

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

October 16, 2023

THE FLIPTURN



Coach Adrien demonstrating a backstroke start during PST's mock meet for Blue/Bronze in September.

by **Coach Rob, this Months' Editor-in-Chief**

Opportunities...what does this mean to you? Swimming is all about opportunities. Every single practice session is full of opportunities for you to excel! Every single competition is about possibilities and opportunities.

I find it rather confusing when I hear a swimmer at a meet say, "This meet isn't a championship meet so I don't really have to put a lot of effort in." Every meet, every swim, every practice is a chance for you to get better. Every time you put in a sub par effort, is a wasted opportunity to get better.

If you are given an opportunity to improve...TAKE IT! Push yourself to new limits...get out of your comfort zone and try something new. Every time you are asked to focus on your stroke technique, don't think that it is just a place to go easy. When your coach asks you to focus on turns, starts or strokes, put everything you can into it.

Swim with purpose...Swim with passion...Challenge yourself every time!!!

"Don't worry about failure. Worry about the chances you miss when you don't even try"

- Sherman Finesilve

October Birthdays

Anita Engel

Ryker Goodman

Eva Klein

Zafar Majid

Leo Maltz

Ketan Marcinkowski

Liam McGilloway

Kate Mikami

Maia Saxena

Madeline Schulte

Victor Secor

Liana Shahid

Kate Yeager



Zach's Attack

By **Coach Zach**

Hi everyone,

I wanted to start by saying you all have done so well! I appreciate the high attendance I've seen and the great attitudes swimmers are bringing to practice. This month I wanted to focus on lane order and set objectives. Although I appreciate the need for speed and desire to go fast, there will always be a time and place to slow down and focus on technique.



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I am noticing with all levels some swimmers are more focused on their speed mid-set or being first in the lane than the purpose of the set and end up forgetting to focus on the set objectives. During practice the best way to “win” is to utilize the set properly, which sometimes includes slowing down. If you’re rushing something like sculling or using your arms during a kick set to move to the front of the lane, you may not actually using that practice time to improve. Racing is super fun, and there are definitely times in practice where the main objective is holding a fast pace or going as fast as possible. Other times you may want to slow down or resist bad habits because those are the things that will earn you a DQ at a meet (or slow you down mid-race). The swimmer who isn’t moving super quickly might actually be accomplishing more during the set than a lane leader who is rushing. We can’t get qualifying times during practice anyways and if your goal is to do well at meets you should be focusing on improving your stroke in the meantime. Everyone can improve! You can always win in swimming by trying to improve something, at times that is dropping time at a meet and other times that may be working on a technique weak point you have.

There’s many ways to improve while not thinking about time. You can count your strokes during pull and try to hold the same speed with less strokes, or a faster speed with the same amount of strokes. You can push off further underwater before you do your dolphin kicks, work on your catch trying to more effectively to grab and move the water. The non time-based competition doesn’t need to be fatiguing either, focusing on better streamlines off of walls, or ensuring that you are using a two hand touch with the short axis strokes will help! If you improve you have won! This ties into being able to compete with yourself, which will take time. In my opinion the real “winner“ of a set is the person who actually gets value out of the set.

A good lane leader would also want to make sure they are doing the set properly instead of just holding the front. As a lane leader you help set the pace for the other swimmers, and if you’re going too quick that may throw others off. Each set we give you has a goal or a purpose. If you don’t understand why we’re swimming a certain set, just ask (at an appropriate time). Sometimes swimming slow and controlled, trying to fix bad habits, is much more important than pure strength or speed. The goal before your race is to have your technique locked in so the only thing you have to worry about is the effort you need to put in. I know all of you can try to focus less on lane order/speed and redirect that energy into form, and I think this is one of the hardest parts of swimming. This is what separates the good swimmers from the great swimmers, knowing when to go fast.

“I can’t go out on the track and do the same old thing, it won’t work.”

