

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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February 22, 2023

## THE FLIPTURN

by Coach Rob/Editor in Chief this month

Over the past month the Gold Group has been focusing on the concept of being part of a “team”. Each of us are part of many different teams. All of you are members of the Piedmont Swim Team as well as members of your specific training groups. Yet there are so many more “teams” within our team. There is the coaching staff team, the Board of Directors team, our team of officials (more needed!), and yes, the parents team too!

But it is also important to remember that within your training group there are teams that change day to day. We, as coaches, try to set up the lanes according to what we are doing in each specific training session. If you are placed in a lane for a particular set or workout, **that is your team for that set!** Working together as a group makes everyone better. If you are chosen to lead your lane, it is not a punishment...it is an honor! That means that your coach trusts you to lead the lane. To make sure you know where you are in the set and that you are leaving at the proper time. The others in your lane have a responsibility to follow your leadership.

Always know the repeat time, when you are expected to leave the wall and **look at the clock when you are finished!** Information is power. The more information you have the better you will be. Everyone should know not only your personal best times from meets...but also your personal best times **in practice!** Other pieces of information you should know are Stroke counts and heart rates.



*“Individually we are but one drop.  
Together we are an ocean!”*

- Ryunosoke Satoro-Japanese Author

# Birthdays!!

February 2023

Ben Rebro

Hieu Vo

Anoksh Khambatta

William Bridges

Kai Nagpal

Azure Cardon

Anabel Orozco

Coach Colby



## GROWTH MINDSET

SUCCESS BEGINS WITH BELIEVING YOU CAN

INSTEAD OF THINKING...

THINK THIS....

I CAN'T DO THIS

I'M STILL LEARNING,  
I'LL KEEP TRYING

THIS IS TOO HARD

WITH MORE PRACTICE,  
IT'LL GET EASIER.

I GIVE UP

I'LL TRY A DIFFERENT WAY

I DON'T KNOW HOW

I CAN LEARN HOW!

I AM NOT GOOD AT THIS

WHAT CAN I LEARN TO  
GET BETTER AT THIS?

I'M AFRAID OF MAKING  
A MISTAKE

MISTAKES ARE HOW I  
LEARN & GET BETTER

THEY ARE BETTER AT  
IT THAN I AM

WHAT CAN I LEARN  
FROM THEM?



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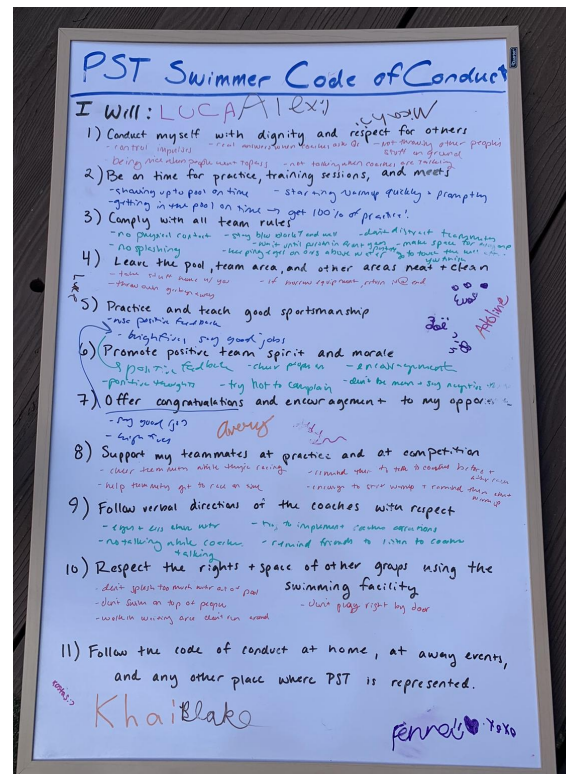
# THIS MONTH'S TOP STORIES

## Blue Group: By Coach Angela



Members of the Blue Group working hard during a sprint kick set at ECCL - check out that white water!!! (Swimmers from near to far lanes: Kiran G., Luke J., Kai V., Eli W., Anika G. and Claire G., and Alex D.)

Earlier this month, the Blue Group and I had a long conversation about the PST swimmer code of conduct and what that means for our group. Some of the recurring takeaways included 1) regularly cheering on teammates, saying good job, and giving high fives, 2) using positive feedback instead of negative feedback (e.g. instead of asking “Why are you so slow?”, saying “I know you’re tired, but you can do this!”), 3) trying not to distract teammates/reminding them to stop talking when the coaches are talking, 4) not just arriving at the pool on time, but also getting ready and starting warm-up on time, 5) keeping eyes and ears above water while the coaches are talking, and 6) so many other ideas! Parents, I encourage you to review the Code of Conduct with your swimmer again on your own, and ask them one thing they are going to work on more to be a better swimmer and teammate!



Swimmers' brainstorm on what the Code of Conduct means!



