

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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March 15, 2023

# THE FLIPTURN

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

**March!**, the most amazing month to be a swimmer and an overall athlete in the U.S. during a non Olympic year.

Not just is our SCY season coming to an end with exciting meets, such as the 14&U Championships, the TERA C/B/BB meet this weekend and Far Westerns at the end of the month; it is also the month where all of us should be glued to our socials and TVs, following our favorite schools and swimmers during the NCAA Championship meets.

Some exciting questions are about to be answered:

- Can the Texas or Stanford Women's team beat UVA at this year's NCAA D1 Championships in Knoxville, Tennessee from March 15th to 18th?
- Is there a possibility that the ASU men's team is going to break the Cal/Texas stronghold and go for the double, after their Pac 12 superiority over Cal? The men's competition will take place from March 22-25 in Minneapolis.
- Who is going to be the standout star and will there be some unexpected upsets?
- How many records are going to be broken?
- Will Kate Douglass (UVA) be the first woman to swim the 200 Breaststroke under 2 minutes?
- How are Simon (UVA commit) and Paige (Amherst commit) going to feel about their future teams performances at NCAAs?
- Do your coaches have favorite teams they will be following and cheering for over the next few weeks?

So many questions, so much is unknown and so much excitement has been building up within the swimming community; make sure to talk about it with your teammates, your family and your coaches!

Use this time to get inspired and to watch high quality swimming. Be in awe with the swimmers techniques, turns, underwaters and overall athleticism and, most importantly, use this championship season to become a **FAN** of our amazing sport!

*“I don't want to look back and say, ‘could I have worked harder?’  
I see a lot of unused talent in this world, and I don't want to be one of  
those people.”*

- Brendan Hansen



HAPPY  
BIRTHDAY

## March 2023

Jackson Apodaca  
Devrim Radzik  
Alexandr Chiriliuc  
Maria Olivia Grigg  
Havia Leonard  
Julian Yarema  
Andre Lopez Geltmeyer  
Simon March-Cunningham  
Tyler Dacanay  
Orr Bar-Dvir  
Lucy Gerard  
Alexandra St. Wecker  
Quinn Cook  
Kate Aubrecht

Parker Chang  
Naomi Whittle  
Deniz Radzik  
Elodie Plauche  
Avery Lunde

Evan Byun  
Vivian Sohn  
Shou Presley  
Josephine Oesterer  
Charles White  
Stefan Bill

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## THIS MONTH'S TOP STORIES

### Blue Group:

By **Coach Angela**



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We finally have another meet coming up this weekend after a long month of rainy swimming, and I'm so excited to see all the progress Blue has made to get applied to their races! We've been working incredibly hard the past month, and I have been astounded by how great the quality of swimming and effort the swimmers have been putting into their practices has been. In particular, we have been focusing a lot on efficiency skills such as tight streamlines, breaststroke pull downs, effective flip turns, and good head position that, when applied to a race, will help a swimmer go faster while using less energy. We've also been focusing on introducing the concept of endurance in swimming by introducing longer distances in practice (swimming multiple 100s back to back) and swimmers even did a 5-minute continuous swim with no stops one day! As the weather starts to warm up in the next month, we are going to keep focusing on swimming longer distances and will also be returning to some of the basic skills and drills that will make their breaststroke and butterfly in particular more effective.

Here are a few major skills we've been working on that the Blue swimmers should remember to apply to their races this weekend:

- Tight, tight streamlines!
- 3 butterfly kicks off every wall for freestyle, backstroke, and butterfly
- Do breaststroke pull-downs off every wall with breaststroke
- Flip turn for freestyle and backstroke, two hand touch for breaststroke and butterfly
- Keep your eyes looking down and your head nice and still even while your arms are moving fast!
- TIGHT STREAMLINES!!!

*“Venture outside your comfort zone. The rewards are worth it.”*

*- Rapunzel, Tangled*



## **Bronze Group:**

By **Coach Zoe**

This month has been a true test of commitment from you. The rain, wind, and chilly weather has illuminated the mental toughness you as swimmers are capable of! Since listening to Simon speak at our stroke clinic in December, we have discussed what it REALLY looks like to commit to swimming. In my opinion, mental toughness is the greatest indicator of your success as a swimmer.