- Lightning McQueen

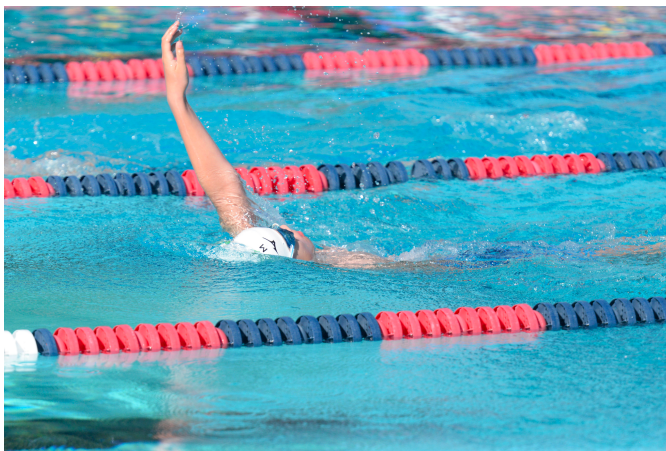


THIS MONTH'S TOP STORIES

Blue Group

By **Coach Adrien**

Blue only got better during month two. We haven't had many meets recently, but congratulations to everyone who raced at Orinda: [Kaito](#), [Eliza](#), [Vivian](#), [Mila](#), [Claire](#), [Anika](#), [Thada](#), [Eva](#), [Zoe K](#), [Izzy](#), [Ella](#), [Victor](#), [Zoe S](#), [Hayden](#), [Landon](#). Shout-out to [Sophie](#) for coming out to learn how meets work! Most of all, [Alex](#) gets a special nod for competing both days. He set a good example, showing us all how important experience can be: he dropped a combined 40 seconds in both his backstroke and freestyle on day 2. Once you've done your first race in a meet, you should give that a try! Getting through the first day makes the second day seem so much easier and more fun.



Alex D on his way to a lifetime best in the 50 back

As a team in practice, you continue to impress me. You did a great job staying excited during our slower weeks focused on your catch and other techniques. It's hard to do the basics very well, but they make everything else possible. I have given you quite a lot to think about this month, so I'm not going to add anything new. I do recommend you read all the articles this month, though: in particular, Coach Zoe's Bronze report has valuable reminders on stroke rules for all of us.

This week, we really picked it up by swimming further, kicking faster without fins, and learning to use analog and digital pace clocks. I'm impressed with how quickly you're picking up the flow of timed practice: focusing on leaving at the correct time, but still concentrating on proper technique. Just like you did with your keyboard stacks last month, you're going above and beyond what I ask for: on Tuesday, the way you counted down for your teammates to remind them when to go was absolutely awesome. You were loud, supportive, and you helped everyone working hard around you feel like they weren't alone at the end of a tough kick set.



Kaito C shooting forward in the 100 breast



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Wednesday, you got a very different challenge when Coach Stefan guest starred at practice to teach breaststroke pullouts and push your endurance! Many of you did your first-ever 200-yard breaststroke. Coach Stefan was impressed by your willingness to learn and work hard. You have really pushed your limits, this week especially, and I'm proud of you for doing your best with everything the coaches ask you to do.

The next two weeks leading into our meet in Albany, we'll keep practicing those basics, but we'll also do something fun and fast and fresh every day. I'll also spend more one-on-one time with you to work on skills where you feel stuck. There are so many skills in swimming, and not everything 'clicks' all the time. Be patient, keep working hard, and I'll help you improve and notice the things you're already doing amazingly well.

Our quote this month is a reminder that our hard work always pays off sooner or later. Just because something doesn't come right away doesn't mean we're not making progress:

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.”

- Jacob Riis

Finally, as promised, the answer's to last month's 'name that stroke catch' quiz. How did you do?

A) Backstroke B) Freestyle C) Breaststroke D) Butterfly



Bronze Group

By **Coach Zoe**

First off, you are doing an amazing job!!! In the last month, I have seen balance and thoughtfulness as you are swimming. As we head into the AAA meet in a couple weeks, we are putting more emphasis on breaststroke and butterfly. These are tough strokes to master because they have a lot of moving pieces and stroke rules. The rules are important because we want to make sure you are swimming the stroke correctly. Your job in practice is to swim the stroke with accuracy and learn from the moments when you don't. If you swim with accuracy all the time in practice, you will be able to achieve a qualifying race during competition. I've included a couple videos and a rundown of the rules for racing these strokes.



