



A Letter From Coach Dave

Dear Team,

I feel like it was just yesterday I was writing the "start-of-the-season" welcome message and now here we are at the outset of the New Year and championship season is just around the corner. Time does indeed fly!

This year I noticed an unusually large number of swimmers were out sick over the holidays across all our locations. I'm hoping this means we will remain mostly healthy the rest of the season. There is nothing worse than working hard all year to improve and then have your championship season ruined because you couldn't race.

With that in mind our coaching staff is emphasizing to all of our swimmers the importance of getting enough sleep and eating a healthy diet. Beyond that we respectfully ask that if your child is sick—please keep them home from practice! Yes, it stinks to miss practice but ultimately, when you are sick, the thing that makes you better is rest.

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AMS Camp at CM was a Success!

AMS held an age group camp at Canon McMillan on 12/23, and PEAQ had a large presence of swimmers, coaches, and senior swimmer helpers attend. The following swimmers attended: **Madeline Hasinger, Ellie McKain, Aria Melegari, Tessa Brunner, Lily Opitz, Kayla Fibbi, Brooklyn Bair, Quinn Willyerd, Eli Fidler, Graham Willyerd, Mathew Kampf, Henry Schafer, Julian Griffin, Adam Kampf, Sam Irwin, Braden Schwemm, Colton Phillips, and Jacob Miller.** Additionally, **Coaches Becky, Royce, and Topher** helped coach with the assistance of senior swimmers **Lauren Middleider, Bailey Wells, Kaelyn Yates, and Cheyenne Sakovich.**



A Letter From Coach Dave (Continued)

In addition to that—please keep in mind that swimmers are often breathing heavily at practice when they are in close proximity to one another. When people come to practice sick, they are potentially hurting themselves, but also their teammates.

We want everyone to have a great championship season, so here's to staying as healthy as possible in 2024!

Regards,

Coach Dave



PEAQ Sends Swimmers to Junior Nationals

The 2023 Speedo East Winter Junior Nationals took place December 6th - December 9th. It was held in Columbus, Ohio at Ohio State. Coach Marian and Coach Dave accompanied the following seven swimmers who qualified for and represented PEAQ: **Mac Clark, Kaitlyn Connors, Jackson Edwards, William Gao, Elise Nardozi, and Carter Roberston**. Junior Nationals is the highest level of Junior Competition (18 and under) on USA Swimming's schedule. Due to the high-level of this meet, these seven swimmers competed against some of the fastest 18 and under swimmers in the country. We are so proud of these swimmers and their accomplishments! Go PEAQ!

PEAQ Hosts Multiple Meets

PEAQ successfully hosted four meets during the first half of the short course season! Beginning in October, the South Hills PEAQ sites hosted the first annual PEAQ Halloween Invite. The meet was held October 27th through October 29th at Upper Saint Clair High School. The pool was decorated for Halloween, and the swimmers had fun competing for glow in the dark Halloween medals. Later in November, when the Pine Richland meet was cancelled due to facility issues, PEAQ at Pitt used the Canon McMillan pool and organized a one-day meet that included PEAQ and some swimmers from Steel City. This was a great opportunity for kids who didn't attend the Braun meet in Geneva, Ohio to get some racing in. When December rolled around, the South Hills PEAQ sites hosted a two-day intrasquad IMX/R/L meet at Canon McMillan during the weekend of December 9th and 10th where many kids made progress in achieving their goal of getting an IMX or and IMR score. Finally, we closed out the last short course meet of 2023 with PEAQ at Pitt hosting the 61st annual Christmas meet. The competition at this meet was stiff with many out-of-state teams coming in for the event. We are so proud of how our swimmers performed at these PEAQ-hosted meets and at other meets the first half of the season and can't wait to see what championship season has in store for us. Go PEAQ!





