

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

February 28, 2020

THE FLIPTURN



by [Coach Rob](#)/Editor in chief

“GOOD ENOUGH JUST ISN’T”

Haven’t we all at some point in our lives just said, “Oh that’s good enough”? This seems to be one of the biggest obstacles to really performing at our best. What it means to me is that we are willing to accept second best! Each of us have the ability to that little extra, that last hard push...but do we always have the courage to actually do it?

Every swim practice that your coaches prepare for you asks you to push yourself to new limits. Every time you come to the pool there are two expectations:

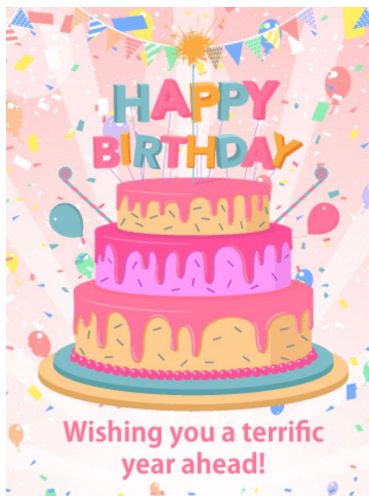
1. Your coach will provide you with the physical means to improve. We design workouts that feed from one to the other. It is kind of like a chain. Each session is a link in that chain. Our goal is to help you build the strongest chain that you can.
2. You arrive at every practice with the mindset that for the next hour, hour and a half or two hours you will give the best effort that you can for that day.

If we do our job and you do your job, that chain will get longer and stronger. Never accept second best! The Piedmont Swim Team is not second best to anybody out there! And remember that....

“In any moment of decision, the best thing you can do is the right thing, the second best is the wrong thing and the worst thing you can do is nothing”

- Theodore Roosevelt

Birthdays!!



Kate Aubrecht
Charlie White
Josie Oesterer
Deniz Radzik
Vivian Sohn
Sophia Harris
Joaquin Fierro
Quinn Cook

Orr Barr-Dvir
Tyler Decanay
Shou Presley
Luca Schulz-Jander
Alexandra St Wecker
Simon March-Cunningham
Maria-Olivia Grigg



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THIS MONTH'S TOP STORIES

Green Group:

By **Coach Colby**

The month of February is flying by fast and the green group has been taking time on the short axis strokes more commonly known as Breaststroke and Butterfly. These two strokes are easily the most difficult to master. With breaststroke we really want to remember to point our toes out and push the water with whip like speed. In butterfly we are working on flexible abs and splashing the water when we press up with our kick and splashing when we press down on our kick.

It takes a long time to really master these skills, make sure you put in the extra yards to get to your next goal time.

As we get more comfortable with the short axis drills we are really going to kick it into high gear and do them at sprint pace meaning we will have to really focus on every lap. Going fast and doing the stroke well are not easy to do together.

I hope we are all excited for March and I hope we are all signed up for the Hill C/B/BB+ the last short course yards meet for a while.

“History has shown us that courage can be contagious and hope can take on a life of its own.”

- Michelle Obama



Blue Group:

By **Coach Daniel**

February has been a month of nonstop hard work, racing and improving from everyone. We have worked on streamlines off the walls and faster, tighter flip turns. I have seen a little improvement but I believe we can keep improving as a group. We need to start focusing on getting our streamlines tighter and longer off all our turns. The longer and more streamline our body is the easier it becomes to get to the wall quicker. Watch any high level swim meet, whether it be an Olympic year, a National meet, or even Sectionals, every single one of those swimmers are getting to the 15 meter mark on every wall, every single time.

I would like to give [Jasmine Houlder](#) a shoutout for having an amazing last swim meet. Jasmine has been a little nervous about going to swim meets but found the courage to



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swim 5 total events. I'm super proud of her for going not only one day but she went both days! Keep up the hard work.

“Accept no limits. Just Do It.”

- Nike



Bronze Group:

By **Coach Daniel**

This past month I have been talking about intensity and I have seen that from a few of you. *Atlis Metin, Maya Sears, and Sophia Harris* all have been taking names and kicking butt in both practice and at swim meets this entire month. When I say entire month guys I mean the three of them have been coming to practice consistently, always ready to learn, ready to work hard, and is pushing me to be a better coach. They ask what they can do better consistently and I know they are listening because they apply what I have to say instantly and maintain it.