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Breaststroke		Butterfly	
Rule	Tips	Rule	Tips
(Kick) Simultaneous	Keep your feet flat – when you draw your heels up, pull your toes towards your shin	(Kick) Simultaneous	Press your legs tight together or try and keep your big toes touching (as you get tired, this will get harder)
(Pull) Simultaneous and does not cross hip line	Keep your pull small and powerful, sculling is the best drill to get a grip on the water	(Pull) Simultaneous	You must recover your arms at the same time and over the water surface- timing is key
Breathe every stroke	Pull and breathe, kick and glide	2 kicks per pull	1 st kick as you complete your pull (hips press forward as your hands press back), 2 nd kick happens with landing in the Y-position and chest press
1 kick per pull			
(U/W) Breaststroke pulldown or just a streamline	No butterfly kick(s), practice the pulldown every wall (including turns). Ask a coach or teammate if you are unsure about your pulldown qualifying	(U/W) Butterfly kicks only, no more than 15yds	Practice this every start/turn
(Finish) Simultaneous, 2-hand touch	You MUST touch the wall with 2-hands every time you swim breaststroke, imagine you are giving the wall a double high-five!	(Finish) Simultaneous, 2-hand touch	Press and reach for the wall on your last stroke, making sure to touch with both hands at the same time and same level

Breaststroke Videos

Short Clips - Breaststroke Technique
[Breaststroke Pulldown](#)
[Breastroke Pull](#)
[Breastroke Kick](#)
 Pro Tips and Races
[Olympians' Tips - Breaststroke Technique with Breeja Larson](#)

Butterfly Videos

Short Clips - Butterfly Technique
[Butterfly Pull](#)
[Butterfly Breath](#)
 Pro Tips
[Olympians' Tips- Butterfly Technique with Stephanie Rice](#)



Second, let me introduce you to our **NOVEMBER GOAL**. We are going to set our goal in the next couple weeks, and check in on your progress at the end of November.

This month's topic: **My Part in Teamwork**

Who is an example of a good teammate? Name one or more people (feel free to use people in your classroom, other teams, or famous athletes).
What characteristics/behaviors make this person a good teammate? List at least 5 things.
Who is an example of a good student of the sport? Name someone from your group, someone who seems to be learning a lot. Someone who listens intently, asks good questions, and tries hard to improve.
What does this person do that makes them a good student of the sport? List 5 things.
Pick one way you are going to be a better teammate or student of the sport this month. How will you do this within yourself? How will your coach and teammates know you are doing it?

I look forward to seeing your answers over the next week. You can print this out and work on it, or collect a sheet at practice this week.



Silver Group

By **Coach Colby**

Another month of training goes by in a flash. We had another meet, we learned a lot about dives, turns, and have started applying the skills in longer “main sets”.

The meet was really exciting. We finally had some swimmers willing to compete outside of their comfort zone and seizing opportunities in events they don't normally swim.

[Ruby Mouat](#) swam six events with two big personal bests and tried out the 100 free and breast. Time to try the 100 back and fly!

[Annika Nagpal](#) also swam six events over the weekend and branched out into the backstroke events.

[Max Schultz](#) had six events including the 200 breast finishing in third for his division as well as a new “B” time in the 50 fly

[Eleanor Schultz](#) swam six events as well; she tried all of the breaststroke events; she took 13th in the 50, 26th in the 100 and 6th in the 200. She found out she needs to do more 200 yard events.



[Naomi Whittle](#) also shocked us with swimming another 400 IM and really starting to find joy and passion for it. This time she dropped 35 seconds placed 4th in her division and this was after swimming the 200 free and 200 breast this weekend.

[Maddie Schulte](#) really branched out by signing up for eight events this weekend she tested out all of the 50 and 100 events she could and splashed in a 200 yard freestyle. Next time she should try the

200 yard version of the events.

We also had some new goal times reached. [Jack Gamble](#) with a new B time in the 200 free, [Max Schultz](#) also had a new B time in the 50 fly, [Nora Pfister](#) got her second and third B times in 50 back and 100 free, [Zach Waitkus](#) with three new B times in 100 back, 50 free, and 50 breast.



As well we had one swimmer with a surprising breakout meet. [Ben Rebro](#) had seven events over the weekend achieving a new B time in the 100 free but also got himself his first age group champs time in the 50 fly with a 35.22. This qualifies him to swim at Age Group Championships meet in December and represent the Piedmont Swim Team. We are so proud of Ben's achievement and it really shows the quality and abundance of work he puts



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into swimming. **Congratulations Ben!!**



“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.”

- Pele



Gold Group

By **Coach Rob**

The past month has been a very busy and positive month for the Gold Group. Practices are getting harder and everyone has responded in a fabulous way! It is amazing how our bodies react to the stress of training. Sometimes we feel like there is no way we can do what is being asked of us. But with the support and encouragement of our teammates we work our way through and not only complete the work but shine while doing it. That is the primary reason why we had such an outstanding meet at the OAPB (Orinda) C/B/BB+ meet!

