



Penguin Pipeline

February March 2011

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Notes from Management:

- First, we would like to say farewell to Dean Kruschke. Dean is taking a new job in Eureka, California, leaving the beauty of Nevada County for the cold north coast. Dean is a passionate swimmer who served as team president, meet director, and coach, as well as Master's swimmer. Dean was often found puttering around the pool, fixing lane lines and what not. Dean, you will be greatly missed.
- Also leaving the Penguins Board is Brian Rhodes. Brian is the consummate parent volunteer, often refereeing away meets when he didn't even have kids swimming. He was selected last year by the Sierra Nevada League as volunteer of the year. Brian will be concentrating on his role as president of the Orcas Swim Team, and unofficial bus driver for the NU Water Polo team. If you see Brian around, be sure and thank him for all that he has done for Penguins, and for aquatics in Nevada County.
- Stepping into Dean's shoes is Tom Herbert, taking on the role of President and meet director for the Spirit Meet. Tom is pretty stressed about the meet right now, so be sure and be nice to him.
- We will be returning to the Nevada Union pool again this summer for our swim lesson, Masters, and workout groups. We looked at potentially remaining at Memorial pool for the summer but found that we just have too many ongoing programs and there just weren't enough hours available at Memorial. Orcas will continue to swim at Memorial pool during the summer.
- See www.penguinswimteam.org for the announcement of our summer swim season and tryouts for new swimmers. For any of your friends whose kids want to be cool swimmer dudes and dudettes like the Penguins swimmers, get to our web-site.
- The next board meeting will be held at 6 pm on April 4 at Twin Ridges School.



After all this time, I couldn't find a picture in our file of modest Brian. This will have to do.

Spirit Meet Fundraising Update (from Cindy Pawlowski)

Thank you to our PST Families who participated in our Spirit Meet Fundraiser. About 20% of our families raised over \$1,800 in funding and collected Silent Auction items valued at over \$2,300. Silent Auction items will be available for sale at the Spirit Meet, so bring your checkbook. Items include:

- 3 night/4 day stay in Mammoth Lakes
- 1 night stay at Atlantis Resort and Spa
- Whale Watching in Monterey
- Passes to River Cats Game, Sky Zone Trampoline House and Fairytale Town
- Museum Passes to Crocker Art Museum and Ripley's Believe it Or Not in San Francisco

- Spa and Salon Packages
- Girl's Swim Bag loaded with gear
- Wine & Coffee Baskets
- Toy and Garden Baskets
- Gift Certificates to local eateries
- Hand-crafted Wooden Bowl
- and much, much more

And please, remember to support those businesses that support the Penguin Swim Team. Stop in, visit and say thanks to the following businesses for supporting the Penguin Swim Team.

Lane Sponsors

InterWest Insurance
 McNamara Family
 Renasas Electronics

Event Sponsors

Diamond*Baker*Mitchell LLP
 Coastal Welding
 Help at Home Senior Care
 Horizon West
 Mountain View Rehabilitation Medical Associates
 Sievert Physical Therapy
 South Yuba Club

Friends of Penguins

Cedar Ridge Country Store
 Ken Meyers, Baird Investments
 Neal-Durham Family

Silent Auction Donors

49er Automotive, Atlantis Casino and Resort, Baskin Robbins, Bel Capella Salon, Bella Vita Salon, Bennit-Tackett Family, The Bookseller, Champagne Jane Salon, Crocker Art Museum, Cross Family, Fairytale Town, Flour Garden Bakery, In-N-Out Burger, Keva Smoothie, King Family, Kisling Family, Miner Moe's Pizza, Monterey Bay Whale Watch, Mountain Mike's Pizza, McNamara Family, Port of Subs, Ripley's Believe It Or Not Museum, River Cats Baseball Team, Scheels, Sierra Cinemas, Sitaline Architects, Sky Zone Sports, Valentina's Bakery, Waters Family,

And Don't Forget

Miner Moe's Pizza in Nevada City is donating 15% of any purchase to the Penguin Swim Team between March 16th and April 8th. All you have to do is say 'Apply to Penguins Swim Team' when ordering. So....

- 1) Add Miner Moe's to the lunch or dinner calendar
- 2) Remember to say Penguins Swim Team when ordering
- 3) Tell your friends and co-workers.
- 4) Repeat steps #1-3 each week.

Miner Moe's Pizza
 102 Argall Way
 Nevada City, 265-0284
www.minermoespizza.com
 (Located in the 7-Hills Business District)

Top 10 Reasons to Help Put Pool Covers on After Practice

- 1) Pulling covers is a rite of passage and a free exercise program we offer that goes along with the honor of being the highest elevation, year-round, out-door swim team west of the Rockies.
- 2) If you don't, the other parents will say mean things about you.

Frankly, those are the best reasons and any others pale in comparison.