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Since our conversation, I've been seeing great practices from this group! We've been doing more super-fast-sprint-sets and long distances, and the swimmers are really rising to the challenge! While having your friends in the water with you remains distracting, the process of settling down and listening to what the coaches have to say has gotten much faster. When about to try something hard or new with dives and flip turns, swimmers have been agreeing to say "OK I'll try this at least once" instead of just "I can't do it". Overall, the swimmers have been approaching practices with a much more positive and goal-driven attitude, and I look forward to seeing what these positive mindsets will bring to their next meet!

*"You are braver than you believe, stronger than you seem, and smarter than you think."*

- Christopher Robin, Winnie the Pooh



## **Bronze Group:**

By **Coach Zoe**

Coach Zoe will send her article by email directly to each of you.



## **Silver Group:**

By **Coach Colby**

There has been a lot of progress in this group in just a month's time. Swimmers last month were being reprimanded for talking during instruction, asked to stand outside the pool to listen and had an energy that lacked an overall direction. Since our parent meeting and our code of conduct meeting we have been doing much better. Swimmers are starting to connect to the behavioral expectations along with the physical



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expectations, swimmers are using less negative language (we certainly aren't at zero negative language yet), and have been more accountable for their focus.

Beyond behavioral growth the Silver group has become really adept at using their pulling gear. We started using our pulling gear more regularly this month and their technique has really shined. When you wear paddles any extra movements by your hands will pull the paddle off of your hand. The Silver group has been able to use their paddles with exceptional grace and very rarely am I having to help swimmers put paddles back on nor



am I receiving the groans and moans of discontent when asked to put on pulling gear which has been the norm in years past.

Attendance for the Silver group has been good but I do want to give a big round of applause to our swimmers that are making 75% or more of their practices. Those being Anoksh, Zoe, Leo M, Max, and Eleanor. Practice habits like these make it really easy to continue the progress we have seen over the last month.

Lastly we have been working on our wall skills a lot this month. We are getting really good about leaving from a ready position, we have more swimmers joining the big splash floipturn club, and our dives are looking really good.

This has been a really promising month of swimming. Let's keep the progress going!

*“If you are walking down the right path, and you are willing to keep walking. Eventually you will make progress ”*

- Barack Obama



## **Gold Group:**

By **Coach Rob**

I am very pleased with the overall progress of the Gold Team this month. As I have “upped” the intensity of our practices, all of you are responding great. We have had numerous workouts over the past month that have been over 5000 yards! We have also really made some great leaps in stroke technique and focus.



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One area of improvement that I would like to see is Attendance. The Gold Group is expected to train a minimum of 5 times per week, with at least one of those practice sessions being on either Wednesday or Friday (Both is better). Overall we have been averaging between 14 and 20 swimmers at morning workouts. That means there are a few of you who are missing the mornings. Keep in mind that the Gold group **does not do doubles** (two practices in one day) so if you swim in the morning you are done for the day! Your afternoons and evenings are free to hang with your friends, do homework and even have family dinners!

We are entering the end of the short course season. If you have not completed the USA Swimming IMX program you only have a few more meets to do it short course. As a reminder, here are the events you have to complete in short course Yards:

| 11-12 Years Old |               | 13-18 Years Old |               |
|-----------------|---------------|-----------------|---------------|
| 500 Free        | 100 Butterfly | 500 Free        | 200 Back      |
| 100 Back        | 200 IM        | 200 Breast      | 200 Butterfly |
| 100 Breast      |               | 200 IM          | 400 IM        |

Lastly, I will be having an all parents (and swimmers) meeting on **Sunday March 5** after practice at Mills. We will skip Dryland and do the meeting at 10:00 AM. I will go over my season plan and expectations as well as answer any questions that you may have.

*“The formula for success is 2% talent, 8% Luck  
And 90% showing up every day!”*

- Jeffrey Fry



## Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

Let's have a chat about attendance, shall we?!

We have put attendance reports into three categories:

1. Green = 80%+ | good job!
2. Orange = 61% - 79% | okay; not great, not bad; just average!
3. Red = 0% - 59% | not good, you could do better!



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Here is the Platinum Groups' attendance since the beginning of 2023:

| Green | Orange  |           |       | Red     |          |        |
|-------|---------|-----------|-------|---------|----------|--------|
| Paige | Josie   | Baran     | Cole  | Jack    | Zafar    | Connor |
| Simon | Max     | Kaleah    | Asher | Quinn   | Jonathan | Saahil |
| Kate  | Abigail | Mizuki    | Anna  | Shou    | Ryan     |        |
| Evan  | Tyler   | Charlotte | Maya  | Cynthia | Daniel   |        |
|       | Nathan  | Gabe      | Allie | Charlie | Brooke   |        |

Our [practice expectations](#) asks for 7 out of 8 practices for a reason, think about it and honestly; if you want to get better it has to start with your commitment, commit!

There is no better day to make a change than today, start with your attendance and watch yourself blossom over the next few months and years!

