



A Letter From Coach Dave

Dear Team,

Well we are a month into the new season and it's so great to have the kids back in the pool and to have our team functioning.....normally again! Last year was such a challenge for us with all of our facilities severely restricting access. It was only through the tireless work of our club leaders and the flexibility of our coaches and members that we were able to emerge from the challenges of the past year not only intact, but stronger than ever.

As the season has gotten underway, it is very heartening to see the enthusiasm and camaraderie of our swimmers. We have a lot of new faces combined with a strong team of returning members. This season marks in many ways a new path forward for our club as we have all our facilities open and running on all cylinders. We've never started a season with Pitt, CV, Canon Mac and the new pool at USC open to everyone (if you recall, the new pool at USC opened up just about a month before everything shut down due to Covid). I really feel that the superiority of our facilities, combined with our great coaching staff and club leadership,

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Meet Ken Fibbi, New PEAQ BOD President

Ken Fibbi is the current President of our PEAQ volunteer parent board, so we wanted to tell you a little more about Ken. Ken and his wife Michelle are entering their 8th season of having children swim with the club. It's easy to spot a Fibbi kid on deck since there are currently four Fibbis swimming for PEAQ! **Rachel** is 17; **Matthew** is 15; and the twins, **Ethan and Kayla** are 10. Ken, who has a degree in architectural engineering and is currently the Director of Operations for the West Allegheny School District, got involved with the PEAQ board because of his kids' love of the sport. His background in facilities management has been critical in helping PEAQ to create a Covid plan. We are so grateful to Ken and all the work he does for the club!



Safe Sport Reminders

PEAQ announced this August that we are officially a USA Swimming Safe Sport Recognized club! Thank you to our coaches, athletes and parents who helped make this happen; we could not be prouder! We will continue to stay committed to creating a healthy & positive environment free from abuse for our athletes. Here are a few safe sport reminders as we start the year: **1) Parents, swimmers, and coaches, visit our safe sport page on the PEAQ club website to familiarize yourself with safe sport and what that means. 2) Parents, if you haven't already obtained your PA clearances for volunteers, please do so. Most local school districts will house these for you. 3) Athletes, upon your 18th birthday, you must take the USA Swimming APT (Athlete Protection Training) course and read and acknowledge the USA Swimming MAAP (Minor Athlete Abuse Prevention Policy) policy. Links to both can be found on the PEAQ home page Safe Sport tab.** If you want more information on our new status, please reach out to our coaching staff or **Carissa Howard** (carissathoward@gmail.com), the PEAQ Safe Sport and Governance Chair.

PEAQ Makes a Splash at The First Splash!

PEAQ kicked off the 2021-2022 short course season on October 2nd and 3rd by participating in The First Splash meet at Seneca Valley High School. The kids swam great! We are proud of you PEAQ! Keep up the good work!

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will allow PEAQ not only continued success, but will allow us to develop into a club which frankly has never existed before in this region.

We are so grateful for your loyalty to the program, and for those members who have been with us for awhile. And to those (many!) new families—welcome to PEAQ, the premier USA Swimming Club in Western PA!

PEAQ Coaches Attend Dryland Conference

Coach Dave, Coach Alex, Coach Marian, Coach Megan, Coach Dina, and Coach Steve all traveled to Carmel, Indiana the weekend of September 10th to participate in the annual GAIN dryland conference. While there, they learned about the GAIN swimming-specific dryland program and how it will enhance PEAQ's current dryland program. For those of you new to swimming, dryland exercises are the workouts that our swimmers do out of the water to enhance what they do in the water. The GAIN program defines dryland as, "It is more than just another workload that is imposed on your swimmers. It must be highly correlated with the objectives of the water workout to achieve optimum results. It is not an end unto itself because it must be swimming appropriate." Established swim clubs such as Carmel Swim Club, The Mason Manta Rays, Club Wolverine, Fort Collins Area Swim Team and many more teams have successfully implemented the concepts and exercises taught in GAIN to their dryland programs. Our coaches were able to talk to coaches from some of these clubs at the conference. They came back excited about what they learned and immediately started implementing some positive changes to our program. Make sure to ask your swimmer about dryland and what new exercises they are learning!



