



Penguin Pipeline

September 2009

In this edition of the Penguin Pipeline:

- Notes from Management
- New Coaches
- Drink Up - The Best Race Day Liquids
- Eating on the Road
- Upcoming Meets
- Practice schedule
- Penguin Bulletin Board
- Penguins Directory
- Best Times

Notes from Management:

- Penguin Midnight Madness/Team Photo is scheduled for Friday, September 11th at Memorial Pool. The photo will be taken at 6:00pm (arrive at 5:45 to get set up). If you are not currently swimming with the team, but have been on the team this year, please attend! The cost \$8 for 8x10. Heck...at this price, buy two! You can pay by check or cash the night of the photo shoot.
- Fundraising: Through July 2009, we have pulled in \$312.09 through escript. There has been a steady increase over time. And all this just for shopping for groceries. Save Mart cards will be dropped off poolside later today for folks who want to use them (it is a program similar to escript for those that shop at Save Mart). Flash your Save Mart card when you shop (before they ring you up). 3% of the value is credited to the swim team.

In addition, Miner Moe's pizzeria has donated \$90 to PST since mid-June. And all this just for eating pizza. The Miner Moe's fundraiser is ongoing, so stop by, order a pizza, and mention the Penguins.

Are you a small business that wants to get the same recognition as Moe? Talk to Cindy Pawlowski about crating a Penguins loyalty program.

- Stroke and Turn Clinics - Are you looking for the kind of respect that can only be obtained by wearing a white polo shirt and blue shorts? Being a Stroke and Turn Judge is your calling. There are three upcoming training opportunities.

Clinic #1 - Arden Hills Resort Club and Spa @ 1220 Arden Hills Lane, in the East Terrance Room, 6:00 PM to 8:00 PM on Wednesday, September 9, 2009

Clinic #2 - Nevada County Superintendent of Schools Office @ 112 Nevada City Highway, Nevada City, CA 95959, the night before the Penguin Swim Meet, 6:00 PM - 8:30 PM, Friday, September 25, 2009

Clinic #3 - Chico, California, 6:00 PM to 8:30 PM, Wednesday, September 30, 2009

It is important that we have a good number of reliable parents who can be stroke and turn judges. If we don't supply stroke and turn judges at meets, our swimmers won't get ribbons and such.

- The Plunge - If you have not already signed up to work the Plunge, please do so. The sign up sheets are in the office at the pool. We ask each family to work a shift for each day you have children swimming. We are particularly in need of cooks and people to work snack bar. Our hospitality crew will keep you well fed and well hydrated. Word is snack bar is a lot of fun.

New Faces - Who are those new dudes standing poolside? Meet our new coaches, Francis Giuliani (the one with the hat) and PJ Madigan (no hat).

10 questions from the Penguins Newsletter (PN) for Coach Francis (CF):

PN: OK, how old are you really?

CF: *(Smiling) I know that I look like I could still be in high school, but I am actually 23.*

PN: How did you get started in swimming?

CF: *When I was 13 years old I tried out for the penguin swim team and fell in love with the sport. I was placed in the red group (rockhoppers) for several months. For all of those swimmers who feel like they are way older than the rest of the group, don't worry I know how you feel. Anyways, I worked hard and stuck with it and eventually I moved up groups.*

PN: For the younger Penguins, what was it like swimming on a high school team? Was it harder than Penguins? Was it fun?

CF: *I am a distance swimmer and high school swimming is more focused on shorter events. Don't get me wrong, high school swimming is lots of fun (especially the swim meets) but I enjoyed the more challenging workout sets that Senior Coach Larry Gruver gave like 16 x 400's free and 50 x 300's free (not a typo).*

PN: What is your most memorable swim meet?

CF: *I would have to say the fair meet (known today as the penguin plunge) my first meet at 13. One of the reasons for this is because I started out my passion for swimming with the 500 yard freestyle event. I was probably one of the slower ones in the pool at the time, but I didn't care because the event challenged me to train hard and improve.*

PN: Other sports or interests?

CF: *In college I built upon my passion for swimming and competed for the UC Davis Triathlon team.*



PN: What do you enjoy most about coaching the Penguins?

