



A Letter From Coach Dave

Dear Team,

School is out and summer is upon us—that means that in addition to our normal club practices, our Summer Swim League teams are in full swing as well. When we formed PEAQ back in 2016 we had several overarching goals. One of which, obviously, was to create an environment where competitive swimmers could strive to be their very best. We have succeeded and continue to succeed in that regard. Another goal, related but also different from this primary goal, was to “evangelize” the sport of swimming and introduce swimming to as many children as possible. To “grow the sport,” if you will. This is another area where our club has been wildly successful:

- Between our programs at Scott Pool (the Sharks), Canon McMillan (the Kraken) and Upper St. Clair (the Wahoos) we have close to 200 area youth participating in Summer League swimming. These are swimmers who are not members of the year-round swim club, but who have adopted swimming as a fun and healthy summer activity and our hope is that their experiences in the summer will compel them to try swimming as a seasonal or year-round activity;
- In addition to providing opportunities for local kids to have fun while swimming in the summer, we also have a large number of PEAQ coaches and swimmers who are facilitating summer swimming not only with these club-sponsored programs, but at local country clubs and community pools. Our coaches and swimmers are coaching the summer league teams at St. Clair Country Club, Chartiers CC, Valleybrook CC and Nevillewood CC. We are also providing many of the coaches at the Woodland Hills pool in Upper St. Clair. This is in addition to the numerous coaches and swimmers who are helping us to run the Sharks, Kraken and Wahoos. All told, we have close to 50 coaches and swimmers who are helping to run these vital community programs. **(Continued on page 2)**

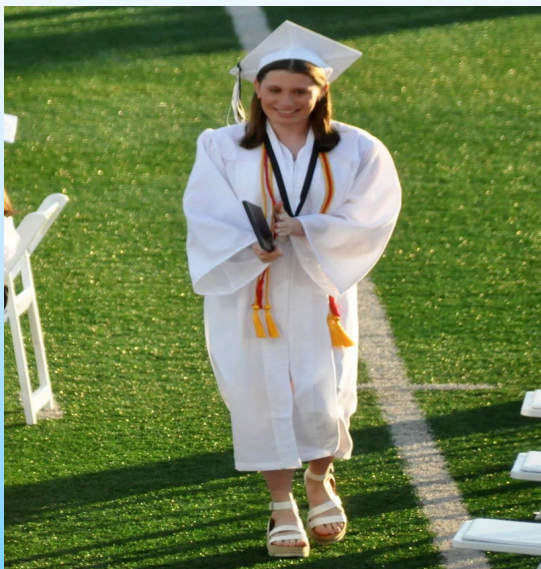


Congratulations PEAQ High School Graduates!

We are so proud of our recent high school graduates! You have amazed us both in and out of the water! PEAQ wishes the class of 2022 the best of luck. We will miss you!

Dom Cortopassi – Clarion (swimming)
Rachel Fibbi - Baldwin Wallace University (swimming)
Anna Kohler - Allegheny College (swimming)
Sarina Krishnaswamy - Virginia Tech
* **Ethan Neal** - Georgia Tech
Will Perham - Penn State Behrend (swimming)
Nathaniel Ross - The College of New Jersey (swimming)
Ryan Senchyshak - Ohio State
Ganesh Sivaramakrishnan - George Washington University (swimming)
Daniel Wang - University of Georgia
* **Andrew White** - Northwestern

**Valedictorian*



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While PEAQ is a year-round swim club focused on developing strong competitive swimmers, we are also a civic-minded organization facilitating these vibrant summer swim teams. This is just one more reason why PEAQ is the premier swim club in Western PA. Have a great summer!

See you around the pool!

Coach Dave





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 safe sport tab.



PEAQ Kicks Off Long Course by Hosting a Spring Invitational

PEAQ opened the 2022 long course season with a spring invitational held at Chartiers Valley High School during the weekend of 5/13-5/15. Eight AMS teams attended this PEAQ hosted meet, which proved to be a great start to the season for both our swimmers and coaches. A huge thank you goes out to PEAQ parent and board member, **Greg Burns**, who acted as meet director. Additional thanks go out to all our other parents and volunteers who volunteered to help work this meet in order to make this a successful event for our swimmers. Go PEAQ!



Important Dates

- * Registration for the 2022-23 swim season will open sometime in mid August.
- PEAQ South Hills is hosting Summer Champs 7/15 - 7/17
- PEAQ at Pitt is hosting Junior Olympics 7/22-7/24 and Senior Zones 8/4 - 8/7

Remember, we always need volunteers for our PEAQ hosted meets!!!

Fish Out of Water: Noah Levine

You can't help but smile when you are around **Noah Levine**. Noah is a rising junior at Upper Saint Clair High School, and a member of the PEAQ Senior group. Noah is easy to spot on deck because he is always cheering for and supporting his teammates. Those who swim with Noah know that he is an integral part of the swim team, and he brings an abundance of positivity with him to the pool. However, Noah is not just a swimmer. When not in the pool or on the pool deck, you will most likely find Noah on the stage. Noah participates in the Men's Ensemble, the Pantheon Choir, and the Chanteclairs Choir all at Upper Saint Clair High School. In addition to participating in multiple choirs, Noah also had leading roles in both the fall play, *All in the Timing*, and the spring musical, *Suessical* this past year. In the summers Noah lifeguards at Woodland Hills. If Noah is not performing or at swim practice, he loves to play video games with his friends. Noah is an amazing role model for our younger swimmers. We are so lucky to have such a creative, kind, and positive swimmer on our team!



