

Penguin Pipeline

March 2009 Newsletter

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Notes from Management:

- **Dues and Registration** - After a little bit of reshuffling, Dean Kruschke has officially taken control of both Penguin Dues and Registration. Thanks to Cindy Pawlowski for handling those responsibilities recently. It is a tough, time consuming, and sometimes joyless job that Cindy handled well. Thanks to Dean for taking these responsibilities. Any questions about dues and registration can be made to Dean at sadean1997@att.net.
- **Website Dues Payment** - As noted in last several newsletters, 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).

As also noted, this website payment is significantly easier for our volunteers who process monthly payments, and we certainly don't want to burn Dean out too early. The Board discussed deferring any change of dues for non website payers until we can get a better idea of how many people are in fact using the website. However, the easier we make dues and registration processing, the cheaper it will be for all of our member families.

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

- **Race officials** - Thanks to the parents who attended the officials training class held at Bear River this month (if anyone attended any of the other classes, thanks to you too). If you haven't yet done so, now is the time to take your online multiple choice Officials Test. It is easy to take and easy to pass (heck, it is open book and you can take it again the same day if you don't pass). Go to the following link
<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=690&Alias=Rainbow&Lang=en>

If you have any questions, contact Brian Rhodes and he can send you a copy of the rules book.

- **The Penguin Swim Team Snack Bar is Open** - For \$1.00 you can select such gourmet foods as top ramen, hot chocolate or beef jerky. Use of the new microwave use included with purchase!!! Every dollar you spend goes directly back into the Penguin Swim Team. So come hungry and buy up.

- **A Little Help Here** Starting February 26th, we will need the help from parents in the Blue and Royal groups to get the pool covers off and the King and Rockhopper groups to cover the pool. Please come in and give a helping hand when dropping your child off or picking them up, if you are able. This process can be very slow when there aren't many people to help. Thank you.
- **Muchas Gracias** - Just a note of thanks to Cindy Pawlowski as she has recently stepped off the Penguins Board. She has been a whirlwind of activity with fundraising, escript, dues, registration, the snack bar, moonlight madness and more. While she will continue to volunteer for Penguins, we will miss her Board presence greatly.
- **Mark your calendar** - The next Penguins General Membership meeting is scheduled for March 18 at 5:30 pm. It will be held at Memorial Park or at an alternate location if the weather is dicey.



February Penguin Events

- **Minden?** What can I say? Due to the travel difficulties to and from the Minden meet (which caused most families to cancel), we will now attend the Sierra Marlins meet in Folsom (see below).
- **Folsom Swim Meet** - For those that missed the Minden meet, check out the upcoming Folsom meet (March 6 through 8). It is a closer and nicer drive than Minden, and it is one of the few opportunities to get meet experience before the summer season. Those swimmers that are close to BB times are encouraged to attend this meet so they can qualify for J.O.'s the weekend of March 21-22. If you have any questions about J.O.'s, please talk to a coach asap. The meet is really not as intimidating as it may sound. Make sure that you are informed before you make a decision not to go. (ed note - I was not able to access the meet sheets for Folsom yet, but keep trying at the Sierra Nevada Swimming web site.)
- **Speedo Sectional Championships** - This meet is for top senior swimmers from California and Nevada. The Penguin Las Vegas qualifiers: Haley Porter (50, 100 and 200 free, 100 fly); Seth Derrick; (50 and 100 frees); Trey Herbert (50 and 100 frees); and Zack Humphreys (200 back, 100 free, 200 free, 100 back). These swimmers just rock!



Swimming 1A

Glossary of Swimming Terms (from the USA Swimming web site) - A glossary of those strange and wacky words we use in the sport of swimming. You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you'll be understanding and maybe even speaking some "swim slang."

