



### A Letter From Coach Dave

Dear Team,

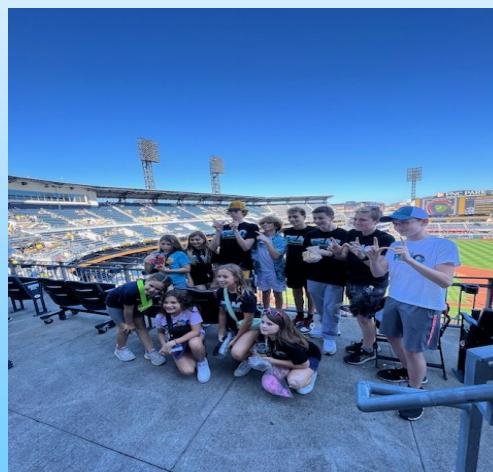
Our 2023-24 “Short Course” season is off to a great start! Our club possesses a dynamic combination of “seasoned veterans” of all ages, along with many new swimmers who have joined from other clubs as well as our PEAQ Summer League teams. For our coaching staff it is always satisfying to see the swimmers develop not only as athletes, but also as members of a team that is larger than just themselves. At the beginning of each season the practice groups are a collection of individuals. As the season progresses, the kids make friends with their peers and the dynamic changes in a positive way for everyone—they are members of a TEAM. We are looking forward to another great season of developing swimmers and teammates!

Regards,

Coach Dave

### PEAQ at the Pirates Game!

Over 130 PEAQ swimmers and family members from ALL of our sites came out to cheer on the Pirates and represent PEAQ at the October 1<sup>st</sup> Pirates vs. Marlins game! This was a special Swim Night hosted by The Pirates and USA Swimming. Swimmers were invited to an autograph session with US Olympian, Hunter Armstrong and given a Pirates branded swim cap before the start of the game. Our families had so much fun cheering The Pirates on to a victory for their last game of the season!



## Meet Coach Daniele!

PEAQ is very excited to have Coach Daniele on deck! Take a moment to learn a little more about him!

**1) Tell us something about your family? Are you married? Do you have kids? Siblings? Pets?**

I am not married, and I don't have any kids. I do have a girlfriend who lives with me (Maria Alejandra) along with my Samoyed puppy, Sammie.

**2) Where did you grow up?**

I spent my early years in Italy until I was 6 years old and then my family moved back to Venezuela, where I was born.

**3) What is your favorite food?**

Italian food, especially lasagna and pizza

**4) Where is your favorite place to vacation?**

Anywhere in Italy, Miami, Chicago, and NYC

**5) What do you like to do in your spare time?**

I enjoy watching my favorite soccer team, Juventus FC (Italy), and college and pro football. I also enjoy lots of meditation with music.

**6) What is your proudest coaching moment to date?**

It's hard to pick one, but the feeling I get every time I witness my swimmers overcome their challenges has been a great reward and joy.

**7) What is your proudest moment when you swam, or what is your favorite memory from when you swam?**

There are actually two moments: The first one was when I qualified for my first Olympic Games, and I called my parents to let them know since I made my cut at an international meet. The second moment was walking out of the call room at my first Olympic appearance in Beijing 2008.

**8) Name one thing about Pittsburgh that has surprised you or that you did not know.**

How nice and welcoming the people have been with me, my girlfriend, and my puppy



## 14 and U AMS Select Camp

Congratulations to the following swimmers who were selected by the AMS Age Group Committee to participate in a special swim camp in Morgantown, West Virginia at West Virginia University on Oct. 14<sup>th</sup> and 15<sup>th</sup>: 10 and U Girls – **Aria Selvaggi** and **Olivia DiDaniels**; 10 and U boys – **Jonas McMillen**; 11 - 12 Girls – **Fiona Guan**; 11-12 Boys – **Gabriel Zhang**; 13-14 Boys – **Wyatt Stetor**, **Tom Howard**, and **Augustin Zhan**!

These PEAQ swimmers, along with selected swimmers from other AMS clubs, will learn a lot at the camp, and they will also get to enjoy a WVU vs. Penn State swim meet.

The section criteria for the camp were based on the swimmers' Power Point scores. This is a score that looks at a swimmer's performance in multiple events. The swimmers who applied with the highest overall scores were selected.

***Good Luck to all our  
PEAQ swimmers at  
The First Splash!!!!  
Go PEAQ!!!!***





## Summer Championship Meet Recap

PEAQ closed out the long course season this summer with a championship meet available for every level of swimmer. PEAQ participated in the two available local AMS championship meets, **Summer Champs** at Scott Pool (July 14-16) and **AMS Age Group Champs** at Pitt (July 20-23) where many of our swimmers achieved best times. In addition to those local championship meets, many of our PEAQ swimmers qualified for and participate in the following higher-level championship meets: **NCSA Junior Nationals** in Indianapolis, IN (July 26-30), **USA Swimming Junior Nationals** in Irvine, CA (July 31-August 4), **Eastern Zone Age Group Zones** in Richmond, VA (August 2-5), and **Eastern Zone Senior Zones** in Buffalo, NY (August 3-6). We are so proud of our swimmers who represented our team this summer at both the local and national levels. We can't wait to carry the positive momentum generated this summer continue through short course season! Go PEAQ!



