



### PEAQ Represents at USAS Conference

#### A Letter From Coach Dave

Dear Team,

We've just wrapped up the Short Course season and for the 7<sup>th</sup> consecutive year PEAQ is the highest ranked AMS club in the USA Swimming Virtual Club Championship (VCC), which is an objective measure of a club's breadth and depth of performances for swimmers aged 11-18. In addition to being ranked #1 in Western PA, our score of 192,103 total points places us 37<sup>th</sup> in the Eastern Zone and 110<sup>th</sup> in the nation. Given that USA Swimming has over 3,000 member clubs, this means that PEAQ is ranked among the top 4% of clubs in the U.S. Congratulations to all of our members and coaches on yet another great season for PEAQ--next year our goal will be to crack the Top 100!

See you around the pool,

Coach Schraven

**Topher Bishop, Matthew Purcell, Will Gao, Michelle Bernard, and Bhagwati Sivaramakrishnan**, who are all associated with PEAQ in some way, traveled to Denver, Colorado to represent AMS by attending USA Swimming's national workshop that was held April 20 - 23. Topher Bishop, who sits on the USA Swimming's Executive Committee, along with Matthew Purcell and Will Gao, who are the Allegheny Mountain Senior and At-Large Representatives, participated in sessions about national-level governance. Additionally, they debated and helped create new legislation impacting swimming.

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### PEAQ Wraps Up Short Course Season

The last two months of our short course season were busy for our club! PEAQ closed out its short course season by offering a championship meet for everyone. PEAQ attended the following Championship meets: Mini Champs at Hampton (2/18- 2/19), Silver Champs (2/24-2/26) at Fox Chapel, Developmental Champs at West Allegheny (3/4-3/5), Age Group Champs at Pitt (3/9-3/12), Sectionals at Virginia Tech (3/23-3/26), and ISCA Elite Showcase East in Saint Petersburg (4/5-4/8). PEAQ's performance at Sectionals in Virginia is worth noting as PEAQ had quite a presence at this elite, national-level meet. PEAQ took one of its biggest teams ever to this meet and ended up placing second overall!! Very impressive! Great job swimmers at Sectionals and ALL the championship meets you attended!



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Michelle Bernard, who is a PEAQ parent and the Operational Risk Chair of AMS, learned from nationally esteemed abuse prevention experts so that she can share her knowledge with our local swimming community to protect our athletes. Bhagwati Sivaramakrishnan, who is the parent of a PEAQ alumni and is trained as a meet referee, learned more about how to take on the responsibility of running large prelim/finals championship meets as well as other information important to officials and referees. We are so fortunate to have involved parents, coaches, and athletes at PEAQ.





## PEAQ Swimmers Represent Their High Schools at WPIALS

The 2023 WPIAL championship was held on March 2<sup>nd</sup> and March 3<sup>rd</sup> at Trees Hall on the University of Pittsburgh campus. PEAQ had swimmers competing in both the AA meet and the AAA meet. A special shout out goes to the following PEAQ swimmers who represented their high schools and were WPIAL champions: **Kaitlyn Connors - 100 free, Zoe Poe - 500 free, Will Gao - 100 fly and 100 back, Mac Clark - 500 free, and Matthew Purcell - 200 IM**. In addition to being proud of our WPIAL champions, PEAQ was also proud of ALL its swimmers who attended the meet, many of whom made trips to the podium and qualified for the PIAA Championship that was held at Bucknell on March 15<sup>th</sup> and 16<sup>th</sup> - AA and March 17<sup>th</sup> and 18<sup>th</sup> - AAA. For a complete list of the high schools that our swimmers represented at WPIALS, see the list below.

### AAA

Bethel Park  
Canon-McMillan  
North Allegheny  
Peters Township  
Pittsburgh Central Catholic  
Shaler  
South Fayette  
Upper Saint Clair

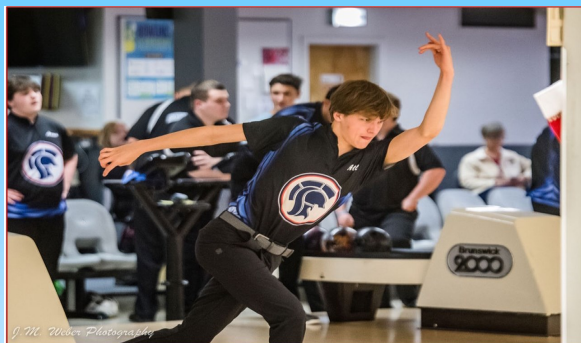
### AA

West Allegheny  
Belle Vernon  
Chartiers Valley  
Highlands  
Northgate/Avonworth  
Quaker Valley  
Winchester Thurston

\*\*\* PEAQ had swimmers from both Brashear and Obama in the PIAA District 10 Championships as well.



***Good luck to those swimmers competing in the PEAQ May Invite meet at CV! Swim Fast!***



### **Fish Out of Water: Noah Lang**

Many of us have watched PEAQ at Pitt swimmer **Noah Lang** crush it in the water, but there is so much more to Noah than just a swimmer.

Noah is a sophomore at Shaler High School who is looking forward to starting at the Beattie Career Center where he will study Sports Medicine and Rehab Science in the fall. He has a fraternal twin brother named Ryan who has autism and plays hockey. His brother Ryan also swims on the Shaler High School team with Noah. Noah also has an older sister named Sydney who is a freshman at Washington and Jefferson and plays softball.

