Haley Porter recorded two second place finishes in the 50yd and 100yd freestyles. Her 50yd time of 24.51 broke Patti Eacobacci's 24.60 record time from the 1980's for 17-18 girls. Haley also placed 2nd in the 100yd butterfly in 58.79 breaking Samantha Stowe's record of 59.21 set in 2004 also for 17-18 girls. Haley Porter now holds 18 Penguin Short course team records.

Trey Herbert finished 2nd in the 50yd freestyle setting a new team record in the 15-16 boys age group in 21.79. He broke Clayton Harris' record of 22.04 set in 2004.

This is an amazing performance by Senior Penguin swimmers. Twelve Penguin swimmers competed at the Open with 10 swimmers recording lifetime best times.

- December 17, 2008 Holiday Party -



Left: Plenty of good food. Below: Heidi and Jeff give a surprise pop quiz



Above: Penguin dudes exchange gifts

Right: Seth demonstrates his underhand water polo shot



Penguin Cheers

Penguin Rap

We do not waddle!
 We do not flop!
 When we jump in,
 we never stop!
 We strive, we thrive,
 we always try!
 Penguin Spirit never
 dies!
 Go Penguins!
 written by Emily
 Thomas

The Penguin Boogey

Coach: hey Penguins!
 Swimmers: hey what?
 Coach: hey Penguins!
 Swimmers: hey what?
 Coach: let's show em how we swim fast
 Swimmers: no way
 Coach: let's show em how we swim fast
 Swimmers: OK
 All: we kick our feet and boogey to the beat
 We flip around cause we're
 Pssst, Penguins Swim Team
 Pssst, Penguins Swim Team

Coaches Corner - Meet Entry and Participation Advice by Jeff and Heidi

The best (and perhaps only) way you to gauge your improvement during the season is to compete regularly in swim meets. Without competition, it is difficult to recognize (or appreciate) progress based only on an increased level of fitness and/or improved technique. When new swimmers attend meets, they find new motivation for the sport; their enthusiasm increases, they develop new friendships with teammates, and they recognize the purpose for every element of each practice session.



To help improve meet attendance and increase success at meets, we've put together the following information to help guide you in entering and participating in meets.

Entering meets (Information for Parents): Your swimmer does not have to be in great shape, know all the strokes perfectly or be in a certain practice group in order to compete in swim meets. **Enter them in whatever meets you can.**



If you can't bring your son or daughter to both days of a two day meet, there is no rule preventing them from attending one of the two days. **Two days is best, but one day is better than none.**

When you sign your swimmer up for a meet, do not simply put him or her in the events you think would be best. Ask the coaches, or ask your swimmer(s) what events the coaches recommend that they should swim. At practice, we may be training for specific events, with the expectation that everyone is going to compete in them. All swimmers should race in events that aren't necessarily their favorite. Swimmers should swim all events at least once each season so that they have a time for each race. That way they have times to build off of and can truly gauge improvements. Also, unless prior

arrangements have been made, **sign your swimmer(s) up for at least 3 events per day.**

Because of work or other responsibilities, some parents' schedules don't often allow them to take their swimmers to many meets. Please check with the other parents in your son or daughter's group, so that, if you are able, you can share transportation to and from the meets.

Entering meets (Information for Swimmers): Tell your parents as soon as you find out about meets so that they can put the meet on the family calendar and enter the meet as soon as registration opens. Often times, swimmers procrastinate in entering meets and the meets fill up before swimmers have an opportunity to enter. **Let's try to make entering meets on time a priority.**

At the Meets (Information for Parents): Parents, please let the coaches train the swimmers. Coaching your son or daughter before and after races is not necessarily helpful. You may be contradicting what the coaches have taught and you may end up confusing your son or daughter. Swimmers should be using skills that they have practiced repeatedly during the weeks of training prior to the meet. They shouldn't *generally* be trying out skills they've never even used before. Even if your son or daughter is not swimming in the first few events, it is still very important that he or she arrives before the start of warm-ups, checks-in, and gets in the pool with his or her teammates.

At the Meets (Information for Swimmers): Before going to a meet, make sure you ask your coach what time you should get to the meet. **When you arrive at the meet, immediately go check-in for your events.** (If you forget to check-in, you will be scratched from the meet.) After checking in, find your coach so that he or she knows you have arrived. Then, put your belongings in the team area and get ready to warm-up. Then, jump into the following steps.

