



Penguin Pipeline

September October
November 2010

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Notes from Management:

- The biggest news is the new and improved Penguins web site. After many years, our web site has received a new face, courtesy of webmaster Barry Freidman. The new site is a work in progress, but will soon host all things Penguin (including an archive of old Penguin Pipeline Newsletters!). You won't have to pull out old newsletters or emails to find out the current workout schedule. The coaches can post schedule changes immediately. You can clean a lot of those Brian Rhodes emails out of your inbox. And, perhaps most importantly, there will be only one source of information that will be accurate and timely (at least, in theory). www.penguinswim.org ... Check it out.
- A little recognition for our Penguin Plunge sponsors. This year, the following businesses came through big (again, in most cases) for the team. Please thank and patronize these businesses.

\$250 Gold Sponsorships

- 1) Mountain View Rehabilitation Medical Associates, Inc.
- 2) Stephen C. Baker, Esq.
- 3) SPD Market
- 4) Spring Hill Manor

\$175 Silver Sponsorships

- 1) Riebes Auto Parts
- 2) Moule Paint and Glass
- 3) Penny's Diner

\$125 Bronze Sponsorships

- 1) Hills Flat Lumber
- 2) InterWest Insurance Services, Inc.
- 3) JROB Custom Screen Printing
- 4) Douglas Valentine, DDS
- 5) Sierra Coffee Roasters



Other Sponsors

American River Rafting
Ben Franklin
Bubba's Bagels
Gray Goose
Pier 39 - Bay Cruise
Round Table Pizza
SPD Market
John Sulton
Doug Valentine DDS
Nader Family
Shannon Family

Art Works Gallery
Big 5
Jean Creasy DDS
Grocery Outlet
Plaza Tire & Auto
Safeway
Sunrise Rollerland
Community Recovery
Mark Bauman DDS
New Moon Café
Siteline Architecture

Bath & Body Works
Briar Patch
Disneyland
Northridge of Nevada City
Robert Waidelich
South Yuba Club/Monster Gym
Library Video
Dokimos Pharmacy
Mike Bratton
Probrilliance
Spring Hill Pharmacy

The Plunge - Thanks to guest photographer Cindy Pawlowski ...







The Plunge Redux

In addition to being a fun time, in addition to being a successful meet for all of the swimmers who dropped times, picked up JO times, or just generally swam really good races, in addition to being a showcase for what a great team we have

We made more money on this Plunge than we have in the recent past. We made almost \$16,000 on registrations alone. The snack shack made about \$2,700, and the silent auction brought us \$2,300 (be sure and thank Cindy Pawlowski for almost single handedly kickstarting the silent auction). Looking at it another way, that revenue drops our per swimmer dues by approximately \$200 per year. OK, now was it worth it?

Penguin Swim Team 2010 Meet Schedule

Wasn't that a cool Penguin awards banquet a week or so ago (recap and photos in the next newsletter)? And remember those really cool Penguin beanies for swimmers who went to more than 7 swim meets? And did you also notice the really cool medals for swimmers with more than 20 best times? And, did you notice that almost all the swimmers who went to more than 7 meets ended up with more than 20 best times. Boy, that's a coincidence, huh. Do you want to rethink whether you want to go to the Folsom 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 Classifieds

Two parkas - size adult small. They measure 39 inches long from shoulder to bottom. Would fit kids 6-11 depending on how big they are. Barely worn/excellent condition. Upgraded to waterproof outer shell. Thicker fleece lining. No PST on the back. Paid \$110.00 each. Would like \$50.00 each. Email debisekerak@att.net



From the Penguin Archives

In addition to serving as Penguin Board Secretary for the past several years, retiring Board member Fran Haulman also kept the Penguin archives, which is a tattered collection of Board notes and Penguin stuff. Within that collection are fun and interesting pieces of Penguin history. This month's tid bit

- In 1988 one Penguin swimmer qualified for the league all start meet, PJ Madigan. Doesn't that name sound sort of familiar?



If you ask me, the constant fear of litigation is taking all the fun out of life...

