

# Penguin Pipeline

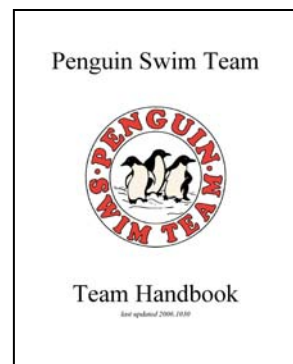
May 2009 Newsletter

## In this edition of the Penguin Pipeline:

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## Notes from Management:

- Volunteers! - Again with the volunteers ..... Your next opportunity to be a hero volunteer is May 16, 9 am, at Memorial pool. This is cleanup day, our annual ritual transitioning us from Memorial Pool to the NU pool. For an easy couple of hours or so at the pool, you can help the Penguins get ready for the summer swim season. Chuck Chase (thank you Chuck for taking on this task) is leading this effort and will have volunteer signups at the pool in the next week.
- A quick update on the swim-a-thon fundraiser. It looks like the best time will be in October, after the Penguins Plunge. This will give enough time for the kids to get sponsors and of course we don't want it to conflict with meets. Teri Polcene King, our volunteer organizer, will be putting together a committee of wonderfully helpful parents within the next month (and thanks to those who have stepped forward so far). Watch your emails and future newsletters for more information.
- And a shout out to Diane Wunsch for helping out with the update of the team handbook. Penguin parents are the greatest.
- April Penguins Board highlights. Tom Herbert is leading a charge to update the Penguin Bylaws, which have grow a bit rusty over the past several years. And, Dean Kruschke is putting the finishing touches on a new dues payment tracking system. Now don't you wish you were on the Penguins Board.

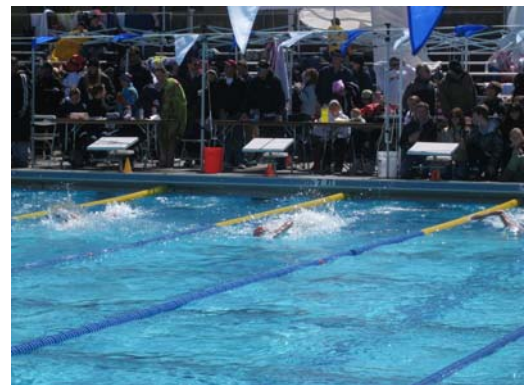


**Mark your Calendars** - June 1 will be Miner Moe's Pizza Day. Anyone who comes into Miner Moe's between the hours of 5:00 pm and 8:00 pm and mentions the Penguin Swim Team will have 10% of their purchase go towards the PST. The rumor is that Andrew Pawlowski will be making pizza deliveries to the pool.

The week of June 8<sup>th</sup>-12<sup>th</sup>, Jamba Juice will similarly be donating 20% of the purchases made that week if people mention our team when they buy (in addition to discounts on drinks).

Big thanks to Cindy Pawlowski for arranging these fund raisers. Cindy rocks!

**Junior Olympics, Part 2** - One more follow up from the Junior Olympics in March this year. This is a picture of Dom Giuliani cruising through his 50 freestyle. It's a great likeness. Go Dom.



**10 Questions for Hayley Chase** – Hayley (not Haley) Chase is a King Penguin and swims in the 13-14 age group. She recently won the 100 breaststroke at the Sierra Nevada Junior Olympics in March with a time of 1:07.75 and the 200 breaststroke with a 2:28.18. She and McKenna Toles were the two Penguin finalists at the meet.

When did you start swim competition? The summer that I turned 6.	What is the swim drill you hate the most? Any backstroke
What is your favorite swim event? Either the 100 or the 200 breaststroke.	Any Swimming role models? Probably Amanda Beard.
Do you prefer dogs or cats? Dogs generally but it depends.	What's on your ipod? Random songs, I don't really know how to describe it.
Your favorite food after a hard swim meet? Panda Express	Your favorite class at school? Probably math.
Your favorite movie? I don't really have one.	Your favorite non swimming activity? Hanging out with friends and being lazy.

