



Penguin Pipeline

May 2010

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Notes from Management:

- Tahoe Summer Meet - July is a long way off. However, planning for our July 24-25 Tahoe meet is now underway. The Tahoe meet is our fun filled "travel meet". We have reserved 10 camping sites next to the pool, and so far have 10 families signed up (Toles, Twidwell, Arenchild, Kirkpatrick, Castleberry, Naramore, Brouwer, Flatter, Richnak, and Baker are in!). If you would like to go, no need to panic just yet. We can cram 2 families into a single camp site. However, spaces are filling fast. Contact Steve Castleberry at castleberry@sbcglobal.net to claim your spot.
- Barry Friedman is the new Masters Coordinator. Thanks to Barry for signing up and we will hear more about Masters from Barry next month. And thanks to Victoria Kleiber for her yeoman's work on Masters. Victoria is now working on organizing a Master's swim event for our area.
- We've had several requests for the recipe for the brownies at the swim-a-thon. They may not be low in fat, but they're packed with protein and fiber for active swimmers... (Chocolate chip peanut butter bars modified from Sunset Magazine Oct 2006)

Prep and cook time: 40 minutes

Makes 24 bars

- 1 cup butter, softened
- $\frac{1}{2}$ c sugar
- 1 cup light brown sugar
- 2 egg
- $\frac{2}{3}$ cup smooth peanut butter
- 1 tsp vanilla
- $1 \frac{1}{2}$ cup whole wheat flour
- $\frac{1}{2}$ c wheat germ or ground flax seed
- 2 cups rolled oats
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ package (3 oz) semisweet chocolate chips



Preheat oven to 350 degrees. In a large bowl, cream together butter and sugars until smooth. Beat in egg, peanut butter, and vanilla until well blended.

In another bowl, whisk together flours, wheat germ (or flax seed), oats, baking soda, and salt. Stir into butter mixture. Stir in chocolate chips.

Spread dough evenly in a baking pan (13x9). Bake until page golden brown, 25-30 minutes. Let cool, then cut into squares. Let cool completely. Enjoy!

Interview with Larry Gruver -

Coach Larry is a fixture to the seniors but an enigma to the age groupers who only get a glimpse of his coaching style. Let's meet Larry.

Penguin Newsletter - How long have you been coaching Penguins and how has the Penguins program changed over time.

Larry Gruver - I coached for three years in the early 80's (1980-1982) and from the end of 1995 to the present. Prior to 1994, the Penguins were a very low key team and the goal at the top echelon was to swim at Far

Westerns. Making a "Q" time was a big deal. The team did not practice or go to swim meets from mid December through the beginning of the High School Season. We were also in a summer league and had dual meets and a championship.



PN - What is the difference between the age group program and the Seniors program?

LG - On Penguins, age group swimming is about learning technique and enjoying swimming. Swimmers are encouraged to participate in other activities. As swimmers get older they progress in terms of training working harder as they get older. We encourage meet attendance with Junior Olympics being one of the more important meets. Senior swimming is more focused. Attendance, hard work and commitment are strongly encouraged. The workouts are more rigorous, and our goals include success in high school swimming and swimming in college. Meets are required. Goals include qualifying for faster senior meets including Speedo Sectional Championships, Grand Prix Meets, Nationals and Junior Nationals.

PN - How are the Seniors swim meets different?

LG - Age Group meets are usually timed finals and include swimmers from all age groups. Senior Meets are open to all ages and are often trials and finals format. Generally, senior meets are faster and include swimmers from a broader area. Swimmers are generally those who have decided to commit themselves to swimming excellence. For Senior Travel Meets I am asking swimmers to attend a MINIMUM of 80% of offered workouts.

PN - How does the Penguins Senior program differ from the high school swimming programs?

LG - High School swimming has a broad array of participants including those who just want to swim for fun as well as those who are focused on High School Section Championships and successful Senior Swimming at the Club Level. The High School Championship Meets (League and Sections) have an advantage of being more of a "Team" effort as more swimmers participate in the championship meets. Senior Swimming, while being a "Team" effort, is a bit more individually focused.

PN - What is your goal for the Seniors swimmers, and why is that important.

