

Fall 2025



A Letter From Coach Dave

Dear Team,

It's November and that means the high school swim season is just around the corner. Between the 3 PEAQ sites of Canon MacMillan High School, Upper St. Clair High School and the University of Pittsburgh, our club features swimmers who represent about 20 high schools from throughout the Greater-Pittsburgh region. This is unprecedented in the history of Pittsburgh swimming, and something we are proud of.

Because high school dual meets take place on weekday evenings, our practice schedule *will* be impacted when our schools (CM and USC) have home high school meets. Please know that our top priority from a schedule perspective is to maintain the base number of practices for each group, as close to our "normal" schedule as possible. This requires some creative license throughout the season, and we appreciate your patience with these necessary practice changes. So this is a reminder to always thoroughly check your weekly schedule from early December through mid-February.

Best of luck to all our swimmers competing in the 2025-26 PI-AA swim season!

Regards,
Coach Dave

PEAQ Named a Silver Medal Club!

We are very proud that PEAQ was named a 2026 Silver Medal Club Recipient by USA Swimming through their National Club Excellence Program! This is a program which recognizes the highest performing clubs in the country for developing swimmers ages 18 and under. Teams begin accumulating points for this award when their swimmers achieve Summer Junior National cuts. You can read more about that program [here](#). Way to go PEAQ!!!!





PEAQ Hosts a Successful Halloween Meet



PEAQ hosted its 3rd annual Halloween Meet and Time Trial on the weekend of October 24th-October 26th at Upper Saint Clair High school pool. Nineteen teams from AMS and two teams from Ohio Swimming all brought a team of athletes to compete over the course of the three-day weekend. The swim meet proved to be both festive and fast! The entire pool area was decorated for Halloween. Many of our swimmers and coaches dressed up for the meet, which added to the festive environment, and several PEAQ swimmers took down meet records and pool records! We could not have run the meet without all our volunteers, and our ever-present meet director, **Anthony Selvaggi**, at the helm. A big meet like that with multiple sessions requires a huge volunteer effort. Our parents stepped up and volunteered their time so the kids could have a great meet. Thank you!



IMX, IMR, IML: What Does it All Mean???



The IMXtreme is a program that was created by USA Swimming several years ago. It challenges swimmers to legally complete series of events. In this program, after a swimmer legally swims an event from a designated series of events, they earn a score for that individual event based on their performance. Once a swimmer swims all the events in the series, USA Swimming totals all the individual event scores. That total score is what is called an IMX or an IMR score, and it can be used by coaches and swimmers as an objective tool to monitor swimmer progress. Achieving an IMX and IMR score is something to be celebrated, so at the end of the short course season PEAQ awards certificates to all the swimmers who accepted and completed the challenge!

To achieve a score and complete the challenge, swimmers need to legally compete in each event for the designated challenge (IMX or IMR) at least once in a season at a sanctioned meet. For our newest and youngest swimmers, PEAQ created its own unscored challenge called an IML. Swimmers can start with the goal of achieving an IML score and then work up to the goal of achieving an IMX score as they gain experience. The great thing about this program is that it encourages kids to step out of their comfort zones and try new events, so they don't specialize in one event too early. The events listed below outline what events a swimmer needs to complete for each designation for each age group.

IMR EVENTS – IM Ready

9 & Under; 10-year-olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

11-year-olds, 12-year-olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

13, 14, 15, 16, 17, and 18-year-olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IMX EVENTS – IM Xtreme

When your swimmer is ready to move forward from the IMR events, the next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances.

9 & Under; under, 10-year-olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year-olds, 12-year-olds: 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, 18-year-olds: 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

IML – IM LEARNING ****This is something PEAQ has created! This was added for our youngest and newest swimmers so they too can go for the challenge. This challenge is perfect for AG1 and 2. Completing this will show that they are legal in all the strokes and that they can put those strokes together in an individual medley (IM)! We don't calculate a total score for IML as it is a PEAQ-specific program right now.*

10 and Under: 25 Fly, 25 Back, 25 Breast, 25 Free and 100 IM

11/12: 50 Fly, 50 Back, 50 Breast, 50 Free, and 100 IM





Fish Out of Water: Marcus Zhan

Sewickley Academy senior and PEAQ at Pitt swimmer, Marcus Zhan, is a fantastic distance swimmer, but did you also know that he is a musician and an incredible student? Marcus is an accomplished pianist who successfully balances a challenging load of honors and AP classes with swimming and music. Recently he added to his list of accomplishments, when he was named a National Merit Semifinalist. Only 1% of high school seniors are named semifinalists, so this is quite a feat! One of the things that we love about Marcus, besides the fact that you can always find him cheering for his younger brother, is that he has found ways to give back to his community. For the past three summers, Marcus has organized a free swim clinic for young children at the North Park pool. We are so proud of Marcus and all that he has accomplished. He is a terrific role model for our younger swimmers!

