



# Penguin Pipeline

June, July, August  
2010

## In this edition of the Penguin Pipeline:

- Penguin Board Report
- Notes from Management
- Finis Coach of the Month
- The Burden of Time (ing)
- Orcas and Penguins
- Not All the Masters are Masters
- Fueling your Stroke
- The FRAC Meet
- Meet Schedule
- Penguins Award Night
- Penguins Classifieds
- The Tahoe Meet
- Eat Colorful Foods
- Bulletin Board
- Practice Schedule
- Directory

After a 3 month newsletter hiatus, we have a lot to cover ....

**Penguins Board Report** As indicated in a couple of recent emails, membership is down a bit, fund raising is down a bit, and costs (particularly late season heating costs) are up a bit. Please encourage friends to check out our program. It is the best bang for your buck when it comes to kid exercise, and every new member eases our financial burden.

## **Notes from Management:**

- Mucho kudos to Cindy Pawlowski for her huge effort with Moonlight Madness and the hundreds of letters she sent to corporations for fundraising. Cindy is single-handedly keeping our dues down. Speaking of Moonlight Madness, for any families who did not participate in the swim a thon, each family is required to do \$100 fundraising (or make that donation themselves). Hint hint.
- Volunteers Redux - As a reminder, our team is run entirely by volunteers. Currently, a majority of the volunteer work is done by a minority of the Penguin families. You don't want to be one of THOSE kinds of families, do you? Please remember that, if you are not an active volunteer, the families that are active will talk about you behind your back. To keep our team viable, we really need to get all families volunteering. Many hands make light work yadda yadda. Please contact [pst\\_secretary@comcast.net](mailto:pst_secretary@comcast.net) to find out how you can help--some jobs take very little time. We are currently looking for a volunteer coordinators, coordinators for various events, and someone to take on various paperwork and construction jobs. And then there is also the Plunge volunteer list .....
- Thanks to Kerri Latter for the running our pool snack bar this past year. Also, thanks to Betsy Herron for the many phone calls she has made on behalf of the team.
- Here is some big news...starting in the fall, Penguins is offering a ton of additional swimming options. First, for our new swimmers, Coach Jeff has developed the Macaroni Penguin program, for younger swimmers wanting to learn more about competitive swimming. This is a several month program and is intended to lead into the Blue Penguin program. Two, for high school swimmers, the coaches have created a swim workout for kids (such as water polo players) who want to hone their swimming skills, stay in shape, and avoid the 2 a day practices of the senior group. If that's not enough, the Master's program is expanding hours to accommodate a swim workout after dropping off the kids. The session will be in the mid morning, for those who aren't enamored with swimming at 3 am, or whenever it is that those Master's swim. Doesn't everybody know a kid, teenager, or grownup that could benefit from a quality swim program, with quality coaches, that is even more convenient than before? Given the previous item about the Board report, help your team and coax a couple of friends into joining our program. See the workout schedule for more clinic and swim opportunities!

## Finis Coach of the Month

We just received this exciting notice from Finis, our team sponsor.

Larry Gruver Head Swim Coach of Finis Sponsored Team, Penguin Swim Team is the FINIS Coach of the Month. Congrats to Larry for qualifying swimmers for Senior and Jr. Nationals this summer and having his swimmers be among the first to compete in our new suit, the Hydrospeed Velo!

## The Burden of Time (ing) by Coach Jeff

If you're looking for a way to meet and connect with parents of other PST swimmers, one of the best ways is to volunteer to time with other Penguin parents at swim meets. When our entries at a meet exceed a certain number, the meet host assigns a lane to our team. It's the duty of the PST parents to volunteer to fill the seats at the end of the assigned lane, where they will be pampered and served beverages and snacks during the duration of their stay.

Upon arrival at a meet, please find the team area and check in with the other parents regarding timing needs. Please make yourself aware of the timing lane assigned to the team, and help make the job of timing as painless as possible for everyone. If all the available parents at a meet take turns timing, no one will be stuck timing all day. Too often the same parents take the timing chairs only to remain all day long without anyone coming to offer relief.

The only skill required is the ability to press a button at the same time that a swimmer touches the wall, so no one need be intimidated by the task. You'll be fed, you'll be able to socialize with team parents, and you'll have a great seat for watching races.