LG - My goal is to provide the opportunity for swimmers at all levels to reach their goals. While this sounds simple, it is not. Our Senior Swimmers have a broad array of goals. We've had some who aspire to swim in college and qualify for meets all the way up to Olympic Trials. We also have Senior

Swimmers who enjoy going to the lower key senior meets and enjoy the fitness and camaraderie aspects of the sport. So we have an array of aspirations in any given workout.

PN - How many swimmers do you typically have in the Seniors program?

LG - 15 is a good average number.

PN - How do age group swimmers become good high school and college swimmers? Any advice you would want to impart to eager Penguin age group swimmers.

LG - We have had great success having our swimmers participate in both High School AND College Swimming. Our swimmers often make finals and consolation finals at the High School Section Championships. We have had as many as nine swimmers competing at one time at the College Division One level. We have had swimmers qualify, compete and even score at the Division One NCAA Meet.

Advice: have fun! More advice for the parents: let them have fun!

PN - Can you talk about some of the Senior "success stories"? Whitney? Trey?

LG - Probably would take a whole additional article as this would take much space. However, briefly and currently...Whitney has qualified for the Senior National Championships to be held at Irvine the first week in August. She also just signed on to compete for Miami University in Florida. Trey has qualified for the Junior National Championships also in Irvine the week after Nationals. Trey is a High School Junior and is one of the top seeds in the High School Section Championships to be held May 15th. Both have qualified and will compete in the Santa Clara International Grand Prix Meet June 18-20. Qualifying for the Speedo Sectional Championships in Santa Clarita in late July are: Whitney, Trey, Kayla Kleiber, Hayley Chase and Dillon Virva.

PN - Is it possible for a Penguin Senior swimmer to do other "off season" sports

LG - Like most sports, swimming has become very specialized. And it depends on the events and goals of the particular Senior Swimmer. It also depends on the "off season" sport. Ordinarily, water polo would be an acceptable Fall "off season" sport, however (and this may not be popular) water polo in our area doesn't train hard enough to prepare swimmers for good swimming after the season. Cross Country running would be a good alternative. Again, this depends on the aspirations of the senior swimmer as well as their events. If water polo players swim in the morning workouts and Saturdays it is at least better. I prefer Senior Swimmers talk to me in advance when they are considering other sports. Generally, I am encouraging as long as the athlete considers the implications.

PN - Coach PJ has mentioned how the discipline needed for swimming helped him meet the academic challenges of college, and how his college swimming friendships have become life long friendships. What are some of benefits that you see in a program like the Penguin Seniors?

LG - The same as what PJ says. Speaking of college swimming, my middle son, at 30, lives close to and socializes with the guys he swam with at Cal. Being on a college swim team gives an athlete many advantages, not the least of which is an instant group of friends when entering school. Aside from college, senior swimming provides discipline and commitment. Nine times out of ten, our Senior Swimmers are doing well in school as well as in their sport. They have a group of friends with whom they train and share similar experiences.

Swim-a-thon!

OK, yeah, it was a bit cold However, we made a bunch of money (\$3,000 or so), it was a great sense of accomplishment for a lot of the kids, there was a bit of team bonding going on, and it was overall a great event. Big thanks to Teri Polcene King again. And Teri's posse: Mark Flatter created certificates and, Peggy Arenchild created our wonderful Tally Sheet and helped at the registration table, Kate Arenchild rallied the King group into soliciting our great raffle prizes and she in fact coordinated every aspect of the raffle (and what an amazing job she did), Betsy Herron stepped in to help with the refreshments and set up, Betsy, Barbara Price and Nita Mizushima (Castleberry) all helped with checking kids in and out for the day and distributing raffle tickets, and finally thanks to Dean and Chip for the BBQ/meeting at the end.

Mr. Double Duty Chip Arenchild - raising funds as a swimmer and serving as MC for the raffle!



Be sure to thank our donors (yes, including Culture Shock and Goomba's)

Penguin Performances - Several first time qualifiers, and a few veterans from the team attended this year's Junior Olympic meet at Solano Junior College from March 19-21. Kate Arenchild, Jack Herron, Maddie Herron, Jeanie King, Emma Lawless, Ben McLain, Jessie Naramore, and McKenna Toles all attended this year's short course event. A few swimmers swam all of the events they qualified for and attended all three days of the meet.