PEAQ Swimmers Honored by The National Merit Scholarship Program

PEAQ would like to congratulate two of its senior swimmers for being honored in the 2024 National Merit Scholarship Competition. **Luke Bishop** was one of nine other students at USCHS who was named a semi-finalist, which means he scored in the top one percent of all juniors in the country who took the PSAT. Additionally, **Boshi Dong** was one of eighteen USCHS students named a Commended Student by the National Merit Scholarship program, which means that his scores on the PSAT were in the top 50,000. We are so proud of both Luke and Boshi for their work inside the pool, but also for their work outside the pool! Our swimmers are amazing students, athletes, and people. Way to go boys!



Fish Out of Water: Andrea DeLong

Andrea DeLong is a Junior at Canon McMillan High School and on the swim team, but do you know what some of her other interests are? Andrea recently completed her Eagle Scout Project and is awaiting her induction ceremony. She is the third young woman in her troop to earn the title of Eagle Scout. Her scout troop is based in McMurray PA, and Andrea has been a member since she was in the 7th grade. She earned numerous merit badges as part of her final steps to achieve Eagle Scout status, 43 in total. Her Eagle Scout project consisted of helping organize a 3-day youth band camp for 5th and 6th graders at Canon Mac. During the camp, the students learned how to march and play music with the high school band, and they learned four songs to perform together. The project culminated with the 5th and 6th graders participating in the end-zone performance at a varsity football game.

Apart from swimming and scouting, Andrea is very involved in the school marching and symphonic bands. Keep up the good work Andrea! PEAQ is proud of you!





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 **Lynn Brunner** (lbunner217@comcast.net) 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).



Healthy Habits: Tortilla Roll Ups

Ingredients:

Tortilla wrap

Tablespoon of your favorite nut butter

Banana slices

Drizzle of honey

Sprinkle of cinnamon

Directions: Spread your favorite nut butter on the wrap. Place the banana slices on the wrap. Drizzle with honey and sprinkle with cinnamon. Roll and enjoy!

High School Season is Underway

It's high school swimming season!!! PEAQ has athletes who represent teams all over the Pittsburgh region and who compete in the WPIAL AA or AAA Class. The picture below is of first cousins and PEAQ swimmers, **Ben Whiteford** (USC) and **Ryan Steinfurth** (QV) squaring off at a high school dual meet. As we make our way through high school season, good luck to ALL our high school athletes and coaches!



Caught You Doing Good

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



Aria Roncone and Charlotte Kauffman (nominated by Coach Julie) - These two are always the first in the pool for practice. They are eager to get practice started and ready to work hard.

Maya Shipley (nominated by Coach Topher) - Maya stood behind the blocks with **Cora Jack** (who was nervous about her 1st ever Christmas meet) for 20 minutes until it was time for her to get up on the blocks for her race! Way to be a great role model, Maya!

Grant Logan (nominated by Coach Megan) - Grant motivated and encouraged every teammate in his lane at practices this fall. Thank you Grant for being an outgoing leader and demonstrating hard work every day.

Kiran Ramanan (nominated by Coach Megan) - Kiran has been a master of the pace clock this season and helps his teammates remain on intervals. He is continually encouraging others and keeping track of the clock during hard sets!

Coach Topher (nominated by Coach Dave) Coach Topher went above and beyond with the holiday social media challenge this year, and the swimmers had a lot of fun with it. Thank you!

Zach Schuster and Sam Kohler (nominated by Coach Marian) – These two senior swimmers organized a fundraiser during practice to raise money for ovarian cancer this fall. Nice work!

Achille Maneval, Ethan Fibbi, and Seth Pedretti (nominated by Coach Morgan)– These three boys walked up and down the pool during a T-10 kick at practice to cheer on and encourage their teammates.

Esther Bemm, Tommie Arlet, and Sofia Rios Nunez (nominated by Coach Morgan)– These girls have been choosing a lane at practice that will challenge and push them.

Nora Flemming, Cora Jack, Colby Kaufmann, Quinn Kaufmann, Giada Melegari, Aarvi Mojar, Cooper Provost, and Vivienne Scalise (nominated by Coach Topher) – These 8 and under swimmers represented PEAQ at the Christmas meet in December. The Christmas Meet is a big competition and can be intimidating, but these swimmers held their own. Nice job!

All PEAQ swimmers, families and coaches (nominated by Coach Morgan) – Thank you all for your gifts and kindness during the holiday season.