So...What is mental toughness? What are indicators that you are showing up in a way that will make you a great swimmer? For this we are going to take a look at 4 indicators of mental toughness that you can develop and examples of each.



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## -Becoming Mentally Tough-

<p>Grit</p> <p><b>I can do hard things</b></p>	<p>I can have difficult moments or feelings, acknowledge them but not give up because of them + I'll do what it takes to achieve my goals</p>	<p>Have you ever signed up for an event a month earlier, only to feel anxious about it on the morning of the meet?</p> <p>What do you do? What would you do if you were a swimmer who has GRIT?</p>
<p>Aspiration</p> <p><b>I work hard because I know what I want</b></p>	<p>I know what I want and I will work everyday to get it + I am willing to try new things even if it is intimidating or hard</p>	<p>Have you ever wanted to get faster at a certain event or stroke and you know that if you learn a certain skill it will help your race? Maybe it's putting your kick into your stroke more, or learning how to dive, or how to get a faster turn.</p> <p>What do you do? What would you do if you were a swimmer with ASPIRATION?</p>
<p>Engagement</p> <p><b>I better myself and in doing so I better those around me</b></p>	<p>I am a valuable member of this team and work hard to represent that everyday + I look at what I don't know and ask, what can I do to know that?</p>	<p>Imagine a really hard set, like our drop out 100s or a test set...</p> <p>Did you try your hardest? Did you support your teammates? When you were done with the set, how did you feel thinking of the next time we did a set like that? What would you do if you were working towards your BEST?</p>
<p>Self-Efficacy</p> <p><b>I believe in myself</b></p>	<p>I am in charge of how good of a swimmer I become + I am capable of doing the things that will get me there</p>	<p>Have you ever gotten a stroke correction that seems really challenging or you keep trying at it but it doesn't quite click?</p> <p>At this moment, what do you choose? Do you work on this skill throughout the set or only when your coach is giving you feedback? If you believed in your ability to improve, how would you tackle that obstacle?</p>

[Summarized from "8 factors of Mental Toughness"](#)

## -Set of the Month-

Jackson and Finley successfully completed the set of the month. A set that tested their fitness and mental toughness.  
WELL DONE!!!



### 16 x 100 Free

- 2 x 100 @ 2:00
- 2 x 100 @ 1:55
- 2 x 100 @ 1:52
- 2 x 100 @ 1:50
- 2 x 100 @ 1:47
- 2 x 100 @ 1:45
- 2 x 100 @ 1:42
- 2 x 100 @ 1:40

*"Do the one thing you think you **cannot** do"*

- Oprah Winfrey



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## Silver Group:

By **Coach Colby**

The silver group has been working on turns and lots of them. Morning sessions we have focused on the IM turns and afternoons we spend time more on the flipturns. Something we are seeing that is really positive is a lot more swimmers using all legal turns, occasionally we will have a brain fart but very rarely are we seeing swimmers do illegal turns in practice. With flipturns it can be very difficult to hold your breath through the full process of a turn so we regularly see “freestyle open turns”, we do however have a group that does every single flipturn, them being, Aanya Bakhru, Anita Engal, Jack Gamble, Lea Hakiel, Abhya Keatts, Anoksh Khambatta, Chase Mellers, Russell Pan, Maddie Schulte, Eleanor Schultz, Max Schultz, Gia Tuzzo, Naomi Whittle, and Alex Wolff. Not every turn is perfect but doing every turn can get you closer and closer to perfection.

As the weather gets nicer I highly suggest parents to come to the Silver group practices to watch their swimmers. I really love being able to talk about what we are trying to build at the Piedmont Swim Team. Feel free to come talk to me before or after practice just not while I am on deck, I am also hard to reach on Tuesdays and Thursdays after practice as I have to race off to a 6:45 highschool practice. I am also more than happy to set aside some one on one time if you want to really go over a plan of action with your swimmer.