## Coach Topher Named Olympic Trials Ambassador

Congratulations to Coach Topher who was named an Olympic Trial Ambassador for the 2024 swimming Olympic Trials by USA Swimming! Coach Topher will be tasked with spreading information about the trials through promotion and marketing in the Pittsburgh Area. He is also invited to attend the Olympic Trials in Indianapolis. Way to go Coach Topher! Keep up the good work! We are proud of all you do for the sport of swimming!



### PEAQ Renews Safe Sport Status !

A Big THANK YOU goes out to all of our PEAQ swimmers and families who completed the steps for our club to be able to renew our Safe Sport Status until 2025!!! We needed a certain percentage of PEAQ swimmers and families to do a training to get the status, and families from all 4 sites stepped up to help, which was awesome! A special shout out of thanks goes out to **Lynn Brunner** and **Carissa Howard** who spearheaded the effort. For questions about Safe Sport, contact **Lynn Brunner** for the South Hills sites and **Mimi Perez** for the Pitt site.

### Healthy Habits: Peanut Butter Energy Balls

*Enjoy this healthy treat that Michele Bernard, PEAQ parent and dietician, shared. Thanks Michelle!*

#### Ingredients

- 2 cups rolled oats
- 1 cup peanut butter or other nut butter
- 1/2 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut

#### Description

These healthy peanut butter and chocolate energy balls deliver a mixture of simple and complex carbohydrates to help fuel you up whenever you need a little boost.

#### Directions

1. Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls. Chill and Enjoy!

### Fish Out of Water: Evie Sullivan

Evie Sullivan started swimming on the USC Swim Club when she was five years old and eventually transitioned to PEAQ at its origination. She is a fabulous breastroker who represented Upper Saint Clair HS at WPIALs, and she was also an alternate for the PIAA meet. We all know Evie the swimmer, but did you know that she is a great golfer too?

Much to Coach Dave's dismay, Evie is nowhere to be found near the pool in August and September because she is busy golfing! Evie started golfing in elementary school through an after-school program in Baker Elementary's gym. Evie continued to attend golf summer camps at Frosty Valley Golf Links, and she still takes lessons throughout the summer. She played on the USC JV team for two years and the USC varsity team for two years. Her low score on 9 holes this season was a 45. Additionally, she was one of the five team members that earned a spot at the WPIAL qualifiers. The USC girls' varsity team came in 2nd in their division and will play in the team WPIAL event in October!

In addition to golfing and swimming, one of Evie's favorite things to do is helping with Special Olympics. She is a volunteer coach for The South Hills Splash, which practices on Sunday evenings at the USC pool. Also, Evie spends most of the summer coaching the Valley Brook Country Club Swim Team.

In school, Evie is a member of National Honor Society and a pretty amazing student. She is also involved with several organizations through school. We are so proud of Evie and know she will continue to do incredible things!



## Caught You Doing Good

*See what good things our coaches have “caught” our swimmers doing!*



**Luke Hartman and Will Gao** – (nominated by Coach Marian) Senior swimmers, Luke Hartman and Will Gao raised over \$500 for the families who were displaced in the tragic Rustic Ridge explosion. The boys mowed lawns for Luke’s Lawns, which is Luke Hartman’s lawn mowing business, in order to fundraise for these families. Way to go boys!

**Lydia Jack, Maya Shipley, Avery Shipley, Lily Opitz, and Kayla Fibbi** – (nominated by Coach Topher) This group of girls chose to volunteer their time during their last week of summer vacation to help out all of the kids at our August Developmental Clinic! Their help was greatly appreciated, and they served as wonderful role models to our 10 & Under participants.

**Lydia Jack, Maya Shipley, Avery Shipley, and Kayla Fibbi** – (nominated Coach Morgan) This group always cleans up the CV pool deck after everyone leaves! *\*\*\*These girls were nominated twice by two different coaches – awesome job, girls!*

**Claire Logue, Jackson Yaeger, Adam Kampf and Vallie Boyce** – (nominated by Coach Becky) These kids have been AMAZING teammates! They are a positive and encouraging presence during our MS meets. The coaches love to see teammates rooting each other on! Way to go!

**Amelia Ogrodnik and Sofia Rios Nunez** – (nominated by Coach Morgan) Amelia and Sofia have been leaders in and out of the pool for the CVMS team, and they are always willing to demonstrate skills!

**Julian Rossman** (nominated by Coach Topher) – Julian excitedly volunteered to join our helpers in demonstrating how to do a flip turn for his fellow 8 & Under swimmers at our August Developmental Clinic. He executed a flawless flip, and he even explained to the group how to do it afterward!

**The Senior Group Special Olympics Volunteers and Coach Mike** – (nominated by Coach Dave) The South Hills Splash had its first practice on September 17<sup>th</sup>. We had a very large turnout of senior-level swimmers lead by Coach Mike who showed up ready to help coach this special group of swimmers. I was very proud of their willingness to volunteer and help others!

**Logan Spencer** (nominated by Coach Julie) - Julian is a hard worker at practice. He always gives his best effort during difficult sets.