Here are a couple of steps you can take the day of the meet to help make sure that you perform at your best.

Eat Breakfast. Start out with a proper breakfast. This does not entail grabbing a bagel with cream cheese and eating it in the car with a large orange juice on the way there. The bagel, especially if it's made with white flour can really jack up your blood sugar levels. Granted, the fat in the cream cheese will blunt this affect somewhat, but add in the OJ and you'll be all fired up for warm-ups and likely crash shortly thereafter.

The best-case scenario is to sit down and eat some slow cooked oatmeal (prepared the night before) with fruit, or some eggs and whole grain toast, or whole grain cereal with skim, or low fat milk. If it's an early meet and you must eat on the run, at least make it a whole grain bagel with peanut butter, as the these two foods together make up what is known as a complete protein by providing your body with all the essential amino acids it needs. Trade in the OJ for a lower sugar sports drink and you're good to go. Some more foods to stay away from include bacon, sausage, croissants, doughnuts and sugary breakfast cereals.

As far as what you should have in your bag for snacking, I think the best way to address this is with a list of what you should bring, vs. what you should not bring.

What to Bring:

1. At least 32 oz. of water to drink during and after the meet.
2. No more than 16-20 oz. of sports drinks that meet the above criteria.
3. Energy bars: Try to stick with bars that have less than 10 grams of fat, and less than 35% of their calories from sugar (the lower the better). To calculate this: multiply the number of grams of sugar by 4 and then divide that number into the total calories. Some recommended brands include: Kashi TLC Bars, and Odwalla Bars.
4. Whole grain pretzels, crackers and cereals.
5. Nuts, seeds and dried fruit (in limited quantity due to the relatively high sugar content).
6. Lower Sugar Fruits: Strawberries, Apples, Cantaloupe, Blueberries, Raspberries and peaches.

What not to bring, or bring less of:

1. Chips of any type. Most are loaded with fat and calories.
2. Goldfish, Cheese Nips, or any other types of crackers made with white, enriched flower.
3. White Bagels and Breads.
4. High Sugar Fruits: Bananas, Raisins, Pineapple and Grapes.
5. High Sugar Energy Bars: Many types of Power Bars fall into this category.
6. Fruit Juices of any type: Too high in sugar and don't clear the gut as rapidly as sports drinks, possibly leading to stomach cramping.
7. Soda. This one's an absolute no-no!
8. Cookies, candy, gummy bears, or anything else along those lines.

Avoiding the Flu - a Speedo tip of the week from National Team physician, Dr. Jim Miller.

The Tip: - You have completed the dreaded intensive training of the holiday season and have two to four more months until your championship meet. Everything has been taken into account - your event schedule, your training and the best part - taper.

Is there anything that could mess all this up? **YOU BET!** One to two weeks off with five pounds of muscle loss could surely derail this train. That is exactly what could happen with a bout of influenza, more commonly known as the Flu.

Open the window...and in flew enza - The flu is a viral infection that is spread through the air. Each year, the influenza virus mutates slightly so your immunity from the prior year will not completely protect you. The virus is a respiratory infection that can result in a debilitating viral pneumonia. It is very dangerous for those who have a weakened immune system, such as the elderly or someone with a disease that affects their immune system like diabetes.

However, if you are training doubles with long hours for studying for exams, your immune system could also be at risk. Since the air from a human sneeze has been clocked at hundreds of miles per hour, one sneeze from the wrong person at the wrong time will expose you quickly. You could be in trouble.

Prevention is key - So, what can you do to prevent the flu? The best prevention is to boost your immune system against this virus by getting a flu shot. This shot is ideally given one or two months before the virus reaches your part of the country. The shot will not offer you 100% immunity, but it decreases your likelihood of getting sick. If you do end up catching the virus, the course would be greatly abbreviated if you received the shot.

Still, there is a problem here. It is January and parts of the country are already reporting cases of the flu. Does a shot help now? That is a great question to which experts will disagree. But, if your area has not had cases yet, even a flu shot given two weeks in advance should give you some partial protection. And don't wait so long next year!

