



Penguin Pipeline

January/February 2010

In this edition of the Penguin Pipeline:

- Notes from Management
- Mark your Calendars, Swim a thon
- Meet the new coach
- Behaving like a champ
- Upcoming Meets - Save the Date
- Practice Schedule
- Bulletin Board
- Directory
- Best Times

Notes from Management:

- Congrats to Brian Rhodes, who was one of five volunteers to receive a recognition award this year from the Sierra Nevada Swimming LSC at the 2009 Sierra Nevada Swimming Awards Banquet. The recognition is for Members of USA Swimming who have served the LSC and their team. The recognition is not just for Officials, but is intended to recognize Meet Directors, Board Members, or Sponsors for the sport of swimming in their local area.

Sierra Nevada Swimming correctly recognized Brian's substantial contribution to our area and Sierra Nevada Swimming. There is not a single person who swims competitively in Grass Valley or Nevada City (both Orcas and Penguins) who does not know of Brian's support of the sport.

- As reminder, the following businesses were significant sponsors of the 2009 Penguin Plunge. As described below, the 2009 Plunge was one of our most successful fundraising events, in no small part thanks to these businesses. Please take every opportunity to patronize these folks, and to let them know you appreciate their support of the Penguins Swim Team.

Gold Sponsors

Mountain View Rehabilitation Medical Associates, Inc
Stephen C. Baker, Esq.
SPD Market

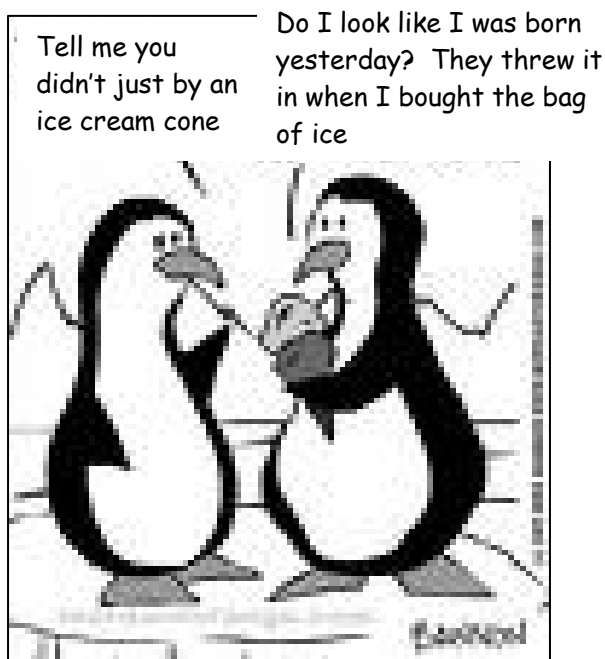
Silver Sponsors

Riebes Auto Parts
Moule Paint and Glass
Penny's Diner

Bronze Sponsors

Hills Flat Lumber
InterWest Insurance Services, Inc.
JROB Custom Screen Printing
Douglas Valentine, DDS
Sierra Mountain Coffee Roasters

- More volunteer news. Thanks to Betsy Herron for taking up the difficult task of making phone calls recruiting help to keep our organization going. Cold calling is not always a fun job, so please be nice to Betsy. Also, Betsy and Sandy Neel have agreed to coordinate USA Swimming registration. Finally, Kerri Latter has agreed to take on our Snack Bar. Stay tuned for snack bar information.



- Calling all volunteers - we are recruiting for a couple of positions. First, we are looking for a new chair person for moonlight madness. This fundraiser is our biggest and key to keeping down dues. This is a once a year position so you can volunteer for this and be guilt free the rest of the year. Cindy Pawlowski will provide the training (learn from the best). Contact Cindy or Fran!