- A proper warm-up is essential to having a good meet.
- Prior to your events, **pay close attention to the event that is in the water.** Often times, the meet pace changes and swimmers end up accidentally missing an event.
- **Always meet with your coach before and after each race you swim.** Your coach will always offer race strategies and needs to know your heat and lane prior to your race. After your race, he/she will have something to discuss with you regarding your swim.
- Make sure you have the proper clothing (socks, shoes, hat, parka) and nutritional items at a meet. It is important for your body to be warm and nourished, in order to swim fast. Keep your clothing on until right before your race to ensure you stay warm.
- **After racing, go directly to the warm down pool and warm down at least double the distance of the race you swam.** Then go talk to your coach, replenish fluids, and get a light, nutritious snack.
- Walking around a lot at a meet, no matter what the weather is like, can drain your energy. Make sure that you rest between events. It is a good idea to have a sleeping bag to lie on in the team area (this is how many people miss races though....so pay attention).
- Have fun and cheer on your friends.
- Watch other swimmers race so that you can learn more.



Upcoming meets (hint, hint)

<u>Upcoming Meets</u>		
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

For Minden, a block of rooms have been reserved at the Quality Inn Trailside Inn for Friday, February 13th and Saturday, February 14th. Heidi reserved 8 rooms (some may be taken already). The price is \$69.99 before tax. The conformation number is 72612393 and it is under Heidi Kirkpatrick. Families just need to call and change rooms to their name and credit card before February 12th. The address is 1300 N Carson St. Carson City, Nevada Phone number 1 (795)883-7300 or 1 (877)424-6423.

Nutrition for Swimmers (from the USA Swimming Web Site)

One of the building blocks of quality training is good nutrition. Your swimmer may be working hard in practice, but is he supplementing his training with proper nutrition? Test your nutrition I.Q. by deciding whether the following statements are true or false and comparing with the answers below.

1. Fruit is an excellent source of carbohydrate. True / False
2. Generally speaking, the more colorful and varied your fruit and vegetable platter, the healthier it is. True / False
3. It's best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. True / False
4. It's important to stay hydrated because it can directly affect athletic performance. True / False
5. If you become very dehydrated, your body may require two to four hours to replace fluid loss. True / False
6. Skipping breakfast will keep your energy levels stable throughout the day. True / False
7. The primary fuel source for swimmers is protein. True / False
8. Eating early and often throughout the day helps you avoid the blood sugar highs and lows (high energy, then sleepiness). True / False

Answers

1. True. Fruit provides carbohydrate in the form of natural sugars (versus refined sugar). Fruit is a tasty, nutritious and easy snack, especially for swimmers on the go.
2. True. The bright colors of fruits and vegetables indicate high levels of vitamins, minerals and antioxidants. Having a variety of nutrient-rich fruits and vegetables all bring something different to the table. Good examples include apples, pineapples, berries, bananas, oranges, kiwi, melons, grapes, mangoes, papayas, apricots, peppers, broccoli, cauliflower, carrots, avocados, zucchini, squash, corn, peas, beans and tomatoes.
3. False. Try to eat a carbohydrate and protein snack within the first 30 minutes after practice. The sooner, the better. This will replenish your body's depleted blood sugar levels and repair muscle tissue. If you have trouble eating solid food after a hard workout, try liquid foods such as chocolate milk or a fruit smoothie. Then aim for eating a substantial meal within two hours after practice to maximize recovery.
4. True. Drinking early and often (every 15 minutes during practice) keeps you hydrated and provides your body with fuel. Without fluids, you decrease your work capacity, which can have a negative impact on exercise performance.
5. False. It could take up to 24 to 48 hours to totally replace fluid loss after dehydration sets in. Drink frequently throughout the day. If you don't want water, fruit juices and milk shakes are great nutrition choices, more so than sports drinks. Orange juice has 5-16 times more potassium than Gatorade in each 8 fl oz serving.
6. False. Make it a habit to eat a hearty breakfast every morning. You'll eat less junk food later in the day, and it will enhance your daily energy levels and athletic performance. Try this for a good breakfast: Oatmeal, multi-grain bagel with peanut butter, yogurt with granola, fruit and milk.
7. False. The primary fuel source is carbohydrate. Protein and fat also help make up the fuel source, and depending on your body chemistry and type of training, the amounts needed may vary. But carbohydrate comes into play the most when you are maximizing your efforts during practice. Whole grains, brown rice, beans, wheat bagels, fruits and vegetables are some excellent choices.
8. True. Eating smaller amounts of carbohydrate frequently throughout the day helps keep blood sugar and insulin levels closer to normal. You'll be able to pay better attention at school or work, have no hunger pangs and feel stronger at workouts.

