

Spring 2024



A Letter From Coach Dave

Dear Team,

Welcome to the 2024 Long Course season! It's been great getting back into the swim of things after our Spring Break, and we are looking forward to a successful season of fun and fast swimming. This is also a good time for my annual reminder of how fortunate our club is to have access to Long Course pools. Our South Hills sites use Chartiers Valley during the spring months, and our Pitt site uses The University of Pittsburgh.

South Hills sites, please remember that most clubs don't have access to *any* Long Course water, and we are fortunate to have 2 such pools available to our swimmers: CV in the Spring and Summer and then Scott Pool once school lets out. While attending all practices is important for a successful season, I especially encourage our families to make sure they attend when practices are scheduled at CV—it will make a difference. Best of luck to all our PEAQ swimmers this season!

Regards,

Coach Dave

Three PEAQ Swimmers Chosen for 2024 Zone Select Camps

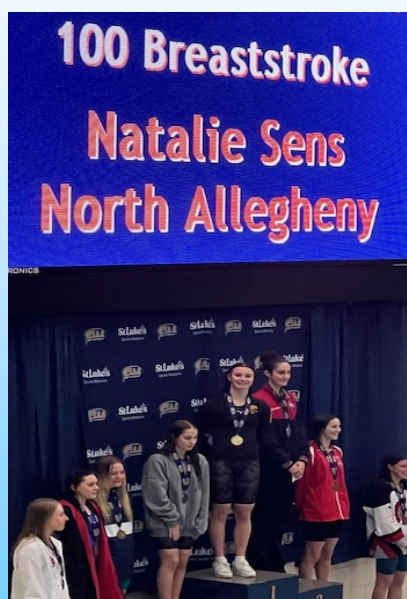
Congratulations to **Cinco Perez**, **Jackson Edwards**, and **Delaney O' Toole** for being chosen to participate in USA Swimming's Eastern and Southern Zone Select Camps! The elite camps will be held June 6th-9th at NC State. Delaney will be a part of the 12 and 13 -year-old camp, and Jackson and Cinco will be a part of the 13 and 14- year-old camp. We can't wait to see what they learn, and we know they will make PEAQ proud!



WPIAL and PIAA Champions

The WPIAL high school swimming championships were held February 29th - March 1st at the University of Pittsburgh. PEAQ swimmers represented 18 different high schools! The following PEAQ swimmers were crowned WPIAL Champions in the AAA meet: **Mac Clark** (Pittsburgh Central Catholic) 500 free, **Will Gao** (North Allegheny) 100 fly and was a part of NA's winning 200 medley and 200 free relays, **Natalie Sens** (North Allegheny) 100 breast, 100 fly, and was a part of NA's winning 200 medley and 200 free relays, **Luke Hartman** (Pittsburgh Central Catholic) 200 free, **Nazar Zoukovski** (Upper Saint Clair) 100 free, **Kaitlyn Connors** (Upper Saint Clair) 100 free, and **Max Shipley, Ben Whiteford, Whit Burns, and Nazar Zoukovski** (Upper Saint Clair) 400 free relay. In the AA meet **Elise Nardozzi** was a part of Northgate's winning 200 free relay.

All these swimmers, along with many of their teammates, went on to represent their high schools at Bucknell University for the PIAA AAA meet 3/13-3/14 or the AA meet 3/15-3/16 and found their way onto the podium again. A big highlight of the meet was when **Natalie Sens** was crowned the PIAA Champion in the 100 breast!



Short Course Championship Season Re-cap

Our 2023-2024 short course season was a success, and there was a championship meet for everyone! PEAQ competed in the following championship meets to close out the short course season: **Mini Champs 2/3-2/4** (ANSC @ NA) 22 PEAQ swimmers participated, **Bronze Champs 2/3-2/4** (PEAQ@CV) 121 PEAQ swimmers participated, **Silver Champs 2/23-2/25** (STEEL @ Moon) 64 PEAQ swimmers participated, **AMS Champs 3/7 -3/10** (PEAQ @ Pitt) 75 PEAQ swimmers participated, **Sectionals 3/21-3/24** (Virginia Tech) 2 PEAQ swimmers participated, **ISCA Senior Cup 3/26 – 3/30** (St. Petersburg) 22 PEAQ swimmers participated, **Eastern Zone Age Group Championship 3/27 - 3/30** (Webster, NY) 3 PEAQ swimmers participated, and **ISCA Elite Showcase East 4/3-4/6** (St. Petersburg) 4/3-4/6 12 PEAQ swimmers participated.