CF: *It's all about the swimmers. I enjoy using the knowledge I have gained over the years (through school (Exercise Biology major), coaches, athletes, research, and personal experiences) and giving it to others so that they might flourish in both swimming and life.*

PN: What are your favorite movies?

CF: *It would have to say Lord of the Rings Trilogy or Braveheart*

PN: What's on your ipod?

CF: *No Ipod, but, I actually listen to lots of Classical music (Chopin, Tchaikovsky, Schubert...etc.)*



PN: What is one thing that none of the Penguin swimmers know about you?

CF: *I am very devoted to my family and faith.*

PN: What's the one thing you would want to tell young Penguin swimmers about their future in swimming?

CPJ: *Use your swimming talent to help others. Whether it is giving your time to help a younger swimmer with their stroke or encouraging your teammates at a swim meet, using your swimming talents to help others is really what it is all about.*

And 10 questions from the Penguins Newsletter (PN) for Coach PJ (CPJ):

PN: How did you get started in swimming? How old were you, when did you start to compete, etc? What was your favorite event?

CPJ: *When I was in 13, I watched my cousin swim in a meet while we were visiting Hawaii. When we came home, I asked my parents if I could join the Penguin Swim Team. My favorite event at the time was the 50 free.*

PN: Where did you swim in college and what was it like swimming on a college swim team? Was it harder than Penguins? Was there any pressure? Was it fun? How good do you have to be to swim on a college?

CPJ: *I swam at Cal Poly, San Luis Obispo. Being on the college swim team was great. I have some lifelong friendships from that team. It was harder than Penguins, but Penguins prepared me well. There was pressure at times. It was fun, I wouldn't trade my college swimming experience for anything. How good do you have to be to swim in college? It depends on the college.*



PN: In college, how did you prepare for big swim meets?

CPJ: *For big meets, we would taper and shave (I shaved my head, too). During the weeks leading up to the meet, I would visualize my races frequently. I also paid more attention to the foods I was eating as I approached big meets.*

PN: What's the biggest trick to balancing school work and swimming?

CPJ: *When you are a student-athlete, you are forced to budget your time. My grades were usually better during swim season because of the structured routine. As you look at each week, you have time in class and training time. Just fill in openings with study time (save some time for fun, too). I actually got better grades in college than I did in high school.*

PN: Talk about your family. Are any of your family members swimmers?

CPJ: *I'm the oldest of 4 kids. We all swam for the Penguins. Two of us still swim regularly. With my own family, we are all swimmers. I met my wife, Melissa, through swim coaching in Western Colorado. She swam in college, too. My 2 children, Lexie (7) and Riley (5) have swam for the Orcas and will likely be future Penguins.*

PN: What other sports do you do?

CPJ: *Mountain biking, triathlon, skiing, snowboarding. I'm also coaching youth soccer this fall.*

PN: What do you enjoy most about coaching the Penguins?

CPJ: *I was very impressed with the work habits of the King Penguins group. After 1 practice, I felt excited about the potential for this group. It's also great to give back to the team that had such a positive impact on my formative years.*



PN: Are you a tough coach or an easy coach?

CPJ: *I'm wondering that same thing. I'll ask the swimmers after a few more weeks.*



PN: What's your favorite movie?

CPJ: *The Italian Job*

PN: What's the one thing you would want to tell young Penguin swimmers about their future in swimming?

CPJ: *Keep it up, you won't regret it.*

Drink Up: The Best Race Day Liquids - Melanie McMullen, BaySide Media is a freelance contributor for www.swimnetwork.com and a member of the Downtown Oakland YMCA Master's swim team.

What a swimmer puts into the body as fuel on race day can be critical to performance. While solid foods provide the fat, fiber, and carbs needed for endurance and speed, the right liquids are equally important.

To find out what liquids to down during a meet, Swimnetwork checked in on the favorites among the elite athletes and also got advice from two sports nutrition experts: Barbara Lewin, RD, LD, and owner of Sports Nutritionist and Kathleen Laquale, PhD, ATC, LAT, LDN and professor at Bridgewater State College in Massachusetts.

