



A Letter From Coach Dave

As I sit here typing this message it's hard to believe I'm writing about the end of season Championship meets. It feels like summer just started and here we are talking about preparing for the last meets of the season. This is something that happens every summer but is amplified this year by the fact that we just started using Scott Pool, which is always the prime indicator that the Long Course season is in full swing. Here is a rundown of our upcoming meets:

- West Virginia State Championships in Morgantown – July 6-9
- PEAQ Summer Champs at Scott Pool – July 14-16 – This is the primary championship meet for many of our club members
- AMS Age Group Champs at Pitt – July 20-23 – For most of our team who have achieved A times, this is their Championship meet
- NCSA Junior Nationals in Indianapolis, IN – July 26-30 – we have a strong contingent of high school-aged swimmers attending this really fast meet
- USA Swimming Junior Nationals in Irvine, CA – July 31-August 4- PEAQ has 3 swimmers competing in this high-level meet
- Eastern Zone Age Group Zones in Richmond, VA – August 2-5 – all 14-under qualifiers are encouraged to apply for and attend this meet. Eastern Zone Senior Zones in Buffalo, NY – August 3-6 – all qualifiers should plan to attend this meet.

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Coach Topher Attends Leadership Retreat

On June 22-25, **Coach Topher** attended the Eastern Zone leadership retreat at Colby College in Waterville, Maine. PEAQ is very proud of Coach Topher, who was asked by USA Swimming to be a speaker at the retreat. Coach Topher's talk focused on the basics of LSC leadership and governance for athletes. The goal of his presentation was to try and inspire athletes to take an interest in governance and reach out to their LSCs about how to be involved in athlete representation at a local level. If any of our PEAQ athletes are interested in how to be more involved with AMS or USA Swimming, they can reach out to Topher or to our PEAQ athletes who currently have leadership roles in AMS. Let's get involved PEAQ!





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As you can see we will be quite busy over the course of the next month! Best of luck to all of our PEAQ swimmers in your upcoming championship meet(s)!

See you around the pool!

Coach Dave

Congratulations to Our PEAQ 2023 High School Graduates!!!!

We are so proud of our high school graduates! Take a look at their plans for next year. Many of them will be swimming in college too!

- Colby Bernard** - Penn State University
- Jacob Burton** - John Carroll University
- Lenny DeMartino** – Saint Louis University
- Blaire Gillespie** - University of Tampa
- Sarah Grimenstein** - Clarion (Pennsylvania Western University)
- Nick Lucci** – Ohio State University
- Aidan Ochoa** – Clarion (Pennsylvania Western University)
- Payton O’Toole** – Ashland University
- Alex Petkov** – University of Pittsburgh
- Matthew Purcell** – Brown University
- Catrina Raich** – Carnegie Mellon University
- David Schlor** – University of Findlay
- Caleb Trainum** – Chatham University
- Trevor Urbanic** – Liberty University
- Matvey Zoukovski** – University of Pittsburgh

Long Course Season is Underway!

It’s the beginning of July, and the PEAQ long course season is well underway! In the past few weeks PEAQ competed locally by participating in the PEAQ Spring Invitational held 5/12 – 5/14 and The Fireworks Frenzy held 6/17-6/18. In addition to competing locally, PEAQ also crossed state lines and traveled to Morgantown, West Virginia to participate in a June invite on 6/8-6/11. PEAQ then headed to Geneva, Ohio the weekend of 6/22-6/25 to compete at the Holtrey Summer Classic. At the Holtrey meet, the team’s combined men and women’s score earned the team a second place overall. Additionally, **Jackson Edwards** won the high point award for 13-14 boys, and **Maia Zaikina** won the high point runner up award for 10 and under girls.

We are excited to watch our swimmers continue to improve at upcoming meets and can’t wait for Championship season!





Fish Out of Water: Amanda Aidar

It's always fun to watch All-American swimmer **Amanda Aidar** swim her specialty stroke, the butterfly. We all know that she is a fantastic butterflyer, but did you know that she also speaks Portuguese and studies Spanish and French?

Amanda excels in the classroom at Upper Saint Clair High School where she will be a rising senior. She takes a challenging academic course load that is filled with many AP and IB courses. She is a member of The National Honor Society and has over a 4.0 GPA. Additionally, Amanda is the president of a coding club at USCHS. Throughout the school year, Amanda also volunteers as a swim coach for Special Olympics.

In the summer Amanda coaches the Saint Clair Country Club swim team. She also teaches swim lessons and enjoys hanging out with her friends.

Amanda will be attending Virginia Tech and swimming for the Hookies in the fall of 2024. We are so proud of you Amanda!!!!

PEAQ Long Course Record Breakers

PEAQ wants to give a big shout out to record breakers, **Delaney O'Toole** and **Mac Clark**! At the June invite in Morgantown, Delaney broke the AMS 12 and Under 50 Meter Backstroke record with a time of 31.67, and Mac broke the 15-16 800 Meter Free with a time of 8:24.52. He also broke the 15-16 1500 Meter Free with a time of 16:06.67. Delaney continued breaking AMS records at the Holtrey meet in Geneva, Ohio where she took down the AMS record for the 200 Meter Back with a time of 2:25.16. Congratulations, Mac and Delaney!