One of those swimmers was Jack Herron. After starting as a Blue Penguin last year and advancing through the groups to become a King Penguin this winter, 12 year old Herron not only qualified for Junior Olympics in multiple events, but reached the finals in multiple events on multiple days. Herron posted an A time in his 50 Free of 27.98 in the finals, and a 1:13.73 in the finals heat of 100 back. 10 year old Jessie Naramore finaled in her first visit to JO's, posting an A time of 37.37 in 50 back. Ben McLain placed in the top 8 in 500 free with a best time of 5:54.34. This was an accomplishment shared by Kate Arenchild who swam an A time of 6:07.70 in her 500 free. First time qualifier Emma Lawless blew away all of her qualifying times, most notably dropping 5 seconds off of her 100 free, swimming a 1:15.44 on the final day of the meet.

All of the swimmers who attended swam well and posted several best times. Congratulations to all our JO qualifiers and meet attendees.



May 8 Penguin Sprint Meet

A great meet!



Hey, check out those cool tie dye shirts the Kings are wearing!





Did he say the prize for a correct answer in the trivia contest was a stale doughnut???





Tentative Penguin Swim Team 2010 Meet Schedule

Note the change!!!!

May 21-23: Woodland AGO, LC (all groups)

~~**June 18-20:** Durham Dolphins~~ *This meet has been taken off our schedule and replaced with*

June 12-13: FRAC AGO Invitational – Yuba City

June 17-19: Santa Clara Grand Prix LC (qualifiers only)

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.

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

Schedule thru June 13

	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

2010 Penguin Summer Practice Schedule - beginning June 14th

Tues/Thurs/Fridays

5:30-7:00	Masters
7:00-9:00	Seniors/Pre
9:00-10:00	Open until July 16
10:00-12:00	ESY
12:00-2:00	Swim Lessons whole pool
2:00-3:00	Swim Lessons 3 lanes
2:00-3:00	Rocks 3 lanes
3:00-4:15	Royals 3 lanes
4:15-5:00	Blues
3:00-4:30	Kings
4:30-6:30	Seniors/Pre

Mon/Wed

5:30-7:00	Masters
7:00-9:00	Seniors/Pre
9:00-10:00	Open until July 16
10:00-12:00	ESY
12:00-2:00	Swim Lessons whole pool
2:00-3:00	Swim Lessons 3 lanes
2:00-3:00	Rocks 3 lanes
3:00-4:15	Royals
3:00-4:30	Kings

ESY ends July 16; from July 19-30, Swim Lessons has 9:00-12:00 block

The Horoscopes of the Strokes (or, What does your stroke say about you?) by Casey Barrett, Columnist for USA Swimming

Butterfly champ and occasional swim guru Ian Crocker once said you don't choose swimming, the sport chooses you. Wise words. You either have that feel for the water or you don't. Before work ethic or coaching start to cloud the picture of improvement, every swimmer must be chosen. Not for the team, but by the water - in a mystical, philosophical guided-by-the-stars sort of way. Why do some kids just 'get it?' Better go sit under a large racing block and ponder that one awhile...

The same can be said for your stroke - it chooses you too. And like it or not, it says an awful lot about your personality. More perhaps than your actual astrological sign, these horoscopes of the strokes can predict a lot. They can define you and sum up much about your basic nature. Personally, I put more stock in having been a butterflyer and IMer than the fact that I fall under the sign of Aquarius.

Now, before any accusations of aqua profiling, let's be clear - horoscopes are stereotypes. It's an effort to collect and define us individuals under various umbrellas, which can be fun, if taken with humor and enough grains of salt. The nice thing about stereotypes is the oyster of the truth. They're not necessarily fair, they're often inaccurate and sometimes offensive, but they exist for a reason. There's always a reason. I have a friend who swears that the characteristics of a nation's soccer team reflect exactly that country's national character. For instance, Brazil plays with flair and passion but sometimes lacks discipline and structure. Germany, at the other end of the spectrum, will play with strict precision, executing game plans to perfection but without much emotion. England displays the effort and tenacity of a bulldog, while Italy has undeniable talent but a penchant for overly dramatic falls and whines... And so it goes. All fine and rather fair characterizations, all generalizations and all present of the soccer pitch.

