



Penguin Pipeline

July 2009 Supplement

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Notes from Management:

- As most of you know, the packets are out to the families for our Moonlight Madness fundraiser. The Moonlight Madness fundraiser is intended as a reward to swimmers whose families have fulfilled the \$100 per family fundraising requirement.

While time is running short (the party is September 11), the Penguins Board wanted to offer an option to the fundraising requirement. In lieu of the \$100, Penguin families can fulfill their obligation by bringing a new swimmer into Penguins. This will allow us to grow our membership while also raising money, and will allow you to coax a couple of your swimmers friends into our organization. Penguins get more money. Swimmers get to hang with their friends. Everybody wins, right?

If you can corral a new family or two, email Dean Kruschke, Cindy Pawlowski, or Steve Castleberry about getting your credit onto the books. Or, just write down the family's name and stick it in their packet. New members will get a really nice welcome at the Moonlight Madness party.

- Mark your calendars - We will be taking a break after the August Minden Swim meet. The break will cover August 10 through August 23 (subject to change based on the maintenance schedules at NU and Memorial Pools.). We will notify everyone if the break will extend beyond that. However, mark 8/10 - 8/23 as a vacation from Penguins.
- We've entered a sponsorship agreement with Finis, which will begin September 1. This will allow team members to buy Finis suits and equipment at a discount of 25% on anything we order. Heidi is working on getting the design for team suits. Go to www.finisinc.com to see what's available (suits, zoomers, and more). When we have all the information about ordering we will send out an email giving everyone the team's code for getting the discount.
- 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!!!
- The management of this newsletter apologizes profusely for butchering swimmer names in past (and probably future) newsletters. We have several diligent editors, but we are merely amateur volunteers. Penguin swimmers, keep achieving best times and other awards, and we will try to report your names correctly. Deal?

Upcoming meets

Following is a schedule of remaining 2009 meets.

| | | |
|--------------|---|---|
| July 24-26 | Tahoe | age group meet |
| Aug 7-9 | Minden THIS MEET IS NOW OPEN. SIGN UP ASAP. | High Country League Championship Meet |
| Aug 10-14 | Federal Way | Junior National Championships (qualified swimmers only) |
| August 16 | Donner Lake | Hot August Chill lake swim |
| Sept 19 | @NUHS | Intra-Team Meet |
| Sept 26-27 | PENGUIN PLUNGE !! | |
| October 9-11 | Roseville | All groups |
| Nov 7-8 | Shasta College/Redding | Jr+ and age group open (all groups) |
| Nov 20-22 | Folsom | Sierra Marlins BB+ all groups |
| Dec 5 | Bear River | Dual meet |
| Dec 11-13 | Corvallis | Senior Travel Meet |

- The Minden High Country Championships is for Pacific and Sierra Nevada region teams located at elevations over about 2000' (we're actually not sure how they picked them, but the 2000' elevations seems about right). This should be a fun meet with lots of opportunity for young swimmers to score well. It will be our last summer meet, and our last meet before THE PLUNGE.

Don't over rotate your rotator cuff - from USA Swimming Newsletter

As the title states, rotator cuff problems represent something that is worth the time to avoid, rather than spend weeks or months of therapy. If surgery is required, it may take many months to recover.

So, how do you avoid problems? I'll break this into four basic topics.

1. Know your flexibility and do not mess with the balance of the shoulder. This sounds confusing but boils down to the fact that everyone has different natural flexibility. Those who have great flexibility must be particularly careful to maintain muscle balance in the shoulder. Over-stretching and over-development of some muscles compared to others contribute to the loss of this balance. An example of this is the tendency of swimmers to develop large muscle groups in the front (anterior) at the expense of back (posterior) muscles, pulling the shoulders forward (the swimmer slouch).
2. Stroke technique is critical. Repetitive poor technique places stress on the smallest muscles of the rotator cuff to result in their failure and injury.
3. Perform routine strengthening of the rotator cuff muscles as part of your training. Several simple examples are given below. Dry land training is not the part of practice that you can miss.
4. Early troubleshooting is key. If you are having problems, let your coach know early on, not weeks to months later. An easy way to address problems early is by icing your shoulders as soon as your workout is completed. If there is no residual soreness, keep the icing going for at least a week and let your coach know so a stroke assessment can be made and training schedules adjusted slightly. Long-term pain, lasting hours after practice or into the next practice, may result in your sitting in your medical practitioner's office reading last year's magazines.

Now, for some of the basic exercises to strengthen these muscles.