It's a *Swim* meet, not a *Sit* meet

You pack up your car with comfy chairs, an EZ-up, four sleeping bags, 6 towels, two ice-chests filled with every healthy snack available at Briar-Patch, pay the neighbor kid \$10 to feed your dogs in the evening and head on down the highway to the meet.

You get to the event, your swimmer warms up, and then she gets her best racing suit on. The coaches are in position to watch the swims; eager to see how she has improved since the last meet. So you're all set; you hunker down in the team area and your swimmer waits...to swim *one* race? Ouch. That's a whole load of trouble for one 50 freestyle.

When signing up for a meet, please make sure that the swimmer is involved and that he or she chooses at least 3 races per day. This is better for the swimmer, better for the coaches, and much better for parents who have to work so hard to attend a meet. The swimmer should choose one or two of his/her favorite events each day, and then choose one or two events that he/she has never swum, or doesn't often swim. The point of each race is not necessarily to win; this should not be the concern of the swimmer. Often times it's simply good for the swimmer to challenge him or herself to swim something he/she considers difficult; or swim a race to try out something he/she has been working on in practice. Swimming one or two races at a meet is not enough. It's fun to sit around and hang out with people, but that's not the main goal of attending the meet. Come to swim and see what you can accomplish.



## Orcas and Penguins, natural enemies?

Not in the case of the Grass Valley Orcas and the Penguin Swim Team. In fact, they are the same organization, operating as a single non profit organization with a single set of bylaws. So, how are they different? Orcas swim for three months, are inexpensive, and swim in meets all during the summer. Penguins swim under the rules of the national USA Swimming Organization, swim year round, and compete in meets year round. And why two separate teams rather than just one really big team? Because they serve separate purposes. Orcas is a great introduction to competitive swimming. It provides a way for swimmers to compete during the summer but play other sports in the off season. Penguins are for swimmers who want to stay in "swim shape" all year, would like more face time with the coaches, and want to take it up just a notch.



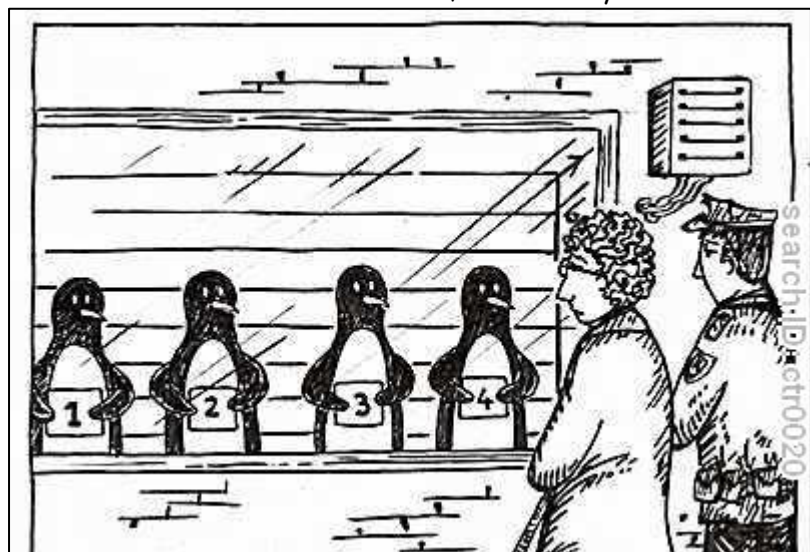
With both Orcas and Penguins, we provide our area the best of both worlds.

## Not All Masters are 'Masters' by Barry Friedman, Penguins Masters' Coordinator

I am part of a small group of crazy people. We are joined together by a ritual that many consider too high a price to pay for membership. Mainly, we wake up really, really early and swim laps.

In October of 2004, a big day of swimming for me was if I did a 2nd cannonball. I was 42 and starting to get all the aches, pains, and curves that were common for a man my age. Neck creaks, back tightness, and saggy muscles were starting to look and feel normal. Problem was, I had a very athletic 3-year old and I didn't want to be left behind!

These days I'm good for 6 - 7 miles a week - and if I can do it, you can do it! If you are thinking about getting in shape it's time to quit thinking - get up and come join us. We have a lot of fun and by 7:00 AM you are all done for the day.