PEAQ Wrapped Up a Successful Long Course Season and Looks to Continue Its Success This Fall

Despite still dealing with the Covid pandemic this summer, PEAQ was able to safely and successfully compete in multiple championship meets that wrapped up the 2021 long course season. Every PEAQ swimmer at every level had an opportunity to swim at a championship meet. PEAQ kicked off its championship season on July 16th by hosting **Summer Champs** at Scott Pool. Our coaches, parents, and swimmers all came together and worked hard to provide swimmers with a chance to race in a championship meet setting, which was something that was not able to happen last summer. The championship meets then continued with qualified PEAQ swimmers traveling to Canton, Ohio to participate in the **AMS Junior Olympics** that was held July 22nd – August 1st. After Junior Olympics, PEAQ had several swimmers qualify for higher-level meets. PEAQ swimmers then represented our team at **Eastern Age Group LC Zones** in Richmond, VA (8/4 – 8/7), the **Senior Eastern Zone LC Championships** in Buffalo, NY (8/5 - 8/8), and **2021 Speedo Summer Championships** in Greensboro, NC (8/3 - 8/7). The following swimmer broke AMS Long Course Records: **Josh Matheny** - 17-18 Boys 100 meter breast (1:00.06) and 17- 18 Boys 200 meter breast (2:11.05); **Jackson Edwards** – 11-12 boys 50 meter back (30.51), 11-12 Boys 100 meter back (1:05.43), and 11-12 Boys 200 meter back (2:21.78); **Tyler Turgeon, Carter Robinson, Luke Hartman, and Noah Lang** -13-14 boys 400 meter medley Relay (4:18.22); and **Tyler Turgeon, Carter Robinson, Luke Hartman, and Nazar Zoukovski** -13 -14 boys 200 meter medley relay (1:56.71) Best times were achieved not only for these record breakers, but for lots of our kids over the summer! We are so proud of all of our athletes! Great job, PEAQ! Let's keep up the good work this fall!

New Faces on Deck

PEAQ would like to welcome all our new swimmers this fall! We are so excited to have you be a part of our team! We would also like to welcome some new coaches on deck. At PEAQ@USC/CV, PEAQ alumni and recent college graduate, **Coach Harry Harkins** is new to our staff. PEAQ@Pitt has been enjoying being back in the pool at Trees Hall and are grateful to have **Coach Zach Breeding** join their team of coaches. We wish all of our new coaches and swimmers the best of luck this year!



Fish Out of Water: Ethan Neal

We know that **Ethan Neal**, Sectional Team, Zone Team, WPIAL, and State Qualifier, is a fabulous swimmer, but did you know about ALL the other activities that Ethan does outside of the water? When Ethan isn't busy swimming and making the team laugh, he is busy studying and participating in a multitude of other extracurriculars. Ethan is a Life Rank Scout who is hoping to earn the rank of Eagle Scout this October. If you happen to visit the Bethel Park Library, check out the artificial garden that he is building! Not only is Ethan heavily involved in Scouts, but he is also a musician. The fall is a busy time for Ethan as he balances his time playing baritone saxophone in the USC marching band, while also showing up for swim practice, even though he sometimes has to leave swim practice a little early! He has also participated in the award-winning USC Robotics Club. Additionally, Ethan gives back to the community. Currently, Ethan coaches Special Olympics swimming for two hours a week and participates monthly in collecting and packing food for a local food bank. On top of managing all of these cool activities, Ethan is a stellar student. Some of his academic accolades include: Commended National Merit Scholar, National Honor Society (Highest Honor Roll all semesters), and an AP Scholar With Honors. When Ethan isn't in school during the summer months, he lifeguards and keeps the staff at Scott Pool smiling. We are so proud of Ethan Neal!



