



A Letter From Coach Dave

Now that swim meet season is in full swing, it's a good time to remind our swimmers and parents why we compete in meets and what we (the coaching staff) expect to get out of our meets. As you are well aware, PEAQ is a competitive swim club and as such we use swim meets as a tool to measure the progress our swimmers are making in the pool. One of the great things about swimming is our ability to objectively measure each swimmer's performance in their events they swim in meets. *The clock doesn't lie.*

That said, there are other things we are looking for in races besides just the final time: how are the swimmers' streamlines and turns? Are they using their legs effectively? Are they breathing properly? Are they finishing hard at the end of each race? While the clock is a good indicator of overall performance, it is not the only means by which we evaluate the quality of a swimmer's performance.

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PEAQ Gets in the Halloween Spirit

PEAQ hosted two intrasquad meets at the Canon McMillan site on October 29th and 30th. On the afternoon of 10/29, the 12 and under swimmers had fun competing in a mini meet. On the morning of 10/30, our coaches divided our older swimmers into two teams. The 13 and up swimmers then participated in a dual meet that was modeled after a college meet. This was a fun way to introduce our older swimmers to a college meet line up. All in all, the weekend was a fun way to celebrate Halloween while also giving kids of all ages and abilities opportunities compete.



A Letter From Coach Dave Continued

I bring this up because if there is just one ironclad law of swimming it is this: no swimmer can do a best time *every* time they race. It is simply not realistic and as someone who has been involved with competitive swimming as both a swimmer and a coach for nearly 50 years, I can tell you that every swimmer who has ever existed has had peaks and valleys during their swimming career. And what's true over the course of a career is also true within any particular season: we do not design our practices so that swimmers will perform best times at every meet. Throughout the season different aged swimmers will have variations in the intensity of their workouts, as well as the stroke and race details we emphasize in practice. So the path of improvement is not a straight line. There will be periods of time drops followed by periods when swimmers do not drop time (I don't like to say "add time") when they race.

What we are striving for each season is to prepare in such a way that the swimmers make gradual improvements over the course of the season, which will hopefully be reflected by improved techniques that lead to improved times. So, ultimately, it is our goal for the swimmers to be "better" at the end of each season than they were at the start of the season—as measured objectively by time, but also as measured subjectively by the details of their races.

See you at the pool!

Coach Dave

PEAQ Makes a Splash at the First Splash

PEAQ opened the 2022-2023 Short Course competition season the weekend of October 1st and October 2nd at Seneca Valley High School. PEAQ had a very large presence at this meet. The swimmers cheered for each other and started the season off right with some great swims! Way to go PEAQ!



Mac Clark and Noah Lang Dominate in the Open Water

Mac Clark and **Noah Lang** competed in The East Coast Open Water Festival on September 24th and September 25th at Smith Mountain Lake State Park in Huddleston, Virginia. Both boys performed amazingly well at this competition. In their age groups, Mac took first place in both the 5k and in the mile, and Noah took second place in the mile. Open water is not for the faint of heart, and these boys certainly demonstrated that! Way to go Noah and Mac!

Coaches Attend GAIN Conference

PEAQ coaches **Megan Bilko**, **Jillian Breckenridge**, **Zach Breeding**, **Alex Hardwick**, and **Royce Tipper** all attended a GAIN dryland clinic in Carmel, Indiana the weekend of September 9th. PEAQ is committed to providing cutting edge dryland that is specific to swimming, and our coaches learned a lot at this clinic. The coaches and swimmers are excited to learn more about GAIN Swimming as our year progresses.

Fish Out of Water: Luke Bishop

A shoulder injury that resulted in a surgery and lots of physical therapy has literally kept this fish out of the water. Despite the fact that **Luke Bishop**, a junior at Upper Saint Clair High School, has only been able to be in the water on a limited basis, it hasn't kept him from being busy and finding ways to remain connected to the sport, while also trying new things.

This fall Luke volunteered to learn how to run the DAK in case Coach Alex needed him to help run the computer at the middle school meets. When his computer skills weren't needed, he still showed up at the meets to help and cheer on the kids.

You might also find Luke cheering on athletes of all abilities at the Miracle League of the South Hills. Luke is a job coach for Miracle League's, *Next Inning*, where he mentors and assists adult athletes who have been hired to work the concession stand. Additionally, Luke acts as an assistant coach for the Miracle League Cardinals.

Since Luke had to take a break from swimming this fall, he stepped out of his comfort zone and auditioned for USCHS fall play *Lost in Yonkers*. Luke was cast as in a lead role and really enjoyed trying something new.

With all of these activities, it's hard to believe that Luke has been able to maintain a perfect 4.0 grade point average while also taking mostly AP and Honors classes.

