



Penguin Pipeline

March 2010

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Notes from Management:

- Do you really love fundraising ... asking strangers for money? Funny, no one else does either. In addition to raising money from ourselves to fund our team, we thought we might also try raising money from others. In a break from tradition, we are planning to forego the Penguin Moonlight Madness (except maybe for the party!) and try instead to backfill the fundraising hole by holding another Penguin swim meet (in addition to the Plunge). This will allow us to raise money from other swimmers, bring business to our community, and allow us to swim in a meet without having to drive to Woodland or Folsom.

Here is the plan. The meet will be a one day, short course meters sprint meet to be held on May 8. The good news is that we can make a fair amount of money with just a one day meet. The bad news is that May 8 is the day before Mother's Day, and that will likely be a problem for some. It was hecka hard getting the new meet scheduled and finding a time that doesn't conflict with something else going on in the spring (thanks Brian Rhodes for doing all that). If we find that it really doesn't work well, we can change the date next year.

The upshot is we will need to mobilize just like we do for the plunge, but for only a day's worth of activity rather than 2 days. Keep in mind this is intended to allow us all to write one less check to PST, but offer our time instead. Keep an eye out for volunteer signups and plan on doing whatever you did for the Plunge, but for only one day.

- We're No. 869! OK, that doesn't sound quite as impressive as "We're No. 1". USA Swimming has started to rank swim clubs based on a fancy weighted scoring thingie that considers how many swimmers a club has and how they do. When you consider that there are over 2400 clubs being ranked, our little family run club is near the upper third of all the USA Swimming Clubs in the country. Not sounding so bad now, eh (the Sierra Marlins are the highest ranked team in Northern California). When you factor in how few of those clubs require their parents to bring snow shovels to practice to clear the pool decks, it sounds even better. It makes one think we are getting a lot out of Nevada County's talent pool of swimmers. All I can say is "watch out, No. 868 (Paducah Swim Team, from Paducah Kentucky), we are gunning for you".
- Volunteer news. Thanks to Steve and Mollie Baker as our LSC reps, Michelle Toles for printing and especially Dana Nadeau Richnak for understudying Treasurer.
- Tahoe Summer Meet - July is a long way off. However, planning for our July 24-25 Tahoe meet is now underway. We have signed up for 10 camping sites next to the pool. If you remember last year, we were crammed into camping spots and still had to turn away a few Penguin families. Contact Steve Castleberry at castleberry@sbcglobal.net to claim your spot.

Mark your calendars - Swim-a-thon!

The Penguins swim-a-thon is Saturday April 10th. This date is the Saturday at the end of spring break. The format will be for swimmers to swim 200 lengths in 2 hours. Get Grandma and Uncle Ben to pledge \$\$ per lap. The event will start at 9 am, with swimming going until 1 pm. Then, stick around for a bar b que and General Membership Meeting. There will be goodies for participants to refresh themselves during the event, as well as prizes for fundraising.

Talk to Teri Polcene King (tpolcene@live.com) for the latest information, to assist with the event, or with ideas.

Time Standards - Tell me again what BB means? Time standards are benchmarks that swimmers can use to measure their progress. Each higher standard achieved puts a swimmer on his/her way to greater success in swimming. Time standards are a formal way to evaluate speed at each age group level. Swimmers need BB times to be able to enter Junior Olympics (BB is faster than B, A is faster than BB). BB and other time standards are generally based on the slowest times in the finals heats of a given year's events. There are many senior level meets where swimmers must have an AAA or AAAA time to attend (that's really fast).

Heidi estimates that many of our swimmers who have COMPETED for at least a year (not just a year of swimming with one meet, but multiple meets) have at least one BB time. So, want to get yourself one of those "Junior Olympics" t- shirts you see around the pool? Start going to meets!

Penguin Clothes

Looking to upgrade your wardrobe? Is your Penguin shirt looking a little shabby? Did your Penguin sweatshirt last fit when you were in the White Group? This is your lucky day! We have arranged to have shirts printed at Nevada City T-shirt Shop (at 206 Main Street in Nevada City). You can get a shirt or sweatshirt with the Penguin Plunge logo, or go with a cool "eat sleep, swim" motif. Shirts are about \$11.50 each, and sweatshirts are \$26.50 each. Stop by and talk with Jeanne. She can also do pajama bottoms (either you bring in the bottoms or she can order).



