



Penguin Pipeline

October 2009

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Notes from Management:

- Thanks to Penguin Plunge volunteers! All the parents (and swimmers) worked hard to turn out a great meet. We were all hot and tired and it was a long weekend. However, particular thanks go to caterer extraordinaire Katherine Keenen, who prepared food all week and schlepped it all weekend. Give Katherine a special thanks next time you see her at the pool. The Penguin Pipeline also has to recognize Fran Haulman and Jan Patee for manning (womening?) our sales booths (food and shirts) all weekend. Through their efforts, we've raised a nice bit of extra money. And finally, Tom Herbert, Frank Mondok, and Stephen Hoffman for ... well ... frankly, it looked like you were just standing around the whole time but I am sure it was hard and important work (just kidding). In fact, Tom was hauling tables across the County on his birthday. Nice job, Penguin supporters. Noticeably absent was Meet Director Dean Kruschke (isn't the Meet Director supposed to actually attend the meet?), who still earned his recognition by laboring long and hard before and after.

Oh yeah, and a special thanks to Brian Rhodes for his months of organizing for the Plunge. In addition, he coordinated all the meet officials (those people don't all wear matching close just by coincidence, you know). Seriously, was there any Penguin family who did not ask Brian at least one question about the Plunge?

- Team photos have been distributed in family folders at the pool. If you didn't get yours, email Steve Castleberry. Also, last chance for additional team photo orders! Send an email if you want to place an order. Specify wacky or normal (or both).

Nice, huh?



- Missed getting your nifty Penguin Plunge shirt? Check with Brian Rhodes and he will see if we can get together another order.
- The Awards Night for the 2008-2009 swim season will be held on November 13th at Union Hill School cafeteria at 6:00 PM. Please put this important date on your calendar. All swimmers will get some type of award. Even new swimmers that just started on the team will get something. It is a great social event for our team. More details will be sent out later this month.
- Management is recruiting for a photographer for the upcoming awards dinner. Check with Steve Castleberry for details.

Penguin Performances (at the Plunge, no less)

Special congratulations to Delaynee Dunbar for winning High Point in 6-Under girls and Sierra Kleiber for winning 15-16 girls.

And a special special thanks goes to

OK Penguin families, following are the businesses that stepped forward to help us put on such a great Plunge event. Your jobs are, therefore, to patronize these businesses, and when you do, thank them for sponsoring the Penguin Plunge. Go ahead. Do it.

\$250 Gold Sponsorships

Mountain View Rehabilitation Medical Associates, Inc.
Stephen C. Baker, Esq.
SPD

\$175 Silver Sponsorships

Riebes Auto Parts
Moule Paint and Glass
Penny's Diner

\$125 Bronze Sponsorships

Hills Flat Lumber
InterWest Insurance Services, Inc
JROB Custom Screen Printing
Douglas Valentine, DDS
Sierra Mountain Coffee

Other financial sponsors

Mountain View Rehab.
Paulette's Country Kitchen
Dr. Terry Horlick
Oberon
Dr. Paul Falvey, DDS
A Better Process
Dr. G. Eckerling
Tour of Nevada City
Anderson & Balser
Swenson's
Sperry Van Ness
Sierra Auto Body
Pearson's Small Engine
Dr. Valentine
ABT Plumbing

Dr. Lindsey Robinson
JF Paintball
Miner Moe's Pizza
Aimee Taylor
KL Painting
Wildwood Medical
Centerstone Capitol Insurance
New Moon Restaurant
Stifel Nicolaus
Visions Multimedia
Video Library
Herb's Foreign Auto
Summit Forestry
Cal Swim
Artiva Design
Walker's
Thornton Chiropractic
West Wind
Heather Keasby
Victoria Kleiber, Dive Instructor
Empire Horse and Carriage
Wildwood West Real Estate
Tahoe Design
Tractor Work
Jon Menig DDS
Rock N Horse Ranch
Menig Weed Control
Dennis Elliot Logging
South Pine Street
Foothill Mercantile

In addition to our cash sponsors, the following businesses donated items to the 2009 plunge.