## FUELING YOUR STROKE from USA Swimming

Six 200's descending on five minutes. Twenty-five 50's on :58. Whatever your "favorite," every set during every workout and dryland session requires energy.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are your "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

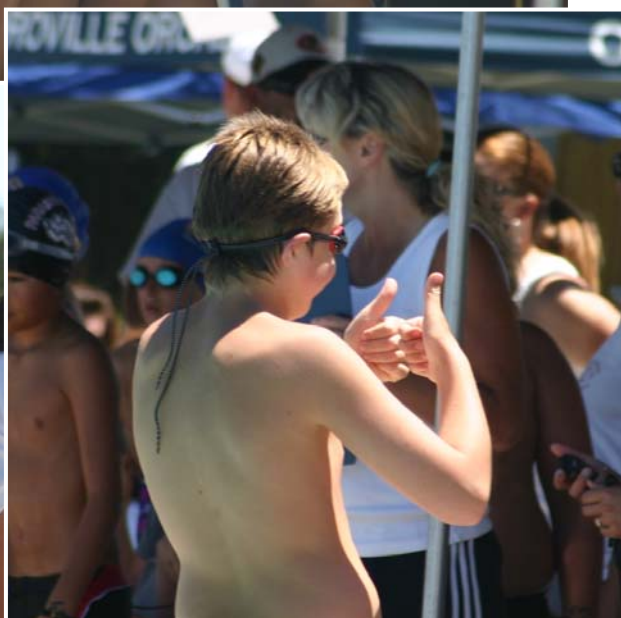
When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily on carbohydrate for its energy.

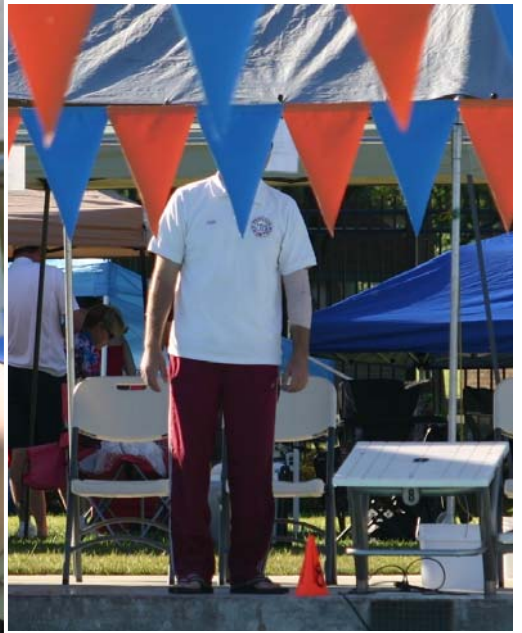
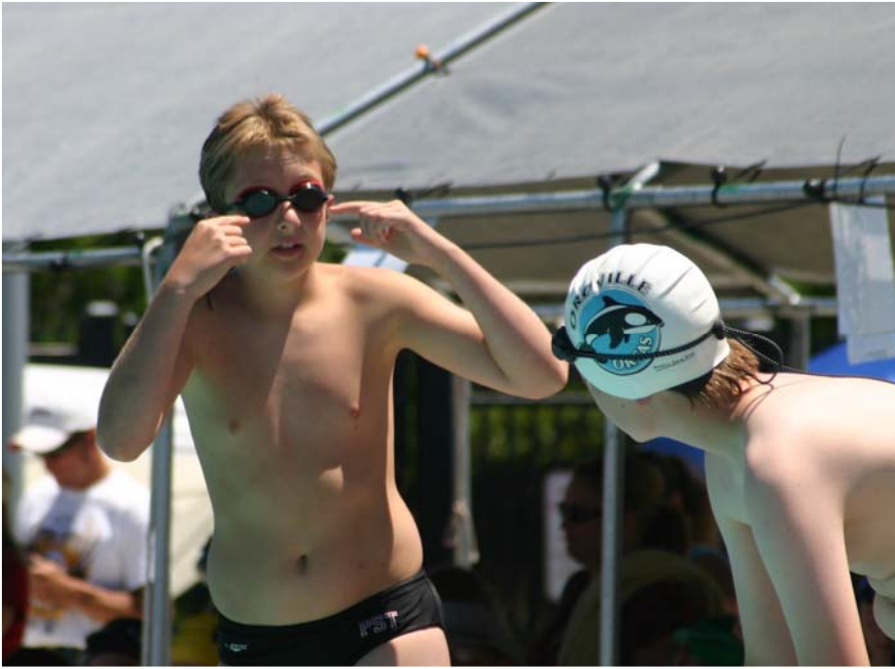
Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it - the majority of workouts are hard. Above 50% for certain. If you consider the typical swim workout, it's pretty safe to say that the primary fuel source for swimmers is carbohydrate.