"WELL HE DOESN'T GET IT FROM MY SIDE OF THE FAMILY"

Sport Specialization - Adopted from Daniel Gould, PhD Institute for the Study of Youth Sports Michigan State University

Q: My daughter is in 7th grade and plays soccer and basketball, swims, and runs track. One of our friends has suggested that she just focus only on soccer and not waste her time playing these other sports, as it will help her get the edge and might even lead to a college scholarship. Should she specialize in one sport?

A: More and more children are specializing in one single sport and training year round in the hopes of gaining a competitive edge.

The question of early sport specialization and year round training is a controversial one. Proponents argue that it improves young athletes' chances of sport success and helps build winning programs. Critics argue that early specialization results in increased stress and burnout, specialization in a sport that might not be best suited for the child, increased injuries, and decreased fun and satisfaction. In addition, early specialization results not from children's desire to specialize but from their parents. These critics also contend that the vast majority of children (over 90%) will never reach the elite levels, so specializing in one sport will rob them of the opportunity to have multiple sport experiences and learn a variety of sport and motor skills.

Unfortunately, definitive research on this question is lacking. However, several national panels of experts from sports medicine and science have convened to discuss the topic. These panels have definitively stated that it is not in the best interest of the child to specialize in a single sport and engage in year round training prior to puberty. Rather multi-sport participation should be encouraged and fostered.

Interestingly, recent research on elite athletes verify this conclusion, as most played multiple sports when they grew up and specialized in one sport later in their teenage years. It was felt that this allowed them to develop multiple skills, find the sport for which they were best suited, and reduced the chance of injury as well as stress induced burnout.

Be careful, however, not to be involved in so many sports that all you do is run from practice to practice and game-to-game. Participating in a number of sports will allow your athlete to develop a number of motor skills, have varied sport experiences, meet kids from varied backgrounds, and try his/her hand at a number of sports. It will also decrease the likelihood of burnout and experience an overuse injury.

When your athlete reaches the teen years you might think about focusing more attention on one sport or play on at team in one sport for more than one season. However, he/she still may want to take part in other sports, but perhaps not as intensely or in so many. If there is truly promise in one sport, a time to specialize and train year round in one sport will come, but this shouldn't be too early.

Snapshots at jasonlove.com



Moments later Pongo would awaken to the painful truth.

Penguin Performances - It's got to be about the seniors, right? Most pre-seniors and seniors are with the HS team now. However, we have four who qualified for and attended the Texas Speedo Sectional Championships at Texas A&M next week (3/5-3/7). Trey Herbert, Whitney Stephenson, Hayley Chase and Sierra Kleiber.

Larry Gruver reports they had a good meet. Whitney qualified 9th in the 200 back (first in the consolation final) and Trey qualified 18th in the 100 free (2nd in the Bonus Final). In the finals, Whitney won the Consolation Final in a lifetime best time of 1:59.02 in the 200 yard back. Her time would have finished third in the finals had she qualified for that. Trey won the Bonus Final with a lifetime best time of 46.03 in the 100 yard free.

Trey also ended up qualifying for finals, 7th in the 50 free with a 21.12. In finals he ended up 4th with a Junior National Qualifying Time of 20.83. Additionally, Hayley and Sierra time trialed the 100 free and did lifetime best times of 53.19 and 57.75 respectively.

Tentative Penguin Swim Team 2010 Meet Schedule

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 8: Penguin Sprint Meet - Junior Olympics Qualifier

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

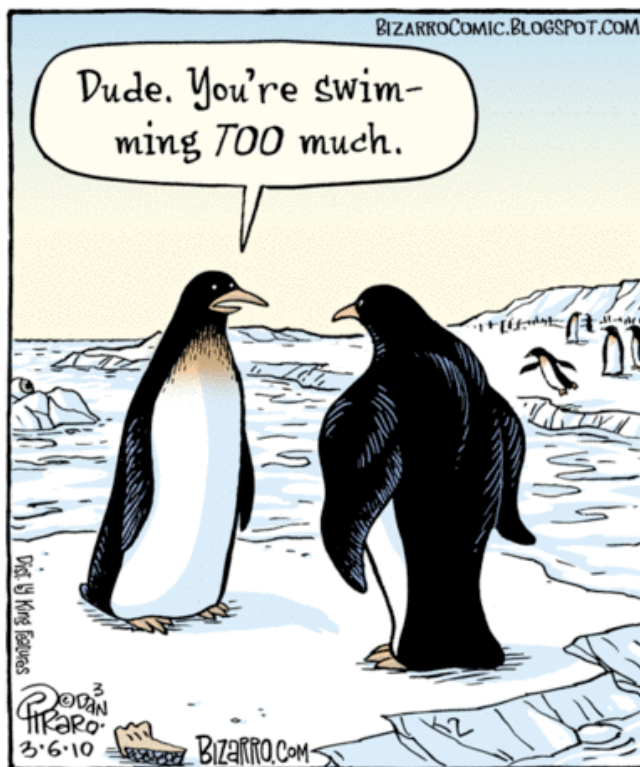
October 8-10: CCA Spooktacular BB+/-, SCY, Roseville (all groups)

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.