South Yuba Club	Monster Gym	Disneyland
Legacy Casino	Raley's	Sugar Bowl
Big 5	Sunsplash	Sacramento Zoo
Caroline's Coffee	Safeway	Sierra Salsa
Sierra Star Winery	Matteo's Pub	Wooden Spoon
Lucchesi Winery	Nevada City Winery	Citronee
Pilot Peak Winery	Posh Nosh	Tess's Kitchen
Dedrick's Cheese	Bamboo Shop	Yuba Blue
Florio's	Indian Springs Winery	Penny's Diner
JJ Jackson's	John Sultan Puerto Vallarta Residence	

Moonlight Madness



Big Penguin dudes



Future big Penguin dudes



Event Organizers



Jeff is amazed at the level of "beach ball relay team" talent



Big Penguin gals

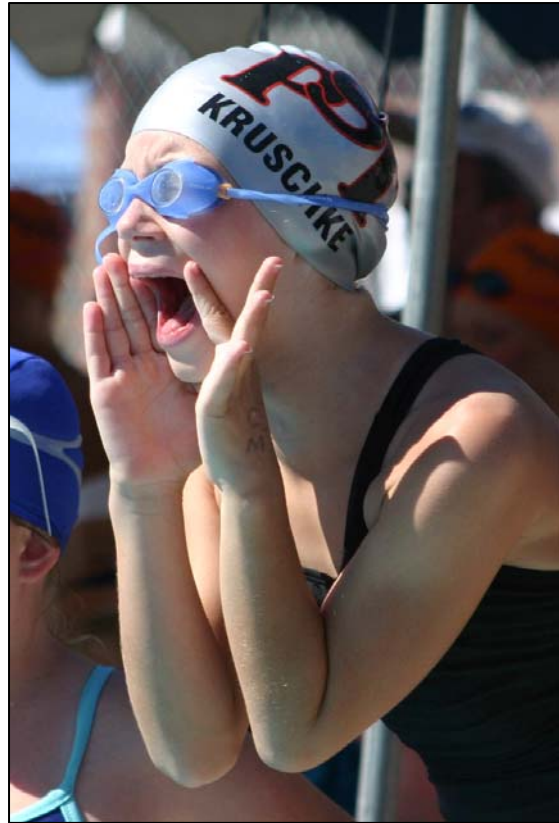


Future big Penguin gals

Penguin Plunge



Just a few of the Unheralded Penguin Parent Volunteers



Penguin teammates cheer each other on in the relays



Upcoming meets

Following is a schedule of remaining 2009 meets. Just a few left

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

Masters Report

5 new swimmers this month!

Stay Hydrated (from USA Swimming) BY KATHLEEN WOOLF, PhD, RD//Correspondent

As a swimmer, you spend your workouts surrounded by water. Surprisingly, swimmers are at increased risk of dehydration. Adequate fluid is needed *inside* your body to function as a coolant. Consume fluids before, during and after exercise to ensure success in the pool. Follow these guidelines to ensure that you are always well-hydrated.

HOW MUCH AND WHEN?

- Drink at least 2 cups (16 ounces) of fluid, preferably water, about two hours before exercise. Fifteen minutes before exercise, drink one-half to a cup of water.
- During exercise, drink about 6-12 ounces every 15-20 minutes. An average "gulp" is about one ounce. When your workouts are less than an hour, plain water will keep you hydrated. When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort.
- After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid.
- Drink fluids at regular intervals throughout the day.

HOW DO I MONITOR HYDRATION?

- Check your urine color first thing in the morning. When well-hydrated, urine is pale yellow and does not have a strong odor. Dark yellow, infrequent urine suggests dehydration.
- Don't rely on thirst. Instead, drink before you feel thirsty. If you are thirsty, it is too late.

ENERGY DRINKS: NOT A GOOD CHOICE!

Energy drinks are popular among teenagers and young adults. They are marketed as a quick way to boost mental energy and improve performance. Many of these beverages are NOT appropriate for fluid replacement during exercise. They can be full of caffeine and other stimulants that may make you feel jittery and lead to dehydration. They also contain too many carbs to be used for fluid replacement and may lead to stomach distress if consumed too close to the beginning of exercise.

Kathleen Woolf, PhD, RD is a registered dietitian and a member of the American Dietetic Association, the Sports, Cardiovascular and Wellness Nutritionist Dietetic Practice Group, and the American College of Sports Medicine. She is an assistant professor in the Department of Nutrition at Arizona State University.

Penguin Parent Survey

Taken the parent survey yet? If not, answer these simple questions and drop them off in the coach's folder.

- What meets do you enjoy most?
- Would you be more likely to attend meets if we chose one day of a two or three day meet?
- Are you more likely to attend meets that are close to Grass valley or meets that may require overnight accommodations?
- Would you prefer one scheduled meet a month or one scheduled meet every other month?
- Would you child attend more meets if parents carpooled?
- Are you willing to drive teammates to meets?
- What would make attending meets more appealing to you and your swimmer?