Second, we are also recruiting for probably the team's easiest jobs: "copying". A few times a year, we need someone to go to House of Print and Copy (where we have an account) and have copies made then put the copies in a folder at the pool. How easy is that! Contact Fran

- As a reminder, if you haven't yet done so, please register with USA Swimming as soon as possible. This registration covers insurance for the swimmers, so it is very important that it is current. As if we all don't have enough expenses for January, the annual Penguin membership is also due. The fee is \$75 per family for 2010 and may be paid online on the Penguin Store website. We know it is a pain paying all this stuff at one time, but it covers you for a full year of swimming fun. It might seem like this is a lot of money, but it could be worse. Your kids could be into hor\$e\$!

Mark your calendars - Swim-a-thon!

The Penguins swim-a-thon is now planned for Saturday April 10th. This date is the Saturday at the end of spring break. A number of other dates were investigated but there were conflicts with meets and such so plan on coming back a day early from your Spring Break travels and plan on joining this fun event.

We are thinking of a midmorning Swim time but will probably have to stagger groups in order to get all swimmers into the pool. We will have goodies for participants to refresh themselves during the event.

Talk to Teri Polcene King for the latest information, to assist with the event, or with ideas. Or, come to the organizing meeting at the pool on February 8.

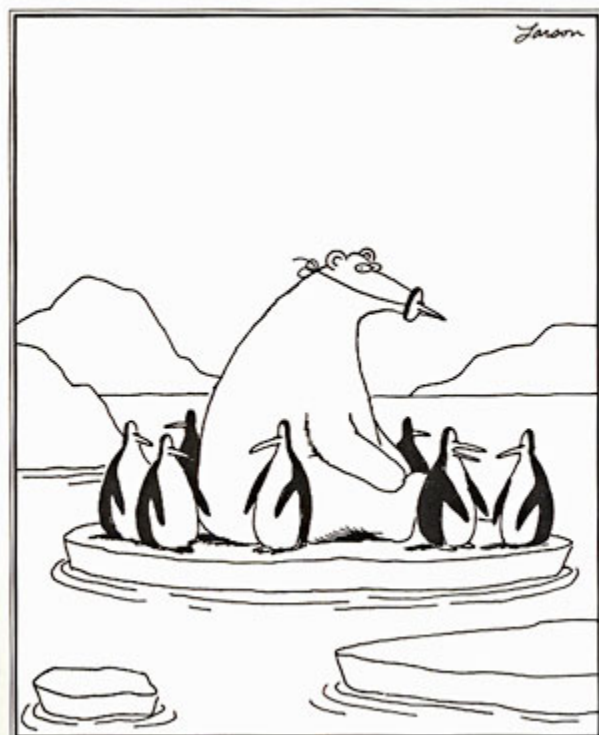
Meet the New Coach - Melody

Wojcik

In Melody's own words

I began swimming competitively at the age of 7 and haven't stopped swimming since. I began lifeguarding and teaching swimming at the age of 15 in Boulder City, NV. Eventually, I moved to Oregon and worked at two different City pools in the Eugene and Coberg area as a Lifeguard.

After a couple year hiatus from teaching I wound up in Kodiak, and then Sitka Alaska guiding kayak trips. My love for water brought me to work for the Sitka School District, and Haines Pool as a lifeguard. During this time I also taught a Hoonah group of kids that flew in to take summer swimming lessons, and was also an assistant coach for the Baranoff Baracuda's Swim Club.



"And now Edgar's gone. ... Something's going on around here."

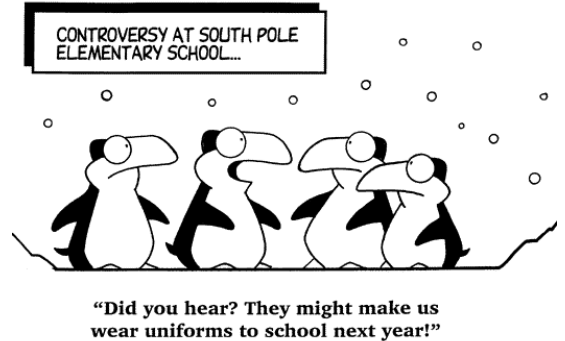
I eventually found myself back in the lower 48 with my husband Stan, where I was happily lured back into the teaching, guarding, coaching in the competitive swimming world for an elite athletic club in West Seattle called West Seattle Allstar Fitness Center. In Seattle I was a guard/instructor, put together a swim program for parent/toddler lessons, taught water aerobics 5-6 days a week, coached the masters swim team, and had the pleasure of filling in as assistant coach for an exclusive awesome swim team that practiced at our pool!