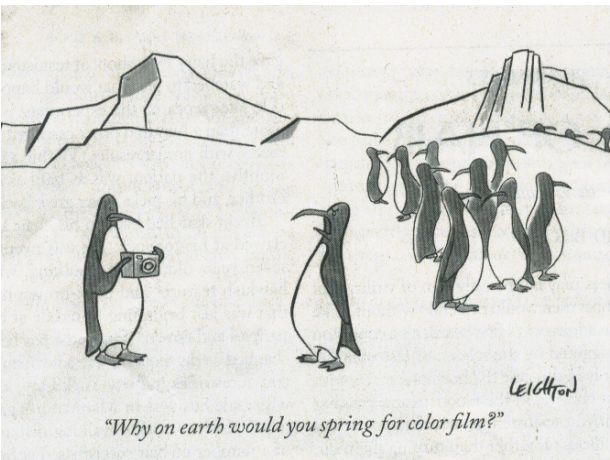


**Meet Participation, Part 2**

In January, we noted that the best (and perhaps only) way to gauge your improvement during the season is to compete in swim meets. Competition allows swimmers to recognize (or appreciate) their progress. When new swimmers attend meets, they find new motivation for the sport; their enthusiasm increases, they develop new friendships with teammates, and they recognize the purpose for every element of each practice session.



Unfortunately, the disappointment of the Minden "snow out" is still lingering, and swimmers have been reluctant to sign up for our most recent meets. The upcoming Woodland (May 29-31) and FRAC/Yuba City (June 13-14) meets are our opportunity to turn things around and prove that all those pool hours are paying off (and I am pretty sure they won't get "snowed out"). Heidi, Jeff and the other coaches will be talking to swimmers over the next week about particular events that would be good for the swimmers to try.



And parents, after practice, give Heidi, Jeff, or Laura feedback on the types and places of meets you would like to attend. That will assist in putting together the meets schedule for next year.

And, finally, Penguins parents, if you would be interested in helping to organize car pools and otherwise encouraging families to attend a particular meet, let Heidi know.

## The Gauntlet Has Been Thrown ....

Penguins, want to put all that dryland running practice to the test? Penguin parents, want to relive your glory days as a swimmer/runner/biker or whatever? This is your chance. Signups are now open for the Lake of the Pines Labor Day Triathlon. This is a great opportunity for Penguin parents to join their kids in a fun multisport challenge.

From Eric Harr's "Triathlon Training in Four Hours a Week", twenty reasons to do a triathlon.



1. You will loose weight.
2. You will look and feel years younger.
3. You will have more energy.
4. You will get more out of your workouts.
5. You will injury proof your body.
6. You will improve your health.
7. You will live longer.
8. You will be more productive.
9. You will learn to handle stress more effectively.
10. You will build rock solid self-confidence.
11. Your mood will improve.
12. Your motivation to exercise will soar.
13. You will learn to strengthen your weaknesses.
14. You will get to rub shoulders with the best athletes in the world.
15. You will join the fitness elite.
16. You will have an increased sense of purpose in your life.
17. You will become the best that you can be.
18. You will be a hero to your kids.
19. You will motivate and inspire those around you.
20. You will set other positive things in motion - Things you never imagined.



The URL link to the active.com registration site:  
[http://www.active.com/event\\_detail.cf?event\\_id=1671281](http://www.active.com/event_detail.cf?event_id=1671281)

How can you possibly do a grueling multisport event, you ask? Lake of the Pines Triathlon is the place to start. They offer three race distances.

Short Course: .25 mile swim, 2.5 mile bike, 1.4 mile run.  
Medium Course: .6 mile swim, 5.1 mile bike, 3.8 mile run.  
Long Course: .6 mile swim, 15.2 mile bike, 3.8 mile run.

