



A Letter From Coach Dave

Dear Team,

It's the start of a New Year and if you're like me you probably have a few "resolutions" or things you'd like to improve upon in the coming months. The New Year also coincides with our final push into the Short Course championship season. Our first Championship meet, Mini Champs, is only 3 weeks away. I think it would be great if all of our team members would make a promise to themselves to attend practice as much as possible—and to be present and focused during practice—so we can have our best championship season ever. See you at the pool!

Coach Dave

December Recap

December was a busy month for our team marked with lots of achievements. We kicked off the month with an intrasquad meet at Canon Mcmillan held on 12/6 and 12/7. This was an exciting meet for many of our newer and younger swimmers. For several of our newest and youngest swimmers, this was their first time swimming in a meet, or it was the first time they tried out a new event, so this was a big accomplishment for many! **(Continued on Page 2)**





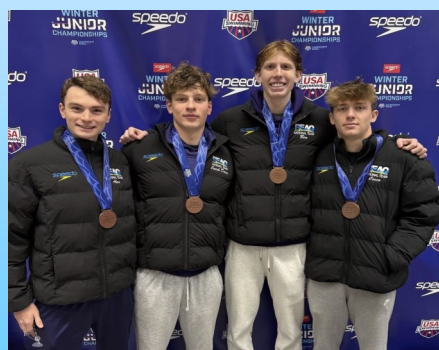
December Recap Continued

We also had several swimmers qualify for the Christmas Meet at the Intrasquad meet, and/or complete the IMX/ IMR challenge. These are also achievements to be celebrated!

A few days later in the month, Coach Dave and Coach Marian accompanied a group of ten swimmers to the 2025 Speedo Winter Junior National meet held 12/10-12/13 in Indianapolis, Indiana. This competition brought together some of the fastest 18 and Under swimmers in the country, and it was quite an achievement just to qualify for this meet. While at the meet, PEAQ broke two AMS records. The relay team of **Alex Aivalotis, Nazar Zoukovski, Ben Whiteford, and Jackson Edwards** broke the AMS 17-18 Boys 200 freestyle relay record with their time of 1:21.53. Later in the meet the relay team of **Jackson Edwards, Ben Whiteford, Nazar Zoukovski, and Cinco Perez** broke the AMS 17-18 400 freestyle relay record with a time of 2:59.43. We are so proud of our record breakers and all the swimmers who attended this high-level national meet!

While Junior Nationals was occurring, so was the 63rd annual Christmas Meet hosted by PEAQ at Pitt at Trees Hall. PEAQ had over 100 kids qualify for this year's meet, which is awesome! Many swimmers and their parents braved the snowstorm, just so their kids could swim in this beloved meet. The following PEAQ swimmers won high-point awards at the meet: **Greta Hedberg** (8 and Under Girls), **Seth Nareedokmai** (8 and Under Boys), **Mackenzie Eby** (9-10 Girls), and **Amber Klingensmith** (15-16 girls). Congratulations to our high-point winners and all the kids who participated in the Christmas Meet.

We hope to carry this momentum into the New Year! We can't wait to see what you do in January and at the upcoming Championship meets! Keep having fun and working hard PEAQ!



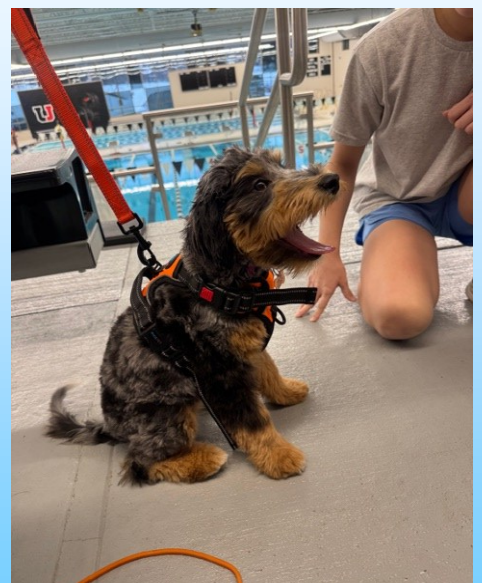
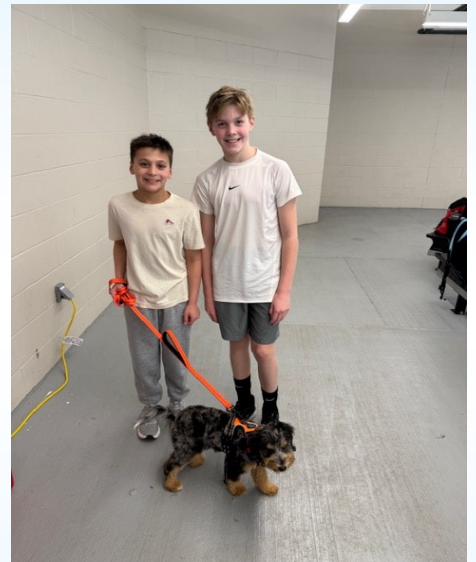
Coach Willow, Reporting for Duty!

