

# PIEDMONT SWIM TEAM

## MONTHLY COACHES NEWSLETTER

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APRIL 26, 2019

# THE FLIPTURN

by **Coach Rob/Editor in chief**

Just when I thought that the Piedmont Swim Team could not surprise me, our swimmers went and did it again! Congratulations to our Far Western Team who travelled down to Santa Clara for this year's short course Championships!

Especially Paige Arnold, Kate Aubrecht and Simon Lins. Paige is the first swimmer in Piedmont Swim Team History to achieve a USA Swimming "Futures" cut! The Futures series was launched in 2015 and the event was designed to add another stepping stone to the development pathway between Sectional Championships and Junior National Championships. This year's Futures Championships will take place in Gresham (OR), De Moines (IA), Geneva (OH) and Greensboro (NC).

Simon and Kate posted their first Sectional cuts which will allow them to join our other qualifiers (Madeline Oesterer, Giovanni Wenzler, Eden Smith and Paige Arnold)

*"There is no good enough"*

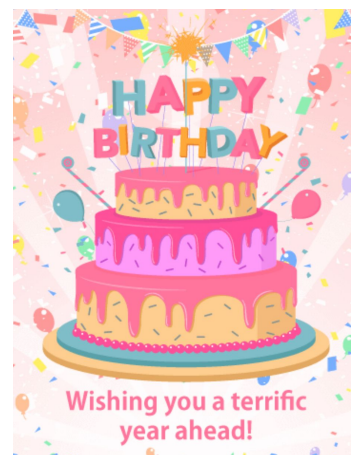
Coach Rob

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## May Birthdays!!

Elizabeth Ackerman  
Cordelia Bradley  
Andrew Grasman  
Victoria Mbise  
Zoli Smith  
Cynthia Wu  
Ava DiStasi  
Tolgani (Ty) March-Cunningham

Bruno Banuelos  
Jalen Chang  
Olivia Humphris  
Kate Rebro  
Sofia Stoica  
Aaron Belikoff  
Julian Jiang  
Drake Wayland



# THIS MONTH'S TOP STORIES

## **Green Group:**

By **Coach Zoe**

This month, Green has been working diligently on Breaststroke. The swimmers worked hard on pointing their toes out during their kick, to avoid a non-simultaneous kick (scissor kick). And, boy oh boy, are their kicks powerful now! Over Spring Break, the swimmers began working on the Breaststroke pull. The key points they are focusing on are: keeping their pull narrow, making sure their hands stay in front of their shoulders at all times, and extending their arms until they're as tall as possible during their glide.

During May, the swimmers will be preparing for the PST LCM swim meet. They will work on timing for Breaststroke, and getting back to the basics of Freestyle. All of our Green swimmers have been assigned Breaststroke and Freestyle events. The key to having a successful LCM (long course meters) meet, is to stay focused on doing the stroke correctly before doing it fast. LCM is a 50m pool. This means that there is a looonnnggg way from one wall to the other, and a lot of time to forget all the important rules for each stroke. This is why it is so crucial to come to practice! By repeating the correct stroke technique consistently, the less you have to think about what your doing when racing.

*“The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition, repetition, repetition.”*

- John Wooden



## **Blue Group:**

By **Coach Zoe & Rob**

The past month has been a very good one for the Blue Group. Even though many of you were on spring break from school, attendance has been great and enthusiasm even better.

As we enter this last three months of our season, the focus will be on getting everyone into swim meets. We have our own Long Course meet on May 18 and 19. This is a great opportunity for everyone to get some 50 meter racing in! The pressure will be low and the coaches have chosen events for each of you that we truly feel that you will do well in. The



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next short course (25 yard pool) meet of the year will be the Montclair Pentathlon. This meet will take place on June 2nd. As soon as the meet is posted on OME (Online Meet Entry) we will let you know. The meet will probably fill up very fast.

A quick note about the “little things”. Everyone wants to be better at whatever they do. In swimming there is no magic pill to make you faster. It takes constant focus on those “little things” that add up to a big thing. Are you constantly doing your streamlines? How is your head position in Backstroke? Are you able to always touch with two hands in breaststroke? These are just a few of the things that you can work on everyday. A few more:

- Strong kick from toes in backstroke
- Knees together while feet come up on breaststroke kick
- High hips on streamlines
- “Bury” your head on streamlines
- Breathe early in butterfly

Pick one at every practice and make that your goal for that practice! If you have more ideas let me (Coach Rob) know and we will get a big list of little things!

*“Don’t watch the clock; do what it always does..keep going”*

- Sam Levenson



## **Bronze Group:**

By **Coach Colby**

Early in the month of April Bronze got to their milestone goal and are over the 100 mile mark. We have been focusing a lot on head position this month and will continue next month so do not forget your snorkel and if you don’t have a snorkel get one soon.

Now that spring is really here we need to be much more aware of the weather and remember to wear our sunscreen and bring water bottles. Don’t forget 1% of dehydration affects performance.

The new swimmers from blue and tryouts are finally settling in and getting used to the longer workouts. We have our test set coming up soon so I hope you are excited for the new challenge.

We lost some time to spring break vacations but was extremely happy to see a group of bronze swimmers spending their time in the intensive stroke clinic we offered this year.



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The extra time in the pool has really paid off. We hope to see you at a couple of extra practices.