PEAQ had a few "firsts" at ISCA Senior Cup when the team won the overall title for the first time ever! Additionally, **Mac Clark** was the high point winner for the 15/16 age group, and **Elise Nardozzi** was the 3rd runner up for the open category.

We are so excited by how PEAQ ended short course and are looking forward to carrying the momentum into long course.



Fish Out of Water: Hasan Alhajhusain

Hasan Alhajhusain is one of our PEAQ senior swimmers. He is currently an 11th grade honor student at Upper Saint Clair HS who is also involved with volunteering for the South Hills Splash. Many of us who are a part of PEAQ are aware of what Hasan does in the pool, but did you know that he is also an accomplished pianist?

Hasan's love for music was sparked at an early age. When he was barely able to stand, he would conduct with chopsticks while listening to music! He enjoyed listening to classical music and would even pretend to sing opera. Due to his interest in music, Hasan started piano lessons at CMU's preparatory school of music when he was five and a half years old. He learned all kinds of lessons including: Eurythmics, Music Theory, Improvisation, Music Expression, etc. with his piano lessons. He also performed many recitals at CMU's Kresge Theatre.

Hasan has continued with piano over the years, while also balancing swimming. One of his biggest musical accomplishments was when he was chosen as the Third Place Winner (Junior Category) of the American Protégé International Piano & Strings Competition 2022 and was invited to perform at Carnegie Hall in NYC in June 2023.

We are so proud of Hasan and can't wait to see what he does both in the pool and on the stage. Keep it up, Hasan!

South Hills Splash Wraps up Its Season!

The PEAQ affiliated Special Olympics team, The South Hills Splash, finished a successful season with a team party on April 21st. Swimmers and all their coaches/buddies got together for a pool party at Upper Saint Clair to celebrate just how far the team has come. Fun was certainly had by all!

The Splash practices from September-April on Sunday evenings at Upper Saint Clair High School. A large group of our senior-level swimmers, along with Coach Dave and Coach Mike, volunteer their time to coach this amazing group of swimmers and teach them about the sport they love. The progress the team made was incredible. They were able to showcase all they learned at their two end-of-the-year meets. They first raced at Pitt on April 6th, and then again at CMU on April 20th. They were awesome, and the kids and coaches are already looking forward to next year!





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).

Good luck at the **PEAQ**
Spring Invitational!!!

UPPER ST. CLAIR WAHOOS

HAVE FUN, MAKE FRIENDS, AND LEARN ABOUT THE WONDERFUL SPORT OF SWIMMING!!

PRACTICES START MAY 30TH!

REGISTER ONLINE STARTING MAY 1ST ON WWW.PEAQPGH.ORG

FOR CHILDREN AGES 5-14

3 PRACTICES/WEEK, 5 SWIM MEETS!

SUPER FUN, LOW-STRESS, TEAM-ORIENTED DEVELOPMENTAL SWIM PROGRAM!



SCOTT TOWNSHIP SHARKS

HAVE FUN, MAKE FRIENDS, AND LEARN ABOUT THE WONDERFUL SPORT OF SWIMMING!!

PRACTICES START EARLY JUNE!

REGISTER ONLINE STARTING MAY 1ST ON WWW.PEAQPGH.ORG

FOR CHILDREN AGES 5-18

3 PRACTICES/WEEK, MULTIPLE SWIM MEETS!

SUPER FUN, LOW-STRESS, TEAM-ORIENTED DEVELOPMENTAL SWIM PROGRAM!