PRACTICE SCHEDULE

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

PST Practice Schedule for Memorial Park Pool beginning Monday August 24

	Mon	Tuesday	Wed	Thursday	Friday	Saturday	
Blue Penguins Beg.*		4:15-5:00		4:15-5:00	4:15-5:00		Tank/Lane 1
Blue Penguins Adv.		4:15-5:00		4:15-5:00	4:15-5:00		Lane 1/Tank
Rockhopper Penguins	4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	4:00-5:00		Lanes 1&2
Royal Penguins	5:00-6:15	6:00-7:15	5:00-6:15	6:00-7:15	5:00-6:15		Lanes 1-3
King Penguins	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30		Lanes 4-6
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	Lanes vary

*Blue Penguin Beginners in tank at least on T/Th



Blue



Rockhopper



Royal



King



Evil

Penguin Bulletin Board

Penguins award night - November Friday, November 13.



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
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

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 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	Pst_secretary@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		

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	Brian Rhodes	273-0617	brianrhodes4@comcast.net
Fundraising	Cindy Pawlowski	265-8321	cpaw19ski@yahoo.com
LSC Representative	Steve Baker	272-8421	sbaker@dbpwlaw.com
	Christine Ingersoll		
Master Liaison	Victoria Kleiber.		victoriak@sncs.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

Part 1 of 2

Best / Improved Times 2009/2010 Season as of October 4, 2009

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>Penguin Plunge</u>	<u>2009/2010 Season Total</u>
ARENCHILD, BENJAMIN	8.3	8 and U Boys	3	3
ARENCHILD, KATE	12.3	11-12 Girls	9	9
ARENCHILD, TERA	10.2	9-10 Girls	7	7
BLAIR, HALEY	11.7	11-12 Girls	3	3
BRENNAN, DANIEL	9.0	9-10 Boys	4	4
BRENNAN, SARAH	10.8	9-10 Girls	4	4
BROUWER, ABIGAIL	11.9	11-12 Girls	7	7
BROUWER, CALVIN	10.0	9-10 Boys	7	7
BROUWER, ELIZABETH	8.1	8 and U Girls	8	8
CASTLEBERRY, KEI	9.8	9-10 Girls	6	6
CHAMBERS, CHRIS	10.4	9-10 Boys	1	1
CLOVE, DAVID	10.8	9-10 Boys	2	2
DUNBAR, DELAYNEE	5.4	8 and U Girls	5	5
DUNBAR, EMERSON	7.6	8 and U Girls	7	7
FLATTER, KIRI	8.9	8 and U Girls	5	5
GIULIANI, DOMINIC	12.2	11-12 Boys	6	6
GOODNOW, SARAH	11.8	11-12 Girls	6	6
HART, DANIEL	10.0	9-10 Boys	5	5
HAYDEN, MCKENNA	5.3	8 and U Girls	1	1
HERRON, JACK	12.3	11-12 Boys	4	4
HERRON, KATE	9.5	9-10 Girls	5	5
HORTON, BELLA	9.7	9-10 Girls	6	6

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

This is 12 and under only. Brian will update the older swimmers by next month.

Part 2 of 2

Best / Improved Times 2009/2010 Season as of October 4, 2009

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>	2009/2010	
			<u>Penguin Plunge</u>	<u>Season Total</u>
KING, ABEL	10.8	9-10 Boys	4	4
KING, OLIVIA	9.2	9-10 Girls	3	3
KING, SAMANTHA	9.5	9-10 Girls	5	5
KRUSCHKE, ELIZABETH	8.2	8 and U Girls	3	3
KRUSCHKE, SAMANTHA	11.3	11-12 Girls	6	6
LATTER, SHAWNA	10.8	9-10 Girls	3	3
LEE, FORREST	11.7	11-12 Boys	7	7
LOVELL, JADON	10.6	9-10 Boys	3	3
LOVELL, KYRA	9.0	9-10 Girls	2	2
LUNDMARK, NATALIE	9.9	9-10 Girls	2	2
MARTINEZ, KEELEY	10.6	9-10 Girls	3	3
MOULE, JACOB	10.9	9-10 Boys	3	3
NARAMORE, JESSIE	10.1	9-10 Girls	6	6
NARAMORE, LILY	7.2	8 and U Girls	6	6
PARDINI, ANDREW	10.6	9-10 Boys	7	7
PRICE-TISON, ANIKA	10.3	9-10 Girls	3	3
RHODES, MACEY	8.5	8 and U Girls	4	4
RICHNAK, SOPHIE	12.4	11-12 Girls	4	4
RICHNAK, TANNER	10.1	9-10 Boys	5	5
SEIVERT, JESSICA	10.5	9-10 Girls	3	3
SUENRAM, GRACE	9.9	9-10 Girls	2	2
TOLES, MCKENNA	10.9	9-10 Girls	4	4
WILCOXEN, MELLISA	12.0	11-12 Girls	3	3
YAMAUCHI, MILES	10.8	9-10 Boys	7	7

20 Best / Improved times in the season earns a special award at the PST awards night.
 40 Best / Improved times earns a second award.
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 Swimmers only get credit for events that have a time standard for the swimmer's age group.
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