

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

January 28, 2023

THE FLIPTURN

by Coach Colby/Editor in chief this month

This past year was a huge growth year for myself which was a surprise in my tenth year of coaching with PST. I coached at every all star meet, (Zone Challenge team, Pac-Coast all stars, and Western zone all stars.) Completed the American Development Model classes (Core class and Age Group class), flew to Colorado for USA swimming's first ever Leadership Summit, and at the end of the year I got to help out with our Aloha swim camp. All of these events provided new tools for my coaching toolbox or new sources of inspiration to bring back to the team.



All-Star Meets

Every all star meet is a little different, Zone challenge are the top eight point earners for each age group/gender at your zone's championship meet. Pac coast all stars are the top eight swimmers of all 5 zones but just the 11-12s and 13-14s and are selected after Far Westerns and Senior 2s and Western Zones is top 12 from every zone but they pull from 9-10s, 11-12s, and 13-14s and select them after summer far westerns.

Each one of these meets showed me swimmers and coaches in our zone at the top of their game and were very open to sharing how they got there. My main takeaway from the swimmers was their excitement to get better at swimming. From the coaches I was really inspired by how much our coaches want to give back and make swimming knowledge more homogenous.

ADM Courses

From taking USA swimming ADM core and age group courses I felt it made me reflect a lot on what kind of coach I want to be and helped fill some gaps in coaching knowledge I don't think about very often.

USA Swimming Leadership Summit



Leadership summit was three days packed into cabins and a dining hall with 35 other coaches from all over the country. We talked about how we can best serve as leaders, what we admire in other teams/coaches and were brutally honest with ourselves in terms of our coaching. We spent the weekend talking about how to inspire confidence and dove into our personalities as coaches. It was a really rewarding experience and truly inspiring to see coaches absolutely obsessed with coaching.

Aloha Swim Camp

Swim camp doesn't seem like much of a learning experience but being able to watch PST/HILLS swim together was a big source of inspiration. Swimmers were excited to push each other in the water, they were excited to "commit" themselves to individual growth and reminded me how much fun swim teams are. We were even able to meet coach Joe who taught us a little about visualizing and "committing" to our training.



I am really excited to implement all the things I have learned from this and the last 10 years of coaching and hope you are excited to commit yourselves to individual excellence

"Change is inevitable. Growth is optional."

- John Maxwell



PST promotes a team environment which champions healthy athletes and individual excellence.

BIRTHDAYS

January 2023



Zachary Waitkus

Aidan Simpson

Timothy Tril

Leo Gonzales

Miachalah Om

Lucy King

Luca Gonzales

Lauren Udovch

Nathan Judy

Fenna Paunovich

Elliott Briggs

Zoe Waitkus

THIS MONTH'S TOP STORIES

Blue Group:

By **Coach Angie**

With the start of the new year, we also have an awesome group of new Blue swimmers! In addition to the swimmers already on the team, we also added 6 new teammates. I had the chance to ask each of the new Blue swimmers what their favorite part of swimming is, and this is their answers:

- Scarlett F. - "Getting to learn new techniques!"
- Amelia G. - "It gets you warm!"
- Addy J. - "I like getting wet and the challenge!"



PST promotes a team environment which champions healthy athletes and individual excellence.

- Avery L. - “Doing freestyle and breaststroke!”
- Micah S. - “The community!”
- Adeline Z. - “Descending freestyle kicking!”

Additionally, we had several swimmers compete at the Zone 2 Championships this past month! Congrats to Jocelyn M. on her 25 Back and 25 Breaststroke and Eli W. on his 25 and 50 Free and 25 Back! Additionally, we had multiple swimmers put a great effort into their 8&U relays - congrats to Blake M. Jocelyn M., Ben R. (Bronze), and Eva S. on their Medley Relay on Saturday, and Julian Y., Eva S., Jocelyn M., and Ben R. (Bronze) on their Free Relay on Sunday!



Blue swimmers posing for a silly picture on a rainy day at practice!

“The moment you doubt whether you can (butter)fly, you cease forever to be able to do it.”

-Peter Pan, Peter Pan



PST promotes a team environment which champions healthy athletes and individual excellence.

Bronze Group:

By **Coach Zoe**

Welcome back Bronze! We have some exciting new additions to our group including promotions from Blue group and new PST members from tryouts. We are making it our goal to get to know someone new this month! To make it more tangible, you are going to be a part of a group and complete a task.

