



A Letter From Coach Dave

Dear Team,

Welcome to the 2025-26 PEAQ "Short Course" swimming season!

One of the nice things about swimming is that we are able to measure performance objectively. USA Swimming, our National Governing Body, has developed a system to measure the performance of its member clubs that it calls the VCC, which stands for "Virtual Club Championship." The system is designed to measure the depth of a team's performance. You can learn all the detailed parameters of the VCC by following [this link](#).

PEAQ was once again the #1 scoring team in the VCC within Allegheny Mountain Swimming (our Local Swimming Committee, or LSC) For the most recent Short Course season, we were ranked #1 in Allegheny Mountain, #23 in the Eastern Zone, and #105 across the USA which put us in the top 3.7% of swim clubs nationwide.

We are expecting that our club will have another fantastic year and can't wait to get to work! Go PEAQ!

See you around the pool!

Coach Dave

Good Luck Graduated Seniors!



It's the time of year when we have to say good luck and goodbye to our graduated seniors. This group of kids is pretty incredible! We will miss them and want them to know that they will always have a home at PEAQ. Check out Page 2 to see where they are all headed in the fall!

Where Are They Headed?

Hasan Alhajusain – The University of Pittsburgh

Alexa Bronkaj – The University of Miami

Mac Clark – The University of Tennessee

Maren Davis – George Washington University

Andrea DeLong – Washington and Jefferson College

Luca DeMartino – Rochester Institute of Technology

Joshua Grimenstein – Grand Valley State University

Janelle King – Franklin and Marshall College

Hannah Klingensmith – Bucknell University

Noah Lang – Cleveland State University

Dawson Lee—Carleton College

Colin McKain – West Virginia University

Grace Melocchi – Allegheny College

Lauren Opitz – Emory University

Armen Petit – The College of William and Mary

Hunter Raymer – Denison University

Carter Robertson – Denison University

Tim Reda – Maine Marine Maritime Academy

Liam Tomb – Auburn University

Griffin Tomsheck – Rochester Institute of Technology

Tyler Turgeon – Ganon University

Sarah Vitale – Westminster College

***** ALSO GOOD LUCK TO OUR COACH TOPHER WHO STARTED MED SCHOOL IN JULY AT GEORGE WASHINGTON !!!**



Fish Out of Water: Lainey Frost

Many of our senior-level swimmers and families know that Lainey Frost is a very talented and well-rounded swimmer, but did you also know that when Lainey isn't in the pool that she is spending a portion of her time volunteering? Lainey Frost, who is a junior at North Allegheny High School, finished her second summer of participating in the junior volunteer program at UPMC Magee Womens Hospital. The program provides young people with exposure to careers in the healthcare field and allows them to contribute to a healthcare setting by assisting in various roles under the supervision of hospital staff. Lainey is learning from healthcare professionals, while also helping others. Thank you, Lainey, for being a terrific role model for our younger swimmers and reminding us all of the importance of giving back.





PEAQ Wraps up a Successful LC Season

PEAQ wrapped up a successful long course season with many highlights and a championship meet for everyone. The team traveled both locally and nationally for the meets which included: Summer Champs in Penn Hills, PA; Age Group Champs in Morgantown, WV; NCSAs in Huntsville, AL; Summer Nationals in Irvine, CA; Age Group Zones in Chesterfield, VA; and Senior Zones in Webster, NY. Some highlights from the season included some AMS record breaking swims.

The 13-14 girls broke the following 3 relay records: The 200 Meter Medley Relay (**O'Toole, Shipley, Miller, and Schweizer**), the 400 Meter Medley Relay (**O'Toole, Shipley, Miller, and Schweizer**), and the 200 Meter Free Relay (**O'Toole, Jack, Schweizer, and Miller**). At NCSAs in Huntsville, Alabama the team of **Klingensmith, Siegel, Frost, and Komoroski** broke the AMS 15-16 200 Meter Medley Relay, and the team of **Edwards, Aivalotis, Whiteford and Zoukovski** broke the AMS record for the Mens' 200 Meter Medley.