## The FRAC Meet!

Penguins did great, taking 4<sup>th</sup> in the team competition. In addition, three Penguins were in the top of the age group competition: McKenna Toles, Maddie Herron, and Lily Brouwer, (who took first in her age group).







## Penguin Swim Team 2010 Meet Schedule

**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

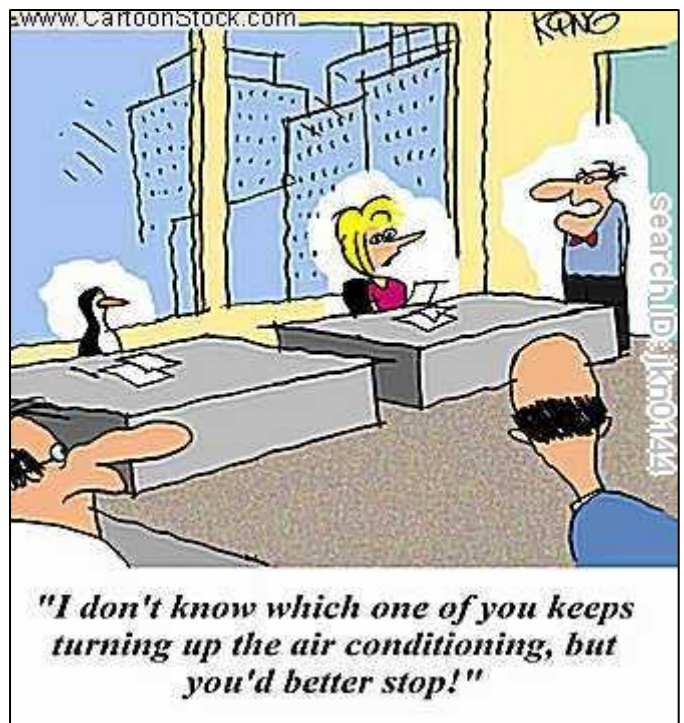
\*Meets are subject to change, depending on scheduling of new meets, etc. Not all Senior Meets are on this schedule.

## Penguins Awards Night

Reserve November 5 for the Penguin Awards Night. Details to follow.

## Penguin Classifieds

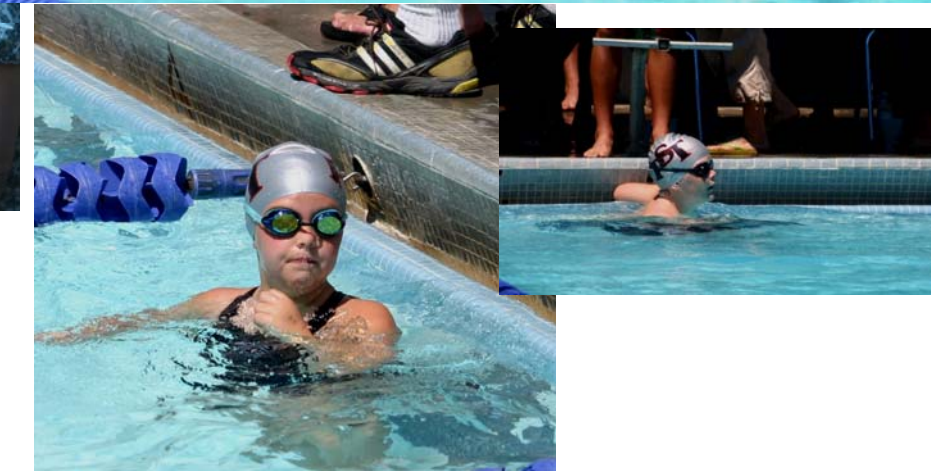
Next to new women's "PST" suit available for sale. It's a size 30 and in great shape. Contact danatnadeau@msn.com