Minden O Mania

It was a fun meet!



No Basque dinner ☹

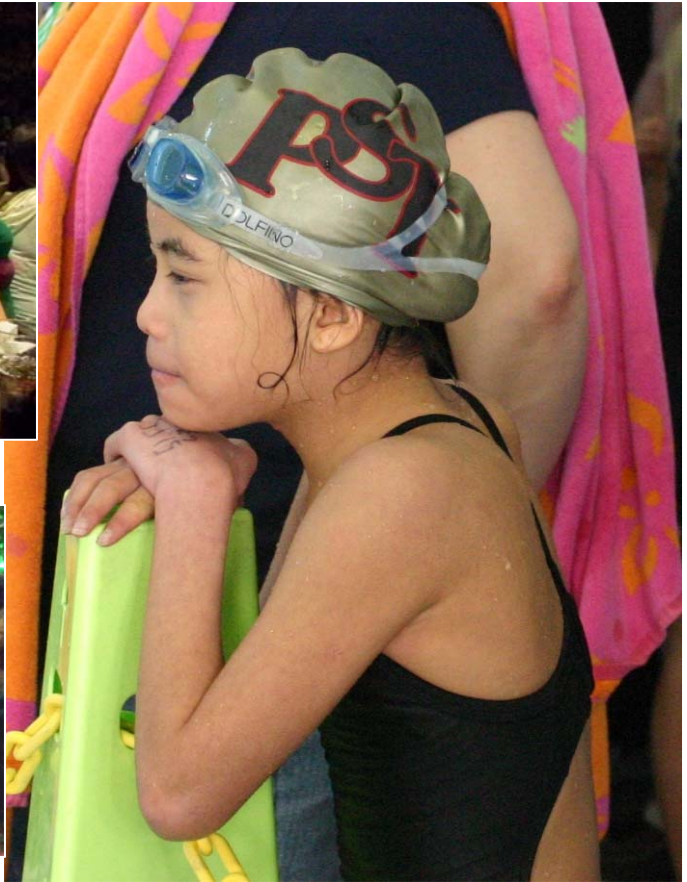


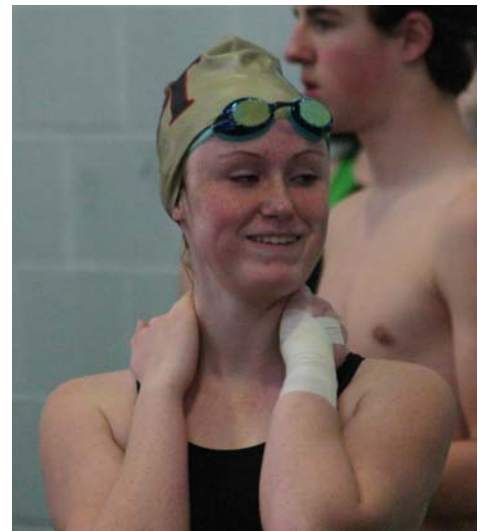






Dinner at the casino





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, 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