"A", "AA", "B" ...	Time classification for a swimmer. National Age Group Time Standard "A". "A" time is .01 seconds faster than the "BB" time standard and .01 slower than the "AA" time standard. See the NAGT published chart.
A-Meet, A-B Meet ...	Swim meet that requires swimmers to have previously achieved an "A" time, or "A" and "B" standard in the events they wish to enter.
Achiever Card	A recognition card or certificate proving the swimmer has made a specific time in an event. The card lists the distance, stroke, swimmer's time, date and place of meet, swimmer's name, and meet referee's signature.
Add Up	Aggregate Time - times achieved by four swimmers in individual events which are added together to arrive at a provable relay entry time.
Age Group	Division of swimmers according to age. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18. Some LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, Senior.
Anchor	The final swimmer in a relay.
Beep	The starting sound from an electronic, computerized timing system.
Blocks	The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
Check-In	The procedure required before a swimmer swims an event in a deck-seeded meet. Sometimes referred to as positive check-in, the swimmer must mark their name on a list posted by the meet host.
Circle Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats. See rule book for exact method for seeding depending on the lanes in the pool.
Colorado Course	A brand of automatic timing system. Designated distance (length of pool) for swimming competition. (Ie) Long Course = 50 meters / Short Course = 25 yards or 25 meters.
Deck	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an "authorized" USA Swimming member may be on the deck during a swim competition.
Deck Entries	Accepting entries into swimming events on the first day or later day of a meet.
Deck Seeding	Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
Diving Well	A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.
Dual Meet	Type of meet where two teams/clubs compete against each other.



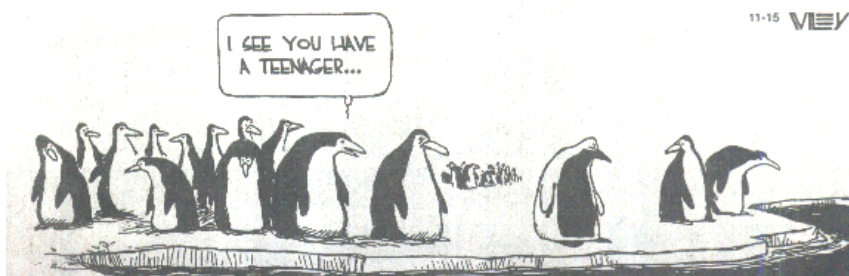
Dropped Time	When a swimmer goes faster than the previous performance they have "dropped their time."
Dryland	The exercises and various strength programs swimmers do out of the water.
Entry Limit	Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
False Start Rope	A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Fastest to Slowest	A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
Gun Lap	The part of a freestyle distance race (400 meters or longer) when the swimmer has two lengths plus five yards to go. The starter fires a gun shot over the lane of the lead swimmer when the swimmer is at the backstroke flags.
Heat Sheet	The pre-meet printed listings of swimmers' seed times in the various events at a swim meet. These sheets vary in accuracy, since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order the events will be conducted and get a rough idea how long the meet sessions will last.
Horn	A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
Interval	A specific elapsed time for swimming or rest used during swim practice.
J.O.	Junior Olympics. An age group championship meet conducted by the LSC.
Jump	An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
Late Entries	Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
Leg	The part of a relay event swum by a single team member. A single stroke in the IM.
Long Course	A 50-meter pool.
Mark	The command to take your starting position.
Marshall	The official who controls the crowd and swimmer-flow at a swim meet.
Meet Director	The official in charge of the administration, or "dryside", of the meet.
Mile	The slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.
Non-Conforming Time	A short course time submitted to qualify for a long course meet, or vice versa.
OT	Official Time. The swimmers event time recorded to one hundredth of a second (.01).



"You moron, you passed it to the wrong team again! ... Well, I guess that's inevitable"

Positive Check In	The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
Pre-seeded	A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the heat sheet or posted meet program.
Proof of Time	An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut of time at the meet.
Pull Buoy	A flotation device used for pulling by swimmers in practice.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A", "AA" (etc.) times.
Recall Rope	A rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is about 1/2 way on yard pools and about 50 feet from the starting end on meter pools.
Sanctioned Meet	A meet that is approved by the LSC in which it is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.
Scratch	To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
Senior Meet	A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
Short Course Split	A 25-yard or 25-meter pool. A portion of an event that is shorter than the total distance and is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
Stations	Separate portions of a dryland or weight circuit.
Stand-up	The command given by the Starter or Referee to release the swimmers from their starting position.
Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Taper	The resting phase of a swimmer at the end of the season before the championship meet.
Touch Out	To reach the touchpad and finish first in a close race.
Warm-down	The recovery swimming a swimmer does after a race when pool space is available.
Warm-up	The practice and "loosening-up" session a swimmer does before the meet or their event is swum.