I can guarantee anyone can train for and compete in a 25 mile swim, 2.5 mile bike, 1.4 mile run event. Shoot, pull out those old running shoes and hit the trail while your age grouper is churning out yardage at the pool. I can guarantee you will be joining at least one other Penguin parent/child duo. Hope to see you on Saturday, September 5<sup>th</sup>, 2009 in Lake of the Pines for the 28th Annual Labor Day Triathlon.

"Far better it is to dare mighty things, to win glorious triumphs, even checkered by failure, than to take rank with those poor spirits who neither enjoy much or suffer much, because they live in the gray twilight that knows not victory nor defeat" - Theodore Roosevelt

## **Fewer Breakfasts = Fatter Kids (from the Dole Nutrition Institute)**

When teens skip breakfast, they're not only missing out on key nutrients, they're increasing their odds of obesity. A recent University of Minnesota study compared breakfast frequency and increases in Body Mass Index (BMI) among 2,216 adolescent boys and girls. Over five years, those who claimed to "never" eat breakfast gained 40% more weight than daily breakfast eaters. Sporadic breakfasters gained 25% more.



It's possible that teens who regularly eat in the a.m. boost their metabolisms -- just as adults do. Healthy breakfasts -- with fruit, 100% fruit juice and whole grains, for example -- help satisfy nutrient requirements. Bananas, in particular, are a breakfast powerfood -- supplying fiber, potassium, vitamin B<sub>6</sub> and resistant starch (which enhances fat-burning metabolism). On the other hand, big fatty breakfasts trigger the release of inflammatory chemicals, which can damage teens' arteries, giving them circulatory systems comparable to someone three decades older.

Although it's tempting to overlook our children's weight problems, remember that extra pounds put kids at risk for joint disorders, breathing constriction, emotional difficulties, mental impairment -- even more earaches. Lower your child's risk of obesity by encouraging daily breakfast as one of your family meals (which tend to have 50% more fruit and vegetables than those consumed solo).

## **Masters Report** - by Victoria Kleiber, Penguins Master coordinator

- The Master's membership count is up to 50, with 38 active and somewhat obsessed active swimmers. Want to know what it's like to get up at 3:15, or whatever ungodly time it is that they get up and swim (ok, it's really 5:30)? Check out <http://www.youtube.com/watch?v=5kNQi88Nfnw>. **It's funny.**
- The Masters are still looking for lifeguards to watch us while we swim at NU. The hours would be from 5:30 AM - 7:00AM Monday - Friday and on Saturdays from 6:30AM - 8:00AM. You can make \$10 an hour. Call Victoria @ 913-4428.
- We begin at NU on May 18<sup>th</sup>.



**Penguins Swim Lessons** - Got a friend with age groupers interested in getting started in swimming? Have them sign up for Penguins swim lessons this summer. They will learn from competitive swimmers, and the revenue from swim lessons helps keep Penguins dues low ... well ... reasonable anyway.



## E Script Update - from Cindy Pawlowski

For those of you who have signed up with escript, check out the following merchants who contribute to the Penguins through your purchases. And thanks escripters, our Penguins contribution from escript has doubled since last year!!