Healthy Habits: Apple Nachos

Take advantage of apples being in season this fall and try this after school or after practice treat!

Ingredients:

2 apples of your choice

1/3 cup of your favorite nut butter

A handful of mini chocolate chips

A sprinkle of cinnamon

Additional optional topping ideas – handful of coconut, crushed up pretzels, or coconut

Directions: Wash and core the apples. Cut the apples into ¼ slices or “chips.” Arrange the apple slices around the edge of a circular plate and keep building the circular layers of apples inward. Melt the nut butter in the microwave and drizzle over the apple slices. Top with cinnamon and mini chocolate chips. Add any additional toppings that you want. Enjoy!

Important Dates

Please mark the following PEAQ hosted events on your calendar:

10/19 - Parent Panel Presentation on College Recruiting (at USC for interested parents of swimmers in 8th grade and up)

10/7 - New Parent Zoom meeting (South Hills)

10/30 -10/31 - PEAQ IMX Meet (morning)

Caught You Doing Good!



We have great kids at PEAQ! See what their coaches have “caught” them doing!

Matthew DeLong (nominated by Coach Julie) Matthew is always prepared when he comes to practice. He listens and is eager to swim. He leads his lane and is helpful to others. He works hard at practice while always having a smile on his face.

Natalie Artz (nominated by Coach Royce) Natalie always come to practice with a good attitude and prepared to swim. Being one of the more experienced kids in the group, she has been a huge help with demonstrations and keeping track of swim set times.

Aria Roncone (nominated by Coach Jillian)- Aria has been so helpful with the newer swimmers in her group! Every practice, she asks the others if they understand. When doing optional dives at the end of Saturday practice, Aria encouraged everyone to stay and practice dives with her. She wants to see her teammates improve alongside her, which is great to see!

Whit Burns & Bailey Wells (nominated by Coach Alex) - It's one thing to help time the middle school meet, and it's another thing to cheer and give words of encouragement the entire meet. It was a wonderful sight to see Bailey and Whit helping out with the middle school meet timing. Their support made a difference in the swimmers' experiences, and it was greatly appreciated!

Addie Guenther (nominated by Coach Alex) Addie comes to practice every day with a smile on her face, and an enthusiasm for swimming. She does a great job leading her lane and helping her teammates out with the set details. Addie is a constant source of encouragement and positivity.

Dhara Santhanam and Erin Wells (nominated by Coach Alex) Although it isn't quite PEAQ, Dhara and Erin have been amazing leaders on the Fort Couch team. They have taken time to encourage their new teammates and embrace their experiences racing. The girls add great positivity to the meets and are working hard every day to get better.

Will Perham and Ethan Neal (nominated by Coach Alex) Every leader leads differently, some lead with a harsh fist, and some lead with a smile and laugh. Ethan leads with his laid back attitude by getting his teammates up and running with the “Warm-Up to Swim” . Will has been a necessary firm voice during the sprint sets this season. When the sets get longer and the group gets weary, you can hear Will yell words of encouragement to his fellow teammates.

Blaire Gillespie (nominated by Coach Alex)- Blaire has been working really hard this season. She has looked out for her female teammates and encouraged positivity. It's great to see our girl swimmers empowering one another. Keep up the good work!

Nazar Zoukovski (nominated by Coach Alex)- Nazar is a hard worker with a constant smile. He helps keep the Junior practice running smoothly by counting the sets and accurately executing the workout. He subtly helps his teammates if he feels they don't quite know what is going on, and his presence elevates those around him.

Caroline Hartman, Jamison Cooley, Logan Brady, Maria Kushnir, Stella Melocchi, and Owen Fleenor (nominated by Coach Brady) - Great job to this group of new lane leaders! Keep up your hard work!

