



A Letter From Coach Dave

Dear Team,

Happy 2022 to the swimmers, families, and coaches at all of our sites! I have to admit the year is not off to the start that I'm sure we were all hoping for. In some ways it feels like the worst of the pandemic is hitting right now. I hope I'm wrong about that. It's at times like these that I believe swimming is more important than ever. Kids need a sense of normalcy in their lives and we can provide that--safely.

Please know that we are committed to providing a safe environment for **ALL** of our swimmers, and if that means we need to make adjustments to our schedule to provide more space in practices, we will do that. Our top priority right now is to provide a safe environment for our team so that we can continue to participate in this great activity no matter what the virus throws at us.

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Ganesh Sivaramakrishnan Represents PEAQ at Winter 2021 Jr. Nationals

Ganesh Sivaramakrishnan represented PEAQ club in tremendous fashion at the 2021 Junior Nationals East Championship held in Greensboro, North Carolina on December 10th -12th. Ganesh competed in four events at this very high-level meet (50 Freestyle, 100 Butterfly, 100 Backstroke, and 200 Butterfly) over three days of competition. Ganesh's highlight swim according to **Coach Alex**, was his 100 Butterfly. Ganesh swam a lifetime best (48.94) and took 32nd in the event. This is over a second faster than he swam at the 2020 PIAA Championships, where Ganesh took third place. Coach Alex notes, "Ganesh has worked on his skill sets that influence swimming over singular stroke, especially in the area of the underwater dolphin kick." Congratulations to Ganesh!



Safe Sport Reminders

At PEAQ we are committed to providing a safe environment for our athletes. As we kick off 2022, we want to provide you with you some safe sport reminders and also share some new safe sport policies that are being put in place by USA Swimming for 2022:

- 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 and Carissa Howard has not indicated that she has your clearances on file, 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 paperwork. 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.**
- 4) ****NEW IN 2022 – Meet Marshals will be required to complete a meet marshal training program (released in January 2022) and submit their completion certificate to the LSC registrar. Once completed, they will wear LSC-determined identifying attire at all meets where they are volunteering.**

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I wish this didn't have to be my "Happy New Year" message, but it does. I am very proud of how our staff, our swimmers, and our parents have handled the challenges of the past two years. Our club has accomplished some amazing things, and despite what 2022 presents us, I know we will continue to persevere. Let's hope continue to hope it will get better from here!

Regards,

Coach Schraven

USA Swimming Names PEAQ a 2022 Bronze Medal Club

PEAQ is proud to announce that USA Swimming recently named our club a Bronze Medal club through their Club Excellence Program. PEAQ's Bronze medal status will be recognized by USA Swimming until 12/31/2022. Club Excellence is a program that recognizes clubs for their commitment to produce elite athletes. Club medal status is determined by a club's FINA points. Alumni Josh Matheny and Nico Butera earned a combined 6,427 FINA points with swims from 2021, which helped PEAQ qualify for this status. This is the fourth consecutive year that PEAQ has been recognized by USA Swimming's Club Excellence program.



PEAQ Swimmers Are Successful in the Months of November and December

PEAQ kicked off the month of November by hosting a 12 and Under Intrasquad Mini Meet at our Canon McMillan Site on November 6th. Our younger swimmers dropped tons of time in the pool and many came home with ducks and ribbons to show for their hard work. Two weeks later PEAQ traveled to Geneva, Ohio to participate in the Mark J. Braun Fall Classic, which took place November 19th through November 21st. PEAQ won the meet overall with a whopping 800 points! Another highlight of this meet was the 13/14 800 freestyle relay team consisting of **Joshua Grimenstein, Tyler Turgeon, Mac Clark, and Carter Robertson**, who broke the AMS record in this event with a time of 7:25.22. PEAQ continued its positive momentum in December when it participated in the Bethel Park Christmas Qualifier December 3rd through the 5th. Many of our swimmers boasted best times, and PEAQ again came out on top with team points. PEAQ closed out December and 2021 with the return of the 59th Christmas Meet hosted by PEAQ at Pitt and held at the University of Pittsburgh. The meet took place December 16th through December 19th, and it was very exciting to see this meet return to Pitt after being canceled last year due to Covid concerns. The PEAQ boys ended up placing 1st overall in total points at this very competitive meet, and the girls placed sixth overall. PEAQ hopes to continue this success in 2022!!!!

New Faces on Deck

PEAQ would like to welcome **Coach Jeff Stewart** and **Coach Benon Brewer** to our staff! Coach Jeff has been on deck at CV and USC for a few weeks, so many of our swimmers have already had the pleasure of working with him. Coach Jeff comes to us from the state of Ohio and brings to PEAQ a wealth of experience, as Coach Jeff has coached at the age group, high school and collegiate levels. We are thrilled to have him be a part of our club! Coach Benon is coaching at our CM site. He is a recent Saint Vincent College graduate where he swam distance for The Bearcats. Additionally, Coach Benon coached for the Hunting Ridge Stingrays during his summers home from college and swam for Peters Township. Welcome both!