Penguin Bulletin Board

Upcoming PST Board Meetings

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

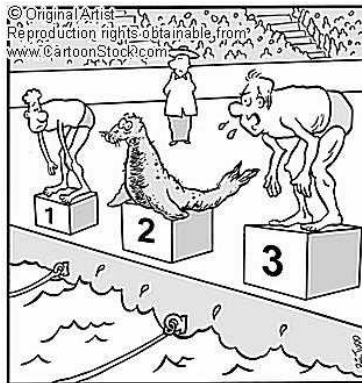
Q: Why did the penguin cross the road

A: To go with the floe

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.



"Are you sure this guy from Alaska is in a speed suit?"

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 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.



Penguin facts

- Most penguins can swim about 15 miles per hour.

PRACTICE SCHEDULE (note changes for January!!)

@ Memorial Pool

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

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	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

Best / Improved Times 2008/2009 Season as of December 31, 2008 Earned at USA
Swimming Sanctioned Meets - 12 and Under Swimmers (List prepared by Brian Rhodes)

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Woodland Meet</u>	<u>2008/2009 Season Total</u>
ALBERTS, JENNIFER	12.6	11-12 Girls	4	17
ALBERTS, JUSTIN	10.2	9-10 Boys	2	2
ARENCHILD, BENJAMIN	7.5	8 and U Boys		3
ARENCHILD, KATE	11.5	11-12 Girls		6
ARENCHILD, TERA	9.5	9-10 Girls		6
BAKER, GRACE	11.9	11-12 Girls	2	8
BRENNAN, DANIEL	8.2	8 and U Boys		2
BRENNAN, SARAH	10.1	9-10 Girls		2
BROUWER, ABIGAIL	11.2	11-12 Girls		12
BROUWER, CALVIN	9.2	9-10 Boys		9
CASTLEBERRY, KEI	9.1	9-10 Girls	1	1
CHAMBERS, CHRIS	9.6	9-10 Boys		1
DUNBAR, DELAYNEE	4.7	8 and U Girls		2
DUNBAR, EMERSON	6.9	8 and U Girls		4
GARDNER, ALYSSA	10.2	9-10 Girls		7
GIULIANI, DOMINIC	11.4	11-12 Boys	1	10
HERRON, KATE	8.7	8 and U Girls	4	15
KING, JEANIE	12.4	11-12 Girls	4	4
KOHLER, DYLAN	11.6	11-12 Boys		4
KOHLER, OLIVIA	9.9	9-10 Girls		3
KRUSCHKE, SAMANTHA	10.6	9-10 Girls		15
LATTER, SHAWNA	10.1	9-10 Girls		5
LAVULO, ROSELANI	11.6	11-12 Girls		1
LEE, FORREST	10.9	9-10 Boys		5
LUNDMARK, NATALIE	9.1	9-10 Girls		6
MARTINEZ, KEELEY	9.8	9-10 Girls		1
MAYOL, NICHOLAS	11.0	11-12 Boys		4
MCKENZIE, MARINA	12.2	11-12 Girls		10
MCLAIN, BENJAMIN	12.5	11-12 Boys		5
MOULE, JACOB	10.2	9-10 Boys		1
NARAMORE, JESSIE	9.4	9-10 Girls		9
PARDINI, ANDREW	9.9	9-10 Boys		2
PARDINI, CONNOR	11.9	11-12 Boys		3
PAWLOWSKI, TANNER	11.5	11-12 Boys		4
POTTER, EMMA	12.4	11-12 Girls		2
PRICE-TISON, ANIKA	9.5	9-10 Girls	3	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	10.6	9-10 Boys		2
SHARP, MEGAN	12.6	11-12 Girls		3
SUENRAM, GRACE	9.2	9-10 Girls		2
THIBAUT, HAYDEN	7.6	8 and U Boys		2
TOLES, MCKENNA	10.1	9-10 Girls		7
WARA, ARLETTY	8.8	8 and U Girls		5
WHITING, MICHELLE	11.6	11-12 Girls		2