In the water, the swimmers of each stroke and distance tend to exhibit clear, distinct characteristics too. Just as in astrology, you can be on cusps, mixing signs and strokes, revealing certain quirks based on the month, the moon, or the meet. But there's always one stroke that defines you. So ask yourself: What does your best stroke say about you?

Sprint Freestylers:

Two qualities jump out instantly: confidence and laziness. The cliché of the arrogant, lazy sprinter isn't entirely fair (as I said, these are stereotypes), but there's been plenty of evidence to support both claims. Because, let's be honest, the sprinters are the most talented among us. Usually born into the deep end of the gene pool, with height and long hands and feet, it could be that these folks just don't have to work as hard as the rest of us - they're just that good. Sprinters, of course, would claim they work hard in different ways, that high yardage doesn't a hard workout make. Fair enough. But if you can reap the most glory with the least amount of work, who wouldn't choose that path? Unfortunately, it chooses you.

Distance Freestylers:

While the last two Olympic champs in the mile, Australia's Grant Hackett and Tunisia's Ous Melloui,

are brilliantly talented and not exactly undersized, it's hard to cling to the D-man stereotype as the scrappy, fighting little guy. Still, those guys exist on every team. Half a foot shorter than the haughty sprinters across the pool, fiercely proud to be abused over in lane eight, absorbing the hardest sets a coach can fathom. More than lack of size and physical gifts, the distance swimmer is clearly characterized by work ethic. Along with a certain solitary nature, the product surely of spending most of his or her waking life underwater.

Butterflyers:

The most manic and bipolar of all the strokes. Second only to breaststrokes (who we'll get to shortly) in quirkiness... A flyer's personality depends wholly on distance. 100 flyers tend to stick with the sprint camp, often displaying the same awesome speed and talent, accompanied by the what-me-worry confidence. 200 flyers, on the other hand, are distance swimmers at heart. They tend to hang out in a D-group, lacking speed, but making up for it with attitude and ambition. Need two examples? How about Ian Crocker and Tom Malchow, two quintessential flyers of the 100 and 200 varieties.

Backstrokers:

The most-likely-to-succeed, class president sorts. Maybe it's all that time with their face above water rather than immersed in it, but a disproportionate number of team captains tend to be backstrokers. They can frequently relate to their fellow swimmers. And even when they're crazy talented, they're somehow accessible. [Aaron Peirsol](#) and [Ryan Lochte](#), of course, call this to mind, as does [Natalie Coughlin](#). So did Jon Naber and Jeff Rouse, back in their glory days, decades ago.

Breaststrokers:

The most eccentric and idiosyncratic of all the signs of the strokes. Breaststrokers are a breed apart, marching to the beat of their own drummer. Or in the case of Tennessee's Jeremy Linn, one of the finest breaststrokers in NCAA history, the beat of Phish drummer Jon Fishman. Back in the mid-90's, Linn was the prototype eccentric breaststroker: head in the clouds, frog-leaping behind the blocks... and then breaking records and rushing off to follow Phish on the road. Need a few more examples? How about the guys who raced to breaststroke gold in 1992 in Barcelona? Nelson Diebel and Mike Barrowman. Two guys who couldn't be more different, but both, well, just a bit out there... On every team I've ever known, that was the breaststrokers - off in their own world, and proud of it.

IM'ers:

Ambitious and driven, the Scorpios of the stroke signs. IM'ers might not always be the easiest to relate to. They're too consumed with, well, everything. [Michael Phelps](#), clearly, is the poster child for this crew. But it's always been this way. Back in my day, it was Tom Dolan and Greg Burgess, both great guys out of the water; in the pool, scary. At meets, IM'ers tend to have that far off look, like quarterbacks with too much to contemplate on the field. The sprinters might be the folks with the raw physical gifts, but it's the IM'ers who want to rule their watery domain.

What do you think? Stereotype or fact?