### eScrip Merchant Guide



<b>Automotive</b>					
Big O Tires	2%	Main Street Automotive	2%	Walnut Creek Transmission	2%
Ducky's Car Wash	4%	Portola Valley Garage	2%	Webtrafficschool.com	5%
eScrip.DriversEd.com	5%				
<b>Retail</b>					
Eddie Bauer	5%	Macys.com	1%	Sierra Trading Post	5%
Lullaby Lane Toddler to Teen Furniture	up to 2%	Macysbridal.com	1%	Ubyan	4%
Macy's	1%	Peninsula Beauty Supply	up to 3%		
		<i>Shop Online at www.peninsulabeauty.com</i>			
<b>Grocers</b>					
Andronico's	up to 4%	Key Markets	up to 4%	Podesto's Market & Deli	up to 4%
Bianchini's Market	up to 5%	Kingsburg Supermarket	up to 4%	PW Supermarkets	up to 4%
Bristol Farms	up to 4%	Lira's Supermarket	up to 4%	Sacramento Natural Foods Co-op	up to 4%
Cal-Mart	up to 5%	Lunardi's Markets	up to 4%	Safeway	up to 4%
Cosentino's Markets	4%	Mollie Stone's	up to 4%	Safeway.com	up to 4%
DeLano's IGA	up to 4%	New Leaf Community Markets	up to 5%	Scotty's Market	up to 4%
Diablo Foods	up to 5%	Pak 'n Save	up to 4%	Sonoma Market	up to 5%
Draeger's Market	up to 2%	Paradise Foods	up to 5%	Trag's Market	up to 4%
Evergreen Market	up to 4%	Payless Market	up to 5%	Vallergas Markets	5%
Fircrest Market	up to 3%	Petaluma Market	up to 3%	Vic's Markets	up to 4%
Food 4 Less	3%	Piazza's Fine Foods	up to 5%	Village Market	up to 3%
Gene's Fine Foods	up to 2.5%	Piedmont Grocery	4.4%	Wildberries Marketplace	up to 4%
Glen Ellen Village Market	up to 5%	Planet Organics	up to 4%	Woodland Markets	up to 6%
JJ&F Market	up to 5%				
<b>Restaurants</b>					
Claim Jumper Restaurants	5%	Rewards Network Dining	up to 5%	The Duck Club Restaurant	5%
Le Boulanger	up to 3%	Round Table Pizza	up to 6%		
<b>Specialty Items &amp; Services</b>					
DiscountedNewspapers.com	20%	Haldane Computers	2%	Private Education Network	5%
<i>Call OR visit us online to order any national or regional paper 866-290-1901</i>		Liberty Tax Service	7%	Sacramento Bee	10%
eScrip Visa	up to 2%	Mugshots Photography	up to 5%	<i>(New Subscriptions or conversion to EZPay)</i>	
Final Wrap	10%	Pacific Dental Group	5%	San Francisco Chronicle	up to \$10
Goldspeed.com	5%			<i>(New Subscriptions or conversion to EZPay)</i>	
<b>Sporting Goods</b>					
Orvis	5%	Outdoor Kids	up to 5%		
<b>Travel &amp; Transportation</b>					
American Airlines Flight Certificates	3%	Club Cruise	up to 5%		
<i>Ordered through Mitch-Stuart, Inc. 1-800-574-9991</i>		<i>(leader in the cruise industry)</i>			

## Upcoming meets

Following is a schedule of 2009 meets.



May 29-31	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 13-14	Yuba City	FRAC - SCY - (age group meet)
June 19-21	Roseville	Jr+ CCA Long Course
July 18-19	Chico	age group meet
July 23-26	Roseville	Long Course Junior Olympics
July 24-26	Tahoe	age group meet
Aug 5-9	Hawaii	Western Zones (qualified swimmers)
Aug 7-9	Ukiah or Minden option	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 13	Whiskeytown	Open Water Swim
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

- For the Tahoe meet, we have made camping reservations. If anyone still wants to make reservations, go to [www.recreationintahoe.com](http://www.recreationintahoe.com). We are in D loop.



# Penguin Bulletin Board

Upcoming PST Board Meeting  
June 1st 6:00 pm at NU Pool.  
There'll be pizza!!!!



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-Script!

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

**Penguin Facts** - The blue penguin is the world's smallest and the only penguin species that is nocturnal on land.

## 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.

## Flying Penguins???



**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.

**Penguin Facts** - Emperor penguins dive longer and deeper than any other penguin or bird species. They can dive to a depth of 1,800 feet (550 meters) and hold their breath for up to 22 minutes. This allows them to reach and exploit food resources that other birds can't reach.

