



A Letter From Coach Dave

Dear Team,

I'm writing this message while sitting outside at a swim meet in Richmond, Virginia and there is a sense that things are moving in the direction of "normal," and I can't tell you how happy that makes me! With our impending return to Scott Pool, we have been able to welcome back many of our team members who were forced to swim elsewhere due to the Covid restrictions of this past winter. We can't wait to get all the swimmers back together, and we feel confident that moving forward things will stay that way. PEAQ is back!

I would also like to give a very special Mother's Day shoutout to all of the swim moms who keep our swimmers happy and healthy and on time to practice every day. Additionally, I want to extend a thank you to our Coach-Moms who take time away from their families to share their knowledge of- and enthusiasm for-swimming with our swimmers on a daily basis. Happy Mother's Day!

See you around the pool,

Coach Schraven

Advice From Kristin Matheny

Over the past fifteen years, I have been involved with every aspect of competitive swimming: watching as a parent, officiating at my children's meets, volunteering as a board member, competing as a master's swimmer, and coaching age group swimmers. However, as my children move beyond age group swimming, I realize it is time for me to move on as well. Before I go, I was asked to offer three pieces of advice to parents of younger swimmers:

1. Encourage your children to play other sports when they are young. Competitive swimming has often been compared to a marathon, and I couldn't agree more. *Continued on Page 2*



PEAQ Attends TYR 18U Spring Cup

A small group of PEAQ swimmers kicked off the long course season by qualifying for and attending the TYR 18U Spring Cup. This elite-level meet was held April 29th through May 2nd in Richmond, Virginia. Coach Dave along with swimmers **Nico Butera, Taylor Connors, Josh Matheny, and Ganesh Sivaramakrishnan** all represented PEAQ.



Middle School Season is Underway

Good luck to all of our PEAQ swimmers who are representing their various middle schools this spring. Also, good luck to our PEAQ coaches who coach a middle school

Save The Date

PEAQ will be hosting the PEAQ Spring Invitational **5/21-5/23** at Scott pool. Please consider volunteering to help work at the meet!

Advice from Kristin Matheny Continued

If your child chooses to stay in the sport through college, they may be competing for fifteen years or more. You want them to continue to love the sport as teenagers and young adults. Many swimmers burn out as they get older because all they have ever done is swim.

2. If your child is interested in swimming in college, consider D2 and D3 programs. A program is out there for every level swimmer. Don't discount D2 and D3 programs, in a number of cases they are more competitive than many D1 programs.

3. Become involved in your children's sports. If your children love to swim, volunteer for their club. Even if you don't know anything about competitive swimming and have never watched a meet, there are a variety of opportunities for you to become involved. Supporting your child's love of swimming and learning about the sport offers a terrific way to bond with your children.

I appreciate all of the support the members and coaches of PEAQ have given me throughout the years. Thank you! I wish PEAQ the very best going forward!

Thank you, Kristin!

Kristen Matheny, current PEAQ president, has volunteered countless hours over the past few years in helping to form and develop PEAQ. If you see her around the pool, please thank her for her commitment to our program and to your kids. Over the course of the next few months she will be transitioning out of her role as president and working with board member, Ken Fibbi, who will be taking over as PEAQ president at the end of long course. Thank you again Kristin for all you do and continue to do for the team!



A Record Breaking March

The month of March was PEAQ's final month of short course, and despite obstacles presented by the pandemic, our swimmers were offered multiple opportunities to compete. The last two weeks of March were particularly busy for our club!

On March 19th and 20th, many PEAQ swimmers represented their various local high schools at the **PIAA Class AA** meet (3/19) and the **PIAA Class AAA** meet (3/20). The PIAA meet kicked off a whirlwind of meets in the later part of March. PEAQ had athlete representation at the following meets: **INDY Speedo Sectionals**, 3/25 - 3/28 in Indianapolis, IN; **Senior Keystone Classic**, 3/26 - 3/28 in Carlisle, PA; **PEAQ Last Splash Intrasquad**, 3/27 in Canonsburg, PA, and the **ISCA Elite Showcase Classic**, 3/31- 4/3 in St. Petersburg, FL. There really was a meet for everyone!

Here are a few "record breaking" moments from some of our swimmers in March:

Ian Shahan represented Belle Vernon HS at the PIAA Class AA meet and broke the state record in the **50 yard free** with a time of **20.00**.

Josh Matheny represented Upper Saint Clair HS and broke the state and the National Federation of High Schools record in the **100 yard breast** with a time of **51.84**.

Cinco Perez represented PEAQ at the ISCA Elite Showcase and broke with AMS record for 11-12 boys in the **400 yard IM** with a time of **4:33.02**.

We also had many PEAQ swimmers break school records for their high schools and achieve personal records for themselves. We even had a few PEAQ swimmers competing in their very first swim meet this March. Who knows? Maybe some of our newest PEAQ swimmers will be some of our future record breakers!!!