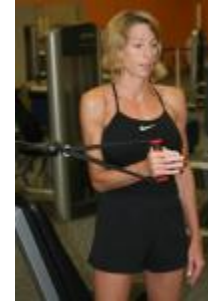
Exercise #1

Ball on the Wall: A ball is supported against the wall with a straight arm that is directly out to the side. Roll the ball back and forth against the wall in all directions with short motions, using these small stabilizing muscles.



Exercise #2

Inward and outward Rotation: Holding the elbow against your side at 90 degrees (a towel held between the elbow and waist assures good alignment) either rotate inward or outward against a pulley resistance that you can control. Do not throw it with your body.



Exercise #3

Shake it Up: Holding a water bottle at least half full, shake it quickly back and forth. The arm is at 90 degrees forward and bent at 90 degrees, as shown.

So there you have it for now.

Penguin Bulletin Board

Upcoming PST Board Meeting
August 3, 6:30 at NU Pool. Bring chairs!



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 |
| 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

PRACTICE SCHEDULE

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

Summer PST Schedule at Nevada Union Starting June 8

| Coach TBA | Laura | Seth | Heidi | Jeff | John | Larry |
|--------------------------|------------|------------|-------------|------------|------------|-------|
| | Mon | Tues | Wed | Thurs | Friday | Sat |
| Blue ADV | | 3:45-4:30 | | 3:45-4:30 | 3:45-4:30* | |
| Rock Hopp | 4:00-5:00 | 4:30-5:30 | 4:00-5:00 | 4:30-5:30 | 4:30-5:30 | |
| Royals | 3:45-5:00 | 4:15-5:30 | 3:45-5:00 | 4:15-5:30 | 4:15-5:30 | |
| Kings (am) | 8:30-10:00 | 8:30-10:00 | 7:00 - 8:30 | 8:30-10:00 | 8:30-10:00 | |
| Pre/Sen (am) | 7:00-9:00 | 7:00-9:00 | 7:00-9:00 | 7:00-9:00 | 7:00-9:00 | 7:00 |
| Pre/Sen (pm) | | 5:30-7:30 | | 5:30-7:30 | 5:30-7:30 | |
| Dryland (pm) | 5:00 | | 5:00 | | | |
| Blue Beg. (If necessary) | | 3:30-4:15 | | 3:30-4:15 | 3:30-4:15 | |

*Could start at 3:30 if dive tank is available.



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 | | sadean1997@att.net |
| 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 | | sethderrick@gmail.com |

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 |
| | Christine Ingersoll | | |
| Master Liason | Victoria Kleiber. | | victoriak@sncs.org |
| Printing | Tamara Haas | | thaas@ncws.com |
| 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 | Brian Rhodes | 273-0617 | brianrhodes4@comcast.net |
| Penguin Store | Brian Rhodes | 273-0617 | brianrhodes4@comcast.net |
| | | | www.swimstore.webs.com |
| Publicity | | | |
| Records | | | |
| Recruiting | | | |
| Safety | Chuck Chase | | chickranger@gmail.com |
| Social | Katherine Keenan | 265-4471 | sharpiegrey@gmail.com |
| Swim Lessons | Jill Frank | | jfranks@hotmail.com |
| Team Orientation | Steve Baker | 272-8421 | sbaker@dbpwlaw.com |
| Webmaster | Nathaniel Ingersoll | | webmaster@penguinswim.org |

Part 1 of 2

Best / Improved Times 2008/2009 Season as of July 14, 2009
 Earned at USA Swimming Sanctioned Meets
 12 and Under Swimmers
 The 2008/2009 Season runs from 09/01/08 through 08/31/09
 List prepared by Brian Rhodes