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Is my age grouper the next Natalie Coughlan? (from USA Swimming Web Site)

Keep in mind that early success does not predict later success. This is nicely illustrated in a study looking at growth and development in boys (Medford Boys Growth Study) and its relation to sport abilities. Coaches were asked to rate kids in terms of their abilities in elementary school and again in junior high. They found that only 25% of the kids that were rated outstanding in elementary school were also rated as outstanding in terms of their abilities in junior high. This suggests that early talent/ability is a poor predictor of future abilities since only one-fourth of the boys that demonstrated ability in elementary school also demonstrated ability in junior high.

Upcoming meets

Following is a tentative schedule of 2009 meets. Mark your calendars.

March 6-8	Folsom	Age group meet
March 20-22	Fairfield	14 and under Junior Olympics
April 2-5	Morgan Hill	Far West SCY Championships (qualified swimmers only)
April 24-26	Folsom	Sierra Marlins Long Course
May 15-17	Woodland	Long Course - age group meet
June 6	Lake Berryessa	Open water swim - all groups
June 11-14	Santa Clara	Santa Clara International (qualified swimmers only)
June 19-21	Yuba City	FRAC - SCY - age group meet)
June 19-21	Roseville	Jr+ CCA Long Course
July 18-19	Chico	age group meet
July 24-26	Tahoe	age group meet
Aug 5-9	Hawaii	Western Zones (qualified swimmers)
Aug 7-9	Ukiah or Minden option	Age group meet
Aug 10-14	Federal Way	Junior National Championships (qualified swimmers only)
Sept 13	Whiskeytown	Open Water Swim
Sept 25-27	PENGUIN PLUNGE !!	
October 9-11	Roseville	All groups

- Camping reservations have been made for the Tahoe Meet. If anyone still wants to make reservations, go to www.recreationintahoe.com. We are in D loop.

Penguin Facts - There are at least 18 different species of penguins. There may be as many as 100 million penguins in the world.



Logic: Another thing that Penguins aren't very good at.

The 30 Best Foods for Swimmers

Foods	Featured Nutrients				
	Carbohydrate	Protein	Antioxidants	Fiber	Other
1. Blueberries	✓		✓ Anthocyanins		
2. Blackberries	✓		✓ Anthocyanins		
3. Strawberries	✓		✓ Vitamin C		
4. Oranges	✓		✓ Vitamin C		Heperidin
5. Mango	✓		✓ Vitamin A, Vitamin C		
6. Broccoli			✓ Vitamin A, Vitamin C	✓	Vitamin K
7. Carrots			✓ Vitamin A, Vitamin C	✓	Vitamin K
8. Tomatoes			✓ Vitamin A, Vitamin C	✓	Lycopene
9. Sweet Potatoes	✓		✓ Vitamin A (beta-carotene), Vitamin C		Potassium, Iron, Copper, Manganese
10. Avocado				✓	Vitamin K, Folate Potassium
11. Spinach			✓ Vitamin A		Vitamin K Folate, Iron, Manganese, Magnesium
12. Mixed Greens			✓ Phytonutrients		
13. Potatoes	✓		✓ Vitamin C		Vitamin B6, Copper
14. Bananas	✓		✓ Vitamin C		Vitamin B6, Potassium
15. Almonds			✓ Vitamin E (gamma-tocopherol)		
16. Cranberries	✓				Hippuric acid
17. Oatmeal	✓	✓		✓	Manganese
18. Granola	✓	✓		✓	Manganese
19. Olive Oil			✓ Vitamin E		Oleic acid
20. Black beans	✓	✓	✓	✓	Folate
21. Yogurt	✓	✓			Calcium, Phosphorus
22. Milk	✓	✓			Calcium
23. Orange juice	✓		✓ Vitamin C	✓	
24. Whole grain bread	✓	✓		✓	Manganese
25. Whole grain pasta	✓	✓		✓	Vitamin B
26. Eggs		✓			Vitamin K, Choline, Leutin
27. Beef		✓			Iron, Zinc, Vitamin B12
28. Salmon		✓			Omega-3 fats
29. Shrimp		✓			Selenium, Vitamin D, Vitamin B12
30. Chicken		✓			Selenium, Niacin

Penguin Bulletin Board

Upcoming PST Board Meetings
March 2, at 7:00 pm at Miner Moe's



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.

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.