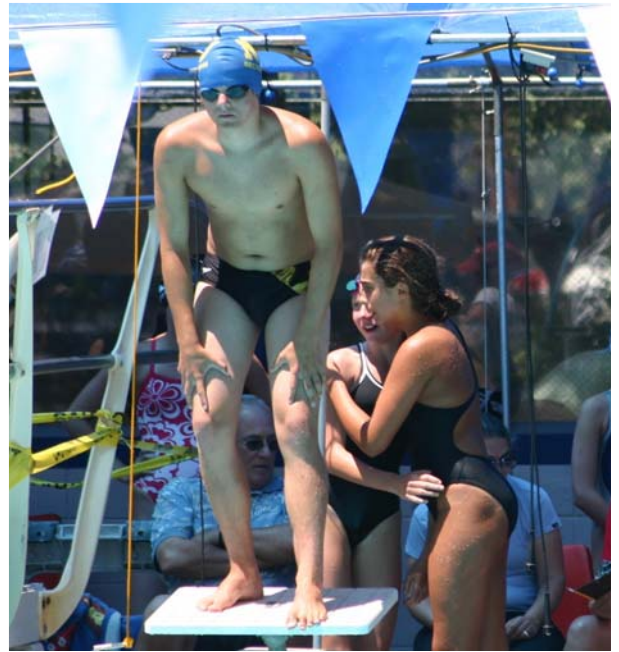


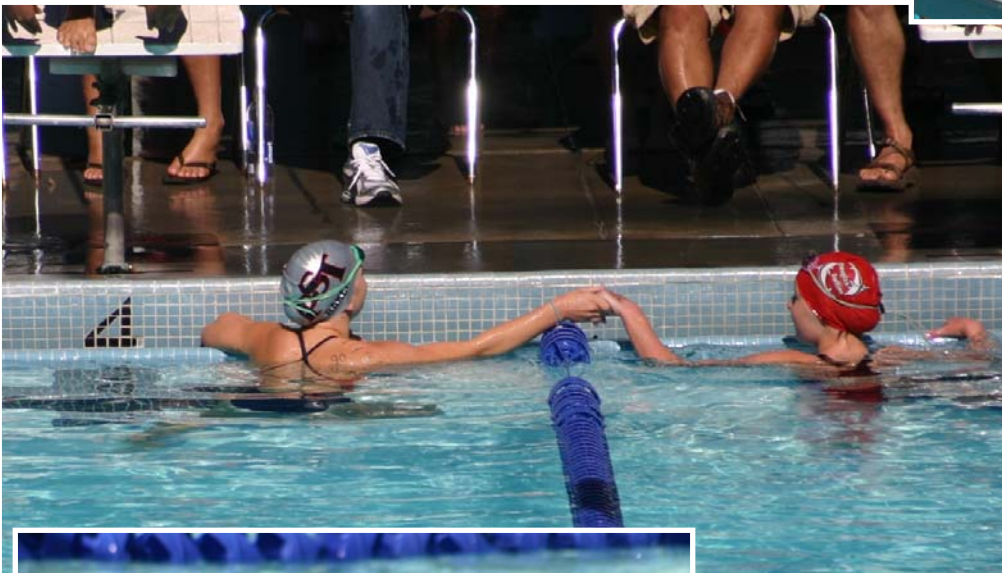
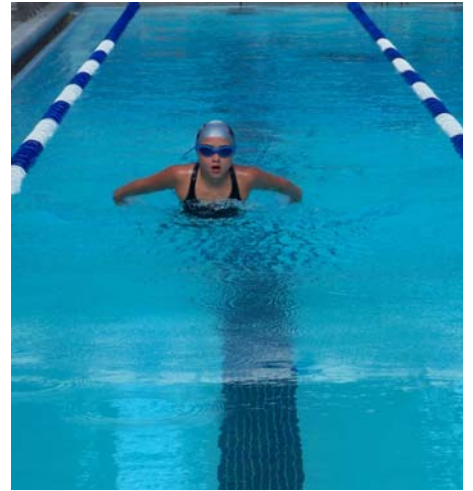
## The Tahoe Meet

If you missed the Tahoe meet, way too bad for you. Our swimmers rocked, we had a great time camping, kids and parents went ice skating (Penguins ice skating, how funny is that), plus there was birthday cake for all. Don't you think you should start planning for next year?











