

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

December 22, 2022

THE FLIPTURN

by **Coach Zoe/Editor in Chief** this month

It has been quite an exciting month, from high level competitions to team celebrations, the Piedmont Swim Team has taken the short course season by storm. At the beginning of the month our age group and senior swimmers braved the chilly weather at the SRVA C/B/BB+ and Milpitas Senior 2 Meet. We had some fabulous personal best times ranging from first B times to new Far Western cuts. Cynthia Wu, Connor Carnozza, Zafar Majid, Sydney Olson, Asher Takazawa, and Nathan Judy competed in the 2022 Winter Age Group Junior Championships. And several states away, Simon Lins represented PST at Winter Junior Nationals in Austin, TX with 3 phenomenal personal best times and PST's first ever top 4 finish!



We wrapped up this month with great energy during our stroke clinic weeks, a huge turnout at the Piedmont Pool groundbreaking ceremony, and a joyful holiday celebration at Mills College. On behalf of the swimmers and coaches, a huge thank you to the parent volunteers who braved the cold weather meets, organized a fun-for-all-ages holiday party, and hosted several group events throughout the last month - we appreciate you!!!

Wishing you all a wonderful holiday break and thank you to you all who make the Piedmont Swim Team such a spectacular community to be a part of.



Birthdays!!!

December 1st, 2022 through December 31st, 2022

Aliya Porter
Annika Nagpal
Walker Wilson
Alina Woo

Kaleah Luby
Baran Watson
Max Rebro
Saahil Bakhru

Ryan Stokes
Parker Long
Zoe Clancy Clavere



THIS MONTH'S TOP STORIES

Blue Group:

By **Coach Angela**

To end the year, I just want to say how impressed I've been by the Blue Group these past few months. Every swimmer in the group has been working incredibly hard and has made so much progress since the season started. This past month in particular, we have been focusing on flip turns and increasing distances, and now every Blue swimmer can swim 200 yards of freestyle and do both freestyle and backstroke flip turns! These focuses came in handy as 12 Blue swimmers attended the SRVA meet this past weekend, and everyone did a fantastic job applying their dives, flip turns, and fast kicks to their races. Congratulations Anika, Ryker, Saorise, Juliet, Julian, Joey, Andre, Luca, Alex D, Jocelyn, Claire, and Kostas on such a great meet!

"The cold (pool) never bothered me anyway!"

- Elsa, Frozen



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

Bronze Group:

By **Coach Zoe**

Bronze group, you have trained hard this year, braved the cold at practice and competition, and shown what it means to be a tough competitive swimmer. To prepare ourselves for next season, I'd like you to take a moment this holiday break, to start a swim notebook.

Knowing how your mind works is the key to being a strong competitor. We had the chance to talk to Simon Lins about his events at Junior Nationals. One of the key takeaways was how he approached each race with a fresh mindset. He noted that he wanted to do better in his freestyle events during the first day of competition, but he found a way to let it go when he stepped on deck for his second day. He used phrases like "trusting my training", "thinking ATTACK when approaching turns", "feeling tired, everything burned, but I knew I could push through". He talked about the process acclimating to the new pool and competition environment in Austin, TX. He shared good tips and insight into what it means to be a COMMITTED competitive swimmer. Take a moment to remember what he shared and write down what YOU remember. Now, let's think about you as a swimmer. Ask yourself this:

1. What do I do when I am disappointed by something that happened in practice?
During a race? During a competition?
 - a. What have I done that makes it harder to get back up and get going?
 - b. What have I done that has worked?
2. When I have swam well or done my best, what did it feel like right before the race?
What did it feel like during the race?
3. "I do my best when I think about..." OR "I do my best when I don't think about..."

Get curious about your competitive mind. Take a moment going into the next part of our season to set one intention, phrase, or goal for yourself.



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Silver Group:

By **Coach Colby**

We finally finished the underwater segment of our training and have started working stroke dynamics. We finally have started to use pulling gear with some regularity and talking about how our stroke starts with the fingertips down, dropping the wrist below the elbow, then elbow below shoulder. Which has created some really powerful strokes culminating in swimmers dropping massive amounts of time at the SRVA C/B/BB meet.

Where I was, the weather was absolutely nasty so I imagine you all had the same but I was absolutely elated to see swimmers shredding seconds off their times. Esther Ward has been focusing on her 100 Fly and was asking everyday what she can do to get better. That focus and attitude helped her achieve an 8.7 second drop in that event. It also spilled over into her 100 IM where she had a 20 second drop! The biggest surprise to the meet was our swimmers willing to swim distance. Finally!!

Lucy Gerard and Naomi Whittle both swam the 400 IM for the first time in a meet and both finished the races legally. The 400 IM is an exceptionally difficult event to complete, you have to do every single type of turn, you have to do all four strokes legally and you start with a 100 butterfly. Absolutely a monumental achievement for these two swimmers. We also had two swimmers give the 500 Free a chance and again they swam fantastic. Thais Gonzalez and Alex Wolff both dropped tons of time. Alex from the last time we swam a 500 dropped 40 seconds and Thais dropped off a full minute from the last time we swam the 500 in practice.

Everything is looking really good, keep up the hard work and enjoy your holiday season.