*“If you want to be the best, you have to do things other people aren’t willing to do!”*

- Michael Phelps

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## Captain’s Corner:

By **Josie Oesterer**

Going through the motions is not the same thing as completely thinking through the implementation of evolved technique. Many times we find escape from a tough practice or race through disconnection and absent-mindedness. I have talked in the past about mental resilience; however, much of our ability to focus stems from how we physically nurture ourselves. Sleep determines our ability to focus and retain memory. Prioritize your hours in bed by being efficient with homework and other extracurricular activities. Amount of sleep can easily be translated into a practice’s success. Another component is to fuel properly. Have snacks on you and in your swim bag! Although many athletes are not hungry before morning practice, try eating something light (like a bar or banana). Drink regularly throughout the day and at practice. It might seem simple, but many of us find ourselves neglecting these basic necessities. We cannot expect success without putting in the right fuels to create it.

*“Hydrate or die-drate”*

- Stefan



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# Swim Meets:

## **2/25-26: 14&U Last Chance Meet (Host: Crow).**

19 PST swimmers are scheduled to attend. Swimmers should meet Coach Rob at 8am.

## **3/5: Spring Mock Meet for Blue and Bronze groups.**

Meet is open on [ome](#), closes Mon, Feb 26th.

## **3/2-5: Spring Sectionals (Novato, CA).**

Click [here](#) for meet sheet.

Congratulations to our qualifiers: [Paige](#), [Simon](#)

## **3/10-12: 14&U Spring Age Group Championships (Santa Clara, CA).**

Meet is open on [FastSwims](#).

Congratulations to our qualifiers: [Cynthia](#), [Cole](#), [Asher](#), [Connor](#), [Zafar](#), [Sydney](#)

## **3/18-19: TERA C/B/BB Meet (Concord, CA).**

Meet is open on [FastSwims](#). 100 PST swimmers have registered so far! Great meet for our younger swimmers from Blue, Bronze, Silver and Gold and older swimmers who have not been racing at Winter Champs, Sectionals and/or will be racing at FarWesterns.

## **3/30-4/2: Spring Far Westerns (Morgan Hill, CA).**

Meet is open on [FastSwims](#). All qualifiers to attend. There are only a few hotels near the pool, book yours asap!

Congratulations to our qualifiers: [Gabriel](#), [Sydney](#), [Asher](#), [Nathan](#), [Cole](#), [Paige](#), [Ryan](#), [Simon](#), [Evan](#), [Connor](#), [Josie](#)

## **4/22-23: SRVA LCM C/B/BB Meet.**

This will be the first LCM meet of the season. All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

## **5/13-14: TERA LCM C/B/BB Meet.**

All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

## **6/10-11: Orinda LCM C/B/BB Meet.**

All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

## **6/24-24: Senior Open LCM C/B/BB Meet (host: Orinda).**

All 13&O from Platinum, Gold and YRHS should attend. 11-12 can attend with qualifying times. LCM meets fill up fast, sign up as soon as it opens!





## Championships Qualifiers:

| Age Group Champs | Senior 2             | FW                    | WEZO           | SEC          | FUT          | J.Nat      |
|------------------|----------------------|-----------------------|----------------|--------------|--------------|------------|
| Cynthia Wu       | Cole Carnazzo        | <i>Gabriel Reader</i> | Paige Arnold   | Paige Arnold | Paige Arnold | Simon Lins |
| Cole Carnazzo    | Tyler Dacanay        | Cole Carnazzo         | Simon Lins     | Simon Lins   | Simon Lins   |            |
| Sydney Olson     | Paige Arnold         | Asher Takazawa        | Josie Oesterer |              |              |            |
| Asher Takazawa   | Ai-li Baird          | Sydney Olson          | Nathan Judy    |              |              |            |
| Connor Carnazzo  | Abigail Jacoby       | Evan Byun             |                |              |              |            |
| Zafar Majid      | Josie Oesterer       | Connor Carnazzo       |                |              |              |            |
|                  | Cynthia Wu           | Josie Oesterer        |                |              |              |            |
|                  | Sonja ten Grotenhuis | Nathan Judy           |                |              |              |            |
|                  | Evan Byun            | Paige Arnold          |                |              |              |            |
|                  | Quinn Cook           | Ryan Stokes           |                |              |              |            |
|                  | Jonathan Dong        | Simon Lins            |                |              |              |            |
|                  | Nathan Judy          |                       |                |              |              |            |
|                  | Simon Lins           |                       |                |              |              |            |
|                  | Gabriel Reader       |                       |                |              |              |            |
|                  | Asher Takazawa       |                       |                |              |              |            |
|                  | Ryan Stokes          |                       |                |              |              |            |



# Become a Student of our Sport Articles/Videos/Stroke TE

An excellent article on leadership:

<https://medium.com/the-mightier-pen/10-sports-quotes-to-improve-your-leadership-f07fd3d9e8c9>

8 Really good video of how Micheal Phelps used Visualization to prepare.

<https://youtu.be/5kBwI78nqMo>



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