



GO FISH

January 6, 2007

Volume 1, Issue 1

Up Coming Events!

Feb 2-3	Retreat
Feb 16-17	Start of the Season
TBA	2008 Kick Off Event
Mar 29-30	Arizona Race

Captain's Message

- Steve K

Hello, Guppies!

I hope you are all enjoying the off season whether you are working out or taking time off.

The new board has had it's first meeting and we've been able to make some decisions for 2008.

First, we have changed off season practice to Saturdays at 8:30 a.m. Look for evites. Rebecca and Frieda have volunteered to lead an early practice on Sundays at 7:30 a.m. if there is sufficient demand. Please respond to the evites early as the practice will be canceled if there are not at least 10 people signed up.

The Executive Board has appointed Gary Chan as Head Coach and Ellen Yu as Team Advisor. Additional appointees and

volunteers will be chosen as the need arises. If you have any suggestions, issues or questions for the board or want to volunteer for team administration, please contact any board member.

We have changed the KG bank account signatures to reflect the new officers. The Captain, Treasurer and General Manager have signature access to the KG bank account.

Our first race in 2008 will be the Arizona DB Festival in Tempe, AZ, March 29-30. <http://www.azdba.com/>

Be on the lookout for important news and an evite regarding the forming of a team to compete in the 2008 US National DB Championship to be held in Long Beach in July.

Whether you participate on the National team or not, it will affect the Killer Guppies 2008 season.

The board members are working to finalize the following for 2008:

- Dues amounts and collection dates
- First day of regular practice
- 2008 race schedule
- New KG website with online application
- 2007 survey
- January Paddle Event
- Fitness test dates
- KG Weekend Retreat in February
- Recruitment strategies
- As plans are finalized we will let you know. Until then, get psyched for 2008, have a happy holiday and we'll see you soon.

Inside this issue:

Captain's Message	1
Doug's Farewell	1
Up coming events	1
EOY Luncheon	2
Ellen's Year in Review	2
New Board Profiles	3
Rebecca's Fitness	4

Farewell to our Brother Bear

- Caroline T

It is always a sad time when we lose one of our fellow guppies, but I had a chance to ask Doug a couple of questions about his new life up north.

Caroline T: How many years have you paddled with KG?

Doug I: I've been paddling with KG since February of 2007 so a little less than a year.

CT: What will you miss most of all?

DI: I will miss the team spirit. I've never really been into team sports. However,

after being initiated at the Arizona tournament I was hooked! Grrrr.... Must kill other team.

See **Farewell** on page 4

It was a nice sunny afternoon, a perfect day for the Killer Guppies End of the Year luncheon at Buster Beach House in Long Beach. This time the Guppies were sitting on the other side of the glass looking out onto Mother's Beach from the Paradise Cove room. Kendra introduced us to the Killer Guppies' newest and youngest member, Afton. Orchid surprised everyone with her cheerful smile and speedy recovery. Hollie, another Guppy returning from a medical hiatus, was also there to partake in the festivities.

Many Guppies were gathered to watch a year's worth of memories played in a slide show created by Ellen Yu and Frank

Cao. But most importantly, the Guppies were there to celebrate a year's worth of achievements. Gary was the first to present the Coach's Awards. The first award, Rookie of the Year, was awarded to Caroline Tam. The second Coach's Award presented was for the Most Inspirational Award. Bill Simon asked the team to submit an email with who they thought inspired them the most. The submissions were counted and the honor of the Most Inspirational Paddler went to Ellen Yu. Honorable Mentionable included Frieda Wang, Kevin Chan, Rebecca Villarama, Cindy Hung, Eric Montag, Gary Chan, George Schmidt, Helen Le, Robin O'Connor, and Sebastian Chang. The last Coaches'

award presented was the Most Improved award, which was awarded to Shiori Hojo.

Rebecca and Gary presented the second group of awards from the Fitness Team. This award was not necessarily about the fittest guppy, but the guppy who was the most dedicated to maintaining a steady workout schedule. The Fitness Team Awards were awarded to Bill Simon and Ellen Yu.

Steve then recognized the Guppies with the highest percentage of attendance, who were Frieda Wang, Bill Simon, and Steve Kashynski.

Last but not least, Kat and Ellen presented the Team's Engine Room Award. Frieda Wang was

selected for her ongoing dedication to the team and recruitment.

The big news announced by Coach Gary was that Long Beach will host the US National Team that will be competing in World. The winning team will represent the US in international competition next year.

With that huge coaches' announcement, the fitness team presented their 2007-2008 workout plan to prepare for the 2008 season. This year, the Guppies will be separating into 5-6 Guppies groups, with each group representing their quadrant to form work out teams. This will be a great way to encourage each other to get in shape with a little friendly work out challenge.