We also had many swimmers take over the top spot in the PEAQ All-Time Top 10 this summer. Those new top spots in the club belong to: **Mac Clark** (17-18 LCM 400 FR, 17-18 LCM 200 BK, 17-18 LCM 200 FL, and 17-18 400 IM); **Jackson Edwards** (15-16 LCM 50 FR, 15-16 LCM 100 FR, 15-16 LCM 50 BK, 15-16 LCM 100 BK, 15-16 LCM 50 FL, and 15-16 LCM 100 FL); **Mackenzie Ebay** (10U LCM 50 BK, 10U LCM 100 BK, and 10U LCM 200 BK); **Olivia George** (15-16 LCM 400 FR, 15-16 LCM 800 FR, and 15-16 LCM 1500 FR); **Maddie Hassinger** (10U LCM 50 BR and 10U LCM 100 BR); **Amber Klingensmith** (15-16 LCM 50 BK and 15-16 LCM 50 FL); **Hannah Klingensmith** (17-18 LCM 1500 FR); **Ava Komoroski** (15-16 LCM 50 FR); **Lauren Opitz** (17-18 LCM 200 FL); **Delany O' Toole** (13-14 LCM 50 FR, 13-14 LCM 100 FR, 13-14 LCM 200 FR, 13-14 LCM 400 FR, 13-14 LCM 50 BK, 13-14 LCM 100 BK, 13-14 LCM 200 BK, and 13-14 LCM 50 FL); **Cinco Perez** (15-16 LCM 200 BK); **Alex Schweizer** (10U SCY 200 BK); **Maya Shipley** (13-14 LCM 50 BR and 13-14 LCM 200 BR), **Ben Whiteford** (17-18 LCM 50 FR, 17-18 LCM 50 BK, 17-18 LCM 100 BK, 17-18 LCM 50 FL, and 17-18 LCM 100 FL); and **Nazar Zoukovski** (17-18 LCM 100 FR).





Healthy Habits: Cherry Juice

We know about the benefits of chocolate milk as a recovery drink for athletes, but did you know tart cherry juice is also a great recovery drink? Cherries are nutrient packed, and some studies suggest that drinking tart cherry can fight inflammation, reduce muscles soreness, and boost immunity. It tastes pretty delicious too!

Save The Date!

PEAQ will once again be hosting its Halloween meet at the Upper Saint Clair Pool. This year's meet will be held **October, 24th-26th**. Please mark your calendars. This meet takes a tremendous amount of volunteers, and we will need all hands on deck!



PEAQ Renews Safe Sport Status

PEAQ is committed to providing a safe environment for its swimmers. One way we do this is by staying current on USA Swimming's Safe Sport practices. This summer we were due to renew our safe sport status. In order to do this, we needed a percentage of both swimmers and parents to volunteer to be trained in safe sport practices by taking USA Swimming's online Safe Sport class. PEAQ stepped up to the challenge and we fulfilled all the renewal requirements. A BIG thanks goes out to **Lynn Brunner** who coordinated this effort, and A BIG thank you goes out to all of you who completed the training! We are now certified until August of 2027!

Let's Hear it For Summer League Swimming!

Many of our swimmers get started in the sport by joining a summer league team. When our swimmers get older, many of them give back to the sport they love by coaching summer teams. PEAQ has three summer league teams: The USC Wahoos, The CM Kraken, and The Scott Sharks. All three of our teams had fantastic seasons! Way to go kids and coaches!





Lydia Jack (nominated by Coach Topher) - As a veteran of the USC Junior group, Lydia has been incredibly supportive of all the brand-new Juniors (many of them younger swimmers) who have moved into the group this Spring/Summer. Lydia is always the first to cheer for them at practice, tell them great job after a hard set, or even swim “High Five” Freestyle with them during warm down. She is a great role model for the future stars of our Junior group!

Aria Roncone (nominated by Coach Topher) - Aria always embraces a team mindset when it comes to distance swimmers. While she is usually our first 1500/800 to swim (as one of the best distance swimmers on our team), Aria is ALWAYS waiting by the blocks during the following heats, watching her distance group teammates finish their long races, ready to give them the biggest hug when they step out of the water. I love watching her support her fellow Distance crew members, as she knows how much work they put in together!

Wahoos Coaches (nominated by Coach Topher) - A HUGE shoutout to all of the PEAQ swimmers who assist with our Wahoos program. You put so much thought, effort, and excitement into our program. We couldn't do it without you!!!

Jacob Miller (nominated by Coach Megan) - Jacob takes it upon himself to help clean up workout sheets after practice without ever being asked!

Darko Kosovec (nominated by Coach Megan) - Darko brings a positive attitude to practice every day and demonstrates leadership by showing kindness and encouragement to all swimmers in his practice group.

Aditya Singh and Charlie Hockenberry (nominated by Coach Megan) – These two have shown major improvements in technique, due to their coach-ability and determination.

The “early arrival crew” (nominated by Coach Megan) – This group in AG3 is always eager to help carry and set up equipment for dryland stations - thank you!

Ava Komoroski (nominated by Coach Dave) - Ava has been approaching her races this summer with a more positive mindset, which is so important for success. Keep it up, Ava!

Sharks coaches and volunteers (nominated by Coach Dave) – Our Sharks numbers were fantastic this summer. Thank you to all the coaches and volunteers who worked with our Sharks!

Kraken coaches and volunteers (nominated by Coach Royce) – Thank you for all your hard work this summer with our Kraken! You were awesome!

WAY TO GO!!

