

Spring 2025



A Letter From Coach Dave

Dear Team,

As we learned recently, the hard way, there are many advantages to being a regional club with multiple facilities available to us. With last week's storm and related power outages, our USC facility was unavailable to us for 5 days. Despite that, we were able to maintain a consistent practice routine for most of our swimmers, while also conducting a 20-hour lifeguarding course, by being flexible and utilizing the facilities at Canon Mac and Scott Township. Thanks to Coach Royce and Coach Benon for making these facilities available, and to all of our members for their understanding as we navigated this unusual situation. Just another reason PEAQ is the #1 aquatics program in Western PA!

Regards,

Coach Dave

PEAQ Helps Host Special Olympics Meet

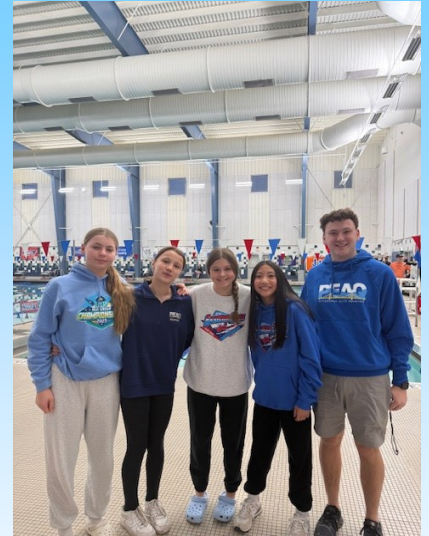
The PEAQ affiliated Special Olympics team, The South Hills Splash, which is coached by Mike Densmore, Dave Schraven, Kelly Beck, John Lynch, and many PEAQ senior-group swimmers had a lot to celebrate this year! Not only did the swimmers make incredible progress, but the Special Olympics Championship meet held on April 5th took place at Upper Saint Clair HS, their home pool. The PEAQ community from ALL sites came out in full force to support these athletes and volunteer at the meet. We are so proud of our South Hills Splash Swimmers and their coaches!



PEAQ Wraps Up a Successful Short Course Season



Even though long course season is now upon us, we want to take a minute to recognize the success PEAQ had this short course championship season. PEAQ closed out its short course season with a meet for everyone. The club kicked off championship season the weekend of February 21st-23rd when we sent a group of athletes to Silver Champs, which was hosted this year by The Monroeville Marlins. Then, on March 2nd, PEAQ competed at the Copper Cup in Mount Lebanon and had a successful showing. The following weekend in March PEAQ sent a team of swimmers to Pitt to compete in the AMS Age Group Champs. **Catherine Miller** was the 14- year-old high point winner, and **Maiia Zaikina** (12 years old) and **JJ Stitt** (9 years old) were the high point runner-up winners for their age groups at Age Group Champs.



Several weeks later (3/25-3/29) PEAQ sent a group of senior-level swimmers to the ISCA Senior Cup in Saint Petersburg, Florida. Highlights from that meet included **Olivia George** and **Mac Clark** breaking the meet records in the 1000 yard free. Additionally, the 400-freestyle relay team consisting of **Nazar Zoukovski**, **Ben Whiteford**, **Jackson Edwards**, and **Mac Clark** also broke the meet record. However, one of the most exciting highlights of the week was when PEAQ won the entire meet after the final day of the competition! The following week (4/2-4/5) PEAQ sent a group of age group swimmers to Saint Petersburg to compete in the ISCA Elite Showcase, and PEAQ sent swimmers to compete in the Eastern Age Group Zones in Webster, New York. The age group swimmers swam well and had fun with their teammates at these high-level travel meets. We are very proud of all of our swimmers who represented PEAQ at so many different meets!



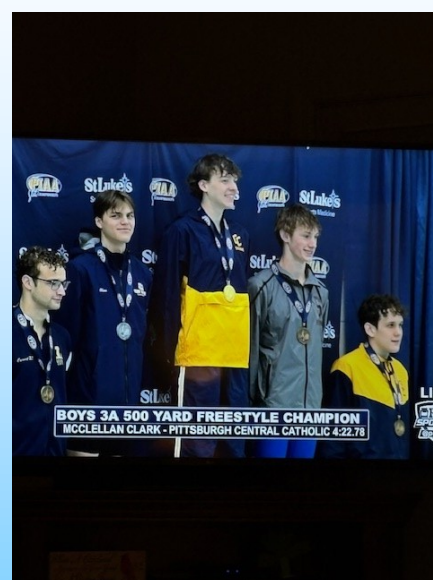
Swimmers Represent their High Schools at the WPIAL and PIAA Championship Meets