Safe Sport Reminders!

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). You will not be able to participate in practices or meets until you complete this!

Meet Snack Trail Mix

Ingredients:

1 $\frac{1}{4}$ cups of cluster cereal (Kashi Go Lean Crunch or Kind Granola Clusters work well, but really any cereal can be a substitute here)

1 $\frac{1}{2}$ cups of mini shredded wheat squares

$\frac{3}{4}$ cup of raisins, freeze dried blueberries, or dried cherries

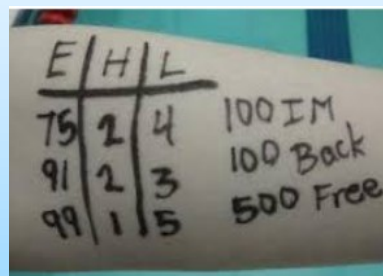
$\frac{1}{3}$ cup of yogurt covered raisins

Directions:

Mix all together and pack up in individual sandwich bags.

Attention 10 and Under Parents!

Help our coaches out at meets! If you have a 10 and under swimmer, please send them to the meet with their events, heats and lanes written on their arms (pictured below). Often times the coach will send this information out to you before the meet if the host provides it. Doing this really helps our coaches out with managing the younger kids on deck, and also teaches the kids some responsibility. Thank you for your help with this!



Caught You Doing Good

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



Cash Trueblood (nominated by Coach Attie) - New to the team this season, Cash has been a standout teammate at practice and at meets. His positive attitude is contagious, and he is always having fun, making new friends and cheering others on to be the best they can be! Cash is crushing it in & out of the pool!

Maiia Zaikina (nominated by Coach Attie) - While focusing on her own races at our PEAQ Halloween Meet, Maiia saw a younger swimmer from a different team upset and nervous about an upcoming race. Without hesitation, Maiia was there to encourage and cheer up the younger swimmer. She even gave him a good luck duck to help him be less nervous. Great job Maiia on your sportsmanship and kindness! Keep up the good work!

Aria Selvaggi, Aria Melegari & Ellie McKain (nominated by Coach Attie) Thank you & great job to these girls for helping our team set up for the PEAQ Halloween meet, while also accomplishing great things in the pool! These three girls were here late leading up to the meet alongside their families to help distribute towels, put up decorations, hang signs and lend a helping hand where needed. Their efforts out of the water matched their efforts in the water! All three had eight races each with nearly all best times! Their tireless efforts toward our team and their hard work is paying off. Way to go girls!

Natalie Artz, Liv DiDaniels, Victoria Schweizer and Aria Roncone (nominated by Coach Julie) - These girls offered support by cheering on their teammates at the Halloween Meet!

Frannie Rapport (nominated by Coach Megan) - I nominated Frannie for her kindness toward others because she always celebrating her teammates achievements at both practices and meets.

Nolan Abel (nominated by Coach Megan) - Nolan demonstrated sportsmanship and leadership at our PEAQ Halloween meet.

Greta Khanolkar (nominated by Coach Megan) - Greta brings a lot of positivity to the pool deck, and I am proud of her focused effort to practice her stroke technique.

Natalie Artz (nominated by Coach Royce) - Natalie pulled double duty at the Halloween meet. She swam and volunteered with concessions!

Sophie Brunner, Riley Walnoha, Delaney O'Connor, and Quinn Willyerd (nominated by Coach Royce) - I want to recognize these girls for helping the coaches out with the younger swimmers during the time trials portion of the Halloween meet.

Jason Delvitto, JJ Stitt, Henry Schafer, and Giada Melegarri (nominated by Coach Royce) - These kids showed what it means to be a great teammate when they cheered on their friends during the Halloween meet.

Coach Topher (nominated by Coach Dave) - A big thanks goes out to Coach Topher for putting a lot of extra time in to designing the scoreboard graphics for the Halloween meet. It looked fantastic!

Clare Larsen and Erin Wells (nominated by Coach Dave) – Both Clare and Erin have been doing a great job helping with coaching and supporting our developmental swimmers!

