



# Penguin Pipeline

July 2011

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## Notes from Management:

- See [www.penguinswim.org](http://www.penguinswim.org) for the announcement of all things Penguin. The swim lesson schedule is up and on the web site. Also, stay tuned for a bold new website "look and feel", courtesy of Penguin volunteer and dad Bren Smith (no pressure Bren).
- Penguin Board update: At the last meeting, a couple of issues were covered.
  - Starting to think about getting ready for the Awards banquet in August and the Plunge Swim Meet in September. We're working on getting a volunteer coordinator (s) on board.
  - We continue to discuss with Grass Valley the operation of Memorial Pool.
  - The summer swim lessons are going well. Heidi has things under control!
- Mark your calendar for August 26. That is the new "late summer" date for the Penguins awards banquet and bar-b-que. If you haven't been to this thing in previous years, make a note to attend. It is a feel good event to recognize the accomplishments of our swimmers and their supporting families.
- Have you signed up for the next "5 Rivers league" meet on July 15? And, if not, why the heck not? Be sure and see Coach Jeff if you have some sort of lame excuse for not attending.
- The "5 Rivers Champs" meet is now offiically scheduled for August 5. Please mark it on your calendar. Other meets of note are the Long Course Junior Olympics (for kids with qualifying times) on July 22-24, and of course the Penguin Plunge on September 24<sup>th</sup> and 25<sup>th</sup>.
- It is not too late to sign up for Junior Olympics. If you have a qualifying time, you really should make the trip to Redding for the meet. If for no other reason than to get the t-shirt.
- It is through the support of generous sponsors that we are able to offer such a great swim program. Don't forget to thank these Penguin sponsors.

Help at Home Senior Care  
Horizon West  
Mountain View Rehabilitation Medical Associates  
DiamondBakerMitchell, LLP  
McNamara Family  
AJA video

South Yuba Club  
Sievert Physical Therapy  
Coastal Welding  
InterWest Insurance  
Renasas Electronics  
Tour of Nevada City

## New pool?

For those who went to the FRAC meet, wasn't their pool facility cool, compared to ours. And has anybody noticed evening practices where we are sharing the NU pool with divers and water polo players. Sort of chaotic, right?

Both of those issues could be remedied with a new pool for Nevada County. A currently small group of volunteers is beginning to look at that very possibility. Initiated by



Craig Zetterberg, the NU Girls Water Polo coach, and a couple of NU parents, pool improvements are being investigated. The initial results of Craig's efforts have already borne fruit, with lighting and locker room improvements for NU. But do we really *need* a new pool? Well ....

- The 3 existing community pools (NU, Memorial, and Nevada City) are nearly at capacity during summer months.
- There is an opportunity to expand existing programs (like water polo, diving, and "learn to swim" into winter months if there is an all weather aquatics facility.
- There is an opportunity to create an aggressive "learn to swim" program so all Nevada County residents can safely enjoy the aquatic recreational opportunities which surround us.

OK, so how would one go about getting a new pool in Nevada County? Looking at other communities who have successfully built new pools, there appear to be a couple of common threads.

- It must be widely supported by the community (no controversy).
- The facility must be flexible to serve many different aquatic programs (don't leave anybody out and get as many supporters as possible)
- Key groups must be vested in the successful operations of the facility (key groups such as Penguins, Orcas, the High School, and Grass Valley)

What are the next steps? The volunteers are working on picking a good location (maybe at NU) and figuring out how much it might cost (probably \$7 million to \$10 million, depending). Seem like an interesting endeavor and want to get involved? Easy, just track down Bren Smith or Steve Castleberry at practice one day and you'll be on the team.

## Penguins Partner with the Welz Foundation

The Penguin Swim Team and the Welz Foundation are partnering to offer no cost swim lessons to at-risk youth in Nevada County. The California Department of Boating and Waterways reports that water related deaths in the United States rank second for accidental deaths of young people. The club hopes to sink those odds by promoting swimming skills through the Penguin Swim Team program while offering a fun and engaging summer activity. In an area like Nevada County, with abundant recreational swimming and boating opportunities, it is particularly important that all of our kids have a basic foundation of swimming skills.

The "learn to swim" program is run by Heidi Kirkpatrick, a former Penguin Swimmer and Nevada Union High School student. Lessons are taught by certified and trained swim coaches, many of whom are current or former Penguin swimmers.

Thanks to Chip Arenchild, Stephen Baker, and especially the Welz Foundation for making these lessons available.