We need to work on our consistency in practice. Consistent streamlines past the flags, consistent head down position, consistently reaching forward and entering your hand in front of your shoulder. We know what we need to do. As a group you guys have shown me at one point in the past six months that we can swim at the highest level possible. So I know you can do it. The more we swim more efficiently the easier it'll be to swim faster.

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

- Colin Powell



Silver Group:

By **Coach Colby**

After Zone 2 championships it has been a lot of long endurance sets and trying to focus on what we do off the walls. However some of our bad habits from the previous months keep popping up. We have been doing really well in the middle of the pool but our turns and finishes NEED to be more focused. In all strokes we need to focus on what to do in and out of turns, specifically speeding in to the wall and streamlining off of the wall. Skipping these parts of a turn are going to make every race harder in the long run.



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At the first team meeting we had we talked about group goals and individual goals and a lot of our individual goals were “A” and “B” times. To put that in perspective the A time for 11-12 boys is 1:00.89 and for girls it's 1:03.09, currently we are doing our 100s repeat on 1:40 with the fastest possible send off. That means we have a lot of water to move before we are at our goal. Get to more practices and use every yard as a learning opportunity.

This month I want to revisit our goals and do a new goal sheet if everyone gets their goal sheets in before April there is a sweet treat in store for you. I believe writing down our goals helps us design the best workouts and keeps us accountable to the task at hand.

Goal sheet

https://docs.google.com/document/d/1qxtYHdk-T2yD3zZvj9o1LktmU9f3AQH4pUMgEUv_XeM/edit

“I want to be the very best, like no one ever was.”

- Ash Ketchum



Gold Group:

By **Coach Rob**

It has been a short but very productive month for the Gold Team. Going back to the last weekend in January we have had 3 meets that Gold Swimmers have participated in. The Zone 2 Championships were a roaring success with many new best times and strong swims. The Orinda C/B/BB meet continued the great swims (even though the wind was a bit of an issue on Sunday!) We had 3 swimmers travel with the Platinum group to Santa Cruz (*Daniella Avecedo-Schiesol, Jessica Vogel and Sonja ten Grotenhuis*). And lastly is the 14 and under Last Chance meet this weekend in Concord!

Coming up is Junior Olympics on March 13-15 and the Hills C/B/BB meet on March 21-22. I would like all swimmers from the gold team to participate in the Hills meet as it is the **last short course (25 yard)** meet this season! For those of you who have not completed your Short Course IMX Challenge, this is your very last chance!

Lastly a shout out to the swimmers who moved onto the Gold team for doing such a great job at working hard and getting up to speed with everyone else. *Tyler Decaney, Jonathan Dong, Romi Bhatia and Inaya Majid* have fit in very well! Keep up the good work!

*“There will be obstacles. There will be doubters. There will be mistakes.
But with hard work, there are no limits.”*

- Michael Phelps



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Senior Group:

By **Coach Stefan**

The senior squad had a fantastic time at the Santa Cruz travel meet. It was great to welcome [Sonja ten Grotenhuis](#), [Jessica Vogel](#) and [Daniela Acevedo-Schiesel](#) from the Gold group and we were very impressed with their effort and behavior over the long weekend.



Overall all swimmers did very well and were able to celebrate new personal best times. Our finalists rocked their events and even won some of their finals. However, the most exciting part was probably to see [Giovanni Wenzler](#). Giovanni swims for the University of Santa Cruz and had just come back from their main meet of the season. Which they won! It was so inspiring

to hear how much fun collegiate swimming is. It is all about team spirit and swimming for each other to get the most points possible. Additionally, Giovanni mentioned his new found commitment to the sport. He has been swimming twice a day and weight training on his off mornings. That amazing effort and commitment has paid off handsomely. This season he dropped multiple seconds in his 200 fly and getting super close to a Junior National cut!

This, to all of us, should be proof that swimming and improving doesn't stop after High School. No, in fact it gets more fun and the improvements get even greater during your college years. Take Giovanni as an example, speak to him when he swims with us, and make sure you go to a college that has a swim program where you can continue to work on your craft!



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“Thriving is all about perspective. Thriving doesn’t mean you have to have the best workout of your life every day. To me it simply means you were the best version of yourself in the toughest moments.”

- Greg Meehan, 2020 USA Olympic Head Coach

Captain’s Corner:

By **Aaron Wu**

How to Trick Your Brain to Getting Work Done

A compilation of ideas

5 second rule - This rule’s purpose is to overcome the fear of change. When fear hits, countdown from 5. By doing this, you break the bad habits that come from encountering obstacles and bring to focus the purpose of overcoming the obstacle.

20 second rule - This rule’s purpose is to take action and not resort to habits. Make what you want to do 20 seconds easier than what you don’t want to do. As an example, that could be packing your swim equipment at night and setting your alarm away from your bed.

Other’s Success - When people get what you always wanted, whether that be a pair of shoes or friends, sometimes it is hard to be happy for them and envy takes over. By refusing to be happy for the success of others, one begins to build the idea that success comes from the envy of others. The truth of the matter is, when others have success, they do not take success away from us. They simply remind us of how within reach success is.

Setup for success - Find something that makes you feel powerful and do it whenever you are faced with adversity. It can be as little as taking off your swim cap and putting it back on or striking a power pose behind the block.

Put yourself at death’s door - Once you get in the zone, you gotta think that only death can force you out. Mental strength is like a muscle, the more you get out of your comfort zone, the more it grows.

The process is a game of momentum - Once you’ve decided to do something go through with it. Everytime you stop, it’s going to be harder to start up again.

“Yet” - You have yet to reach your goals. This three letter word defines the process.



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Make a save point - Make a point that you can always fall back onto when times are tough. This point should embody something motivational that you feel supported by. Something that reminds you of the “why” to your goal. It could be a little motivational note written by you, posters of people you look up to, or a self-created ego.

Recognize your limitations - There’s a double meaning behind this statement. One being able to push past your current limits to better yourself but also to look at the opportunity costs of breaking your limits. For some that could mean maintaining a balance between school and practice.

“When things are going bad there’s going to be some good that comes from it.”

- Jocko Willink

Swim Meets:

14&U Last Chance Meet (TERA) - February 29th & March 1st:

Last chance to qualify for Spring Junior Olympics. 8am Warm-Up.

Spring Junior Olympics - March 13th to 15th:

Meet is open on [FastSwims](#). Congratulations to Josie Oesterer, Asher Takazawa and Paige Arnold who have qualified for this meet.

Hills C/B/BB Meet - March 21st & 22nd:

This is the perfect meet for all ages and levels. EVERYONE should attend. Meet is open on [FastSwims](#).

SCY Far Western - April 2nd to 5th:

Congratulations to our qualifiers: Paige Arnold, Simon Lins, Maddie Oesterer, Kate Aubrecht, Eden Smith, Jalen Chang, Aaron Wu and Brian Wu.

Championships Qualifiers:

JOs	FW	WEZO	SEC	FUT	J.Nat	Nat
Parker L	Paige A	Paige A	Paige A	Simon L		



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Paige A	Simon L	Simon L	Simon L	Paige A		
Asher T	Maddie O	Maddie O	Kate A			
	Kate A	Kate A	Maddie O			
	Eden S	Eden S	Eden S			
	Jalen C	Aaron W				
	Aaron W	Brian W				
	Brian W	Giovanni W				

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Articles:

Writing her Memoir Gives Elizabeth Beisel New Perspective about Swimming and Life

By [Mike Watkins - USA Swimming](#)

“At that time, I was focused on my races and race outcomes that I had tunnel vision and only saw my version of my experiences. When I talked to Chuck and Gregg, they were able to provide an outside view of what they remembered seeing me go through, and that made my stories stronger and richer. It was an important part of the book.” [READ MORE.](#)

Why You Should be Focused on Competing with Yourself

By [Olivier Poirier-Leroy - YourSwimLog.com](#)

It wasn't your coach or teammates that caused you to give up - it was your own doubt, uncertainty and fear. The real battle isn't the swimmer in the next lane ... it's yourself. For a moment forget the brutal swim practices that your coach gives you. And ignore the world-class teammate who laps everyone during the main set. Pay no mind to your long-time rival who frustratingly gets the best of you in competition. [READ MORE.](#)

The truth about leadership: You don't have to be in charge

By [Pamela Steer - The Globe and Mail](#)



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Bill Gates is known to be an avid reader and has a 2,100-square-foot library in his home. If he can find time for continuous learning, so can you. Be open to new ways to solve a problem. Question assumptions before figuring out how to solve a problem. Yours and others. [READ MORE.](#)



**TODAY'S WORKOUT IS
YOUR OPPORTUNITY TO
BUILD THE SWIMMER
YOU WANT TO BE
TOMORROW.**

C O N Q U E R T H E P O O L



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