## EAT COLORFUL FOODS from USA Swimming

What are the first three foods that come to mind when we say "carbohydrate?"

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.



You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY if you give the body the right kinds of fuels during periods of rest.

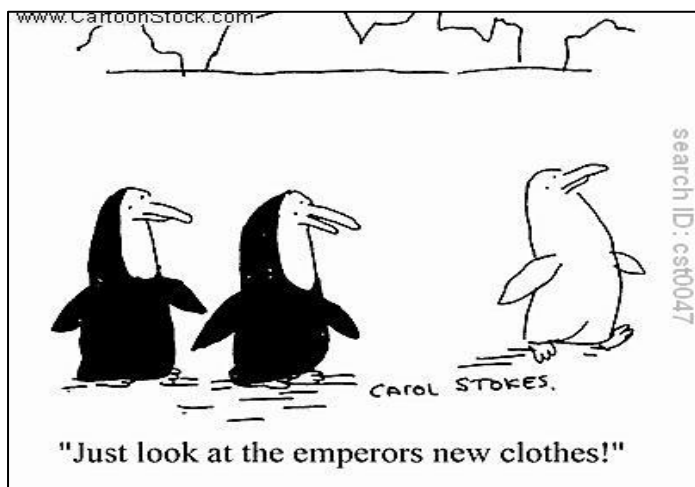
Well, one of the side effects of exercise is the generation of "free radicals." Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas,  
Oranges, Kiwi, Watermelon, Raspberries, Grapes,  
Mango, Papaya, Apricots, Red peppers, Broccoli,  
Corn, Squash, Carrots, Peas, Green beans,  
Tomatoes

Colorful foods DO NOT include: Skittles, Jelly  
Beans, M&Ms, Mike&Ikes, Fruit Loops,



## 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](http://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](http://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

### Visit our Sponsors

<b>Gold</b>	Mountain View Rehabilitation Medical Associates, Inc Stephen C. Baker, Esq. SPD Market
<b>Silver</b>	Riebes Auto Parts Moule Paint and Glass Penny's Dinner
<b>Bronze</b>	Hills Flat Lumber InterWest Insurance Services, Inc. JROB Custom Screen Printing Douglas Valentine, DDS Sierra Mountain Coffee Roasters

## PRACTICE/CLINIC SCHEDULE

**PST Stroke Clinic Schedule: August 23-27 (Mon-Fri)** - Macaronis and Blues: 4:15-5:00 (Please arrive by 4:00 on the first day), Rockhoppers, Royals and Kings: 5:00-6:00 (Mon/Tues= Freestyle Clinic; Wed= Backstroke Clinic; Thurs= Breaststroke Clinic; Friday= Butterfly Clinic)

**Masters Freestyle Clinic: Saturday, August 28 - 8:00-9:30 Clinic (follows the regular Saturday practice); new swimmers arrive early, please**

\$5 for PST Masters Swimmers (including first time PST parents wanting to check out the Masters program)

## **NEW Fall 2010 Practice Schedule**

	Mon	Tues	Wed	Thurs	Fri		
Macaroni Penguins	4:15-5:00		4:15-5:00			Tank	
Blue Penguins	4:15-5:00		4:15-5:00		4:15-5:00	Lane 1	
Rockhoppers	5:00-6:00	5:45-6:45	5:00-6:00	5:45-6:45	5:00-6:00	Lanes 1-3	
Royal Penguins	6:00-7:15	4:30-5:45	6:00-7:15	4:30-5:45	6:00-7:15	Lanes 1-3	
King Penguins	5:00-6:30	4:30-6:00	5:00-6:30	4:30-6:00	5:00-6:30	Lanes 4-6	
HS Fitness group	6:30-7:45	6:00-7:15		6:00-7:15		Lanes 4-6	
P/S	3:00-5:00	3:00-4:30	3:00-5:00	3:00-4:30	3:00-5:00	T/Th 1-6	M/W/F 2-6