CANON MCMILLAN KRAKEN

HAVE FUN, MAKE FRIENDS, AND LEARN ABOUT THE WONDERFUL SPORT OF SWIMMING!!

PRACTICES START JUNE 3RD!

REGISTER ONLINE STARTING MAY 1ST ON WWW.PEAQPGH.ORG

FOR CHILDREN AGES 5-14

3 PRACTICES/WEEK, 5 SWIM MEETS!

SUPER FUN, LOW-STRESS, TEAM-ORIENTED DEVELOPMENTAL SWIM PROGRAM!



PEAQ Hosts Its Own Last Splash

Due to Pine Richland not being able to accommodate all the teams who submitted entries to their Last Splash meet, PEAQ and several other teams were shut out of the meet. However, PEAQ rallied, and with very short notice, hosted its own Last Splash at Upper Saint Clair High School on March 16th and 17th. A big thanks goes out to our coaches and board members who all worked very hard to pull off a successful swim meet. Thanks also goes out to all our parent volunteers who signed up to help, and to our officials who train so that we can have sanctioned meets. Without this type of volunteer support, our swimmers would not have the opportunities that they do.

Healthy Habits:

Don't Forget your Water Bottle!

The healthy habits submission for this newsletter is not a recipe, but it's a healthy reminder. It's so important for our athletes to stay hydrated, and they shouldn't underestimate the power that just drinking water will have on their workouts and performance. Swimmers should adopt a hydration plan that involves drinking half their body weight in pounds in ounces every day as a minimum to stay hydrated. This means that a 160-pound athlete should aim for at least 80-ounces or 10 cups of fluid each day.

So label those water bottles and drink up, PEAQ!



Congratulations to Our New Officials!

Congratulations to our newest PEAQ officials who became certified as Stroke and Turn Officials during the 2023-24 short course season. They are: **Aric Miller, Eric Flowers, Alyx Thevenin, and Julijana Kosovec**. A big THANK YOU goes out to them and to all of our veteran officials who work hard for our swimmers so that the kids can swim in sanctioned meets and learn the rules of competitive swimming. Know that we appreciate you!

Caught You Doing Good

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



Aria Roncone & Alessandra Aliveto (nominated by Coach Topher) - Both of these girls helped with the lane ropes on our first day of practice this Long Course season! They didn't argue or complain, and wanted to get the pool set-up fast, so we could get started with practice!

Jack Whiteford (nominated by Coach Topher) - Jack has really stepped up to be a leader in the Junior group with the absence of his other pals as they take on their regional middle school seasons. He has done a great job of directing the group, keeping everyone on track, and setting the standard for what it means to work hard.

Alyssa Lewis and Emily Chen (nominated by Coach Megan) - Both girls were nominated for cheering on our youngest swimmers in Age Group 1 at our Last Splash meet. Way to go!

Braden Schwemm (nominated by Coach Megan) - Braden helped his mom carry a heavy box full of office supplies that she donated to our team. Thank you Schwemm family for your support!

Darko Kosovec (nominated by Coach Megan) - Darko brought a positive attitude and contagious competitive energy to practices throughout the short course season, especially during relay races and games!

Paige Schott (nominated by Coach Royce) - Paige has been helping with our Age group 1 practice by keeping kids organized and by demonstrating skills to our younger athletes.

Lucas Early (nominated by Coach Royce) - Lucas has acted as a leader to our newer Age Group 3 swimmers by helping them adjust to the new warm up and practice sets/drills.

Sofia Rios Nunez (nominated by Coach Morgan) - Sophia has done a great job consistently leading her lane and setting good expectations for the rest of the AG 4 kiddos!

Alyssa Lewis (nominated by Coach Morgan) - Alyssa has done a great job of asking clarifying questions as she learns the new drills and terminology of AG 4.

Colin Elders (nominated by Coach Benon) - Colin helped a new swimmer make friends on his first day.

Nora Fleming (nominated by Coach Benon) - Nora always tells every one of her teammates, "Good job," after a hard set.