Mason Armstrong posted a best time in the 200 free (6 second improvement!) and swam the 100 back for the first time. **Aanya Bakhru** swam two new events for the first time in the 200 Breast and 200 Free. **Dani Bazzhin** posted a 7 second improvement in the 200 free and swam the 200 IM for the first time. **Owen Cassidy** had a best time in the 100 free as well as



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swimming the 100 breast and 200 IM for the first time. **Asher Dolid** had two new best times in the 100 backstroke (20 second improvement and a new B time) the 100 free (1:00.48 a new BB time)! **Anita Engel** had a fantastic meet swimming 6 events and posting new lifetime bests in every single one! **Sophia Espinoza** continued her improvements going 4 out of 6 best times! **Lucy Gerard** had a great meet with five out of six best times including new B times in the 50 and 100 freestyle! **Maria Olivia Grigg** had a good meet with 3 out of 5 best times. **Camille Hauser** was the Iron person, swimming 8 events over two days. She went best times in 7 of those events including a new BB time in the 100 free! **Colt Hitchcock** swam two out of two best times in the 200 back and 200 freestyle.

Anoksh Khambatta continued his strong start to the season with five new best times which included B times in the 100 free and the 50 backstroke. **Elin Lee** posted two new BB times in the 50 breast and 50 freestyle as well as 4 other new personal bests! **Rabia Mahmood** posted a new best time in the 200 freestyle. **Zayna Majid** had four best times out of 7 swims! **Leo Maltz** had best times in the 100 freestyle and 50 backstroke. **Chase Mellers** continued his strong performance with 4 out of 4 personal bests! **Anabel Orozco** had two new best times! **Peter Pitta** went 2 for 2 on best times. **Kate Rebro** posted first time best times in the 200 backstroke and 200 butterfly! **Amor Rodriguez** went 4 out of 6 best times with a new B time in the 100 Breaststroke! **Lucy Scott** had 3 best times including a new B time in the 400 IM! **Hieu Vo** had best times in all three events that he swam. **Esther Ward** also swam an amazing 8 races and posted best times in 5 of them!

“Perfect Practice Prevents Poor Performance!”

“If it is to be, it is up to me!”

- by ?



Platinum/Alumni/YRHS Groups

By **Coach Stefan**

Practices are starting to get more intense and I am impressed on how you have managed to navigate through the new challenges that are being given to you. While your heart rate goes up and your muscles get sore, we need to make sure that we are going to continue to keep the finer details in mind;

Count your strokes regularly and work on *swimming faster with fewer strokes*. Aim to feel the *balance and efficiency within your stroke lines*, allowing you to travel through the water with more ease. Never forget to work on *athletic turns* and gain momentum from your approach through the turn into your underwater phase and ultimately your stroke on top of the water.

These are the focuses you must have at all times to create a practice that is positive and is highly beneficial to you = quality.



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The coaching staff and myself are excited to keep you on track with those challenges and continue to help you grow as athletes.

Growth, both in and out of the water, has had a lot to do with picking our senior swimmer for the month; **Evan Byun!**



Evan (back row, center) at the Pacific Swimming leadership summit

Evan (right) @ Spring FarWesterns

It has been an immense pleasure watching Evan put so much energy and emphasis into improving the quality of his swimming since the beginning of the season. Despite being a Junior in High School, which academically is a very intense time, Evan has superb attendance, is working hard to improve his stroke mechanics, gives his utmost best during every set AND volunteers as our athlete rep with Pacific Swimming. His enthusiasm for personal growth and helping the team become more of a unit has been an inspiration. Well done, and keep up the good work!

Before you scroll down to our attendance section, here are a few housekeeping items you need to keep in mind for the upcoming months:

- Our senior group [meeting doc](#) should be looked at regularly for discussion points, key dates, practice changes, meso cycle, stroke technique analysis/examples and more.
- Power bags are going to be used regularly going forward. Make sure you have all the required equipment with you, always.
- Label all of your equipment, clearly. Particularly your tempo trainer.
- Never forget: A happy swimmer is a fast swimmer!



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Congratulations Platinum group for achieving a minimum of 60% attendance as a team for the first time ever. One Team, Committ!