## PRACTICE SCHEDULE

Following is the schedule through May 15 @ Memorial Pool.

Laura	Seth	Heidi	Jeff	John	Larry	Larry/Jeff
	Mon	Tuesday	Wed	Thursday	Friday	Saturday
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
Kings Dryland	4:00-4:45		4:00-4:45			

We will be moving to NU starting on Monday, May 18th. Following is our temporary schedule between May 18 and Friday, June 6 (because we have to account for the presenior/seniors practice at NU until 5:00).

Temporary NU schedule May 18-June 5

	Laura	Seth	Heidi	Jeff	John/Larry	
	Mon	Tuesday	Wed	Thursday	Friday	Saturday
Blue Adv.		4:45-5:30		4:45-5:30	4:00-4:45	
Rock Hopper	4:45-5:45	6:15-7:15	4:45-5:45	6:15-7:15	4:45-5:45	
Royal	6:00-7:15	5:30-6:45	6:00-7:15	5:30-6:45	6:00-7:15	
King	4:45-6:15	4:45-6:15	4:45-6:15	4:45-6:15	4:45-6:15	
Pre/Senior	2:45-4:45	2:45-4:45	2:45-4:45	2:45-4:45	2:45-4:45	NU
Kings Dryland	4:00-4:45		4:00-4:45			

Starting on June 9, following is the permanent summer schedule. For schedule updates go to [www.penguinswim.org](http://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	8:30-10:00	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	<a href="mailto:stillness5599@att.net">stillness5599@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:fhaulman@comcast.net">fhaulman@comcast.net</a>
Treasurer	Jan Pattee	272-9619	<a href="mailto:jep@sbcglobal.net">jep@sbcglobal.net</a>
Director-at-Large	Katherine Keenan	265-4471	<a href="mailto:sharpiegrey@gmail.com">sharpiegrey@gmail.com</a>
Director-at-Large	Tommy Herbert		<a href="mailto:toh@sbcglobal.net">toh@sbcglobal.net</a>
Director-at-Large	Frank Mondok		<a href="mailto:mondokf@comcast.net">mondokf@comcast.net</a>
Director-at-Large	Steve Castleberry	470-9188	<a href="mailto:castleberry@sbcglobal.net">castleberry@sbcglobal.net</a>
Director-at-Large	Dean Kruschke		<a href="mailto:sadean1997@att.net">sadean1997@att.net</a>
Director-at-Large	vacant		

### Coaches

(Team phone)		265-DIVE	
Head Coaches	Jeff Kirkpatrick	432-8330	<a href="mailto:heidijeff@live.com">heidijeff@live.com</a>
	Heidi Kirkpatrick	432-8330	<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	Laura Winter	559-3032	<a href="mailto:luwa27@msn.com">luwa27@msn.com</a>
	Seth Derrick		<a href="mailto:sethtderrick@gmail.com">sethtderrick@gmail.com</a>

### 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	Brian Rhodes	273-0617	<a href="mailto:brianrhodes4@comcast.net">brianrhodes4@comcast.net</a>
Fundraising	Cindy Pawlowski	265-8321	<a href="mailto:cpaw19ski@yahoo.com">cpaw19ski@yahoo.com</a>
LSC Representative	Steve Baker	272-8421	<a href="mailto:sbaker@dbpwlaw.com">sbaker@dbpwlaw.com</a>
	Christine Ingersoll		
Master Liason	Victoria Kleiber.		<a href="mailto:victoriak@sncs.org">victoriak@sncs.org</a>
Printing	Tamara Haas		<a href="mailto:thaas@ncws.com">thaas@ncws.com</a>
Moonlight Madness	Katherine Keenan	265-4471	<a href="mailto:sharpiegrey@gmail.com">sharpiegrey@gmail.com</a>
Moonlight Madness	Cindy Pawlowski	265-8321	<a href="mailto:cpaw19ski@yahoo.com">cpaw19ski@yahoo.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>
Publicity			
Records			
Recruiting			
Safety	Chuck Chase		<a href="mailto:chickranger@gmail.com">chickranger@gmail.com</a>
Social	Katherine Keenan	265-4471	<a href="mailto:sharpiegrey@gmail.com">sharpiegrey@gmail.com</a>
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>
Webmaster	Nathaniel Ingersoll		<a href="mailto:webmaster@penguinswim.org">webmaster@penguinswim.org</a>