Of course the team was presented with the officers for the 2008 season. Captain Steve, Co-Captain Ming, Treasurer Monica, Membership Coordinator Jennifer, General Manager Karin, and Historian Caroline. Ellen Yu concluded her term as Captain as well as the End of the Year Luncheon with well wishes and high hopes and her endearing phrase: "See you on the water."

Ellen's Highlights of the 2007 Season

- Ellen Y

1. KG and CGD Join Forces!

In February the Killer Guppies and California Golden Dragons decided to combine into one team. As Bill Simon of CGD put it: CGD has always been closely allied with KG and with more and more of CGD paddlers joining KG for the out-of-town tournaments, and enjoying the experiences, it became clear that there was merit to combining as one organization. Welcome to the team, Golden Dragons!

2. Our coaching and fitness staffs - bigger and better than ever!

Lead by our head coach Gary Chan, a strong effort was made to strengthen KG training both on the water and off the water. Some of the efforts of our coaching and fitness staffs include:

Recreational/Newbie hour

Killer Six
Cyberfit group
Fitness Manual

3. KG Social Scene!

Guppies do not live by paddle and water alone. Our social chair, Will Tran made sure of that! Here are some of the social activities KG organized in the 2007 season.

Super Bowl party
Newbie day
George's Jazz Night
Beach Parties
Social and Cultured Guppies!
Guppies in Space! - Mt. Wilson Observatory, Griffith Observatory, Perseid Meteor Shower
Movie Nights

4. Killer Paddling results

But how did KG do on the water?

First masters team - In 2007 KG was able to field a masters team in the Long Beach tournament. Apparently paddling gets better after 40 because the KG masters finished 2nd place in the masters division!

The beginning of a streak? Last year at the Long Beach College race, KG got 1st place in the 500m and 2nd in the 250m. This year we repeated our success, with a first in the 500m and 2nd in the 250m. Let's see if we can get gold in both next year!

Combined Women's team does good in Canada. In 2007 KG carried on the tradition of combining our gender teams with another

2007 Awards Recap:

Coach's Award

Rookie of the Year: Caroline Tam

Most Inspirational: Ellen Yu

Most Improved: Shiori Hojo

Fitness Team Award

Male Guppy: Bill Simon

Female Guppy: Ellen Yu

Team Award


Engine Room: Frieda Wang

Highest Percent of Attendance: Frieda Wang, Bill Simon, and Steve Kashyski

With a new year comes a new set of officers. Here are what some of your officers had to say about themselves:




Name: Gary Chen
Position: Head Coach
Hometown: Vancouver, BC
Years paddling with KG: 3 years with KG, 8 years total
Besides paddling, what do you look forward to on the weekends?: weekends getaways, roller blade and hiking.
What 2 words best describe you?: Determined and yet patience
What 3 things would you take with you if you had to spend 6 months on a desert island?: My wife or partner, a big knife and sun-tan lotion
What is your wish for the new year?: To have a happy life



Name: Steve Kashynski
Position: Captain
Hometown: Born in France, lived on air force bases throughout the south-east, Omaha and West Germany.
Years paddling with KG: 4 years (2004-2007)
Besides paddling, what do you look forward to on the weekends?: Mt. biking or a nap on the couch
What 2 words best describe you?: Engineer, hopeful pessimist
What 3 things would you take with you if you had to spend 6 months on a desert island?: Books, music, surfboard
What is your wish for the new year?: Killer Guppies to get closer to full potential



Name: Karin Monroe,
Position: General Manager
Hometown: Roscoe, Il.
Years paddling with KG: 5 yrs. with KG
Besides paddling, what do you look forward to on the weekends?: Fun activities with friends and family
What 2 words best describe you?: Fun and outgoing
What 3 things would you take with you if you had to spend 6 months on a desert island?: Pictures of friends and family, fire making materials, a very sharp knife for survival.
What is your wish for the new year?: Continued health and a turn in the financial marketplace.




Name: Monica Li
Position: Treasurer
Hometown: Taipei, Taiwan
Years paddling with KG: 4
Besides paddling, what do you look forward to on the weekends?: Hang out with people I like.
What 2 words best describe you?: "Ocean Sunfish". Why? I did an online quiz years ago. It asked me to think of something, and asked me to describe this thing. At the end, it told me this description is what I think of myself. gosh... uhh... nope.. I am not telling you. :p
What 3 things would you take with you if you had to spend 6 months on a desert island?: Water bottle to collect drinking water. 6-month supply of contact lens, so I can see stuff. A solar powered laptop with built-in video camera and satellite Internet connection.
What is your wish for the new year?: After my current contract ends, find a new long-term job with good pay and good benefits.