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
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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

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(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		
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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

Part 1 of 2

Best / Improved Times 2009/2010 Season as of May 12, 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>Junior Olympics Meet</u>	<u>Penguin Sprint Meet</u>	<u>Folsom Meets</u>	<u>2009/2010 Season Total</u>
ARENCHILD, BENJAMIN	8.9	8 and U Boys		3		10
ARENCHILD, KATE	12.9	11-12 Girls	1	5		21
ARENCHILD, TERA	10.9	9-10 Girls		2		14
BLAIR, HALEY	12.3	11-12 Girls		3		6
BRENNAN, DANIEL	9.6	9-10 Boys				4
BRENNAN, SARAH	11.4	11-12 Girls				4
BROUWER, ABIGAIL	12.5	11-12 Girls			5	18
BROUWER, CALVIN	10.6	9-10 Boys			2	15
BROUWER, ELIZABETH	8.7	8 and U Girls			4	21
BROWNE, JULIANA	11.0	11-12 Girls		3		9
CASTLEBERRY, KEI	10.5	9-10 Girls		4	1	14
CHAMBERS, CHRIS	11.0	11-12 Boys				1
CLOVE, DAVID	11.5	11-12 Boys				2
COFFIN, CHARLOTTE	11.9	11-12 Girls				2
DUNBAR, DELAYNEE	6.0	8 and U Girls				5
DUNBAR, EMERSON	8.3	8 and U Girls				7
FLATTER, KIRI	9.5	9-10 Girls		4		18
GIULIANI, DOMINIC	12.8	11-12 Boys		2	4	14
GOODNOW, SARAH	12.4	11-12 Girls		3		12
HART, DANIEL	10.7	9-10 Boys		3		8
HAWKINS, MIKAELA	12.9	11-12 Girls				3
HAYDEN, MCKENNA	5.9	8 and U Girls				1
HERRON, JACK	12.9	11-12 Boys	6	4	8	34
HERRON, KATE	10.1	9-10 Girls		4	2	23
HORTON, BELLA	10.3	9-10 Girls		4		12

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 May 12, 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>Junior Olympics Meet</u>	<u>Penguin Sprint Meet</u>	<u>Folsom Meets</u>	<u>Dinuba Meet</u>	<u>2009/2010 Season Total</u>
KING, ABEL	11.4	11-12 Boys		4	3		14
KING, OLIVIA	9.9	9-10 Girls		4	6		18
KING, SAMANTHA	10.2	9-10 Girls		4	3		15
KRUSCHKE, ELIZABETH	8.8	8 and U Girls					8
KRUSCHKE, SAMANTHA	11.9	11-12 Girls					15
LATTER, SHAWNA	11.5	11-12 Girls		5			21
LAWLESS, EMMA	10.0	9-10 Girls	4	2			13
LEE, FORREST	12.3	11-12 Boys					7
LOVELL, JADON	11.3	11-12 Boys					3
LOVELL, KYRA	9.6	9-10 Girls					2
LUNDMARK, NATALIE	10.5	9-10 Girls					4
MARTINEZ, KEELEY	11.2	11-12 Girls					3
MOULE, JACOB	11.6	11-12 Boys					3
NARAMORE, JESSIE	10.7	9-10 Girls	2				19
NARAMORE, LILY	7.9	8 and U Girls					11
PARDINI, ANDREW	11.3	11-12 Boys		2	4		22
PAWLOWSKI, TANNER	12.8	11-12 Boys		2			2
PRICE-TISON, ANIKA	10.9	9-10 Girls		4			14
RHODES, MACEY	9.1	9-10 Girls		3		3	10
RICHNAK, SOPHIE	13.1	13-14 Girls					6
RICHNAK, TANNER	10.8	9-10 Boys					8
RIOUX, BLAKE	11.0	11-12 Boys					1
SEIVERT, JESSICA	11.1	11-12 Girls		2			6
SUENRAM, GRACE	10.5	9-10 Girls					2
TOLES, MCKENNA	11.5	11-12 Girls	2	4	10		29
WHITE, CARLY	11.0	11-12 Girls					4
WILCOXEN, MELLISA	12.6	11-12 Girls					3
YAMAUCHI, MILES	11.4	11-12 Boys					10

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