Volunteering by Nichole Bowden

It takes many volunteers to run a successful swim program. **Thank you to each and every family that is already putting in time and energy to making our team successful!!** Your efforts are appreciated. **Volunteering is essential to the operation of our team**, and it is important that everyone does their fair share. Currently, 50% of our parents do 100% of the work. We can change that!

There are lots of jobs, most of which are fairly easy and fun. We have positions that can accommodate just about everyone's need and ability, and someone will be more than happy to show you how to do the job you sign up for. In addition, volunteering is a great way to meet other parents and learn more about the sport of swimming.

In addition to working at the meets we host, we need 100% of our families to sign up for one other job throughout the year. **Our current volunteer job openings include: officials, social events planners, fundraising assistants, board members, and a team photographer.** If you haven't already, please pick a job and let our volunteer coordinator know what you'd like to do to help.

PST currently hosts two swim meets a year which are big fundraisers for our team - the Spirit Meet (April 9-10) and the Penguin Plunge (September). We need every swimmer to swim at these meets and every parent to volunteer.

Sign up sheets for Spirit Meet volunteers and donations are now posted at the pool - if you have not signed up to work at the Spirit Meet, please do so this week. We also need people to sign up to donate food items for the snack bar and lend items for set-up such as tables and ice chests. We need more help with:

1. Set-up: Come Friday, April 8th at 6:30pm to Bear River Pool to join the set-up crew.
2. Runners: Help get race results to the computer room throughout the meet.
3. Timers: Sign up for a shift or two timing races.
4. Hospitality: Serve food to the coaches and volunteers working on the pool deck.
5. Snack Bar: Have fun with other parents selling food to hungry swimmers.
6. Grill Staff: Flip burgers and hang out with your fellow swim parents.



Volunteering? Questions? Call our volunteer coordinator, Nichole Bowden, at 264-7104 or e-mail at novnika@msn.com.

Penguin Performances

- Trey Herbert was named the Union's Player of the Week. Trey took first in the 200 freestyle and 500 freestyle and the recent NU meet with Yuba City. He had a 1:51.68 in the 200, and a 5:23.66 in the 500. And those aren't even his best events
- Alumni Penguin swimmer Kyle Virva, of University of Nevada Las Vegas recently tore up the house at the NCAA Swimming Championship. Kyle got 14th in the 200 free relay, 16th in the 400 free relay, 51st in the 50 free, and 41st in the 100 fly. That's not 14th in the state, or 14th in the league, that's 14th out of all collegiate relay teams. Kyle also captured Honorable Mention All American status for his finishes on the relay races.

Junior Olympics by Jeff Kirkpatrick, taken from the article the Union should have printed)

On Friday, March 4, 11 swimmers from the Penguin Swim Team traveled to Solano College to participate in the 2011 Sierra Nevada Junior Olympics. Swimmers had to earn qualifying times for their age groups over the course of the 2010-2011 short course season to enter; several PST swimmers achieved multiple qualifying times and therefore participated in two to three events each day. 14 year old Luke Brouwer had PST's first breakout swim of Friday morning's trial heats, beating his 100 yd Freestyle entry time of 1:01.09 while posting a time of 58.87. 13 year old Dominic Giuliani then posted a personal best time of 51.62 in the same event, while earning a spot in the finals that evening as the 3rd seed. 10 year old Emma Lawless swam in two events Friday, earning a spot in the finals for both the 50 yd Backstroke and the 200 yd Freestyle. Lawless swam to a 3rd place finish in the 200 Freestyle final with a time of 2:22.00. She also swam to a 5th place finish in the 50 Backstroke with a time of 35.82.

During Saturday's trials heats, Emma Lawless had the surprise swim of the meet for PST in the 100 yd Backstroke. Seated 29th out of 41 swimmers in the trial heats and not expecting to earn a spot in the 10 swimmer final, Lawless dropped 15 seconds off her entry time to post the 4th fastest time in the event and earn an "AA" time of 1:15.76. She later swam to a 4th place finish in the finals with a 1:16.00. Lawless also placed 6th in Saturday's final for the 50 free with an "AAA" time of 29.59. Dominic Giuliani dropped 3 seconds from his previous personal best in the 100 yd Breaststroke Saturday morning and earned a trip to the finals Saturday evening, where he swam to a 5th place finish with a time of 1:08.55. 11 year old Jessie Naramore barely missed a trip to Saturday's finals in the 50 yd Backstroke, posting an A time of 33.79 in her trial heat. She finished as the first alternate for the 10 swimmer final in that event.

On the final day of JO's, 13 year old Jack Herron joined Lawless and Giuliani in Sunday's finals by smashing his personal best times in the trials heats of the 200 yd Freestyle, the 50 yd Freestyle, and the 100 yd Butterfly. Giuliani closed out Sunday's events by earning PST's highest placing of the 2011 Junior Olympics with a 2nd place in the 50 Freestyle. He nearly matched the personal best time he had earned in the trials heats during the morning events, swimming the event in 23.45.

Other JO participants included Jeanie King (14), Grace Baker (14), Abigail Brouwer (13), Shawna Latter (12), Kiri Flatter (10), Kate Herron (10) and Lily Brouwer (9).

