



A Letter From Coach Dave

Dear Team,

As I'm sure everyone is aware, one of our PEAQ Alumni, Josh Matheny, recently qualified for the Olympic Games in Paris. This is such a tremendous accomplishment for Josh and the result of an enormous commitment, a lot of hard work, and maybe even a little luck. I know he was also helped out by the outpouring of support he had from the Greater Pittsburgh area and in particular from his many friends and teammates from Upper St. Clair and from PEAQ. When I communicated with Josh in the days and hours leading up to his life-altering swim, I made a point of telling him about all the people back home—many of whom he has never even met—who were pulling for him to make the team. Standing alone behind the blocks in that cavernous venue, I feel confident Josh gained strength knowing just how much support he had from thousands of people back home.

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**OLYMPIC
WATCH
PARTY**

ENJOY THE
EXCITEMENT
TOGETHER!
LET'S GO JOSH!

**JULY
30.2024
2:30PM-5PM**

**AT USC HIGH SCHOOL
THEATER**

WEAR RED, WHITE AND BLUE TO
SHOW YOUR SUPPORT ON
TUESDAY, JULY 30TH, AND COME
AND WATCH JOSH MATHENY, USC
'21 GRADUATE, IN THE MENS' 200
BREAST SEMI-FINAL WITH US.

Olympic Excitement is Here!

PEAQ is so excited for the Summer Olympics, which kicks off with Opening Ceremonies on July 26th in Paris. Join us at USCHS auditorium on July 30th at 2:30 to cheer for former PEAQ swimmer, **Josh Matheny** in the Mens' 200 Breast!

A Letter From Coach Dave Continued

Thanks to everyone for your support for Josh, and let's continue to support him when the competition starts in 2 weeks. The opening ceremonies are Friday, July 26, and Josh will swim preliminaries and semifinals in the 200 Breaststroke on Tuesday, July 30. We will be sure to keep everyone apprised of the TV schedule and any team activities during this exciting time for our club and, more importantly, for Josh. Good luck in Paris, Josh

See you around the pool!

Coach Dave

PEAQ at the Olympic Trials!

This year's Olympic Trials was particularly exciting to watch with former PEAQ swimmer **Josh Matheny** and Wahoos coach **Haley Scholer** competing. Many of our swimmers and coaches headed to Indianapolis to be a part of the excitement. **Coach Mike, Coach Dave, Jackson Edwards, Brian Edwards, Deb Bishop, Topher Bishop, and Luke Bishop** are a few members of our PEAQ family who made the trip to Indy to be a part of the excitement!



South Hills Splash Swimmer Medals at Special Olympics

PEAQ would like to send a BIG congratulations to **Victoria Zesch**, who is a member the PEAQ affiliated South Hills Splash Special Olympic swim team. Victoria is a rising junior at Upper Saint Clair High School. She won two gold medals, one for the 25-meter butterfly and one for the 25-meter backstroke, and she won one silver medal in the 50-meter freestyle at the Special Olympics annual Summer Games. The meet took place June 6th through June 8th at Penn State University.

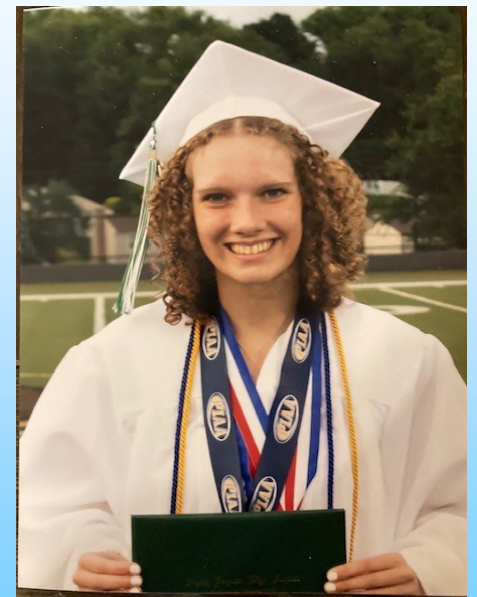
Many of our PEAQ senior-level swimmers act as coaches for this amazing team during the school year, and they could not be prouder of Victoria and the entire Splash team. We are already looking forward to the 2024-2025 South Hills Splash season. If you are a senior swimmer and want to volunteer for this awesome organization, Coach Mike and PEAQ will send information out this fall outlining how to do that.



Congratulations Seniors

PEAQ would like to congratulate the Class of 2024 the best of luck with their future. Check out our list of seniors and their plans for next year:

Amanda Aidar - *Virginia Tech University
Luke Bishop - Rochester Institute of Technology
Whit Burns - The University of South Carolina
Kaitlyn Connors - *Duquesne University
Boshi Dong - Princeton University
Kendell Drew - The University of Alabama
Matthew Fibbi - The University of Tampa
Ian Fulton - Indiana University of Pennsylvania
William Gao - *Carnegie Mellon University
Maddie Hansen - The University of Oklahoma
George Horey - *Penn West, Clarion University
Freja Kile - *Grove City College
Sam Kohler - *Allegheny College
Sofia Montoya - The University of South Carolina
Elise Nardozzi - *Ohio State University
Zoe Poe - *Calvin University
Luis Quiroga Castenada - Penn State University
Pavel Schabanow - Duquesne University
Zach Schuster - *Kenyon College
Natalie Sens - *George Washington University
Clara Senchyshak - Ohio State University
Max Shipley - The University of Pittsburgh
Charlie Stanczak - Carnegie Mellon University
Evie Sullivan – The University of Florida
*swimming in college



Fish Out of Water: Luke Hartman

We all know that **Luke Hartman** is an amazing swimmer, but did you know that he also owns his own small business? Luke, a rising senior at Pittsburgh Central Catholic and the 200 free 2024 WPIAL Champion, has always been interested in both business and the environment. In the summer of 2023, he combined both interests and started his own environmentally friendly lawn mowing business. Luke's Lawns is Pittsburgh's first and only ALL electric lawn care service.