C your way through the Flu - In addition to the shot, there are other steps you can take to avoid getting sick. In addition to proper hydration, nutrition and sleep, some experts believe that increased Vitamin C intake may enhance your immune system against viral infections. It is suggested you take between 1,000 and 3,000 IU of extra Vitamin C per day, unless you are on a medication that interacts with Vitamin C. As always, consult your doctor before you begin taking any supplements.

Back to Basics - When it comes to the flu, there are some basic steps you can take to help prevent getting and spreading the virus. Wash your hands routinely and cover your mouth when coughing and sneezing - and of course wash your hands when you do if you did not make it to a tissue. The antibiotic gels that do not require water work just fine.

Take iT for the team - If you feel that you are coming down with a nasty respiratory infection whether it involves your lungs or not, get to your medical practitioner quickly. There are antiviral medications that make a big difference, if you start them quickly. Your medical expert also has a rapid test, which will help to determine whether this is influenza or not while you wait. By taking care of it quickly, you get better faster and your team and coaches will be more likely to stay healthy, too. You do not want to take out your whole relay team with you!

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!!!

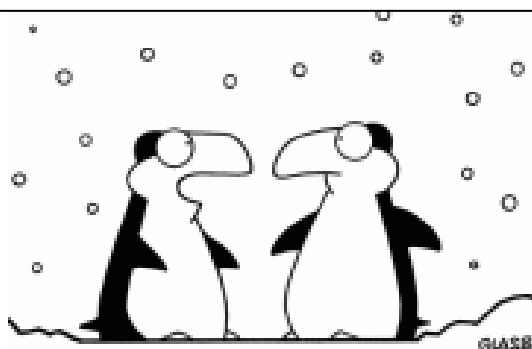
Raise Funds Year Round with E-Scrip!! - Register at eScrip today. This is the easiest way to fundraise for our swim team! Just go to www.escrip.com, go to "sign-up" and designate the Penguin Swim Team to receive contributions. Our group ID # is 3712655. For more information just log on to www.escrip.com. 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

Practice Schedule/Contacts/Dues

See www.penguinswim.org

Consent to Treat

Next time you are at the pool, please stop by and update your "consent to treat form. They have to be updated every year.



"Low fat diets don't work. I eat fish every day and my butt still drags on the ground!"

Planning Ahead

For those that like to plan ahead, the 2011 meet schedule has not been released yet. However, following is a list of some of the "popular" meets we attend and their schedule. There are two important things to note. First, the Penguin Plunge is on September 23-25. Second, a second Penguin hosted meet has been added on April 9 and 10. More to come on that but jot those down on your calendar.

Date	Course	Host	Location
1/28-30 BB+	SCY	Bear River	Bear River High School
2/18-20 Last Chance	SCY	CCA	Roseville Aquatic Center
2/18-20 Last Chance	SCY	Sierra Marlin Swim Team	Folsom Aquatic Center
4/9-10 AGO	SCY	Penguin Swim Team	Bear River High School
4/15-17 BB+/-	LCM	Sierra Marlin Swim Team	Folsom Aquatic Center
5/20-22 AGO/BB+/-	LCM	Woodland Swim Team	Woodland Community Swim Center
6/10-12 Jr+ Trials & Finals	LCM	CCA	Roseville Aquatic Center
6/18-19 AGO	SCY	Feather River Aquatics	Gauche Aquatic Park, Yuba City
6/24-26 BB+/-	LCM	Redding Swim Team	Redding, Redding Aquatic Center
7/8-10 BB+ Last Chance	LCM	Woodland Swim Team	Woodland Community Swim Center
7/21-24 SN Jo's	LCM	Redding Swim Team	Redding, Redding Aquatic Center
9/23-25 BB+/-	SCY	Penguin Swim Team	Bear River HS
10/7-9 BB+/-	SCY	CCA	Roseville Aquatic Center
11/18-20 BB+/-	SCY	Bear River	Bear River High School
12/2-4 SN Age Group Winter Champs	SCY	Woodland Swim Team	Woodland Community Swim Center