Your task

1. Introduce yourself
2. Share something with each member of your group sometime within the next month. Examples: a piece of popcorn, a high five, something you do to make swimming more fun, candy, a pencil or pen when they need to write something down. Get creative!
3. Tell your coach when you've completed this task with each person in the group. First group to complete the task gets a prize!

Groups

Nudibranchs



Emperor Angelfish



Cowfish



Feather Starfish



Joey

Jackson

Raphael

Ari

Saoirse

Parker

Delano

Sammy

Ted

Elodie F

Gabriel

Leo

Ryker

Juliet

Maddy

Andre

David

Kian

Liam

Riley

Ellora

Ruby

Annika

Elodie P

Aliya

Devrim

Ben

Finley

Zoe

Zac

Zach

Junie

“Ask not what your teammates can do for you. Ask what you can do for your teammates”

- Magic Johnson



PST promotes a team environment which champions healthy athletes and individual excellence.



Silver Group:

By **Coach Colby**



The Silver group has made some changes this month! We moved up six swimmers to gold and added ten swimmers from Bronze. It has been very exciting seeing swimmers make new friends and continue to push each other within new challenges. The swimmers that moved up this month were really tough decisions but the factors that stood out to me in decision making was these swimmers

commitment to their personal goals. This worked hard to grow her competition start and has connected that to her exceptional focus on her endurance. Peter has been focused a lot on his endurance and his consistent practice attendance (70%) made him an easy consideration for Gold. Katie Yeager has been an example of what we are looking for in a freestyle stroke for silver so it was hard to lose our best example of the stroke but she absolutely deserves the challenges awaiting in Gold. Anabel and Lucy moved up very quickly but they proved quickly that they needed to. They both are really consistent about their practice habits. They do their intervals, they are mindful of technique and most importantly they work extremely hard. Esther spent one practice with Platinum and survived the challenge with a new formed passion of challenging herself. She asks on a daily basis how to improve and those skills are going to stack up into any exceptionally skilled swimmer.

For the ten that moved up from Bronze (William Taylor, Walker, Aidan, Max, Eleanor, Maddie, Zayna, Zoe, Miacalah, Hieu, Anoksh, Anita) I hope you are excited for the challenges ahead. Continue to ask questions, work hard, and be consistent.



PST promotes a team environment which champions healthy athletes and individual excellence.

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

- Martin Luther King Jr.



Gold Group:

By **Coach Rob**

Big changes in the Gold Group this past month. Congratulations to the swimmers who earned their way through hard work and dedication promotions to the Gold Group:

Daniel Bazzhin	Lucy Gerard	Esther Ward
Thais Gonzalez	Anabel Orozco	Kate Yeager
Peter Pitta		

Also a big welcome to our two newest members:

Magnolia Stoll	Olivia Chu
----------------	------------

Zone 2 Championships was an amazing meet for those swimmers from the Gold Group who qualified and attended the meet!

Olivia Chu 3/3 best times	Sierra Jones	Cat Lee 3/3
Viviane Oesterer 3/3	Deniz Radzik 2/2	Kate Rebro 7/7
Lucy Scott	Magnolia Stoll 5/5	Samantha White 1/1

We also had numerous new BB times posted by our swimmers!

I am so excited for the next few months as everyone has “stepped up” and bought into the idea that smart, fast swimming in practice results in smart and fast swimming at meets!



PST promotes a team environment which champions healthy athletes and individual excellence.



**If you are a swimmer,
you will understand.**



PST promotes a team environment which champions healthy athletes and individual excellence.



“Your passion is waiting for your courage to catch up!”

- Isabelle Lafleche



Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

We are welcoming Kaleah, Zafar, Mizuki, Allie, Cynthia and Connor to the Senior Group. All six swimmers have worked hard and consistently in the Gold group to make this promotion possible and we are excited to have you join the Platinum group. Your energy will rejuvenate our already outstanding training group and I am excited to challenge all six of you, and the rest of our group, to new heights!

To help our new swimmers, and remind the rest of us; below are some key tips that will make your journey in our training group a success:

- **Have Goals:** Without goals nothing will change and no results will come. Set yourself some long and short term goals, discuss them with myself, your peers and parents and together we will work on making them happen!
- **Attendance:** Every practice has a different focus point within our training cycle. Missing a practice means you will miss crucial stroke work, your body won't adapt to the energy systems as easily and you won't be present for key team meetings, which



PST promotes a team environment which champions healthy athletes and individual excellence.

outline future plans and give us an opportunity to debrief after meets and practice cycles!