For more information on the Penguin Swim Team and Summer Swim Lessons, contact the team at 530-265-DIVE or [www.penguinswim.org](http://www.penguinswim.org)



## Swim-a-thon

On a rainy June morning (rainy, June?), dedicated Penguin swimmers set out to swim 200 laps (5,000 yards) in less than 2 hours. The feat raised nearly \$2,000 for the team. In addition, it gave volunteers the opportunity to practice counting to 200, plus the additional opportunity to check their rain gear for leaks. The swim-a-thon was followed by a bar-b-que and a General Membership meeting (thanks for keeping it brief Tom).



**Penguin Plunge** - Mark your calendar for September 23rd, 24th, and 25<sup>th</sup>. Those are the days for the Penguin Plunge, our big meet of the year. Please plan to help with the same jobs you helped with at the Spring meet. If you don't think this meet is important, see Trey Herbert's comments about the Plunge being his most memorable meet.

## Ten Questions for Trey Herbert

Trey Herbert is a long time Penguin fixture and success story. As he finishes his high school swimming career and heads off to college, we thought it would be good to get him to reflect a bit about his life as a Penguin.



**Penguin Newsletter:** At the High School awards banquet, I heard you talk about taking time off from swimming, and then coming back to it stronger and faster. When did you start swimming, and what did you find after you took time off and then returned to swimming?

**Trey Herbert:** I started swimming when I was 10, took time off in 8th grade and when I came back, I found that I had grown into my body and gotten a bit stronger.

**PN:** You'll be swimming this next year for the University of Hawaii. How did you pick the Rainbow Warriors, and what do you foresee about college swimming?

**TH:** I picked University of Hawaii on gut feeling. It was between Wyoming and Hawaii for the most part, and Wyoming was much better than I had expected so it did turn out to be a fairly tough decision. I think it will be tons of fun with the new team and different coaching opinions. It will just be a great experience, and I hope to learn a lot and grow from it.

**PN:** You are spending a fair amount of time both teaching swimming and coaching this year. Is that fun, or is it stressful?

**TH:** It's really fun. It's an amazing feeling to see the kids advance in their swimming career and to know you were able to be a part of it.

**PN:** Your favorite meal after a hard swim meet?

**TH:** After a hard swim meet it is generally just anything big, Chipotle, a burger, etc. After a taper meet it is almost always a burger. Going into the meet we generally try to watch what we eat and don't have big heavy meals so after I like to go a little nuts.

**PN:** Is it true what they say about freestyle sprinters?

**TH:** Probably. . . Unless of course they say we're cocky, we don't train hard, and we're wienies. ;)

**PN:** Over the past 4 years, it seemed like you are always at the pool. How do you balance swimming with school work and other things that high school kids do?

**TH:** There isn't much of a balance, swimming and school run your life.

**PN:** What is your most memorable swim meet?



TH: Either Leagues my freshman year, Texas my junior year, or the Penguin Plunge the summer before my freshman year. Probably the latter.

PN: What's your favorite movie?

TH: Caddyshack

PN: What do you want to tell young Penguin swimmers about their future in swimming?

TH: Don't burn yourself out. If you are sick of the sport take a month or so off. You're young and have time. BUT if you are serious about the sport, you better be in the mind set to be training from at least sophomore year on.

PN: Dogs or cats?

TH: Both? Probably more dogs.



## Volunteering

Yeah yeah yeah, we need more volunteers. Same ol story, every newsletter. And it's still true. However, you really ought to think about becoming an official. Ten reasons:

1. It could be fun. When you talk to Bill Rose, the USA Swimming head of officials in these parts, he raves about what a fulfilling thing it has been for him. You never know until you give it a try.
2. It really helps the team. If we don't provide officials at meets, our kids get penalized with no ribbons or medals.
3. Don't Cristin Brouwer and Betsey Herron already do enough for the team? Give em some help for Pete's sake.
4. Who doesn't look good in a white polo shirt and pleated blue shorts?
5. It's the only volunteer activity where the team will give you money (sort of). Go to a training class, pay the registration fee, and, when you complete your test and training, the Penguins will pay you back the cost of the class. Plus, the team will pay for the little name tag you wear.
6. The respect you will command from all the swimmers.
7. The chance to get even with you kid for not cleaning her room, by disqualifying her in her 100 fly. Payback is fun!