Platinum Groups' attendance for the last 30 days as of 10/15/2023						
Green				Orange		
Cole	Zafar	Evan	Magnolia	Josie	Daniel	Orion
Owen	Asher	Kaleah	Kelly	Quinn	Jonathan	
Connor	Kate	Mizuki		Abigail	Zayd	
Max	Nathan	Sam		Tyler	Anna	
Allie	Jiselle	Charlotte		Vivie	Gabe	
On reduced schedule due to injuries: Brooke, Bella, Olivia, Baran, Maya, Cynthia						
Green = 80%+ = good job! Orange = 61% - 79% = okay; not great, not bad; just average! Red = 0% - 60% = not good, you need to do better!						

“Do not allow negative thoughts to enter your mind for they are weeds that strangle confidence.”

- Bruce Lee

Captain's Corner

By **Josie Oesterer**

Find joy in small improvements.

Swimming proves to be demanding, not only physically but also mentally. Progression often follows a non-linear path, lacking consistency. There have been entire seasons where I experienced no time drops, making it challenging to maintain a connection with the sport. Surprisingly, gazing at the tiled black line can become monotonous, leading my mind to wander toward thoughts of dinner instead of focusing. Over time, I've developed two self-checks: 1. How am I feeling physically? Heavy, slow, or strong? 2. What is the state of my mental arena? Am I swimming out of obligation or purpose?

Setbacks are inevitable, but the response to them defines a resilient athlete. The initial step is a shift in perspective. Acknowledge all the positive aspects during a race or



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practice—whether momentary, like a well-timed dive, a snappy flip turn, or avoiding leaky goggles. Regardless of how small, give yourself credit. Only after acknowledging the positives should you delve into the negatives. Analyze, don't accept. A race wasn't "bad"; it simply could have been better with more proficient fly kicks. Apply this mindset to practices. If your next race shows improvement in just one aspect of focus, consider it a reason to celebrate—a success! Measure progress through purposeful, small steps rather than solely relying on time-based benchmarks.

Embrace the journey and relish the small victories.

"Success is not final, failure is not fatal: It is the courage to continue that counts."

- Winston Churchill

Become a Student of Our Sport

By Coach Rob

As everyone is aware by now, I am a firm believer in the power of a positive mindset and attitude. I found this video and thought it would be a great thing for all of you to see and experience. It is not directly about swimming, but I still think that being positive, being honest, being empathetic and being the best you can is achievable. Every single one of you is important...your coaches believe that, your parents believe that, your teammates believe that...now its time for you to believe that!

<https://youtu.be/Cj2G5D9kz6c?si=GxRwRHJfeXTlarj->

"Successful people have fear, successful people have doubts, and successful people have worries. They just don't let these feelings stop them"

- by T. Harv Eker

Swim Meets

11/11: Veterans' Day Invite. PST and Hills are hosting a small meet on 11/11 at Mills. Meet has reached capacity and is closed. 82 PST swimmers are registered to compete.

11/18-19: Senior Open (host: Tera). All swimmers from Platinum, YRHS and Gold (13&O)



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should attend. Last chance to qualify for championship meets in December!

12/1-3: 14 & Under Winter Age Group Championships (host: Crow).

12/8-10: Senior 2 Prelims & Finals Meet (host: SCSC).

12/9-10: C/B/BB Meet (host: SRVA). All swimmers from all groups should attend unless they have or will be competing in a championships' meet the week before or after.

12/14-17: 2023 Winter CA/NV SCY Sectionals (Huntington Beach, CA).

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Championships Qualifiers

** New Qualifiers*

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
<i>Ben Rebro</i>	Taylor Dacanay	Asher Takazawa	Asher Takazawa	Asher Takazawa		
Connor Carnazzo	Abigail Jacoby	Cole Carnazzo	Cole Carnazzo	Cole Carnazzo		
Zafar Majid	Josie Oesterer	Owen Blanford	Owen Blanford	Owen Blanford		
Cynthia Wu	Sydney Olson	Josie Oesterer	Josie Oesterer	Josie Oesterer		
	Jiselle Souza	Charlotte Livermore	Jonathan Dong			
	Magnolia Stoll	Evan Byun	Nathan Judy			
	Mizuki Williams	Zafar Majid	Sydney Olson			
	Allie Woo	Connor Carnazzo	Charlotte Livermore			
	Cynthia Wu	Nathan Judy	Sonja Ten Grotenhuis			
	Kate Mikami		Evan Byun			
	Sonja Ten Gortenhuis					



Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Charlotte Livermore					
	Cole Carnazzo					
	Owen Blanford					
	Asher Takazawa					
	Connor Carnazzo					
	Evan Byun					
	Quinn Cook					
	Jonathan Dong					
	Nathan Judy					
	Zafar Majid					
	Gabriel Reader					

