

The 2008 KG Quiz – Know your Guppies!

1. Which of these Guppies has served in the U.S. Armed Forces?
 - a. Ruby Blas
 - b. Christine Ryan
 - c. Nagin Cox
 - d. Pete Espinosa
 - e. all of the above
 - f. none of the above

2. Coach Gary tells the team the workout will be 4 race sets. The ACTUAL workout will be:
 - a. 4 race sets
 - b. 4 race sets and 6 race starts
 - c. 4 race sets and 6 race starts and 6 race finishes
 - d. 4 race sets that Gary deems satisfactory, 2 not-so-good race sets, 6 race starts and 6 race finishes

3. Match a Guppy in column A and another Guppy in column B that lives in the same geographic area.

A _____

- a. George Schmid
- b. Cris Cheng
- c. Joe Yang
- d. Steve Kashynski

B _____

- e. Keith Takishita
- f. Steve Tjan
- g. Tom Galbraith
- h. Karin Monroe

4. Where was KG Captain Steve Kashynski born?
 - a. United States
 - b. Poland
 - c. France
 - d. England

5. Which one of these Guppies has run a marathon?
 - a. Ellen Yu
 - b. George Schmid
 - c. Rebecca Villarama
 - d. Gary Chan

6. What dessert does Cindy make for the team as an after practice/race treat?

7. Name one way to challenge Lex Beltran
 - a. Challenge him to a push up contest
 - b. Ask him to paddle on the left side
 - c. Ask him to paddle lightly

8. What did the Guppies do this year to raise money for cancer research?
 - a. Sell "Live Strong" bracelets
 - b. Participate in the Revlon Run/Walk
 - c. Have at least one Guppy run/walk around a track for 24 hours
 - d. Bike down the coast of California

9. If you are late lining up at practice Rebecca will make you
 - a. Paddle on your non-preferred side for the entire practice
 - b. Do 10 pushups
 - c. Run 1 mile
 - d. Sing "Man, I Feel like a Woman" in front of LARD.

10. What exercises were used as fitness tests in the 2008 season? (Circle all that apply)
 - a. Push ups
 - b. 1 mile run
 - c. Squats
 - d. Sit ups
 - e. Pull ups

11. In 2008 one Wednesday practice was NOT held at Mother's Beach, Long Beach. Where was this practice held?
 - a. Mother's Beach, Marina del Rey
 - b. Newport Aquatic Center, Newport Beach
 - c. Cabrillo Beach, San Pedro

12. Who built both of the pull up bars used in Guppy fitness testing?
 - a. Bill Simon
 - b. Harry Tam
 - c. Gary Chan

13. What is the greatest surprise of the 2008 season?
 - a. Fermin Longcob qualifies to be on the Masters boat.
 - b. Steve Kashynski's "We're going to the Finals!" dance.
 - c. First medal for women's team since 2002 LB tournament.

14. Name a significant 2008 KG accomplishment:
