

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

June 16, 2023

THE FLIPTURN

by **Coach Rob**

The big news for this edition of “The Flipturn” is that the Redwood Empire Swim League (RESL) Championships have been confirmed! The dates are July 21-23 and the meet will take place at Mills College. The meet sheet and online entries (swimconnection) should be available very soon!

This meet is one of the best, most fun and exciting meets that we attend every year. It will be in Short Course Yards (SCY-25 Yard course) and will have preliminaries and finals for **ALL AGE GROUPS!** Last summer every swimmer from PST made final swims! The experience of swimming in Prelims and Finals is one of the most important aspects of swimming that you can learn! As your swimming career progresses, you will have opportunities to swim in this format. It is very important that you get the feel for racing twice in one day before you go to any of the higher level competitions such as Age Group Championships and Far Western Championships.

We are hoping for a HUGE turnout from our Piedmont Swim Team. Last year we had over 110 swimmers participate and we would like to see that number go much higher. Let's get out there and show everyone who we are and what we can accomplish together!



Alexis Byrnes

Alexander Dean

Adeline Zach

Olivia Humphries

Harper Waters Worthen

Kate Rebro

Daniel Bazzhin

Cynthia Wu

Bruno Banuelos

Junlin Jiang

Gabriel Reader

Sierra Jones

Leo Sachs

Tolganai March-Cunningham

Coach Angela Korabik

THIS MONTH'S TOP STORIES

Blue Group:

By **Coach Zoe**

Blue group, wow Wow WOW! From a phenomenal meet at the beginning of this month to a killer kick set last week, you all have raised the bar for training and I am so impressed! At the Orinda C/B/BB+ meet, we had 8 swimmers: Alex Dean, Ayla, Kiran, Luca, Blake, Maia, Micah, and Khai. The atmosphere was positive and energetic, you stuck by each other's sides, cheered for each other, checked in with coaches, and every single one of you completed a personal best time! Check out the highlights:

8 & under

Khai: 3 new B times, a qualifying 50 fly that's 2 seconds away from an A time!

Blake: 3 new B times, all qualifying swims, and a phenomenal br/s glide!

Maia: Her first LCM meet and a brand new B time to go with it!

9-10

Alex: His first LCM meet and fantastic freestyle races!

Ayla: 2 days of competition, 6 events, and personal best times across the board!

Kiran: 3 personal best times, a qualifying 50 fly, and a phenomenal mindset!

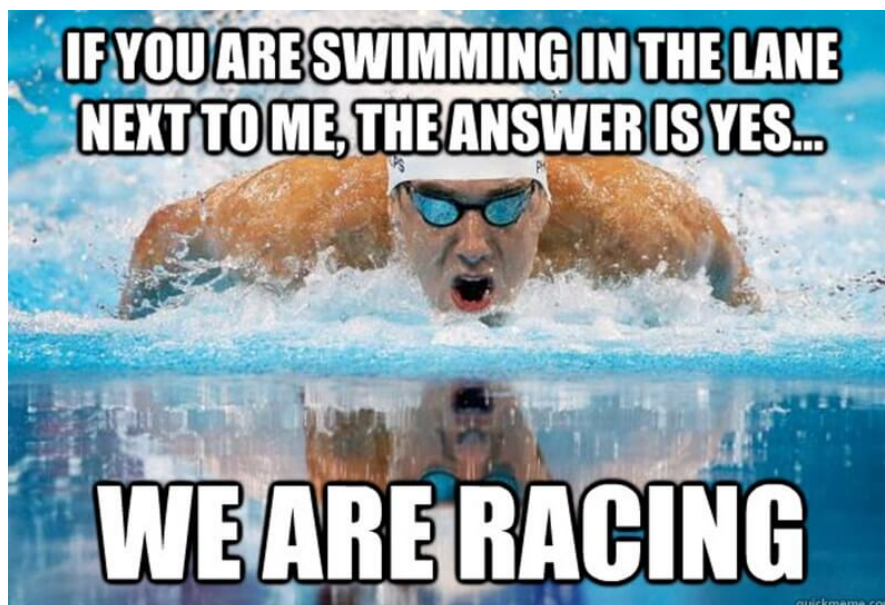
Luca: 2 personal best times and great racing all around!

Micah: WOW! Micah wrapped up Sunday with this group's first 400 freestyle. In May he completed a 200m freestyle, and within the first 200m of this race, he was already 1:00 minute faster. That's huge! Great swim!!!



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

Last week we carried our hard work and vengeance for speed into the HARDEST set we have ever done: **1000 yards of freestyle kick in 32 minutes**. We started with 25's and ended with a whopping 200 yds. Every swimmer put in maximum effort, a couple swimmers kicked so hard their legs went a little numb, and Grace was blasting through the intervals. Make sure to give a high five to your hardworking teammates: **Alex C, Scarlett, Claire, Luke, Kostas, Addy, Blake, Eva, Grace, Khai, Eli, and Adeline!!!**



“When your body gets tired, swim with your heart”
-Anonymous



Bronze Group:

By **Coach Zoe**

What a fabulous month we've had! Our focus this month has been seeing where we stand with our ADM Level 3 test sets and WOW I was impressed! From here we are going to take all that speed and grit and race, race, RACE! Here's a quick recap of the sets:

Butterfly: 20x20 on :45. We also call this the Wu set and it's a favorite that has been passed down from alumni swimmers.

Backstroke: 12x100 on 2:30. This was a tough one! Backstroke seems to get a resounding groan, however, all of you pushed past that discomfort and blasted through the set! Big shout out to **Zach, Kian, Ben, and Saoirse** for picking up speed the more tired they got!



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

Breaststroke: 8x100 on 2:30. We saw consistent, fast swims across the board. Big shout out to **Liam and David** who raced neck and neck through all 100s!

Freestyle: 15x80 on 1:45. This was a TOUGH set! 1200 yds in 26 minutes with 5-10 seconds of rest per in between. Swimmers in this set had grit and the ability to push through even when exhausted. Big shout out to **Devrim, David, Saoirse, and Zach** who held the fastest times throughout!

Kick: 1000 yds freestyle kick in 25 minutes. Nobody in the water on Friday got out without a little wobble in their legs. This set was tough. The distance and the rest changed but nobody got more than 20 seconds of rest and **EVERYBODY** maintained a white water kick. Fabulous!!!

I have been truly impressed with your hard work throughout this last month. Let's take all that strength, endurance, and grit and put it into race readiness for our upcoming RESL meet on July 21-23.



End of practice cannonball competition

“The only one who can tell you ‘you can’t win’, is you, and you don’t have to listen”

-Jessica Ennis-Hill



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

Silver Group:

By Coach Colby

The theme of this month has been sacrifice. Our weekly talks have been about the small sacrifices you start to make now. When we are planning our day make sure to take time to figure out how to get a small snack in before practice, take time to refill your water bottle, make sure you have all the equipment you need for the day, and make sure to stretch. These are the little sacrifices of our time we make to make sure you are going to have a successful day. When you are in practice there are still more sacrifices to be made. Make sure to use the restroom before practice, have your equipment ready for the day and most importantly when the coaches are talking, listen. All of these little things give us more time to get through everything we need to do to become competitive swimmers.

We are also starting dryland this month. Our dryland sessions are going to be planned around cardio training, flexibility, and explosive speed work. Make sure you prepare for these long Wednesday sessions. Bring closed toed shoes, something you are comfortable running in, extra water and a small snack. I would suggest a granola bar, banana, or an orange to quickly fuel you between dryland and the in water portion.

“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.”

-James Allen



Gold Group:

By Coach Rob

First up this month is a shout out to a swimmer who has absolutely blown me (and her teammates) with her dedication, focus and work ethic. Sophia Espinoza has had an incredible season up to this point, and it is obvious she wants to finish out the last 6 weeks of the season going even faster. Keep up the good work Sophia!

Here is your attendance report for the past 30 days! The following swimmers have achieved at least a 60% average.

Samantha White (63%)

Zayd Mahmood (64%)

Bella Jones (64%)

Camille Hauser (68%)

Magnolia Stoll (77%)

Maria Olivia Grigg (77%)

Sophia Espinoza (77%)

And our top attendee for the second month in a row is Peter Pitta with a 91% average!

A little thing I have noticed lately is a few of you have come to morning practice and complained about feeling a little sick to your stomach. The cause of this is simple...you must have something to eat before you swim! I know it is hard to eat that early in the



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

morning but it is important that you counteract the acid that has built up in your tummy overnight. Something light such as a bagel or toast. Maybe a bowl of cereal with 2% or skim milk would work too. If you can eat it at least 30 minutes before you swim, that will help as well. Also make sure you drink lots of water during the practice.

Congratulations to all the swimmers in the Gold Group who were able to attend the Long Course Meet in Moraga on June 10-11. We had so many new personal bests! A special congratulations to Magnolia Stoll who posted her second Age Group Championship qualifying time in the 100 Meter Free with a time of 1:07.26!

Lastly, did you know that the 2024 Olympic Trials are exactly one year away? Who are your favorite swimmers that you will be cheering on at those trials?

“There's no growth in the comfort zone and there's no comfort in the growth zone.”

-Anonymous



Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

Summer schedule is here and it is a lot of fun! Embrace the challenge, embrace being tired, embrace getting faster and most importantly embrace having fun during all of the sessions we are getting to enjoy!

It is awesome to see so many of you at all the morning sessions. Not just are you coming to practices, I can also see you trying your utmost best while feeling exhausted. Run with it, and it will pay off once we are starting our taper and rest phase.

Additionally, enjoy the last few weeks with our graduating class of seniors. While it is sad, but also exciting for us to see them leave for college so soon, it is also one more wonderful opportunity for you all to learn and grow from their experiences and commitment to excellence.

Speaking of excellence; this month's Senior Swimmer is **Baran Watson!**

Over the last month, and even before that, I have been very impressed with Baran's focus and deliberate attempt to improve his swimming. Not only is he asking smart questions about his stroke technique and how to improve it; Baran has also improved his attendance, attended meets without the rest of the senior group and shown a great keenness to work on his distance swimming in doing long distance sets while everyone else took it a bit easier during those practices. I am certain that with this attitude and focus, Baran will continue to have a stellar summer and an even better 23/24 season!



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

Here is your attendance for the last 30 days. Congratulations to the swimmers that committed to a stellar practice routine and got their names into the green category!

Platinum Groups' attendance for the last 30 days as of 6/18/2023						
Green		Orange		Red		
Paige	Evan	Cole	Anna	Josie	Allie	Gabe
Asher		Simon	Sam	Quinn	Saahil	Kaleah
Kate		Abigail	Charlotte	Tyler	Jonathan	Mizuki
Nathan		Connor	Zafar	Shou	Ryan	Max
Baran		Zafar		Cynthia	Daniel	Brooke
<p>Green = 80%+ = good job! Orange = 61% - 79% = okay; not great, not bad; just average! Red = 0% - 60% = not good, you need to do better!</p>						

“You’ve got to learn your instrument. Then, you practice, practice, practice. And then, when you finally get up there on the bandstand, forget all that and just wail.”

- Charlie Parker



Captain’s Corner:

By **Josie Oesterer**

Perhaps it sounds cliché, but one of the most memorable parts of being on this team is the creating of bonds between all kinds of swimmers. Many swim groups involve students with a great variety of ages and schools, and yet we all are somewhat cohesive. Speaking from experience, these friendships can continue to last even as older swimmers grow out of the team. With the extra time summer provides, create more opportunities for everyone to meet up off the pool deck. I suggest something simple, which everyone can be included in and attend, such as picnics, local hikes, or maybe just have a gaming night online. Use this extra time as an opportunity to expand your relationships and be inclusive to everyone around you. Perhaps you will make an unexpected friendship!

“A lot of different flowers make a bouquet ”

-Islamic proverb



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

Swim Meets:

6/24: Crow/Hills/Liv/PST Quad Meet. View the meet sheet for events and other information [here](#).

6/24-25: Senior Open LCM Meet (host: Orinda). View the meet sheet for events and other information [here](#).

7/7-9: Summer Age Group Championships (host: SBA). This meet is in Hollister. Book your hotel now, since there are only a limited number of hotels near the pool.

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

7/21-7/23: RESL Team Competition. Meet is confirmed and will open on swimconnection soon. This is a prelims and finals meet in SCY that does not require any qualifying times. Last year, everyone made finals and swam amazing new personal best times!

7/27-30: Summer FarWestern Championships (host: Tera). Click [here](#) for meet sheet. Meet is open on FastSwims.

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

Championships Qualifiers:

* *New Qualifiers*

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
<i>Mizuki Williams</i>	Charlotte Livermore	Charlotte Livermore	Charlotte Livermore	Cole Carnazzo	Paige Arnold	Simon Lins
<i>Magnolia Stoll</i>	Kate Mikami	Josie Oesterer	Sonja ten Grotenhuis	Simon Lins	Simon Lins	
Zafar Majid	Magnolia Stoll	Ryan Stokes	Sydney Olson	Josie Oesterer		
Connor Carnazzo	Jiselle Souza	Paige Arnold	Simon Lins	Paige Arnold		
Asher Takazawa	Mizuki Williams	Gabriel Reader	Evan Byun			
Cynthia Wu	Connor	Cole	Asher			



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



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

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



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