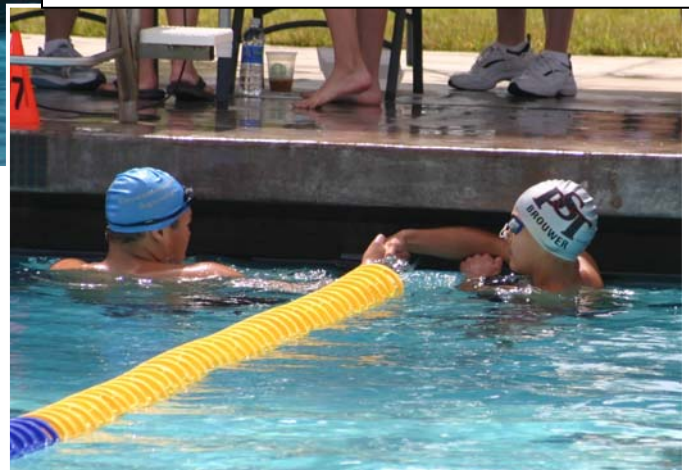
Want to find the next training class? Email Bill Rose at [cbrose@omsoft.com](mailto:cbrose@omsoft.com).

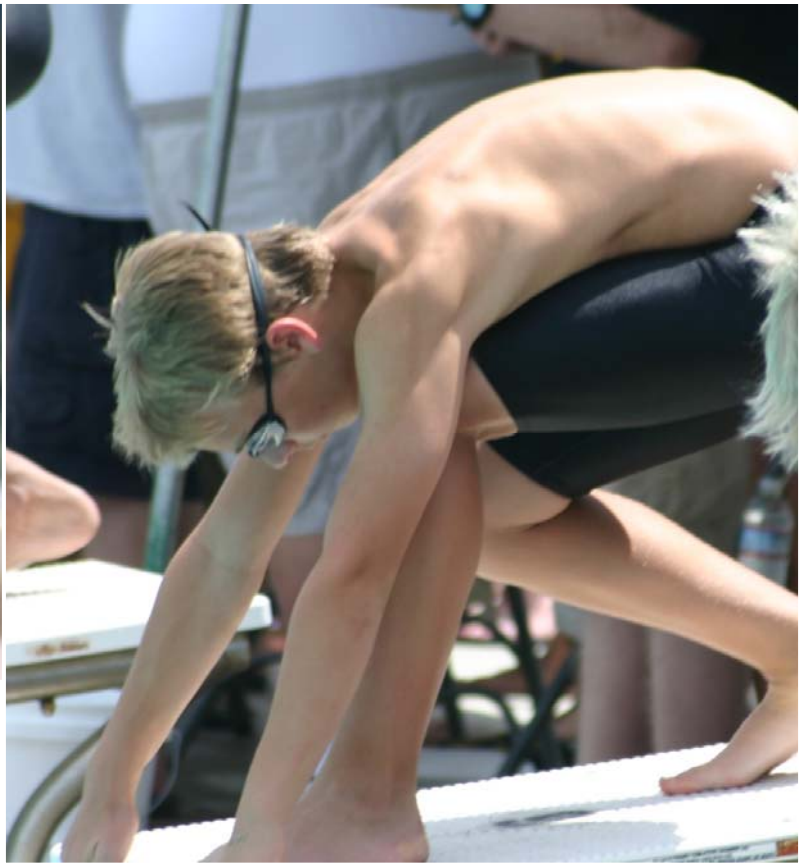
June 2011 FRAC Meet



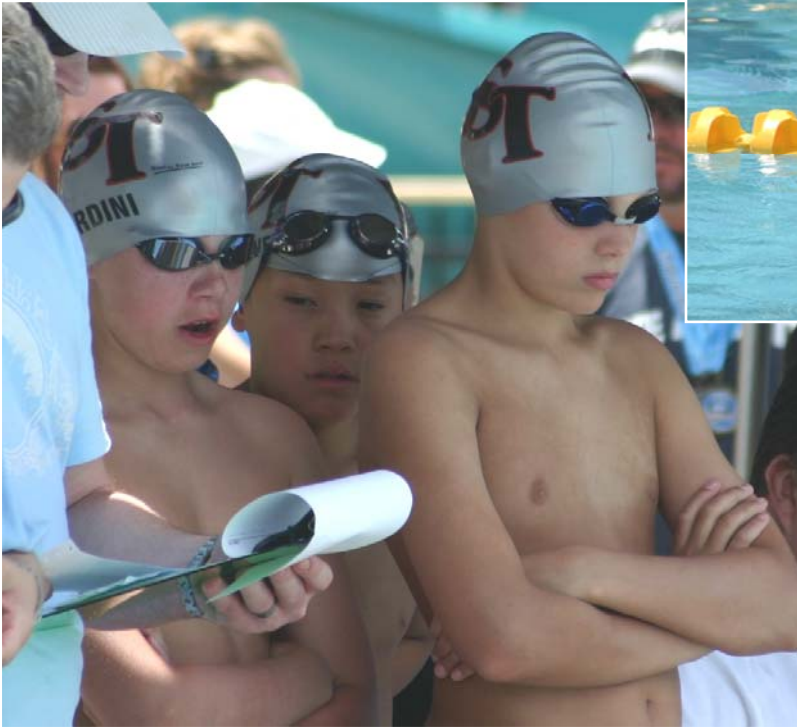


Tanner P. gets psyched up for his race.