1. Jumpstart with a super food. Dara Torres prepares for a super sprint time on race day by having her favorite morning drink, a LivingFuel breakfast shake. She has one every day - including at meets - a few hours before takeoff. In fact, she downed a shake at 6:15am before her 10am 50 freestyle at the Beijing Olympics. The drink is marketed as "an optimized super-food meal replacement" composed of seven to eight different foods. The flavors contain either vegetable (broccoli, spinach, kale, carrot, barley grass, spirulina) or berry complexes (blueberries, strawberries, raspberries, or cranberries).



2. Accelerate with a V8. If super foods seem super expensive, try canned vegetable juices such as V8. They are filling, delicious, and also nutritious on race day, plus they are easy to pack and bring poolside. "V-8 juice is great for its potassium," says Lewin. One 5.5 oz can contains a whopping 320 mg of potassium, which is key to a body's muscle function.

3. Power on tap. Drinking plenty of water is the most simple but often overlooked race day performance tip. "Water is the number one nutrient of all six nutrients required by humans," says Laquale. For swimmers, drinking water is especially important when the pool is heated or the meet is outdoors in a hot humid environment, she adds. Laquale recommends bringing a water bottle and drinking liberally during warm-up sets. Note that your body can absorb cold water more quickly than warm water, so drop in an ice cube or two. If your event is a long distance race or you need a long warm-up, bring a sports drink. Laquale suggests options with a 6 percent concentration of glucose, such as Gatorade or Powerade.



4. Get a caffeine boost. Nutrition studies reveal that coffee - in moderation - the morning of a race may have positive effects. Caffeine consumption has been shown to improve athletic performance in endurance events, including swimming, cycling, and tennis. "If you are used to having morning coffee, having a cup on race day is fine," says Lewin. She recommends having the coffee approximately one hour prior to competition.

5. Save the milk for later. While milk is a top choice for recovery, it may not be the best option before a race. "Milk is not advisable before a race as it is high in protein and can create 'cotton mouth' or dry mouth," says Laquale. "The jury is still out on milk."



Eating on the Road - By Kathleen Woolf/Correspondent

As a competitive swimmer, many of your meals will be eaten on the road. Plan ahead and make good choices, so you stay well fueled while away from home.

Plan Ahead!

Bring food with you in your suitcase. Pack healthy snacks that are easily transported and don't need refrigeration. Good choices include sports bars, dried fruits, pretzels, crackers, breakfast cereals, and canned fruits. By bringing your own food, you ensure that you are eating familiar items. If your hotel room has a refrigerator, purchase low fat milk, yogurt, cheese, and fresh fruit to eat between meals. Because the risk of dehydration increases while on the road, bring water and commercial sports beverages with you.



Choose Wisely!

Although restaurant choices are not always the most healthful, you can make good choices to ensure you are ready for competition. Avoid foods high in fats which may lead to stomach upset. Ask your server how foods are prepared and choose steamed, baked, boiled, grilled, or broiled selections. Request extra servings of potatoes, rice, and bread to provide your body with additional carbs. Mayonnaise, butter, cream-based sauces, and salad dressings should be ordered "on the side" so that you can control the amount added to your food.

Because fast food restaurants are convenient and affordable, many teams make pit stops here. Fast food is typically higher in fat and calories, however, better choices are available. Fortunately, most menus now include healthier options beyond a burger, shake, and fries. Grilled chicken sandwiches, side salads, and low fat milk are much better choices. Another idea is to select from the children's menu, which often offers fresh fruits and/or vegetables and smaller portion sizes.

As an athlete, you should eat three healthy meals a day plus snacks to ensure you have the fuel for your sport. Follow your regular eating schedule and make good choices on the road so that you are ready for practice and competition.

Upcoming meets

Following is a schedule of remaining 2009 meets.

Sept 19	@ NUHS	Intra-Team Meet
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

NEW 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

PST Board Meeting

The next Penguin Board meeting will be October 3.



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

Remember, September 26 and 27 is Penguin Plunge! See Fran Haulman for volunteer duty.