We are proud of you Luke! Keep up the good work!



PEAQ Swimmers Participate in an Elite Training Trip to the Olympic Training Center

Kaitlyn Connors, Mac Clark, Luke Hartman, and Carter Roberston all had the honor of being selected by AMS to participate in its elite training trip, which took place at The Olympic Training Center in Colorado Springs on October 20th-24th. The four PEAQ swimmers joined 18 other swimmers from various AMS teams. All the swimmers who attended the trip were selected based on stringent performance standards. **Coach Marian Clark** also joined the group as one of the training trip coaches. The kids worked incredibly hard on the trip, but they also managed to have a lot fun and enjoyed training with kids from other clubs.





Safe Sport Reminders

At PEAQ we are committed to providing a safe environment for our athletes. We want to provide you with some safe sport reminders and also share some safe sport policies that are being put in place by USA Swimming.

1) New 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. If you are registered at one of our South Hills sites, please visit the PEAQ website and do the following:

1. Click on "Club Team." 2. Select "Parent Resources." 3. Select the subsection "Safe Sport," and follow the instructions on how to submit your paper work. South Hills parents should email **Carissa Howard** (carissathoward@gmail.com) with questions. If you are registered at the Pitt site, please hand your clearances in to **Mimi Perez** (mimiperez71@gmail.com).

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).** Links to both courses can be found in the PEAQ home page. **Please note –The 30 day grace period for completion no longer exists.**

Healthy Habits: Pumpkin Oatmeal

Enjoy this fall-inspired oatmeal on a chilly morning. It is healthy, and it will warm you up!

Ingredients:

1 cup of rolled oats

1 ½ cups of milk

2 tablespoons of maple syrup

*½ tsp of cinnamon

*¼ tsp of ground ginger

*1/8 tsp of allspice

*1/8 tsp of ground nutmeg

¼ tsp of salt

*You can substitute spices with pumpkin pie spice.

½ cup of pumpkin puree (not pie filling)

Directions:

In a medium pot add the oats and milk. Bring to a simmer. Once the oats are cooked, add the remaining ingredients and blend together. Add toppings if you wish – pecans and raisins are great mix ins.



Caught You Doing Good

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



Tomie Arlet - (nominated by Coach Megan) Tommie demonstrates kindness toward all of her teammates every day and always shows up with a smile on her face. She is a friend to everyone!

Luke Bishop - (nominated by Coach Alex) Luke has been a kicking specialist in the water since his shoulder surgery, but he also stepped up and became a volunteer coach for the Fort Couch middle school team. His charismatic energy and positivity added to the environment and left a great impact on the middle school team. Great Job Luke!

Tom Howard and Claire Clodfelter – (nominated by Coach Alex) In middle school swimming there aren't official team captains; however, these two PEAQ swimmers rose to the occasion by helping guide newer swimmers as they learned about competitive swimming. It was wonderful watching them at meets cheer and encourage their teammates while helping build team unity.

Colton Phillips - (nominated by Coach Royce) Colton has been helping our newer swimmers stay on track by explaining drills points about the strokes to his lane.

Lauren Mittleider, Clare Larsen, Frankie Dubreil., Lauren Opitz, Freja Kile, Bailey Wells, Liam Tomb, Whit Burns, Maddie Sychterz, Lylah Kateeb.- (nominated by Coach Alex) It's often already been a long day for our older PEAQ swimmers when I ask the high schoolers, if they can stay for an extra hour to help time a middle school meet. These swimmers found ways to help out and did it with great energy! Thank you! Your efforts were appreciated!

Colton Rumbaugh and Kiran Ramanan - (nominated by Coach Megan) Both these boys stayed late at the meet Halloween weekend to support and cheer on their teammate **Nolan Bible** in the 200 free. Way to be great teammates!

Special Olympics Volunteers - (nominated by Coach Alex) I'm always impressed by our athletes, but this experience has really topped even that. The caring undivided attention that these swimmers have given to the Special Olympics athletes has been admirable. It is incredible watching our swimmers thrive in opportunities outside their regular lane lines.

Danis Vakufac - (nominated by Coach Alex) Danis really has improved his swimming and has also become a lane leader. Danis has set a great example for his teammates with his hard work and dedication to get better. In one year he has gone from asking the questions to helping answer his teammates' questions on the workout.

Bailey Wells - (nominated by Coach Dave) Bailey is instrumental in helping out with “newbies” to our team, working with both the Developmental Group and the Learn-to-Swim program. She is a natural working with our beginner swimmers and is an excellent role model and ambassador for our club.

Julia Zambrono - (nominated by Coach Amy) Julia has been a great listener and a hard worker at practice. She has come so far since her start on the Wahoos team!