How does switching to an electric gas service help? Gas-powered lawn mowers aren't as regulated as auto engines and produce higher emissions that negatively impact our environment. Additionally, refilling gas mowers contributes to significant gasoline spills, which is another environmental hazard. In fact, one hour of lawnmowing with a gas mower equals the same emissions for a car driving from Pittsburgh to Philadelphia! By switching to an electric mower, you are producing 90 % less emissions, which is a hard number to ignore. In June, Luke reached his ½ season goal of saving Pittsburgh 1000 kg of CO2. He continues to move closer to that environmentally friendly goal each week.

For more about Luke's Lawns, check out his blog <https://reedomary.wordpress.com/2024/05/07/green-lawn-mowing-caring-for-our-health-lawns-and-the-planet/comment-page-1/#comments>.



PEAQ Looks to a Successful End to Long Course

July 11th kicked off the Championship season with Age Group Champs held at West Virginia University. The team had a strong showing at that meet with lots of best times. PEAQ also boasted two record breaking performances at the meet. 11-12 swimmer, **Maya Shipley** broke the meet record in the 200 breast for her age group, and **Wyatt Stetor** broke the AMS record for both the boys' 13-14 200 and 400 IM.

Our youngest swimmer fed off the Age Group Champs momentum just a few days later on July 18th at the ASDL Summer League Championship held at Upper Saint Clair High School. Our 14 and Under swimmers wowed us with how much they learned this summer. The USC Wahoos came out on top at the meet, and the Kraken girls were runner ups. We are so proud of all our summer league swimmers (Wahoos, Kraken and Sharks) and can't wait to watch them continue to grow.

At this point in the season many of our swimmers are preparing for what will be their last meet long course meet of the 2024 season. PEAQ has swimmers who will be representing our team locally and nationally at the following meets: The Last Splash (Scott pool), NCSAs (Indianapolis, IN), Senior Zones (WVU and Buffalo, NY), and Age Group Zones (Hampton, VA). We wish all our swimmers the best of luck and will share highlights of these meets in the fall newsletter. Go PEAQ!!!



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: Sarah's Protein Cookies

Check out this recipe submitted by swimmer, Sara Grimenstein.

Ingredients:

1 ¾ cups flour
 1/3 cup organic vegan protein powder (unflavored)
 1 tsp. baking soda
 ¾ tsp. salt
 1 cup butter
 ¾ cup brown sugar
 ½ cup honey
 2 eggs
 1 Tbsp. vanilla extract
 2 cups rolled oats
 1 cup semi-sweet chocolate chips
 1 cup finely chopped almonds

Directions:

Preheat oven to 350°. In the bowl of an electric mixer, cream the butter and the brown sugar. Add the eggs, honey, and vanilla; mix on medium speed until combined.

In a medium bowl, sift the flour, protein powder, baking soda and salt together. Add to the butter mixture and beat just to combine. Mix in the oats, chips, and almonds.

Drop by level tablespoons onto a cookie sheet. Bake until golden brown, about 10 minutes. Remove from pan to cool.

Nutrition Facts per serving (serving size 2 cookies):

Calories	100
Protein	2 g
Fat	1 g



Caught You Doing Good

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



Maddie Dow, Catherine Miller, Tom Howard, DJ Poe and Jack Whiteford (nominated by Coach Dave) – These swimmers did more than their fair share to set up the lane lines at Scott Township Pool this summer. Thanks for going above and beyond!

Quinn Willyerd (nominated by Coach Royce) Quinn got a special shoutout from the Bethel Park coaches for cheering for all of the little kids at our recent Kraken meet, and helping their swimmers make sure they got their ducks.

Haley Ventura and Cara Howard (nominated by Coach Royce) These girls have been great teammates and are encouraging to their fellow swimmers at practice.

Ethan Fibbi (nominated by Coach Topher) - Following the departure of the rising freshman from the Junior group, Ethan immediately stepped up and became a vocal leader and model of hard work for the Junior group. He keeps the rest of the group on track, is never messing around, and shows his peers what it means to come in and work hard. Way to go Ethan!!

Kayla Fibbi (nominated by Coach Topher) - Kayla organized a bake sale with some other junior swimmers. They sold treats at a Wahoos meet and the proceeds benefitted Angel ridge Rescue

Chuck Kelly (nominated by Coach Topher) As one of our littlest Wahoos swimmers, Chuck always strives to be independent at Wahoos practice. His immense determination drives him toward completing full lengths of the pool. He is ALWAYS sure to let us know he can do it by himself, without hands on coach assistance.

Sloane & Grace Restrepo (nominated by Coach Topher) - I don't think I have ever seen these girls walk into Wahoos without the BIGGEST smiles on their faces! Their smiles and excitement toward swimming is infectious for the rest of the group, motivating those around them to LOVE Wahoos!

Sahana Sriram (nominated by Coach Morgan) - Sahana always stays later than when her events finish at meets so she can stay and cheer for her teammates.

Firework Frenzy helpers (nominated by Coach Royce and Coach Morgan) - Several swimmers stayed late after the Fireworks Frenzy to help switch over the pool on both days so Scott could open on time.

All our Swimmer/Summer League Coaches (nominated by Coach Royce) – We have many swimmers who volunteer their time to help with Wahoos, Kraken, and Sharks. Thank you for helping!