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PRACTICE SCHEDULE

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

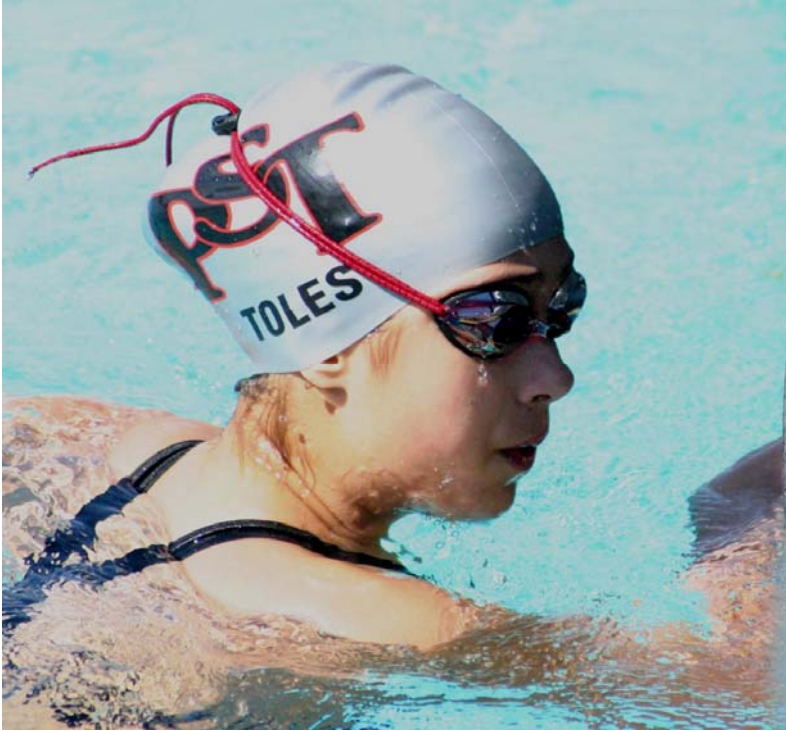
New Schedule Beginning Monday, January 4, 2010

	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

March Folsom Meet





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	Betsy Herron		
	Brian Rhodes		
Fundraising	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
LSC Representative	Steve and Mollie Baker	272-8421	sbaker@dbpwlaw.com
Master Liaison	Chip Arenchild		
Printing	Tamara Haas		thaas@ncws.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
			chickranger@gmail.com
Safety	Chuck Chase		
Snack bar at Pool	Kerri Latter		
Social	Molly Baker		molliebaker08@comcast.net
Swim-a-thon Chair	Teri Polcene King		
Swim Lessons	Jill Frank		jfranks@hotmail.com
Treasurer Understudy	Dana Nadeau Richnak		
Team Orientation	Steve Baker	272-8421	sbaker@dbpwlaw.com
Volunteer Coordinator			
Webmaster	Nathaniel Ingersoll		webmaster@penguinswim.org

Best / Improved Times 2009/2010 Season as of February 15, 2010

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>Bear River Meet</u>	<u>Minden Meet</u>	<u>2009/2010 Season Total</u>
ARENCHILD, BENJAMIN	8.5	8 and U Boys			7
ARENCHILD, KATE	12.5	11-12 Girls			15
ARENCHILD, TERA	10.5	9-10 Girls			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		13
BROUWER, CALVIN	10.2	9-10 Boys	1		13
BROUWER, ELIZABETH	8.4	8 and U Girls	3		17
BROWNE, JULIANA	10.7	9-10 Girls	4	2	6
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
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		7	14
GIULIANI, DOMINIC	12.4	11-12 Boys			8
GOODNOW, SARAH	12.0	11-12 Girls	2		9
HART, DANIEL	10.3	9-10 Boys			5
HAWKINS, MIKAELA	12.5	11-12 Girls			3
HAYDEN, MCKENNA	5.5	8 and U Girls			1
HERRON, JACK	12.6	11-12 Boys		9	16
HERRON, KATE	9.7	9-10 Girls		7	17
HORTON, BELLA	10.0	9-10 Girls			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

Best / Improved Times 2009/2010 Season as of February 15, 2010

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>San Ramon Meet</u>	<u>Bear River Meet</u>	<u>Minden Meet</u>	<u>2009/2010 Season Total</u>
KING, ABEL	11.0	11-12 Boys				7
KING, OLIVIA	9.5	9-10 Girls				8
KING, SAMANTHA	9.8	9-10 Girls				8
KRUSCHKE, ELIZABETH	8.5	8 and U Girls				8
KRUSCHKE, SAMANTHA	11.6	11-12 Girls				15
LATTER, SHAWNA	11.1	11-12 Girls			8	16
LAWLESS, EMMA	9.7	9-10 Girls		4	3	7
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	5	17
NARAMORE, LILY	7.5	8 and U Girls		2	2	11
PARDINI, ANDREW	10.9	9-10 Boys				16
PRICE-TISON, ANIKA	10.5	9-10 Girls	2	2		10
RHODES, MACEY	8.7	8 and U Girls				4
RICHNAK, SOPHIE	12.7	11-12 Girls				6
RICHNAK, TANNER	10.4	9-10 Boys			3	8
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			4	13
WHITE, CARLY	10.6	9-10 Girls				4
WILCOXEN, MELLISA	12.2	11-12 Girls				3
YAMAUCHI, MILES	11.0	11-12 Boys				10

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