Once again Sitka's vortex was hard at work and my husband and I found ourselves back in Sitka where we were raising 2 beautiful kids (Senjaka, 4 1/2 and Tayjin 2 yrs. old on Jan. 20th), working at Blatchley Pool, and again coaching for the Baranoff Baracudas Swim Club.

I am now here in Grass Valley and, at the whim of fate, landed with the Penguin Swim Club. I'm excited to learn what the kids, parents, and other coaches will show me and to share what I've learned over the years. So, with a quirky personality and occasionally strange and facetious humor plus a bit of wisdom in hand I look forward to teaching/coaching with the skills I've acquired along the way.

So there you have it in a nutty shell!

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Behaving Like a Champion - BY JENNY SUSSER, PhD from USA Swimming

Dealing with distractions is something we all must do on whatever level we compete, whether it be the Olympics or sectionals. The higher the competitive level, the higher the pressure of the distractions.

Making good decisions when under pressure is a life-long challenge. You will still make mistakes, but that's part of being human. An important part of making mistakes is how you deal with them and then trying to learn from them. Being a competitive athlete offers daily opportunities to "behave like a champion," not just during a meet, but also in practice and in everyday life.

How about while you're having a bad set or workout, and you know you need to act one way when you'd much rather throw a tantrum and cry?

What about when you've been taken off the relay because someone swam faster than you? Again, is this a perfect time to get angry or feel sorry for yourself, or should you figure out how to swim faster by working harder or smarter in practice and then cheer louder than anyone else for the relay.

How about when you miss that cut by .01 of a second in the mile?! Sure, you will be disappointed. Who wouldn't? But is it "champion" behavior to throw your cap and goggles and quit swimming?

No. A champion would get upset (for a short time), dust themselves off, get back to training and try again.

Behaving like a champion shouldn't be reserved for those who are winning and only when you are competing. Sport is about many things, and winning is only one of them, no matter how important it might seem at the time. Behaving like a champion and being mentally tough is a much greater challenge when you are NOT winning, which might mean more and make you an even greater *champion*...in and out of the pool.

10 Reasons to Sign Up for the Minden Swim Meet

1. It's still open.
2. You don't have to shovel snow off the pool deck (it's inside).
3. It is a chance for you to spend Valentine's Day with your spouse ... crammed into a Best Western motel room with your three kids and the smell of chlorine in the towels.
4. Basque dinner with Penguin families.
5. Because Minden is a lot nicer than Fallon.
6. You can squeeze in a ski day at Sugar Bowl (or other resort of your choice) on the way up.
7. Even if you're not the fastest kid in your group, it's a great opportunity to collect a bunch of "best times".
8. Because Minden is a lot nicer than Battle Mountain.
9. Heidi said you have to go.
10. You will have a great time.