*“There is no power for change greater than a community discovering what it cares about.”*

- Margeret J Wheatley



## Gold Group:

By **Coach Rob**



Ahhhh...spring! A time when young swimmers' thoughts turn to...LONG COURSE! The next few weeks are going to be very busy for our team. We are heading into the end of the short course (25 yard) season with meets scheduled almost every weekend. For the Gold Group our priority is the Concord Terrapins C/B/BB+ meet taking place on March 18 and 19. Everything we have been doing over the past months is leading towards this meet! You have all done the work, pushed yourselves and supported your teammates incredibly. Now is the time for each of us to step up and show everyone how great we are. We have over 100 swimmers from PST attending the meet. Not only am I



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expecting incredible performances in the pool, but I expect each of you to be leaders at the meet. Cheer on your teammates! Help out with the younger swimmers! Swim FAST!

Next up after the Terrapins meet is our first LONG COURSE meet of the season. The meet will take place in San Ramon on April 22-23. I encourage ALL SWIMMERS in the Gold group to enter this meet. Long Course meets traditionally fill up very fast...so as soon as the meet is posted, make sure you sign up right away.

As a coach, I look forward to Long Course more than any other time of the year. This is “true” swimming! With half the number of turns, it is imperative that you are strong and fit. The long course season is shorter than short course and we have to prepare a bit differently. If you were unable to complete the IMX Challenge during short course season, you can do so in the long course season as well. Here are the events that you should enter between now and the end of the Long Course season:

11-12 Years Old (Long Course)		13-18 Years Old (Long Course)	
400 Free	100 Butterfly	400 Free	200 Back
100 Back	200 IM	200 Breast	200 Butterfly
100 Breast		200 IM	400 IM

Lastly, in the last newsletter I talked about the importance of regular attendance. What I forgot to do was congratulate those swimmers in the group who have attended 75% or more of our scheduled practices!

Kate Rebro	94%	Lucy Scott	75%
Peter Pitta	81%	Sophia Espinoza	
	75%		
Magnolia Stoll	79%		



Now it's up to the rest of you to get up to 75% or better!

*“Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.”*

- Amy Poehler



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## Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

It is a pleasure to recognize the successes of *Cynthia, Zafar, Cole, Connor and Asher* during the 14&Under Spring Championships in Santa Clara last weekend. All five had some amazing swims, with Cynthia swimming a new personal best in the 50 F/s, Zafar matching his previous time and Cole, Connor and Asher dropping time left and right, qualifying for finals in almost every event they swam. What a great start to an exciting championship season. The coaching staff is looking forward to seeing everyone race this weekend at the TERA meet and at FarWesterns in two weeks time. Start to visualize your races now, stay focused and engaged and make every second of every day count, to get the preparation you want and need.

A lot of excitement has been building within the senior group and many, many, many swimmers have committed to becoming a better athlete. You are not just working harder, you have also committed to improving your technique. It is one thing for a coach to show you, ask you and help you become aware of what needs to change; it's a whole other thing for YOU to commit to the change! Only then will we, and most importantly, YOU, see the progress you desire.

With this in mind, I am going to start to recognize a Senior Swimmer in every newsletter. Someone that is applying the focuses they are given and is actively striving to change their habits and with that becoming a better athlete!

The Senior Swimmer of this Month is **Daniel Lou!**

Daniel has not just improved his attendance substantially over the last month, he has also been working hard and diligently to improve his technique. What I have seen from him has impressed me a lot, as now he can make intervals he wasn't able to make just a few weeks ago, he is looking taller and more efficient in the water and seems to enjoy the process of changing habits. Well done, and keep up the great work!

Last month I shared the Platinum Group's practice attendance. Since then we have seen an increase in commitment. I am going to continue to share attendance records in our newsletter for the 30 days leading up to the publishing date. Your goal should be to get your name into the 'Green' category by next month's FlipTurn.