NEW PRACTICE SCHEDULE @ Memorial Pool

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

Laura	Seth	Heidi	Jeff	John	Larry	Larry/Jeff
	Mon	Tuesday	Wed	Thursday	Friday	Saturday
Blue Beg.	4:00-4:45		4:00-4:45		4:00-4:45	
Blue Adv.		4:45-5:30		4:45-5:30	4:00-4:45	
Rock Hopper	5:15-6:15	6:15-7:15	5:15-6:15	6:15-7:15	6:00-7:00	
Royal	4:00-5:15	5:30-6:45	4:00-5:15	5:30-6:45	4:45-6:00	
King	4:45-6:15	4:45-6:15	4:45-6:15	4:45-6:15	5:15-6:45*	
Pre/Senior	NU	3:00-4:45	NU	3:00-4:45	NU	NU

* Subject to permanent 15 minute shift to 5:00 start time in the next 3 weeks.



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		sethtderrick@gmail.com

Committee Chairs

Awards	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Dues	Cindy Pawlowski	265-8321	sadean1997@att.net
Dues payment website			www.swimstore.webs.com
Registration	Dean Kruschke		sadean1997@att.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@snccs.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

Best/Improved Times 2008/09 Season as of February 24, 2009 (prepared by Brian Rhodes)

Earned by 12 and Under Swimmers at USA Swimming Sanctioned Meets

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Minden</u>	<u>2008/09 Season Total</u>
ALBERTS, JENNIFER	12.7	11-12 Girls		22
ALBERTS, JUSTIN	10.3	9-10 Boys		2
ARENCHILD, BENJAMIN	7.6	8 and U Boys		3
ARENCHILD, KATE	11.6	11-12 Girls		6
ARENCHILD, TERA	9.5	9-10 Girls		6
BAKER, GRACE	12.0	11-12 Girls	6	14
BRENNAN, DANIEL	8.3	8 and U Boys		2
BRENNAN, SARAH	10.1	9-10 Girls		2
BROUWER, ABIGAIL	11.2	11-12 Girls		12
BROUWER, CALVIN	9.3	9-10 Boys		9
CASTLEBERRY, KEI	9.1	9-10 Girls		1
CHAMBERS, CHRIS	9.7	9-10 Boys		1
DUNBAR, DELAYNEE	4.7	8 and U Girls		2
DUNBAR, EMERSON	7.0	8 and U Girls		4
GARDNER, ALYSSA	10.3	9-10 Girls		7
GIULIANI, DOMINIC	11.5	11-12 Boys		10
GOODNOW, SARAH	11.1	11-12 Girls		2
HERRON, KATE	8.8	8 and U Girls	6	21
KING, JEANIE	12.5	11-12 Girls		4
KOHLER, DYLAN	11.7	11-12 Boys		4
KOHLER, OLIVIA	9.9	9-10 Girls		3
KRUSCHKE, SAMANTHA	10.6	9-10 Girls		19
LATTER, SHAWNA	10.2	9-10 Girls		5
LAVULO, ROSELANI	11.7	11-12 Girls		1
LEE, FORREST	11.0	11-12 Boys		5
LUNDMARK, NATALIE	9.2	9-10 Girls		6
MARTINEZ, KEELEY	9.9	9-10 Girls		1
MAYOL, NICHOLAS	11.1	11-12 Boys		4
MCKENZIE, MARINA	12.3	11-12 Girls		10
MCLAIN, BENJAMIN	12.5	11-12 Boys		10
MOULE, JACOB	10.2	9-10 Boys		1
NARAMORE, JESSIE	9.4	9-10 Girls		9
PARDINI, ANDREW	9.9	9-10 Boys		4
PARDINI, CONNOR	11.9	11-12 Boys		3
PAWLOWSKI, TANNER	11.5	11-12 Boys		5
POTTER, EMMA	12.5	11-12 Girls		2
PRICE-TISON, ANIKA	9.6	9-10 Girls		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	10.7	9-10 Boys		2
SHARP, MEGAN	12.6	11-12 Girls		3
SUENRAM, GRACE	9.2	9-10 Girls		2
THIBAUT, HAYDEN	7.7	8 and U Boys		2
TOLES, MCKENNA	10.2	9-10 Girls		7
WARA, ARLETTY	8.8	8 and U Girls		5