We think PEAQ might have a new mascot! When Coach Topher came home from medical school for his winter break, he surprised our age groupers with a quick visit from his brand-new puppy! Coach Topher allowed the Junior group girl swimmers to name his new companion, and they came up with the name Willow. Willow is just the sweetest, and we look forward to getting updates both on Topher and Willow now that they are back in DC.



Get Updates on Josh Matheny!

Are you interested in staying up to date on what PEAQ and USCHS alumni, Josh Matheny is doing as he trains with the hopes of making 2028 Olympic team? Josh recently started an email list where he will be sharing training updates, upcoming races, and different things he is working on. If you are interested in following along, [sign up](#) to get these updates. It means a lot to Josh have support from PEAQ as he strives to make his second Olympic team.





Healthy Habits: Winter Yogurt Bowl

This recipe was taken from a *Swim Swam* article published in their “Hungry Swimmer” series published on January 9th, 2025. It was written by Ari Marks, who shared a family recipe for a healthy winter breakfast or snack

Winter Greek Yogurt Bowls

- Desired amount of Greek yogurt (a cup or two)
 - 1-2 tbsp honey
 - ½ cup pomegranate seeds
 - 1 tbsp ground flax seed
 - ¼ cup of chocolate granola
- (and any other topping you desire!)

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 and practices or meets until you complete this!

Jackson Edwards: Fish Out of Water

We all know that Indiana recruit Jackson Edwards is a fantastic swimmer, but this junior at Bethel Park High School is involved in activities out of the water too.

Jackson is a USA Swimming Scholastic All American and a member of the National Honor Society at BPHS. He is actively involved in community service, including volunteering with a senior youth group that supports initiatives that focus on community children's programs and community food kitchens.

Jackson is also a leader on our LSC by acting as Senior Athlete Representative for Allegheny Mountain Swimming. He works closely with the Board by representing the swimmers of the LSC and bringing forward information and ideas that benefit the athlete community. In this role, Jackson has had the opportunity to represent AMS at national conferences across the United States where he learned valuable tools, insights, and best practices to help support and strengthen the organization. If you are an athlete and want to be more involved in AMS, contact Jackson or a coach, and they can point you in the correct direction.



Caught You Doing Good

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



Anna Wiswall, Eve Miraglia, Jonas McMillen, Samuel Miller and Johnny Wang (nominated by Coach Megan) - These five swimmers are being recognized for excelling at the opportunity to lead a lane. Way to go!

Julia Zombrano (nominated by Coach Megan) - Julia is being recognized for her kindness, positivity, and eager participation in practice!

Alessandra Aliveto (nominated by Coach Julie) - Alessandra is being recognized for the readiness and commitment that she shows at practice. She consistently arrives early and is among the first to be prepared to get into the pool, which sets a positive example for her teammates.

Kinley Merritt and Margo Schott (nominated by Coach Royce) – Kinley and Margo have been great teammates and lane leaders. They have been routinely making sure nobody is alone during social kicks, which is so nice to see!

Mackenzie Eby (nominated by Coach Attie) - Mackenzie is beast mode activated! Kenz has been absolutely crushing it at practice lately. She enjoys being a lane leader and helping her teammates understand the sets. Her hard work paid off big time at the 63rd Annual Pitt Christmas Meet where she had seven best times and finished the four-day meet as the 10 & under high point winner! She wasn't just focused on her own swims; you could spot Kenz behind the lanes of her teammates and AMS friends cheering them on and having fun! Keep it up girl, the sky is the limit!

Henry Zhang (nominated by Coach Attie) – Henry is new to our PEAQ family this fall season, and Henry does it all. He arrives early to practice, and he is always prepared and willing to work hard no matter what the set is. One thing about Henry is that he loves to race! In November and December alone, he tried almost every event available in the 11-12 age group and achieved BB times in all of them! His confidence grows each day that he's in the water! He is an enthusiastic teammate, great listener and all-around great kid. I am so excited to continue to watch him shine in the pool!

Owen Khanolkar (nominated by Coach Attie) - Owen is ALL-IN this winter training! He does not shy away from an IM or fly set - and there were lots of them! Owen loves to be challenged and try the fastest send-offs. He pushes his limits even when you think he's reached his max. One week of Christmas training he conquered five 400 IMs and five 200 flys fast. Through it all, he walks off deck with a smile and then hustles to get ready for dryland. There is no stopping you Owen! Great work!

Lauren Mittleider and Clare Larsen (nominated by Coach Dave)- Thank you to Lauren and Clare for being leaders by helping in the Learn-to-Swim program, and thank you to our other high school and middle school swimmers who have signed up to work in this important program.