## Penguin Directory

### Board of Directors

President	Dean Kruschke		<a href="mailto:sadean1997@att.net">sadean1997@att.net</a>
Vice President	Brian Rhodes	273-0617	<a href="mailto:brianrhodes4@comcast.net">brianrhodes4@comcast.net</a>
Secretary	Fran Haulman	470-0934	<a href="mailto:Pst_secretary@comcast.net">Pst_secretary@comcast.net</a>
Treasurer	Jan Pattee	272-9619	<a href="mailto:jep@sbcglobal.net">jep@sbcglobal.net</a>
	Dana Nadeau Richnak		
Past President	Stephen Hoffman	308-3039	<a href="mailto:stephenhoffman7@gmail.com">stephenhoffman7@gmail.com</a>
Director-at-Large	Tom Naramore		<a href="mailto:tn@abetterprocess.com">tn@abetterprocess.com</a>
Director-at-Large	Tom Herbert		<a href="mailto:toh@sbcglobal.net">toh@sbcglobal.net</a>
Director-at-Large	Chip Arenchild		<a href="mailto:carenchild@iwins.com">carenchild@iwins.com</a>
Director-at-Large	Steve Castleberry	470-9188	<a href="mailto:castleberry@sbcglobal.net">castleberry@sbcglobal.net</a>

### Coaches

(Team phone)			
Head Coaches	Jeff Kirkpatrick		<a href="mailto:heidijeff@live.com">heidijeff@live.com</a>
	Heidi Kirkpatrick		<a href="mailto:heidijeff@live.com">heidijeff@live.com</a>
Senior Group Coaches	John Sultan	271-2075 (home)	<a href="mailto:swimjunkies@cebridge.net">swimjunkies@cebridge.net</a>
	Larry Gruver		<a href="mailto:larrygruver1@aol.com">larrygruver1@aol.com</a>
Age Group Coach	Melody Wojick		
	Brooke Herman		

### Committee Chairs

Awards	Brian Rhodes	273-0617	<a href="mailto:brianrhodes4@comcast.net">brianrhodes4@comcast.net</a>
Dues payment website			<a href="http://www.swimstore.webs.com">www.swimstore.webs.com</a>
Registration and Dues	Dean Kruschke		<a href="mailto:sadean1997@att.net">sadean1997@att.net</a>
USA Swimming Registration	Betsy Herron		
	Brian Rhodes		
Fundraising	Cindy Pawlowski	265-8321	<a href="mailto:cpaw19ski@yahoo.com">cpaw19ski@yahoo.com</a>
LSC Representative	Steve and Mollie Baker	272-8421	<a href="mailto:sbaker@dbpwlaw.com">sbaker@dbpwlaw.com</a>
Copying	Michele Toles		<a href="mailto:thetoles@sbc.global.net">thetoles@sbc.global.net</a>
Master Liaison	Barry Friedman		<a href="mailto:raspyni@gmail.com">raspyni@gmail.com</a>
Printing	Tamara Haas		<a href="mailto:thaas@ncws.com">thaas@ncws.com</a>
Newsletter	Steve Castleberry	470-9188	<a href="mailto:castleberry@sbcglobal.net">castleberry@sbcglobal.net</a>
Officials	Brian Rhodes	273-0617	<a href="mailto:brianrhodes4@comcast.net">brianrhodes4@comcast.net</a>
Penguin Store	Brian Rhodes	273-0617	<a href="mailto:brianrhodes4@comcast.net">brianrhodes4@comcast.net</a>
			<a href="http://www.swimstore.webs.com">www.swimstore.webs.com</a>
			<a href="mailto:chickranger@gmail.com">chickranger@gmail.com</a>
Safety	Chuck Chase		
Snack bar at Pool	Kerri Latter		
Social	Mollie Baker		<a href="mailto:molliebaker08@comcast.net">molliebaker08@comcast.net</a>
Swim-a-thon Chair	Teri Polcene King		
Swim Lessons	Jill Frank		<a href="mailto:jfranks@hotmail.com">jfranks@hotmail.com</a>
Team Orientation	Steve Baker	272-8421	<a href="mailto:sbaker@dbpwlaw.com">sbaker@dbpwlaw.com</a>
Volunteer Coordinator			
Webmaster	Nathaniel Ingersoll		<a href="mailto:webmaster@penguinswim.org">webmaster@penguinswim.org</a>