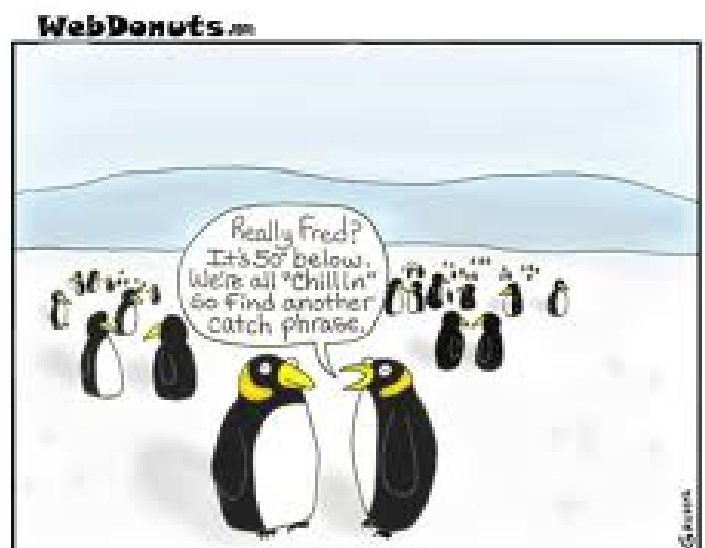
Honor our Sponsors

Don't forget to thank these generous Penguin sponsors.

Help at Home Senior Care
South Yuba Club
Horizon West
Sievert Physical Therapy
Mountain View Rehabilitation Medical Associates
Coastal Welding
DiamondBakerMitchell, LLP

Meet Schedule

See the web site for the latest meet schedule.



The 5 Rivers League

As a follow up to the recent announcement of the 5 Rivers Swim League, correspondent Andrew Pawlowski files this report, dated in the year 2014:

Dateline 2014, Susanville, CA

In the on-going battle to allow their swim team to join the Five Rivers Swim League, the Susanville Guppies lawyered up in anticipation of a legal battle. At issue is the inability of the team to join the league as, well ..., Susanville lacks a suitable river.

"All we want is an opportunity to compete" says the team's coach, Calvin Ziffle. "Why communities that have a river can enjoy this prestige while others can't is beyond me, and candidly it's not fair to the kids".

In a related story, the town of Barstow announced plans to move the entire community in 2018 to the banks of the Stanislaus River. This would displace the teeming burg of Riverbank in a gambit to join the league, which has done nothing but rise in popularity since its founding in 2011.

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



Keys to Success/Speedo Tip of the Week from USA Swimming, by Olympian and 2010 Pan Pac gold medalist Chloe Sutton's Keys to Success:

1. Be there! Don't miss practice. You have to make it a priority. We all have lots of things going on in our lives. We have school, friends, family and hobbies, on top of trying to become a champion swimmer. Juggling it all can be hard at times, but if you make swimming a top priority, then getting there should never be a problem. For me, going to practice is automatically a set-in-stone appointment in my agenda and everything else works around swimming. There have been a few times where I have been sick or unable to get to practice and I have had to miss. In my mind, on that rare occasion that I cannot make it to workout, all I can think about is how every yard that I am missing my competitor is in the pool making progress and getting faster, while I am doing nothing.

2. Get comfortable being uncomfortable. This is another way of saying that you need to work hard. If you want to reach your goals, you're going to be uncomfortable at times, and you have to be comfortable with that. You have to be willing to pay the price if you want to receive results in return. You can't just float through each practice and expect to break any records at the end of the season. Becoming a champion isn't going to be easy, but that's what makes the rewards so satisfying. No pain, no gain.

3. Be good to your body. Listen to it. When you're eating, sleeping and swimming are the times when you should be listening the most. You need to put the right fuel in your body so that it functions properly. You need to get enough rest so that your body can recover from your challenging workouts, and you need to communicate how you're feeling with your coach so that you push yourself, but not so hard that you get injured.

4. Have short term goals as well as long term goals. Have things that you can accomplish each day in practice and throughout the season so that you always have something to lock your eyes onto. Staying motivated can be hard if you only have one end goal in mind, especially mid-season when your big meet seems so far away. Having a few small goals at each practice can help bridge the gap and make getting to your end-of-season goal a lot easier.

5. Keep it positive. Stay away from negativity. I am a big believer in positive thinking. If your mind is in the right place then your body will follow. If you're thinking about how hard a set is or how much you dislike what you're doing, chances are it is going to get even harder and less fun because that's what you're dwelling on. Directing your thoughts so that you are thinking about the benefits that you are getting out of a particular practice or set can help make everything so much easier. At competitions, sometimes people can talk themselves out of swimming fast by making excuses for themselves. When you do this, you are simply setting yourself up for disaster. Prepare for races and step on the blocks knowing for a fact that you are going to swim your very best. Put your heart into each race and go for it.