Welcome Back Alumni!!!!!!

At PEAQ one of the things we look forward to each summer is the return of our alumni who are home on summer break. We are fortunate to have a sizable group of college-aged swimmers who swim at DI, DII, and DIII programs all over the country training with our senior group in the summers. Not only are our alumni excellent training partners, but they are also great role models for our senior group swimmers who may be considering swimming in college. We know the value that having alumni return brings to our program, and we are always excited to welcome them back to PEAQ!



PEAQ Run Summer Leagues Make a Splash!

We are very lucky at PEAQ to have three summer league teams that fall under our PEAQ umbrella. Upper Saint Clair Wahoos, Canon Mac Kraken (This team is brand new and doing great in their first year!), and Scott Sharks are off to a fabulous start. These summer league teams are a terrific way to introduce new swimmers to the sport of competitive swimming, and they give our 14 and under age group swimmers fun opportunities to compete in dual meet settings with other South Hills teams. We are so proud of all our summer league swimmers! Keep up the good work swimmers and coaches!



Healthy Habits: Peach Pleasure Smoothie

*This recipe was submitted by PEAQ parent and registered dietician, **Michelle Bernard**. It is great for a quick and healthy snack! Take advantage of peaches being in season and give it a try!*

Ingredients:

- 2 fresh peaches, peeled and sliced
- 1 banana, peeled and cut in half
- ½ cup of yogurt (flavor of your choosing)
- ½ cup of milk or milk substitute
- 1/3 cup of ground flaxseed

Directions: Place all ingredients in a blender and puree until smooth. If a sweeter taste is desired, add honey.



Caught You Doing Good

See what good things our coaches have "caught" our swimmers doing!



Hasan Alhajhusain, Luke Bishop, Prachi Chetlur, Maren Davis, Andrea Delong, Chrissy Furlow, Tom Howard, Lylah Kateeb, Macy Koerner, Noah Levine, Lauren Middleider, Lauren Opitz, Abby Poe, Max Shipley, Bailey Wells, Ben Whiteford, and Nazar Zoukovski - (nominated by Coach Dave) I would like to recognize all of our swimmers who are VOLUNTEERING to help coach the Kraken, Sharks, and Wahoos. Additionally, I want to recognize our PEAQ at Pitt swimmers who are also volunteering at various swimming programs around the Pittsburgh area: **Hanna Klingensmith, Sam Kohler, Anna Kohler, Grace Melocchi, and Matt Purcell**. Great job!

Eden Acosta - (nominated by Coach Topher) Eden is tiny but mighty! She comes in every day with the biggest smile on her face as she crushes laps up and down the pool!

Mae Connolly - (nominated by Coach Topher) As a Wahoos veteran, Mae is always stepping up to lead her teammates. Whether it is leading the lane, showing her teammates new skills, or just simply listening to the coaches, Mae goes above and beyond!

Claire Clodfelter - (nominated by Coach Royce) Claire has a positive attitude at meets, and she always makes an effort to cheer her teammates on. It's wonderful to see!

George Horey, Josh Grimenstein, and Sarah Grimenstein - (nominated by Coach Royce). At the past few meets, these senior swimmers have shown leadership by leading their peers in WUTS. It's nice to see them step up and take some ownership of the team aspect of the club!

Natalie Artz - (nominated by Coach Royce) Natalie was a big help at the Hampton meet with some of the younger swimmers. She helped write their events and heats on their arms, which was great!

Paige Schott, Paige Simpson, and Collin DiDaniels - (Coach Jillian) These swimmers have been very helpful with the Kraken team. They have been great leaders and always full of positive, fun energy!

Matthew Fibbi - (nominated by Coach Alex) Matthew really tries to make an effort helping out on deck. He has also been working hard in the pool, so leading on deck goes a long way too. Keep it up Matthew!

Maya Shipley, Avery Shipley, and Kayla Fibbi- (nominated by Coach Alex) These three did an amazing job selling their baked goods at the Wahoo meet. I was impressed by how they made sure to watch and cheer their friends on and sell treats for a great cause (Angel Ridge Animal Rescue).

Lylah Kateeb - (nominated by Coach Alex) Lylah is the ultimate teammate. I can't remember the last practice that I didn't see Lylah say at least one positive word of encouragement to a teammate. She has improved greatly in the water, and she always shines a light on those around her!

DJ Poe - (nominated by Coach Alex) DJ brings energy to the morning practices. He always pushes others around him, and he always helps clean the deck up after practice. He never forgets to encourage a teammate on deck and is a great friend. He has come up with a nickname for Coach Alex too, "Coach Swagga." Keep up the good work DJ Swagga!