- **Swim with Passion:** To improve you must show passion, courage and willingness to change! Doing the same thing over and over again and expecting different results may be defined as insanity as quoted by Albert Einstein, Benjamin Franklin and many others. Don't fall into that trap.
Be willing to push yourself physically and mentally during sets, be willing to work on your stroke mechanics and change them, be willing to listen and most importantly show up with the purpose to improve!
- **Challenge yourself:** Never be complacent, never hold back, never give in. This is hard, but any sport is hard, hence why it is so inspiring to watch amazing athletes succeed!
- **Be your greatest cheerleader:** There is one very important person that needs to have faith in your abilities. That person is **YOU!**
If **you** believe, your support team will do everything in their power to help you succeed!
- **Make your voice heard:** Want more feedback? Want to discuss your stroke, your races, practice attitudes, anything else? Just ask!
Make yourself heard before, during or after practices; in group settings or quietly and individually. I am here to help, never forget that!
- **Never give up:** Did you have a bad set? Bad practice? Bad meet? Bad day? ... Doesn't matter, move on and focus on what comes next. Not giving up might be one of the most powerful things you can learn from your time in the Senior Group!
- **Support each other:** While swimming is an individual sport, it is the team aspect that will keep you going! Help each other out, cheer for each other during hard sets and meets and listen to seasoned swimmers, as they will have great advice in all aspects of our beloved sport!
- **Be positive:** You must have a positive attitude, think positive and have a positive body language. Research after research has shown the power of being positive in all aspects of your existence. Make sure to become very mindful of your negative thoughts, negative words, negative body language and negative attitude. Once you notice any negativity, acknowledge it, and find a way to turn it around. As our Captain Josie once said, a simple **SMILE** can change everything!

*“I decided I cannot pay a person to rewind time,
so I may as well GET OVER IT.”*

- Serena Williams



PST promotes a team environment which champions healthy athletes and individual excellence.

Captain's Corner:

By **Josie Oesterer**

Perhaps it is slightly overdramatic, but I have recently started to describe progression as falling off a cliff and slowly climbing back to the top of the mountain. Progression is seemingly the most inconsistent thing about swimming. Hard work does not always pay off at the expected timeframe when competing. Consistent time drops can be followed by months of seconds added. This plateau is not only unmotivating, but also creates a sense of failure. Our personal perspective of success has the potential to influence practice attendance and work ethic. In the midst of this struggle, it is important to realize that you are not alone. Talk to your coaches, teammates, and friends. Most, if not all, of the swimming community have encountered points of stationary progression and even regression. With others' support, normalize progression inconsistencies, if not, our failed expectations of improvement can become an obstacle.

“There are going to be obstacles that come your way. Stay positive.”

- Michael Phelps

Swim Meets:

2/4-5: C/B/BB Meet (Livermore, CA). Meet has closed. 88 PST swimmers are scheduled to attend. 8&Unders to meet coaches at 8:30am. 9&Older to start their warm-up at 8am.

2/24-25: 14&U Last Chance Meet (Host: Crow). Meet is open [on FastSwims!](#) All 14&U swimmers with a B time should attend.

3/2-5: Spring Sectionals (Novato, CA). Click [here](#) for meet sheet. All qualifiers to attend. Congratulations to our qualifiers: [Paige](#), [Simon](#)

3/10-12: 14&U Spring Age Group Championships (Santa Clara, CA). Meet is open on [FastSwims](#). All qualifiers to attend. Congratulations to our qualifiers: [Cynthia](#), [Cole](#), [Asher](#), [Connor](#), [Zafar](#), [Sydney](#)

3/18-19: C/B/BB Meet (Concord, CA). 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: [Asher](#), [Nathan](#), [Cole](#), [Paige](#), [Ryan](#), [Simon](#), [Evan](#), [Connor](#), [Josie](#)



PST promotes a team environment which champions healthy athletes and individual excellence.

Championships Qualifiers:

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



Articles:

[Children have muscles that perform like those of endurance athletes, study finds](#)

[United States Olympic & Paralympic Committee Recovery Fact Sheet](#)

[5 Words That Will Help You Reach Your Goals](#)



PST promotes a team environment which champions healthy athletes and individual excellence.