Tentative Penguin Swim Team 2010 Meet Schedule

February 12-14: Minden, Nevada SCY (all groups) -TEAM TRAVEL MEET
March 5-7: Sierra Marlins BB+/- , Folsom SCY (all groups)
March 19-21: SN JO 14&under, Fairfield SCY (qualifiers only)
April 10th: Penguin Swim Team Swim-a-thon
April 23-25: Sierra Marlins BB+/-, Folsom LC (all groups)
May 21-23: Woodland AGO, LC (all groups)
June 17-19: Santa Clara Grand Prix LC (qualifiers only)
June 18-20: Durham Dolphins AGO SCY
July 9-11 (maybe): Woodland BB+/-, LC (all groups) - last chance qualifier for JO's.
July 22-25: Sierra Nevada LC JO, CCA (qualifiers only)
July 24-25: Tahoe AGO, SCY (all groups) - CAMPING TEAM TRAVEL MEET
September 12: Whiskeytown AGO Open Water Swim (Royals, Kings, pre-seniors and seniors only)
September 18: PST Intrateam Meet, Memorial Park Pool
September 25-26: Penguin Plunge BB+/-, SCY (all groups) Mandatory TEAM MEET
October 8-10: CCA Spooktacular BB+/-, SCY, Roseville (all groups)
November 6-7: Napa AGO, SCY (all groups) Team Travel Meet?
November 19-21: Sierra Marlins Gobbler Classic BB+/-, SCY (all groups)
December 4 or 11: Penguin Swim Team and Bear River Dual Meet, SCY, Bear River
December: Corvallis SCY (qualifiers only) Travel Meet

*Meets are subject to change, depending on scheduling of new meets, etc. Not all Senior Meets are on this schedule.

PRACTICE SCHEDULE

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

New Schedule Beginning Monday, January 4, 2010

	Mon	Tuesday	Wed	Thursday	Friday	Saturday
Blue Penguins Beg.*		4:15-5:00		4:15-5:00	4:15-5:00	
Rockhopper Penguins	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	
Royal Penguins	6:00-7:15	6:00-7:15	6:00-7:15	6:00-7:15	6:00-7:15	
King Penguins	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	
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

Dryland (Start date TBA)

Kings at 4:00 on M/W



Blues



Rockhoppers



Royals



Kings

Penguin Bulletin Board

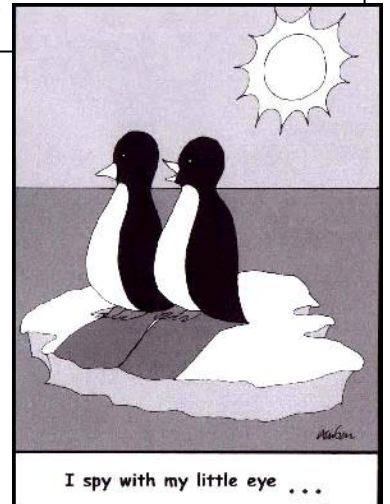
The Penguins Miner Moe's fundraiser has been extended. Anytime ANYONE orders from Miner Moe's Pizza and mentions the Penguin Swim Team, 10% will be applied toward our team fundraiser. You don't even have to be a team member!!!

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 eScrip! 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
Secretary	Fran Haulman	470-0934	Pst_secretary@comcast.net
Treasurer	Jan Pattee	272-9619	jep@sbcglobal.net
Past President	Stephen Hoffman	308-3039	stillness5599@att.net
Director-at-Large	Tom Naramore		tn@abetterprocess.com
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

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		

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
Master Liaison	Christine Ingersoll		
Printing	Victoria Kleiber.		victoriak@sncs.org
Moonlight Madness	Tamara Haas		thaas@ncws.com
Moonlight Madness	Katherine Keenan	265-4471	sharpiegrey@gmail.com
Newsletter	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
Officials	Steve Castleberry	470-9188	castleberry@sbcglobal.net
Penguin Store	Brian Rhodes	273-0617	brianrhodes4@comcast.net
			brianrhodes4@comcast.net
			www.swimstore.webs.com
Safety	Chuck Chase		chickranger@gmail.com
Social	Katherine Keenan	265-4471	sharpiegrey@gmail.com
	Molly Baker		molliebaker08@comcast.net
Swim Lessons	Jill Frank		jfranks@hotmail.com
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Volunteer Coordinator	Dana Nadeau-Richnak		danatnadeau@msn.com
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org

Part 1 of 2

Best / Improved Times 2009/2010 Season as of December 16, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