Noah is actually a multi-sport athlete as he is also an accomplished bowler! He is a two-year letterman in bowling at Shaler where he qualified for WPIBLs and was named a Western Regional Team Qualifier for both his freshman and sophomore year. This year Noah also qualified for the State Bowling Tournament, but he was unable to attend because it was the same day as the PIAA Swimming Championships that Noah qualified for and participated in at Bucknell.

When Noah isn't swimming or bowling, he participates in Onigiri Action, which is an annual social good campaign that connects the simple act of taking a photo of onigiri (Japanese rice ball) with helping to feed school children in need. Along with being able to make onigiri, Noah makes his own sushi and enjoys cooking. With his interest in Japanese culture, it's also no surprise that is in the Japanese National Honor Society as well.

Keep up the great work Noah! PEAQ is proud of you!

### **PEAQ Coaches Make Waves**

Our PEAQ coaches continue to make waves as Master's swimmers! Coaches **Royce, Julie** and **Jillian** all competed in the AMYMSA Master's Swim Meet at the beginning of April. Coach Royce and his teammate placed 1st in their division, and Coach Julie and Coach Jillian placed 2nd overall in their division. Way to go PEAQ coaches! Thank you for being great role models both in and out of the water!



**REGISTRATION IS OPEN FOR  
USC WAHOOS,  
SCOTT SHARKS, AND  
CANON McMILLAN KRAKEN!  
SPREAD THE WORD AND JOIN THE  
FUN!**







### 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](mailto:carissathoward@gmail.com)) with questions. If you are registered at the Pitt site, please hand your clearances in to **Mimi Perez** ([mimiperez71@gmail.com](mailto: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 on the PEAQ home page. **Please note –The 30 day grace period for completion no longer exists. Also, be on the lookout for how you can help PEAQ renew its safe sport recognized status this summer.**



### Healthy Habits: Chocolate Milk

The recipe featured in this newsletter isn't much of a recipe. This spring we are featuring the benefits of chocolate milk! You can make your own chocolate milk by adding chocolate syrup to milk, or you can just buy a gallon of chocolate milk. Whether you decide to make your own or buy pre-made chocolate milk, it is a great drink



to have in your fridge for a post-work out recovery drink. What's so great about chocolate milk? Low-fat chocolate milk consists of a 4:1 carbohydrate: protein ratio, and it provides fluid and sodium to aid in post-workout recovery. Additionally, it is rich in nutrients like calcium and Vitamin D. According to health professionals, drinking a glass of chocolate milk 30-60 minutes after a workout not only tastes good, but it will help fuel your body and build and maintain your muscle.

### Reasons to Train to be an Official

PEAQ **REALLY** needs more parents to train to be officials! Please consider training. Here are some reasons why officiating can be rewarding:

1. You get to support the safety of the swimmers.
2. You get to help ensure a fair process.
3. It can be fun! Quite simply, the athletes should be having fun while following the rules. A good officiating crew can create a positive environment when volunteering their services. Officials also end up developing friendships with other officials.
4. You are showing your swimmer you are interested in what he/she is doing. This is a big one! Our kids want our support and want us to show an interest in what they are doing. This is a great way to do it!

\*\*\*If interested in learning more, contact a coach at any site or board member Greg Burns [burnswg@gmail.com](mailto:burnswg@gmail.com).

**THANK YOU TO OUR A EXISTING OFFICIALS! WE COULD NOT HAVE MEETS WITHOUT YOU!**

## Caught You Doing Good

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



**Sam Irwin** - (nominated by Coach Megan) Sam recently did a great job of cheering on his teammates during a challenging kick set. Great job, Sam!

**Julie Zambrano** - (nominated by Coach John Richards) Julia always has a positive attitude and a great work ethic!

**Ava Vankirk** - (nominated by Coach Megan) Ava did a great job of supporting her little sister Adalynn on her first day of Developmental practice!

**All the ISCA swimmers but especially Grace Melocchi, Hannah Klingensmith, Amber Klingensmith, Ava Komoroski, Annabelle DiDaniels, Olivia George, and Lauren Mittleider** - (nominated by Coach Becky) All of these girls cheered on **Olivia DiDaniels** at Finals during ISCA. Olivia said to me, “Mom, I thought it was just going to be my brother and sister cheering for me, but it wasn’t. I couldn’t stop smiling when all the big girls were at the end of my lane cheering me on too!” As a mom and coach, I believe that this is what it’s all about – having fun and supporting your teammates. Thank you, it made her meet! Keep up the great cheering! These little swimmers look up to you!!!

**Bailey Wells** - (nominated by Coach Amy and Coach Sarah) Bailey is such a great help to us with our Developmental swimmers! Thank you, Bailey!

**Amira Chariyeva** - (nominated by Coach Amy and Coach Sarah) Amira comes to practice ready to swim and has come so far since her first days of feeling nervous to put her face in. She is a good teammate, taking turns to go first in her lane. We are so proud of her progress and love her positivity!

**PEAQ Staff** - (nominated by Coach Dave) Coach Dave wants to give a shout out to our entire staff of professional coaches who come to the pool every day eager to share their passion for the sport with our swimmers. No matter what curveball might be thrown our way, our staff always responds positively and in a manner that keeps our team moving forward. Well done to our entire staff!

**Emma Lee** - (nominated by Coach Morgan) Emma helped pick up leftover equipment and workout copies that weren’t hers after practice. Thanks Emma!

**ALL of Age Group 4** - (nominated by Coach Morgan) The entire AG 4 group has been caught doing good as we have a bunch of new kids, and the veteran AG 4 kids have been extra helpful at making sure the newcomers are adjusting well.