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill



Gold Group:

By **Coach Rob**

It has been a very busy month for the Gold Group. With 3 meets in 4 weeks, everyone has performed incredibly well! Our Practice sessions have been incredible with lots of good solid work turned in by everyone. Congratulations to Cynthia Wu, Zafar Majid and Connor Carnazzo for a very strong Age Group Championships meet down in Santa Clara! All 3 swimmers had best times or right at their lifetime bests. Congratulations to Connor for making finals both nights and posting great swims across the board.



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While the Saturday session at the SRVA meet (December 10-11) was not very nice for racing, I am very happy with the results turned in! Special shout out to Catherine (Cat) Lee getting new B times in all of her events on Sunday as well as a BB time in the 100 Back. Kate Rebro achieved a B time in her 100 Breast, BB time in her 50 Fly and BB in the 500 Free! Lucy Scott posted a new B time in the 100 Back and Camille Hauser posted a B time in the 500 Free! As soon as I get the official results I will share them with you. (Special Thanks for Coach Zoe for getting the Sunday results for me)

The next two weeks should be a lot of fun and interesting with stroke analysis being done at every practice.

This month's 8 questions are for Lucy Scott and Alice Sinclair!

	Lucy:	Alice:
What makes you smile?	...Jokes, cute puppies and swimming fast!	...A good song, vacation and my cats!
What is your favorite stroke?	...Backstroke	...Butterfly
Chocolate Chip cookie or Snickerdoodle?	...Snickerdoodle	...Chocolate Chip
What do you like to do when you are not swimming?	...resting	...Listen to music
What is your favorite part of being in the Gold Group?	...Being pushed and challenged	...getting pushed to improve and be a more efficient swimmer
Beach or Mountains?	...Beach	...Mountains
What is your least favorite part of swimming?	...not being able to breathe	...Breaststroke
What is your most used App on your phone?	...YouTube	...WhatsApp

“One day or Day one...you decide.”

- Unknown



Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

When our main weekend of this season this far ends the way it did at Junior Nationals, Senior 2s and the SRVA meet then there is only one thing for me to say:

I am so proud and so fortunate to be your coach!



Thank you for your loyalty, trust, commitment and effort over the past few months and years. You are awesome!

"I have learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel"

- Maya Angelou



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Captain's Corner:

As 2022 comes to an end, and 2023 draws near, it is not only important to reflect on the past year, but also evolve towards self improvements for the coming future. Here is a message from alumnus and 2020/2021 PST captain, **Noah Kwong**:

Hi, I'm Noah Kwong. Some of you may not be old enough to remember, but I had the honor of being PST Team Captain for the 2020-2021 season. Those of you that do remember my tenure as captain may remember one odd habit of mine: I constantly went to bed early. Not 10pm, not 9:30, but 8:30pm. My early bedtimes changed the way I did everything in my life. I had to eat dinner earlier, I had to finish homework earlier, I had to finish my day earlier, and I often found myself leaving social events early. However, this habit allowed me to be well rested enough to have a LOT of energy for morning practice. Thanks to this, I was able to work much harder and with increased mental clarity in the wee hours of the morning. Not every habit you make for swimming has to be so extreme as going to bed at 8:30 every night. However, it is important that the habits you make for swimming are positive. Breathing into a wall on every breath, sweeping out, and skipping your fly kicks in one practice is one thing. But when you make a bad action into a habit, the habit begins to negatively affect your swimming permanently. Another good thing to remember about creating habits is that you can start and change habits at any time. If a coach points out that you are not doing enough fly kicks mid way through a set, that does not mean that the entire rest of the set should be given up on as wasted yardage. There is no point at which you cannot reverse a bad habit. As the New Year approaches, keep in mind also that the best time to make a new habit or break a bad one is TODAY, rather than some day in the future. A New Year's resolution can be made anytime of the year, even in the waning days of December.

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Swim Meets:

1/21-22: Zone 2 Championships (Orinda, CA)

Meet is open on [OME](#)! All swimmers that have qualifying times must attend on BOTH days and be available for relays! Qualifying times are USA B-Times.

2/4-5: C/B/BB Meet (Livermore, CA)

Everyone should attend this meet.

2/24-25: 14&U Last Chance Meet (Host: Crow)

All 14&U swimmers with a B time should attend.



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Championships Qualifiers:

AGC's	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Cynthia Wu	<i>Sydney Olson</i>	<i>Asher Takazawa</i>	<i>Cole Carnazzo</i>	Paige Arnold	Paige Arnold	Simon Lins
Cole Carnazzo	Cole Carnazzo	<i>Nathan Judy</i>	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					
	Quinn Cook					
	Jonathan Dong					
	Nathan Judy					
	Simon Lins					
	Gabriel Reader					
	Asher Takazawa					
	Ryan Stokes					



Become a Student of our Sport

Articles/Videos/Stroke TE

During our stroke clinics we had swimmers watch the following videos for inspiration, technical and race strategy advice / focuses.

Rewatch them and think about what we discussed over the past two weeks!

Mens NCAA 500 Freestyle Record Matthew Sates (UGA)	Womens NCAA 200 Breast Record Kate Douglass (UVA)	Mens NCAA 200 Freestyle Drew Kible (UT)	Womens NCAA 200 Backstroke American Record Regan Smith (STAN)	Womens NCAA 200 Fly Alex Walsh (UVA)
Mens NCAA 100 Breast Max McHugh (MINN)	Simon's 100 fly - Junior Nationals	Womens NCAA 100 Freestyle Gretchen Walsh (UVA)	Simon's 100 Back - Junior Nationals	Mens NCAA 200 IM Record Leon Marchand (ASU)