Caught You Doing Something Good



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

Patrick Benedict (nominated by Coach Alex) - It's not often you see a senior swimmer staying late to clean up during an age group practice just because he noticed the deck was dirty. Patrick is truly a leader in his actions at practice, and he really tries to make PEAQ better for all!

Luke Hartman (nominated by Coach Marian) - At the Meet in St Pete Luke won a Speedo Hot Heat so he was able to go pick out a prize from the Speedo tent.....He chose to get his little sister, Caroline a new a Speedo Backpack.

Tom Howard (nominated by Coach Alex) - It's not hard to know if Tom is in a PEAQ swim meet... wait for a race with a PEAQ swimmer and look to see who is cheering. Tom is a constant motivator at meets, always wishing others good luck and talking to his teammates. Tom embraces race day with a smile and supportive attitude.

Nick Roach (nominated by Coach Becky) - New to Pittsburgh and the pool, Nick Roach is in his first season with PEAQ and has been one of the hardest workers at practice. He pays attention to the drills and skills we are working on and focuses on improving.

Liam Tomb (nominated by Coach Alex) - Practice at times can be hard to follow and fast moving, but if you have Liam as a lane mate or group buddy, you're set! Liam can be caught helping swimmers with a puzzled face before a coach can. He is inclusive and always poised with a positive attitude and a fun outlook. Keep helping out Liam!

Iris Wang (nominated by Coach Amy) – Iris is a super positive kid. She always comes into practice with a smile and works hard. She is a great leader!

Bailey Wells (nominated by Coach Megan) - Bailey is always showing support to others. Whether it be cheering her teammates on at meets or cheering at practice during relays, Bailey always adds a positive voice to the team.

Quinn Willyerd (nominated by Coach Becky) – Quinn has a fantastic positive attitude. She's always prepared for practice, on time and ready to work hard. She's made tremendous improvements this season on all of her strokes!



Healthy Habits: Ina Garten's Asian Salmon

Try this healthy salmon that's rich in omega 3 fatty acids and protein!

Ingredients:

3lbs of fresh salmon

For the marinade:

2 Tbs. Dijon mustard

3 Tbs. soy sauce

6 Tbs. olive oil

½ tsp minced garlic

Directions:

Heat the grill. Whisk together the marinade ingredients. Drizzle half the marinade on the fish and let it sit for 10 minutes. Grill the fish skin side down for 5 minutes and discard the half of the marinade that the fish was in. Turn the fish and grill for another 5 minutes. Remove the fish and spoon the reserved marinade that was set aside on top of the fish. Let sit for a few minutes and then serve.

Fish Out of Water: Spotlight on Josh Grimenstein

You may have seen the Grimenstein last name on emails and in heat sheets, or you may have seen their big white van dropping off kids at the pool and wondered how many of them are there? The answer is they are a family of 10!!! We know the Grimenstein family is big and big into swimming, but what else do they do? We decided to spotlight 14-year-old Josh Grimenstein to find out what this fish does out of water!!!!

Joshua Grimenstein has been swimming with PEAQ for three years. He moved to Pittsburgh from St. Louis, Missouri, in 2017. Joshua is a home school student in the 8th grade. His favorite subjects are Science, Math, and Classics (he's currently reading Virgil's Aeneid). In addition to swimming, Joshua plays the piano – both classical and jazz – and has received Superior ratings three years in a row from the National Piano Guild. This spring, Joshua is also participating in Fallingwater's Gnome House Design Challenge. In this program, Joshua has studied the architecture of Frank Lloyd Wright's Fallingwater to learn about design process. The challenge will culminate in a Design Symposium in which Joshua will submit a finished architectural model for his "gnome client". Fun Fact – Joshua is a Christmas baby and was born on Christmas Day in 2006. Unlike most children, Joshua has the unique experience of growing up in a very large family. He has seven siblings, making his family a family of ten!! We asked Joshua what that life is like:

So, what are some things you like about growing up in such a large family?

I actually love growing up in a big family. There is always someone to talk to or someone to play with. Something is always happening, so there is always something to do. We have a lot of noise in our home. I don't mean our house is noisy – I just mean that there is always a conversation or laughing or a little one running upstairs. When we're not all together, it feels quiet and kind of boring. We're all very close. I also love food – and that is something we have a lot of in our house! My mom cooks for a family of ten, but some of the kids don't eat that much – which means there's more for me!!

What are some things that are challenging about living in a large family?

Well, the noise can be hard sometimes. I don't always have a lot of privacy. Mom and Dad have worked hard to give us each some space, and we spread out through the house – but sometimes it's hard to find quiet. I don't have my own room, and that would be a fun thing to have.

Did having your big family help during quarantine?

It did help through quarantine. What I said before – that there is always something to do in a big family – that was true even during our stay-at-home. The isolation wasn't as impactful for us because we had each other's company. Also, a lot of us have common interests. All of us play instruments, five of us are swimmers, and we are all very devoted to our studies. Because of that, we understood what each other was going through when everything was shut down. Imagine quarantining with good friends – and that's kind of what it was like.