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	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 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 Liason	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 2008/2009 Season as of August 18, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

The 2008/2009 Season runs from 09/01/08 through 08/31/09

List prepared by Brian Rhodes

<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Chico Meet</u>	<u>Tahoe Meet</u>	<u>Junior Olympics Meet</u>	<u>Minden Meet</u>	<u>2008/2009 Season Total</u>
ALBERTS, JENNIFER	13.3	13-14 Girls					24
ALBERTS, JUSTIN	10.9	9-10 Boys					4
ARENCHILD, BENJAMIN	8.2	8 and U Boys		2		1	6
ARENCHILD, KATE	12.2	11-12 Girls		5			17
ARENCHILD, TERA	10.1	9-10 Girls		5		3	20
BAKER, GRACE	12.5	11-12 Girls		6	1	1	34
BRENNAN, DANIEL	8.9	8 and U Boys					3
BRENNAN, SARAH	10.7	9-10 Girls					3
BROUWER, ABIGAIL	11.8	11-12 Girls		4			24
BROUWER, CALVIN	9.8	9-10 Boys		5			20
BROUWER, ELIZABETH	8.0	8 and U Girls		8			13
BROUWER, LUKE	13.1	13-14 Boys		4			6
CASTLEBERRY, COLE	13.4	13-14 Boys		5			11
CASTLEBERRY, KEI	9.7	9-10 Girls		4		2	14
CHAMBERS, CHRIS	10.3	9-10 Boys					1
DUNBAR, DELAYNEE	5.3	8 and U Girls					2
DUNBAR, EMERSON	7.5	8 and U Girls					4
GARDNER, ALYSSA	10.9	9-10 Girls					7
GIULIANI, DOMINIC	12.1	11-12 Boys			9		29
GOODNOW, SARAH	11.7	11-12 Girls					2
HART, DANIEL	9.9	9-10 Boys		3			7
HERRON, JACK	12.2	11-12 Boys	3				12
HERRON, KATE	9.3	9-10 Girls	6				48
HORTON, BELLA	9.6	9-10 Girls		6			13

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.

Part 2 of 2

Best / Improved Times 2008/2009 Season as of August 18, 2009

Earned at USA Swimming Sanctioned Meets

12 and Under Swimmers

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<u>Name</u>	<u>Age</u>	<u>Age Group</u>	<u>Chico Meet</u>	<u>Tahoe Meet</u>	<u>Junior Olympics Meet</u>	<u>Minden Meet</u>	<u>2008/2009 Season Total</u>
KING, ABEL	10.7	9-10 Boys					5
KING, JEANIE	13.1	13-14 Girls				2	18
KING, OLIVIA	9.1	9-10 Girls					3
KING, SAMANTHA	9.4	9-10 Girls					3
KOHLER, DYLAN	12.3	11-12 Boys					4
KOHLER, OLIVIA	10.5	9-10 Girls		4			7
KRUSCHKE, SAMANTHA	11.2	11-12 Girls					33
LATTER, SHAWNA	10.7	9-10 Girls					5
LEE, FORREST	11.6	11-12 Boys					5
LUNDMARK, NATALIE	9.7	9-10 Girls		7			13
MARTINEZ, KEELEY	10.5	9-10 Girls		3			7
MAYOL, NICHOLAS	11.7	11-12 Boys					4
MCKENZIE, MARINA	12.8	11-12 Girls		4			21
MCLAIN, BENJAMIN	13.1	13-14 Boys			2	6	46
MOULE, JACOB	10.8	9-10 Boys					1
NARAMORE, JESSIE	10.0	9-10 Girls		5			14
NARAMORE, LILY	7.1	8 and U Girls		3			3
PARDINI, ANDREW	10.5	9-10 Boys		6			14
PAWLOWSKI, TANNER	12.1	11-12 Boys					5
PRICE-TISON, ANIKA	10.2	9-10 Girls					7
RHODES, MACEY	8.4	8 and U Girls					13
RICHNAK, SOPHIE	12.3	11-12 Girls		4			12
RICHNAK, TANNER	10.0	9-10 Boys		6			12
ROMINGER, DEREK	12.9	11-12 Boys					2
ROSS, OLIVIA	10.6	9-10 Girls					1
SHARP, JARED	11.2	11-12 Boys					2
SHARP, MEGAN	13.2	13-14 Girls					3
SUENRAM, GRACE	9.8	9-10 Girls					2
TOLES, MCKENNA	10.8	9-10 Girls			6		37
WARA, ARLETTY	9.4	9-10 Girls					5

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Swimmers only get credit for events that have a time standard for the swimmer's age group.