Fish Out of Water: Cassie Coleman

PEAQ is proudly highlighting **Cassie Coleman** in this edition of our newsletter as our “Fish out of Water.” We know that Cassie is one of our club swimmers in our senior group and that she is an honors student at Peters Township High School, but did you know that on top of being a swimmer and a stellar student, Cassie has a bit of an artistic flair? Cassie makes beautiful jewelry and has even been known to make her own clothing in her spare time! At one point Cassie used her artistic skills to start her own business where she restored American Girl Dolls for people. Another very interesting thing about Cassie is that she recently tried a new sport – diving! A lot of people don’t realize that diving is the first event in a high school swim meet. Cassie very bravely decided to give diving a try this year in her junior year of high school and began training with Peters Township High School’s diving team where she is having a lot of success! Cassie is a great role model to our younger swimmers and reminds all of us to never be afraid to try something new!

Healthy Habits: Pumpkin or Banana Pancakes

*This recipe submitted, which was by PEAQ parent and registered dietician, **Michelle Bernard**, is great for an on- the -go breakfast for those busy swim meet mornings!*

Ingredients:

4 cups of whole wheat PASTRY flour (Bob’s Red Mill) *** for gluten-free substitute with brown rice flour**
¾ cup sugar
¾ cup ground flaxseed
1 tsp. salt
2 tsp. cinnamon
4 tsp. baking powder
2-3 bananas, finely diced (depending on size – 2 large or 3 regular) **OR** 15 oz. of canned pumpkin
1 ½ cups unsweetened applesauce
6 eggs
2 cups of 1% or skim buttermilk

Directions – Mix the dry ingredients well. Add the following ingredients: finely diced bananas **OR** 15 oz pumpkin, 1 ½ cups applesauce, 6 eggs, 2 cups of buttermilk. Mix everything well. The batter will slightly bubble. Prepare a heated griddle and make as many as desired. The recipe will make approximately 30-40 medium sized pancakes. ***** The batter may be stored in the fridge for up to 3 days. If stored, it may need to be thinned a bit by adding a ½ cup of buttermilk.**



Caught You Doing Good!



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

Amanda Aidar - (nominated by Coach Alex) Perseverance is often easier to spell than put into practice. Amanda had a tough Christmas Meet weekend, and after her first swim at her high school meet, she was tired. Sitting slumped in a chair, Amanda looked defeated. However, she realized her team needed her and mentally prepared for her next race, which was her 100 butterfly. Amanda swam it and absolutely stunned! She went a lifetime best, and we all saw her perseverance in action!

Tom Howard - (nominated by Coach Alex) Tom has a professional athlete mindset in an age group swimmer body. At swim meets, Tom is dialed into his swims and always seeks advice and tips before and after races. Tom also is aware of the meet and his teammate's times and events. His ability to concentrate on his races, while simultaneously being aware of his teammates' swim meet, is admirable!

Ava Fulton (nominated by Coach Amy) - Ava is always enthusiastic and a great leader at practice! She comes in every day with a smile on her face, and we love her positive attitude!

JD & Max Kile - (nominated by coach Alex) Relays are sometimes the highlight of swimmers' meets, and coaches love making relay teams. However, coaches fear the numbers; 3,7, and 11... because it means that 3 people won't have the opportunity to swim in a relay. The Kile boys made sure that at the Christmas Meet that we had the numbers on our side! The boys came down and saved the day for the team. It was awesome watching PEAQ compete and see our swimmers to race together!

Claire Romanoff, Aria Selvaggi, Riley McVay, Eli Fidler, Hayden Gaefke, Lucy Hecht, Emery Meckstroth, Mila O'Shea, Stella Melocchi, and Olivia DiDaniels - (Nominated by Coach Becky, Coach Royce, Coach Topher, and Coach Megan) Caps off to this 8 and Under squad for qualifying for the 59th Pitt Christmas Meet! These young swimmers have trained hard this season, and we were thrilled to watch them race and most importantly support one another at their first really BIG meet!

Paige Schott - (nominated by Coach Becky) A HUGE Congratulation to Paige for a 1st place finish in the 50 breaststroke at the Christmas Meet! Paige is a talented swimmer, but most importantly she is one of the hardest workers in the pool! She comes to practice prepared and ready to work. She never complains and always has a smile on her face!

Sophie Simpson - (nominated by Coach Jillian) Sophie always has a positive attitude on deck! She arrives early to practice and can often be found cheering on and helping the developmental group. She also keeps that upbeat attitude while she works hard in the pool.

The 500 Counters who step up to help a teammate - (nominated by Coach Alex) You won't get the glory in a name on this one, but it doesn't mean this mention is any less important. Lots of distance races occurred in December. Thank you to all the swimmers who volunteered to count. Your willingness to be an active participant in someone else's race makes PEAQ the strong team it is!

Evan Tung - (nominated by Coach Alex) Evan made his first final at the Pitt Christmas Meet. He not only made a final, but also ended up with a third place in the 50 yard breaststroke! All that fast swimming however never kept Evan from cheering for a teammate. He knew when his teammates swam and made a point of watching, making some noise, and adding energy!

Jackson Yeager - (nominated by Coach Royce) Jackson has been a hard worker at practice from the start. He shows up and is ready to listen and work on his strokes each practice. He's focused on improving, and it shows!