Name: Ellen Yu
Position: Team Advisor
Hometown: Irvine, CA
Years paddling with KG: 6 yrs
Besides paddling, what do you look forward to on the weekends?: watching baseball (and football, and college basketball...)
What 2 words best describe you?: curious, clueless
What 3 things would you take with you if you had to spend 6 months on a desert island?: a copy of "How to survive on a desert island for 6 months.", the internet, a canoe (with paddle!)
What is your wish for the new year?: 500m in 2 min by a Guppy boat -- and World Peace



Name: Caroline Tam
Position: Historian
Hometown: Torrance, CA
Years paddling with KG: 1 year
Besides paddling, what do you look forward to on the weekends?: getting into trouble and cleaning
What 2 words best describe you?: klutz, trashcan— I was once voted Human Trashcan in my last club because I would finish the food off other people's plates
What 3 things would you take with you if you had to spend 6 months on a desert island?: 12 months supply of Meal Ready to Eat foods, all purpose soap, ball-and-cup
What is your wish for the new year?: luck, love, and lollipops



What 3 things would you take with you if you had to spend 6 months on a desert island?

HIGHLIGHT

team in the Alcan Vancouver tournament. This year we joined with hometown rival LARD, resulting in a top 7 finish for our women. It is the highest the women have ever placed in this tournament.

All teams medal in Long Beach!

By July our team was hitting its stride. Our coaching staff was running on all cylinders and our paddlers were warmed up from AZ, LBC, and Vancouver. It showed, because all 4 squads we fielded (Mixed Gold, Blue, Men's and Masters) medaled in Long Beach.

Top Ten Finish in San Francisco for A team and a 2nd place Rec B for KGB!

Our team continued to improve our technique and physical fitness right into San Francisco. This was the highest ranked finish at this tournament for our A team in 5 seasons. Both teams showed they could paddle with the best of them in a highly competitive field.

Overall KG had another solid season. Over the year, our team made remarkable progress in our paddling fundamentals, physical fitness, and race execution. In every tournament we participated in this season, our team has shown we can field a squad that will compete in the highest divisions. On the Sunday of each tournament, we expect to race against the elite teams in the semi finals and finals. Next year season we look to build on these accomplishments and improve our performance in those tight, nail biting races where 2 seconds separate first and last place!

6. Board activities

The 2007 KG board carried on the proud tradition of building on past seasons' efforts to

strengthen team organization. Thanks to a well planned budget at the beginning of the season, the board was able to focus on other operations. Some of the board's activities:

Obtaining a Killer Guppies bank account

Designing a membership packet

Acquiring team insurance

7. A killer end to a killer season! We had our end of 2007 season party November 10 and elected our 2008 Board as well as handed out awards to some outstanding team members.

(see the website for a full version of Ellen's Highlights with pictures and captions from Ellen!)

Cont. from Page 1

Farewell

Well maybe not kill but being able to serve up a friendly dose of some whoop ass would be nice.

CT: Fondest KG moment?

DI: My fondest KG moment.. My brain is filled with too many good memories. Paddling into the Wednesday sunset. Enjoying the paddling high after an especially hard set.

CT: to paddle up north, and with who?

DI: I've started paddling with Dragon Max in Berkeley. If I would have thought about it more at the time I wouldn't have gotten the KG tattoo. Darn! Following KG protocol, I have sewn the standard issue cyanide tablet into my PFD. I will take KG secrets to my watery grave.

Keep Working on that Fitness!

- Rebecca V

Hi Guppies!

If you're like me, you're having a hard time fitting in workouts with all the other fuss going on during this festive time of year. And you may be eating more than usual too.

My solution has been to plan my workouts into my day. This weekend, I wrote down what kind of workout I wanted to do and on which days this week. So far, I've managed to stick to it. Why not try the same?

For the rest of this month, plan to exercise 3-5 times each week, with *25* minutes of cardio and 1 set (of *20* reps or *1:30* plank) of the Killer 6. And stick to it! Also, try to meet with your local workout group a couple times this month. Your group-mates are a great motivating force. So far, my UCLA workout group (the Bru-WINS? We're still working on a name...) has met twice, and it has been fantastic!

Remember our fitness goals for the off season:

1. Improve aerobic fitness
2. Achieve fitness benchmarks (10 min mile, 15/30 push-ups, 30 situps in a minute, 2 min plank)
3. Have fun!

Being fit and healthy takes work, but it's worth it! You can do it!

Here are a couple more videos to help with the Killer 6:

squat thrusts: <http://www.youtube.com/watch?v=rpDRwxR6jHI>

chair (tricep) dips: <http://www.youtube.com/watch?v=nx9gVDCnT84>