<b>Platinum Groups' attendance for the last 30 days</b>						
<b>Green</b>		<b>Orange</b>		<b>Red</b>		
Paige	Josie	Cole	Max	Jack	Quinn	Tyler
Simon	Asher	Kate	Maya	Abigail	Shou	Cynthia
Daniel	Nathan	Baran	Evan	Connor	Charlie	Saahil



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Kaleah		Allie	Gabe	Zafar	Jonathan	Ryan
		Mizuki		Brooke	Anna	Charlotte
<p><b>Green</b> = 80%+ = good job!   <b>Orange</b> = 61% - 79% = okay; not great, not bad; just average!  <b>Red</b> = 0% - 59% = not good, you could do better!</p>						

*“Start now. Start where you are. Start with fear. Start with pain. Start with doubt. Start with hands shaking. Start with voice trembling but start. Start and don’t stop. Start where you are, with what you have.*

*Just ... start.”*  
 - Ijeoma Umebinyuo

## Captain’s Corner:

By **Josie Oesterer**

Small goals are just as important as large ones! Hopefully, at this point in the season we each have set goals for ourselves. Whether these goals only apply for the rest of this 2023 season or the next few years in your swimming career, look into how you want to go from point A to B. Many times, we set large goals, but never reflect on the intricate process into achieving them. Because all goals are personalized and can relate to a swimmer mentally or physically, here are some very general points ideas to reflect on. Rather than just coming to practice, decide how this will look. Will you come to the pool early? Be in the pool on time? While at practice, decide how you want the set to go. Are you just trying to get through it? Complete the whole distance? To what level do you want to execute the set? All these aspects of your day, in or out of practice, are entirely up to you. I encourage you to create your own small goals, because these small details can ultimately determine the success of your long term goals.

*“If you fail to prepare, you’re prepared to fail.”*  
 - Mark Spitz

## Swim Meets:

**3/18-19: TERA C/B/BB Meet (Concord, CA).**

Over 100 PST swimmers have registered!

**3/30-4/2: Spring Far Westerns (Morgan Hill, CA).**



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Meet is open on [FastSwims](#). All qualifiers to attend. Congratulations to our qualifiers: [Gabriel](#), [Sydney](#), [Asher](#), [Nathan](#), [Cole](#), [Paige](#), [Ryan](#), [Simon](#), [Evan](#), [Connor](#), [Josie](#)

**4/22-23: SRVA LCM C/B/BB Meet.**

This will be the first LCM meet of the season. All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

**5/13-14: TERA LCM C/B/BB Meet.**

All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

**6/10-11: Orinda LCM C/B/BB Meet.**

All swimmers from all groups should attend. LCM meets fill up fast, sign up as soon as it opens!

**6/24-24: Senior Open LCM C/B/BB Meet (host: Orinda).**

All 13&O from Platinum, Gold and YRHS should attend. 11-12 can attend with qualifying times. LCM meets fill up fast, sign up as soon as it opens!

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## Championships Qualifiers:

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Cynthia Wu	<i>Connor Carnazzo</i>	Gabriel Reader	<i>Cole Carnazzo</i>	Paige Arnold	Paige Arnold	Simon Lins
Cole Carnazzo	Tyler Dacanay	Cole Carnazzo	Simon Lins	Simon Lins	Simon Lins	
Sydney Olson	Paige Arnold	Asher Takazawa	Josie Oesterer			
Asher Takazawa	Ai-li Baird	Sydney Olson	Nathan Judy			
Connor Carnazzo	Abigail Jacoby	Evan Byun	Paige Arnold			
Zafar Majid	Cole Carnazzo	Connor Carnazzo				
	Cynthia Wu	Josie Oesterer				



Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Sonja ten Grotenhuis	Nathan Judy				
	Evan Byun	Paige Arnold				
	Quinn Cook	Ryan Stokes				
	Jonathan Dong	Simon Lins				
	Nathan Judy					
	Josie Oesterer					
	Gabriel Reader					
	Asher Takazawa					
	Ryan Stokes					
	Simon Lins					

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

**Breaststroke!** The most challenging stroke to swim fast. To be an excellent breastroker one must understand the importance of reducing drag, finding the correct timing and tempo, integrating hip propulsion into the stroke and controlling once breath like in no other stroke.

Kate Douglass (UVA) recently swam a 2:01 200 breaststroke. **Watch her unbelievable swim [here](#).** How many strokes did she take on every length? How far did she go underwater? When did she pull/kick/breath (timing)? How big was her pull, how wide was her kick? How did she utilize her body to create speed within her line?

I am asking all of you to watch her race, think about the questions above and then go to your coach and discuss her swim and what YO can start to do to swim like Kate!



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