*“I have not failed. I've just found 10,000 ways that won't work.”*

- Thomas A. Edison



## **Silver Group:**

By **Coach Rob**

It has been a long and very successful short course season for the Silver Group. With the addition of the new swimmers coming in from Bronze, there has been a renewed energy in the pool. But now we enter into the “real season”.

Long Course is where you separate the good from the great. The technical swimmers and the true swimmers. Now we find out who on our team can and will step up and really go for it!

Until you succeed at Long Course your swimming career is incomplete. All of our training over the next few months will be focused on swimming fast in the long course season. You will be seeing less of the 50's, 100's, 200's and so forth. We will be training the “off” distances. Lots of 75's (to train for the 50), 125's (for the 100), 175 and 225's (for the 200). We will continue with our weekly focus on stroke drills during warmups and work on the technical side, but from a purely training point of view...take a big breath...jump in...go for it!

*“The way to get started is to quit talking and begin doing”*

- Walt Disney



## **Senior Group:**

By **Coach Stefan**

It is time to embark into the most exciting part of our swimming season - **Long Course Meters!**



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I have an obsession with training for and racing in long course meters. Not only are all major events held in LCM (Olympics, Olympic Trials, Summer Nationals, etc), it is also where the best trained athletes shine.

While still very important, it is no longer only about how powerful your turns are and how fast you can dive off the block, instead it is more about how **complete** of a swimmer you are. Your stroke **efficiency** will matter as much as your **turns** and **underwaters** and your **swimming fitness** will be absolutely **crucial** to compete to your potential.

During my coaching tenure in the UK we only trained for LCM competitions, in fact we never even attended SCM meets, they weren't important to us, since we didn't have a NCAA college system to work towards to. With this we were able to have a singular focus and boy did it work out. During the season we used meets as LCM practice, with our swimmers being the first ones to warm up and the last ones to leave. This and a very elaborate summer training program (2 pool sessions & 1 dryland practice per day for 1.5 months) allowed us to prepare for our main meet - nationals. We had finalists every year, despite not having access to LCM training facilities and our swimmers attending one of the most academically demanding boys school in Europe (lots of homework and private tutoring).

I am excited to start this process with you, getting you ready for LCM and having you compete at your best this season. **All what I ask of you in return is extremely high attendance and the dedication and mental toughness to work hard.**



Liked by james.g.guy and 31,529 others

adam\_peaty A lot changed in 3 years... ALOT! I always had confidence and belief in what I could do but until it actually happens all those 4am starts and 11pm finishes whilst pushing the limits of your body every single day is almost a gamble, you just improve your odds the more work you put in and the smarter you are about it. We often look to far in the future and that's only natural, seeing where you want to be in X amount of time from now, but if you do the right things daily; that's where you'll pick up the 1% here and there, if you have 10 1%'s you've already made a huge step towards you're goal, keep it simple, trust the people around you and don't go crazy when the rest of the world is after you 🤔🤔🤔



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**WANTED:** First PST female athlete to break 1 minute in any 100 LCM event and the first PST male athlete to break 60 seconds in either the LCM 100 Back, Breast or Fly.

**Reward: \$100!**

*“In anything you do, it takes no talent to work hard. You just have to want to do it.”*

- Tim S. Grover, Relentless: From Good to Great to Unstoppable



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## Swim Meets:

### **PST C/B/BB+ Meet - May 18th- 19th:**

Our HOME MEET! Click [here](#) for meet sheet. Meet is closed and 130 PST swimmers are attending. It is going to be a blast!

### **Montclair Pentathlon - June 2nd:**



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This is a perfect **SCY** meet for 12& younger to show their skills and improvements. It is also a great opportunity for 13&Older to have one more go in SCY in this season. One day meet at SODA.

**ONDA C/B/BB+ Meet - June 8th- 9th:**

This is now a **SCY** meet and all 12&U or newer swimmers are welcome to attend this meet.

**TERA C/B/BB+ Meet - June 8th- 9th:**

LCM for all senior and experienced 12&U swimmers.

**Senior Open - June 22nd- 23rd:**

Meet has closed. 11 PST swimmers attending.

**Championships Qualifiers:**

JOs (+2)	FW	WEZO	SEC (+3)	FUT (+1)	J.Nat	Nat
Abigail Y	Paige A	Paige A	Paige A	Paige A		
Bailey C	Simon L	Simon L	Simon L			
Asher T	Asher T	Maddie O	Kate A			
Paige A	Maddie O	Kate A	Maddie O			
Simon L	Kate A	Eden S	Eden S			
	Eden S	Aaron W	Giovanni W			
	Jalen C	Brian W				
	Aaron W	Giovanni W				
	Brian W					

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## Articles:

### **Building Your Mental Toughness Toolbox: Mastering Disappointment and Failures**

By **Dr. Alan Goldberg - USA Swimming**

When you run into setbacks, disappointment and adversity on your swim “quest”, and **everyone does**, you actually do have a choice as to how you will respond. In fact, you have two choices: [READ MORE](#).

### **Why You Shouldn't Rush Things Behind the Blocks**

By **Olivier Poirier-Leroy - USA Swimming**

Even though practice is hard, competition brings a different layer of difficulty. In training, there isn't as much pressure. Your family and friends aren't in the stands watching. And you aren't going up against seven other swimmers who are chasing after the same thing you are. [READ MORE](#).



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