The 2009/2010 Season runs from 09/01/09 through 08/31/10

List prepared by Brian Rhodes

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Folsom Meet</u>	<u>Bear River Meet</u>	<u>2009/2010 Season Total</u>
ARENCHILD, BENJAMIN	8.5	8 and U Boys	4		7
ARENCHILD, KATE	12.5	11-12 Girls	4	1	15
ARENCHILD, TERA	10.5	9-10 Girls	4		12
BLAIR, HALEY	11.9	11-12 Girls			3
BRENNAN, DANIEL	9.2	9-10 Boys			4
BRENNAN, SARAH	11.0	11-12 Girls			4
BROUWER, ABIGAIL	12.2	11-12 Girls	2	2	11
BROUWER, CALVIN	10.2	9-10 Boys	5		12
BROUWER, ELIZABETH	8.4	8 and U Girls	4	2	14
CASTLEBERRY, KEI	10.1	9-10 Girls			9
CHAMBERS, CHRIS	10.6	9-10 Boys			1
CLOVE, DAVID	11.1	11-12 Boys			2
COFFIN, CHARLOTTE	11.6	11-12 Girls		2	2
DUNBAR, DELAYNEE	5.7	8 and U Girls			5
DUNBAR, EMERSON	7.9	8 and U Girls			7
FLATTER, KIRI	9.1	9-10 Girls	2		7
GIULIANI, DOMINIC	12.4	11-12 Boys			8
GOODNOW, SARAH	12.0	11-12 Girls			7
HART, DANIEL	10.3	9-10 Boys			5
HAWKINS, MIKAELA	12.5	11-12 Girls		3	3
HAYDEN, MCKENNA	5.5	8 and U Girls			1
HERRON, JACK	12.6	11-12 Boys		3	7
HERRON, KATE	9.7	9-10 Girls			10
HORTON, BELLA	10.0	9-10 Girls	2		8

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.

This list does not include any swimmers that are 12.5 or older on 09/01/09

Part 2 of 2

Best / Improved Times 2009/2010 Season as of December 16, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

The 2009/2010 Season runs from 09/01/09 through 08/31/10

List prepared by Brian Rhodes

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Folsom Meet</u>	<u>Bear River Meet</u>	<u>2009/2010 Season Total</u>
KING, ABEL	11.0	11-12 Boys	1		7
KING, OLIVIA	9.5	9-10 Girls	3		8
KING, SAMANTHA	9.8	9-10 Girls	3		8
KRUSCHKE, ELIZABETH	8.5	8 and U Girls	2	1	8
KRUSCHKE, SAMANTHA	11.6	11-12 Girls	4		15
LATTER, SHAWNA	11.1	11-12 Girls		3	8
LEE, FORREST	11.9	11-12 Boys			7
LOVELL, JADON	10.9	9-10 Boys			3
LOVELL, KYRA	9.2	9-10 Girls			2
LUNDMARK, NATALIE	10.1	9-10 Girls			4
MARTINEZ, KEELEY	10.8	9-10 Girls			3
MOULE, JACOB	11.2	11-12 Boys			3
NARAMORE, JESSIE	10.4	9-10 Girls	3		9
NARAMORE, LILY	7.5	8 and U Girls	1		7
PARDINI, ANDREW	10.9	9-10 Boys	7		16
PRICE-TISON, ANIKA	10.5	9-10 Girls			6
RHODES, MACEY	8.7	8 and U Girls			4
RICHNAK, SOPHIE	12.7	11-12 Girls			6
RICHNAK, TANNER	10.4	9-10 Boys			5
RIOUX, BLAKE	10.6	9-10 Boys			1
SEIVERT, JESSICA	10.8	9-10 Girls			4
SUENRAM, GRACE	10.1	9-10 Girls			2
TOLES, MCKENNA	11.1	11-12 Girls			9
WHITE, CARLY	10.6	9-10 Girls			4
WILCOXEN, MELLISA	12.2	11-12 Girls			3
YAMAUCHI, MILES	11.0	11-12 Boys	3		10

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