Many of our PEAQ senior-level swimmers also compete for their high school teams in the winter months. This year's AAA and AA WPIAL Championship meets were held February 27th and February 28th at The University of Pittsburgh. 55 PEAQ swimmers represented 18 different school districts at this exciting meet! The following PEAQ swimmers were crowned WPIAL Champions: AAA Boys 200 Medley Relay (Upper Saint Clair HS) **Ben Whiteford, Griffin Tomscheck, Liam Tomb, and Nazar Zoukovski**, AAA Boys 200 Free (Pittsburgh Central Catholic HS) **Mac Clark**, AA Boys 200 IM (Northgate/Avonworth HS) **Sam Cavanaugh**, AAA Girls 100 Fly (Norwin HS) **Amber Klingensmith**, AAA Boys 100 free (Upper Saint Clair HS) **Nazar Zoukovski**, AAA Girls 100 free (PTHS) **Ava Komoroski**, and, and AAA Boys 500 free (Pittsburgh Central Catholic HS) **Mac Clark** * *WPIAL record*.

These WPIAL Champions and many more of our PEAQ swimmers qualified at WPIALS to represent their high schools at the state level PIAA meet at Bucknell University, March 12th-15th. Our swimmers made their high schools proud with many podium finishes and incredible swims at States. One of the many exciting races of the meet was when **Mac Clark** of Pittsburgh Central Catholic was crowned state champion in the 500 free. We are so proud of our state champion, Mac, and all our swimmers who represented their high schools at WPIALS and States!



PEAQ WPIAL PITTSBURGH ELITE AQUATICS	
INDIVIDUAL QUALIFIERS!	
AA BOYS	AAA BOYS
GREY MCKELVEY	MAC CLARK
MARCUS ZHAN	NAZAR ZOUKOVSKI
DJ POE	LUKE HARTMAN
TIM REDA	TOMMY WESTERMAN
SAM CAVANAUGH	GUNNER RAYMER
AUGUSTIN ZHAN	NOAH LANG
DAWSON LEE	TALON XING
JOSH GRIMENSTEIN	CINCO PEREZ
GRANT LOGAN	HUNTER RAYMER
DANIEL GRIMENSTEIN	CARTER ROBERTSON
	TOM HOWARD
	DANIS VACUVIK
	JACK WHITEFORD
	JACKSON EDWARDS
	GRIFFEN TOMSHECK
	ODIN HSU
	HASAN ALHAJHUSAIN
	BEN WHITEFORD
	TYLER TURGEON
	LIAM TOMB
	LUCA DEMARTINO
	COLIN MCKAIN
AA GIRLS	AAA GIRLS
AVA BOSETTI	ALAINA KAUFFMAN
CHEYENNE SAKOVICH	AVA MELOCCHI
THEA SIEGEL	ABBY POE
PAIGE SCHOTT	GRACE MELOCCHI
AMELIA SUHAYDA	MAREN DAVIS
JENA OSBORNE	AVA KOMOROSKI
ALEXA BRONKAJ	HANNA KLINGENSMITH
	KAELYN YATES
	GAJA KOPERA
	CLARE LARSEN
	LAUREN OPITZ
	AMBER KLINGENSMITH
	MACY KOERNER
	LAUREN MITTLEIDER
	MADDIE DOW
	ANNIE DIDANIELS





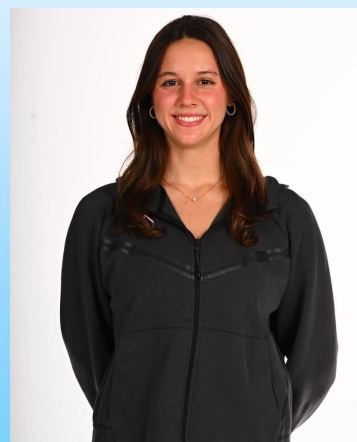
Fish Out of Water: Griffin Tomscheck

We know that Senior Swimmer Griffin Tomscheck is an amazing breastroker, but Griffin is also an incredible student who has interests that extend beyond the pool. Griffin will graduate in June from Upper Saint Clair HS, where he takes many honors and AP classes, with honors. When Griffin isn't studying or swimming, he loves to golf and ski in his free time. In the summers he works at Woodland Hills Swim Club as a lifeguard. Additionally, Griffin is a dedicated volunteer swim coach with the Special Olympics team, The South Hills Splash. Griffin will continue both his athletic and academic career next year at Rochester Institute of Technology where he will study mechanical engineering. We are so proud of Griffin!