Tanner R. says he can hear the ocean.  
Joe practices his new racing start on the blocks.  
Kieran and his personal trainer.



The Relay Teams



1/2



Where did the swimmer go? Which lane are we supposed to be timing? Our parent volunteers!



## **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](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

## **2011 Health and Fitness Updates From the Experts** by Nancy Clark, MS RD CSSD for Active.com

Each year, more than 5,000 health professionals gather at the Annual Meeting of the American College of Sports Medicine (ACSM; [www.acsm.org](http://www.acsm.org)). At this year's meeting, exercise physiologists, sports medicine doctors, and sports nutritionists shared their research and offered updates. Here are two updates that might be of interest.

### ***The Power of Exercise***

"Exercise is medicine" is the slogan for ACSM's public health campaign to teach people the importance of living an active lifestyle "Exercise is better than medicine" would also be a good slogan! According to Dr. Karim Khan of the University of British Columbia, lack of physical activity is the biggest public

health problem in the 21st century. (I know, I am “preaching to the choir” because you are undoubtedly already active. But I'm sure you have friends and loved ones who spend too much time on the couch. Please pass this message along to them.)

We know that exercise can reduce the risk of heart disease, certain cancers, dementia, and other diseases of aging. But what most people don't know is 16 percent of North Americans will die from low fitness/sedentary lifestyle. That's more than the 14 percent of people who will die from “smokerdiabesity” (smoking, diabetes, and obesity combined). (1)

If exercise is so good for us, why are so many people failing to exercise regularly? And how can we get them to exercise by choice? Incentives work in the short term. That is, employees who get a discount on their health insurance premium will initiate an exercise program. But in the long term, people maintain an exercise program if it gives them pleasure, makes them feel good about themselves, improves their mood, and offers friendship.

Wanna-be exercisers should take weight loss out of the equation. That is, if they are exercising just to lose weight, what happens when they reach their goal? They'll still need to keep exercising to maintain that fat loss, so they had better start a program they are interested in doing for the rest of their lives.

Just as MDs monitor blood pressure and weight, they should also monitor physical activity. Thanks to ACSM's *Exercise is Medicine* campaign, doctors are now encouraged to prescribe exercise to their overfat, underfit, (pre)diabetic clients. Doctors can tell patients how often, how hard, and how long to exercise. This written prescription has been shown to help improve exercise compliance.

### ***Nutrition for Injuries***

Unfortunately, part of living an active lifestyle seems to include injury. Athletes with injuries should pay attention to their diet. If they are petrified of gaining weight (yes, petrified is a strong word, but it seems fitting to many injured athletes who seek my counsel), they may severely restrict their food intake. One runner hobbled into my office saying, “I haven't eaten in two days because I can't run...”

While injured athletes do require fewer calories if they are exercising less than usual, they still need to eat an appropriate amount of fuel. Injuries heal best with proper nourishment. For example, if you have had surgery (such as to repair a torn ligament), your metabolic rate might increase up to 20 percent. Using crutches increases energy expenditure by 5 to 8 percent. If a wound happens to get infected, metabolic rate can increase by 50 percent.

When injured, you want to eat mindfully, so that you eat enough calories—but not too many calories. Before you put food into your mouth, ask yourself: “Does my body need this fuel? Will this food provide nutrients to help my injury heal?” Your mind may want excessive treats to comfort your sorrow, but the nutrient-poor cookies that help you feel happy for a moment can contribute to undesired fat gain that will increase your misery for the long run.

If you have ever had a broken bone, you have seen first-hand the muscle wasting that occurs when, let's say, a leg has been in a cast for six to eight weeks. The good news is, according to Dr. Stuart Phillips of McMaster University, muscle strength and power returns quicker than muscle size. You can minimize excessive muscle loss by eating adequate protein. The typical (and adequate) protein intake is 0.5 g protein per pound of body weight per day ((1.1g/kg/day). During recovery, a better target is about 0.7 g pro/lb (1.6 g/kg). For a 150-pound athlete, that's 75 to 105 g protein for the day, an amount easily obtained through your diet. Simply choose a protein-rich food at each meal and snack throughout the day to help maximize healing and minimize muscle loss.