| <u>Name</u> | <u>Age</u> | <u>Age Group</u> | 2008/2009 | | <u>Season Total</u> |
|---------------------|------------|------------------|-----------------------|----------------------|---------------------|
| | | | <u>Yuba City Meet</u> | <u>Woodland Meet</u> | |
| ALBERTS, JENNIFER | 13.2 | 13-14 Girls | | | 24 |
| ALBERTS, JUSTIN | 10.8 | 9-10 Boys | | | 4 |
| ARENCHILD, BENJAMIN | 8.1 | 8 and U Boys | | | 3 |
| ARENCHILD, KATE | 12.1 | 11-12 Girls | | | 12 |
| ARENCHILD, TERA | 10.0 | 9-10 Girls | | | 12 |
| BAKER, GRACE | 12.5 | 11-12 Girls | 7 | | 26 |
| BRENNAN, DANIEL | 8.8 | 8 and U Boys | | | 3 |
| BRENNAN, SARAH | 10.6 | 9-10 Girls | | | 3 |
| BROUWER, ABIGAIL | 11.7 | 11-12 Girls | 8 | | 20 |
| BROUWER, CALVIN | 9.7 | 9-10 Boys | 6 | | 15 |
| BROUWER, ELIZABETH | 7.9 | 8 and U Girls | 5 | | 5 |
| BROUWER, LUKE | 13.1 | 13-14 Boys | 2 | | 2 |
| CASTLEBERRY, COLE | 13.3 | 13-14 Boys | | 3 | 6 |
| CASTLEBERRY, KEI | 9.6 | 9-10 Girls | 2 | 2 | 8 |
| CHAMBERS, CHRIS | 10.2 | 9-10 Boys | | | 1 |
| DUNBAR, DELAYNEE | 5.2 | 8 and U Girls | | | 2 |
| DUNBAR, EMERSON | 7.4 | 8 and U Girls | | | 4 |
| GARDNER, ALYSSA | 10.8 | 9-10 Girls | | | 7 |
| GIULIANI, DOMINIC | 12.0 | 11-12 Boys | 6 | | 20 |
| GOODNOW, SARAH | 11.6 | 11-12 Girls | | | 2 |
| HART, DANIEL | 9.8 | 9-10 Boys | 4 | | 4 |
| HERRON, JACK | 12.1 | 11-12 Boys | 4 | 5 | 9 |
| HERRON, KATE | 9.2 | 9-10 Girls | 7 | 4 | 42 |
| HORTON, BELLA | 9.5 | 9-10 Girls | | | 7 |

Part 1 of 2

Part 2 of 2

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| <u>Name</u> | <u>Age</u> | <u>Age Group</u> | <u>Yuba City Meet</u> | <u>Woodland Meet</u> | <u>2008/2009 Season Total</u> |
|--------------------|------------|------------------|-----------------------|----------------------|-------------------------------|
| KING, ABEL | 10.6 | 9-10 Boys | 2 | | 5 |
| KING, JEANIE | 13.0 | 13-14 Girls | 5 | 4 | 16 |
| KING, OLIVIA | 9.0 | 9-10 Girls | 3 | | 3 |
| KING, SAMANTHA | 9.3 | 9-10 Girls | 2 | | 3 |
| KOHLER, DYLAN | 12.2 | 11-12 Boys | | | 4 |
| KOHLER, OLIVIA | 10.4 | 9-10 Girls | | | 3 |
| KRUSCHKE, SAMANTHA | 11.1 | 11-12 Girls | | | 33 |
| LATTER, SHAWNA | 10.6 | 9-10 Girls | | | 5 |
| LEE, FORREST | 11.5 | 11-12 Boys | | | 5 |
| LUNDMARK, NATALIE | 9.7 | 9-10 Girls | | | 6 |
| MARTINEZ, KEELEY | 10.4 | 9-10 Girls | | 3 | 4 |
| MAYOL, NICHOLAS | 11.6 | 11-12 Boys | | | 4 |
| MCKENZIE, MARINA | 12.7 | 11-12 Girls | | | 17 |
| MCLAIN, BENJAMIN | 13.0 | 13-14 Boys | 5 | 3 | 38 |
| MOULE, JACOB | 10.7 | 9-10 Boys | | | 1 |
| NARAMORE, JESSIE | 9.9 | 9-10 Girls | | | 9 |
| PARDINI, ANDREW | 10.4 | 9-10 Boys | 4 | | 8 |
| PAWLOWSKI, TANNER | 12.0 | 11-12 Boys | | | 5 |
| PRICE-TISON, ANIKA | 10.1 | 9-10 Girls | | | 7 |
| RHODES, MACEY | 8.3 | 8 and U Girls | | | 13 |
| RICHNAK, SOPHIE | 12.2 | 11-12 Girls | 3 | | 8 |
| RICHNAK, TANNER | 9.9 | 9-10 Boys | 2 | | 6 |
| ROMINGER, DEREK | 12.8 | 11-12 Boys | | | 2 |
| ROSS, OLIVIA | 10.5 | 9-10 Girls | | | 1 |
| SHARP, JARED | 11.2 | 11-12 Boys | | | 2 |
| SHARP, MEGAN | 13.1 | 13-14 Girls | | | 3 |
| SUENRAM, GRACE | 9.7 | 9-10 Girls | | | 2 |
| TOLES, MCKENNA | 10.7 | 9-10 Girls | 7 | | 31 |
| WARA, ARLETTY | 9.3 | 9-10 Girls | | | 5 |