New Faces on Deck

PEAQ would like to extend a warm welcome to its two newest hires, Coach Attie Abranovic and Coach Haley Scholer! Coach Attie will be acting as the Lead Junior Coach at USC, while also working with many of our other training groups, including the senior group. Additionally, she will function as the Head USC Site Coach where she will assist Head Coach Dave Schraven with some of the duties specific to USC. Coach Haley will be a full-time assistant at USC where she will work with AG3, Junior, and Senior Groups. Additionally, she will be the Assistant Head Coach of USC Wahoos. Both women bring a lot of experience and excitement to our pool deck, and we are so excited to have them on staff! To read more about Coach Attie and Coach Haley, check out their bios on the coach page of the PEAQ website.





Safe Sport Renewal—Please Help!

At Pittsburgh Elite Aquatics we are committed to providing our members with a healthy, positive, and safe environment that is free from abuse. As such, it is important that we maintain our USA Swimming status as a Safe Sport recognized club and educate our membership to keep our members safe. This summer we will be working to renew our status, and we are asking our swimmers and parents to participate in various Safe Sport Trainings. Most of these trainings are in the form of short online classes. We need at least 10% of our membership to participate to renew our membership. However, because we feel that this training is so important, we are hoping to have much more than the goal of 10% participate. Please look for email messages in your inbox from Lynn Brunner (South Hills sites) or Mimi Perez (Pitt site) on how to participate in these trainings. Thank you for considering and making sure our club is a safe place!

Healthy Habits: Chia Seed Pudding

Chia seeds are a convenient and nutrient dense food because they provide protein, omega-3 fatty acids, fiber, and many other nutrients. Try this chia seed pudding for a healthy snack!

Ingredients:

- 1/2 cup of unsweetened almond milk or any other milk of your choice
- 2 Tbs white chia seeds
- 1/2 tsp maple syrup
- 1/8 tsp cinnamon
- 1/2 cup or so of blueberries or your favorite chopped fruit.

Directions:

- 1) In a lidded jar, combine all of the ingredients and shake. Chill for a few hours and then stir to break up clumps. Chill for an additional 8 hours or overnight so it sets.
- 2) Top with your favorite fruit!
- 3) Enjoy!

Almost Time For Summer League!

Want to be a part of a fun competitive swim team this summer? Check out our website for more information on our 3 PEAQ summer league teams: **USC Wahoos**, **CM Kraken**, and **Scott Sharks**!



Caught You Doing Good

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



Catherine Miller (nominated by Coach Topher) - Catherine stayed late during both the prelims and finals sessions of the Zone Championship meet to count for a swimmer from another AMS club who was swimming the 500. This swimmer had no coach or teammates present at the meet. Catherine showed incredible sportsmanship and kindness by taking time out of her day to support a fellow athlete from our area!

Junior Girls (nominated by Coach Topher) - At Age Group Champs, our junior girls were always stationed near the coaches' area on the side of the pool, ready to offer comfort, hugs, and support to teammates who weren't feeling 100% after their races. They were the first to greet their teammates as they got out of the pool (often even before I could!), and they consistently showed pride in their teammates' efforts, lifting them up after emotional moments. Of all the things to be proud of during Championship season, the love and support these girls show each other is certainly at the top of the list for me!

Jason Delvitto and Ellie DelVitto (nominated by Coach Julie) - The Delvitto siblings were Oompa Loompa's in the Canon Mac High school play *Charlie and the Chocolate Factory*. It was amazing to see these two out of the water and on stage performing with the high school drama club for four nights in a row. Also, Several PEAQ CM swimmers went to see the show and cheer them on!

Evie Irwin (nominated by Coach Megan) - Evie came to Age Group Champs to cheer on her teammates. This was great to see!

Kiran Ramanan (nominated by Coach Megan) - Kiran's encouraging and kind words toward his teammates are recognized and appreciated.

Henry Schafer (nominated by Coach Megan) - Henry has been demonstrating a growth-mindset that focuses on daily hard work for long-term gains.

Helen Hendrych - (nominated by Coach Lauren) When a teammate was upset about not having a kickboard, she gave them hers.

Caroline McCormick (nominated by coach Benon) - Caroline was caught doing good at a meet when a teammate did not have her goggles behind the block before her event. After Caroline swam her event, she gave her goggles to her teammate and then waited for the teammate and cheered her on!

Senior Group Special Olympic Volunteers (nominated by Coach Dave) - I am proud of the senior group swimmers from all our sites who volunteered their time to work with Special Olympics this season. The Special Olympics championship meet held at USC this year was a success, and a lot of that success had to do with the work done by dedicated volunteers! I also want to thank the PEAQ parents and board members who worked with Special Olympics to help organize the event.