Best / Improved Times 2008/2009 Season as of May 4, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

List prepared by Brian Rhodes

2008/2009

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>April Meets</u>	<u>Davis Meet</u>	<u>Season Total</u>
ALBERTS, JENNIFER	12.9	11-12 Girls			24
ALBERTS, JUSTIN	10.5	9-10 Boys			4
ARENCHILD, BENJAMIN	7.8	8 and U Boys			3
ARENCHILD, KATE	11.8	11-12 Girls	6		12
ARENCHILD, TERA	9.7	9-10 Girls	6		12
BAKER, GRACE	12.1	11-12 Girls	5		19
BRENNAN, DANIEL	8.5	8 and U Boys	1		3
BRENNAN, SARAH	10.3	9-10 Girls	1		3
BROUWER, ABIGAIL	11.4	11-12 Girls			12
BROUWER, CALVIN	9.4	9-10 Boys			9
CASTLEBERRY, KEI	9.3	9-10 Girls			1
CHAMBERS, CHRIS	9.9	9-10 Boys			1
DUNBAR, DELAYNEE	4.9	8 and U Girls			2
DUNBAR, EMERSON	7.1	8 and U Girls			4
GARDNER, ALYSSA	10.5	9-10 Girls			7
GIULIANI, DOMINIC	11.7	11-12 Boys			14
GOODNOW, SARAH	11.3	11-12 Girls			2
HERRON, KATE	8.9	8 and U Girls		4	25
HORTON, BELLA	9.2	9-10 Girls	4		7
KING, JEANIE	12.7	11-12 Girls			4
KOHLER, DYLAN	11.9	11-12 Boys			4
KOHLER, OLIVIA	10.1	9-10 Girls			3
KRUSCHKE, SAMANTHA	10.8	9-10 Girls	7		33
LATTER, SHAWNA	10.3	9-10 Girls			5
LEE, FORREST	11.2	11-12 Boys			5
LUNDMARK, NATALIE	9.4	9-10 Girls			6
MARTINEZ, KEELEY	10.1	9-10 Girls			1
MAYOL, NICHOLAS	11.3	11-12 Boys			4
MCKENZIE, MARINA	12.4	11-12 Girls			10
MCLAIN, BENJAMIN	12.7	11-12 Boys	6		23
MOULE, JACOB	10.4	9-10 Boys			1
NARAMORE, JESSIE	9.6	9-10 Girls			9
PARDINI, ANDREW	10.1	9-10 Boys			4
PAWLOWSKI, TANNER	11.7	11-12 Boys			5
PRICE-TISON, ANIKA	9.8	9-10 Girls			7
RHODES, MACEY	8.0	8 and U Girls	6		13
RICHNAK, SOPHIE	11.9	11-12 Girls			5
RICHNAK, TANNER	9.6	9-10 Boys			4
ROMINGER, DEREK	12.5	11-12 Boys			2
ROSS, OLIVIA	10.2	9-10 Girls			1
SHARP, JARED	10.9	9-10 Boys			2
SHARP, MEGAN	12.8	11-12 Girls			3
SUENRAM, GRACE	9.4	9-10 Girls			2
TOLES, MCKENNA	10.4	9-10 Girls	6		21
WARA, ARLETTY	9.0	9-10 Girls			5