It's Summer League Season!

Summer League season is upon us! At PEAQ, we are very lucky to have three PEAQ - affiliated summer teams: The Upper Saint Clair Wahoos, The Scott Sharks, and the Canon McMillan Kraken. Our summer leagues are all coached by PEAQ coaches and PEAQ swimmers. Our middle school - aged and high school - aged kids who help out with the teams act as terrific mentors for our Wahoos, Kraken, and Sharks, many of whom may be trying competitive swimming for the first time. All of the teams stress the importance of having fun and also showing sportsmanship when competing. We are so excited to share the sport we love with these teams. Go Wahoos, Kraken, and Sharks!!!!!!!!!!!!!!!



Healthy Habits: Greek Yogurt Berry Popsicles

Cool off with this healthy treat!

Ingredients

- 2 Cups of your favorite mixed berries (fresh or frozen)
- 2 Tbsp honey
- 2 Cups of your favorite vanilla Greek yogurt

Directions:

1. Using a blender or food processor, blend berries until pureed.
2. Pour berry mixture into a large bowl and stir in honey.
3. Gently fold in yogurt into berry mixture and taste for sweetness. Add more honey if you like it sweeter.
4. Pour mixture evenly into a popsicle mold and freeze for 6-8 hours or overnight. Enjoy!





PEAQ Celebrates July 4th

Our PEAQ swimmers and families really enjoyed celebrating Independence Day this year! A special Senior/Junior/Alumni practice was held on the morning of the 4th, and our coaches came dressed in red, white and blue style! Later that morning, a large group of our PEAQ swimmers marched in the 60th Canonsburg 4th of July parade. They really made us proud by representing PEAQ!

Help Renew our Safe Sport Status

PEAQ will be renewing its SafeSport status this summer. **Athletes ages 13-17, we need your help!** In order to be listed as a SafeSport recognized club, we need a percentage of our teenaged athletes to take a brief online 10-minute course. Athletes 13-17, this is what we need you to do:

Go to <https://university.usaswimming.org/landing>.

- 1) Click on athlete.
- 2) Click on SSRP.
- 3) Click on the athlete course view button.
- 4) Click on Start.
- 5) Click on login.
- 6) Once you are logged in, begin the course.
When the course is complete, click on the Submit Button and complete the survey.
- 7) To download your certificate, click on the View Transcript and click on the course Download Certificate button. *** This sometimes takes the system a bit of time to update. You may have to log out and try again later.

THANK YOU for helping our club to be a safe place for kids!



Caught You Doing Good

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



Patrick Benedict (nominated by Coach Dave) - Patrick is a Westminster college swimmer and a PEAQ/USCHS alum who swims with us during the summers when he is home from college on summer break. Patrick, who has been a lifeguard and a summer league coach for many years, put his lifesaving skills to test while working security at PNC park. On his first day on the job at PNC, Patrick saved a fellow employee who was choking by performing the Heimlich maneuver. Patrick's heroic efforts were recognized by the entire Pirates organization when he was invited to come down on the field during the Pirates vs Padres game on 6/28, and they awarded him a Pin of Excellence! Way to go Patrick!

Tessa Brunner (nominated by Coach Julie) - Tessa is nominated for showing hard work and determination during a difficult set at practice.

Lauren Byrski (nominated by Coach Jillian) - Lauren has been helping a lot with the Kaken kids, as well as AG1 and AG2. She goes above and beyond by getting equipment, helping kids get their gear on and off, and demonstrating in the water so the kids learn new skills.

Kayla Fibbi, Maya Shipley, and Avery Shipley (nominated by Coach Morgan) - These girls always help put the lane ropes back in after the Wahoos practice, so the pool is ready for the AG1/2 practices.

Tom Howard (nominated by Coach Morgan) - Tom is a great teammate who supports his fellow swimmers, both younger and older, at meets.

Arden Kramzer (nominated by Coach Topher) - Arden always has incredibly high energy and is SUPER excited to swim!

Lauren Opitz (nominated by Coach Morgan) - Lauren did a great job of supporting the younger kids at the Hol-trey meet!

Zoe Poe and Griffin Tomsheck (nominated by Coach Royce) - Both Zoe and Griffin have been leading our WUTS all summer long. It's hard to get moving early in the morning, and these two always lead the charge.

Aria Roncone, Olivia DiDaniels, Aria Selvaggi, Victoria Schweizer, Aria Melagarri (nominated by coach Julie) - This group is nominated for always cheering on their teammates at meets!

Julian & Genevieve Sgori (nominated by Coach Topher) - The Sgoris are nominated for their dedication to follow through and swim in their first swim meet even though they were nervous. They tried their absolute best to be able to make it down the pool for their races, and each of them competed in two races! We were SUPER proud of them!

Anna Sun (nominated by Coach Topher) - Anna always helps clean up the deck before she goes and has her free time.

The Wahoos Volunteer Coaching Staff (nominated by Coach Topher) - I am nominating this group for being the BEST energetic, and most compassionate coaches I could ever ask to be involved with our Wahoos kids :).

