

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

October 15, 2022

THE FLIPTURN

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

Our team is embarking into the busy season of the calendar year and we are excited to once again host a USA-Swimming meet on October 29th and 30th. With this meet we want to inspire our swimmers, parents and broader community to get involved and support one another. For me, there is nothing better and more exciting than turning an individual sport into a team event; our hosted meet will allow us to do that, as we have almost every single athlete on the team competing. Show team spirit in cheering and supporting each other. Make sure that we are the loudest, proudest and **greenest** team attending!

The design for the Piedmont & Hills Spooktacular has been finalized and t-shirts and hoodies will be for sale at the meet. Be ready to get your preferred shirts quickly as I am sure they will sell out fast.



What an exciting time to be a part of this amazing team. Keep up the good work, great attendance and fantastic energy during practices. And as always - **Go PST!**

“Courage doesn’t always roar. Sometimes courage is a quiet voice at the end of the day saying, “I will try again tomorrow.”

- Mary Anne Radmacher

Birthdays!!

September 17th through October 31st, 2022



Konstantinos Johnson

Madeline Schulte

Leo Maltz

Zoe St. Wecker

Liam McGilloway

Mark Schulte

Juliet Keeton

Samuel Donnelly

Zafar Majid

Jocelyn Minor

Anita Engel

Viviane Oesterer

Ryker Goodman

Kate Yeager

Colin Amen

Asher Takazawa

Katherine Mikami

Abigail Jacoby

Paige Arnold

Jack Bell

Giovanni Wenzler

THIS MONTH'S TOP STORIES

Blue Group:

By **Coach Angela**

The first two months of the season have flown by, and the Blue group is really getting into the “swim” of things. Several of our swimmers have had the chance to attend their first swim meets at EBSD (September 17-18) and Vallejo (October 7-9). For many others, the PST-hosted meet (October 28 and 29) is going to be an awesome chance to learn what a



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swim meet is like, race, watch the older swimmers, and most importantly, have fun! Here are five quick tips to make your first (or next) swim race as awesome as possible:

1. Streamline off of every wall!
2. Reach your arms in front of you as far as possible before pulling them back through the water hard and strong.
3. Race as fast as you can the ENTIRE time! Don't stop until you touch the last wall!
4. When you do touch the wall, make sure you are using the touch appropriate for your stroke: one-hand touches for freestyle and backstroke, two-handed touches for breaststroke and butterfly.
5. Last but not least, KICK FAST!!!

Remember, each race is a learning opportunity. Even if the race doesn't go the way you think it will, it's still an awesome experience for you to learn how to swim better, faster, stronger. Just keep swimming and have fun! 😊

“Just keep swimming!” (and kicking!)

- Dory, *Finding Nemo*



Bronze Group:

By **Coach Zoe**

Over the last month, we have been focusing on the basics. Starting with starts, underwaters, turns, and smart swimming. We will be continuing this focus going into our PST Hosted Meet at the end of the month.

In addition, swimmers will begin to set and develop personal goals for practice, competition, and overall performance. We will begin the process by looking at the IMR/IMX events that each swimmer will compete in this season. From there, the swimmers will take a look at their current personal best (PB) times and set incremental goals that are challenging and achievable. They will learn how to identify areas to improve their training, track their progress, and prepare themselves mentally and physically for peak performance competition.

Throughout the next month, each swimmer will be analyzing their own performance with curiosity and ambition. From this, they will have many questions that I want to make space and explore with them. To do so, we will be setting up individual goal meetings. Be on the lookout for goal sheets and emails regarding scheduling these meetings over the next month.

“Setting goals is the first step in turning the invisible into the visible”

- Toni Robbins



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Silver Group:

By **Coach Colby**

Finally we completed our 6 week cycle of intensive kick! I really love what it has done for us in practice as we've moved into EN 2 and started doing our bigger block yardage, the kick is making it look trivial. We are going to be doing EN 2 for 6 weeks as well. We are going to do our best to do it as IM so we can work on all the strokes and their respective turns. We are also keeping our underwater kick focus, if we are doing 50's you need a minimum of 8 butterfly kicks underwater off each wall, 100's with 6 kicks and 200's with 4 kicks.

The VJO meet went really well. A lot of brand new times and a lot of new personal bests. With these new times we will be going over goals and starting to map out the season together. The first step to that is filling out a [goal sheet](#). Everyone that fills out the goal sheet before the next meet will receive a reward.

“Trust the Process”

- Joel Embiid (Philadelphia 76ers)



Gold Group:

By **Coach Rob**

It's funny how fast time flies when you are having fun and swimming fast! The last month has been super busy with two swim meets and a mock meet. Between the EBSD and Vallejo meets the Gold Group has swum 168 total swims...and posted an amazing 112 best times. This works out to a 66.6% best times average! Keep up the great work.

We have a number of meets coming up that everyone should be aware of. Our hosted meet (with HILLS) takes place on October 29 and 30 at Mills College. ALL SWIMMERS IN THE GOLD GROUP ARE EXPECTED TO ATTEND BOTH DAYS. Anyone who has B times or faster should enter the 14 and under “Last Chance” meet hosted by Crow Canyon in San Ramon on November 19-20. This will be your last chance to qualify for Winter Junior Olympics! Those of you who qualify for JO's will attend that meet in Santa Clara on December 2-4. Those who do not qualify will attend the San Ramon C/B/BB+ meet on December 10 and 11. So a busy couple of months are coming up!

Remember the little things in practice...swim for a reason...have a purpose!

“Success is not Final

Failure is not Fatal

It is only the courage to continue that counts”

- Winston Churchill



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Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

As a senior group we are making progress and we are making progress fast! I am very impressed with morning practice attendance, overall focus and determination to work hard and to improve.

There are a few areas we must continue to focus on.

1. The Catch. Create a diamond shape and hold the water as far forward as possible. Aim to lower your stroke count - always, even when going fast
2. Your Point of Attack. Get there in the most dynamic way possible
3. The Line. Make sure your arms are pulling back along a "railroad track" with your shoulders being the barrier. Never go further in than your shoulders, nor necessarily wider
4. The Turns. Be fast, be aggressive, be sharp and quick off the wall
5. The Underwaters. Dynamic, dynamic, dynamic!
6. The Freestyle Breath. Breath early, breath while lengthening, breath while having a dynamic extension to your point of attack
7. The Kick. Drive, drive, drive!

And most importantly

8. Stay focused and have a purpose to swim!



Additionally, I would like to take a moment and highlight one of our hardest working swimmers: [Tyler Dacanay](#).

Tyler has been focused and determined to improve. At the Vallejo meet she stated: "I am going to get a Senior 2 cut". And she did; she was determined, she was driven and Tyler achieved her goal! Amazing job and what an incredible inspiration to all of us!

"I really think a champion is defined not by their wins, but by how they can recover when they fall"

- Serena Williams



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Captain's Corner:

By **Josie Oesterer**

Although swimming is physically demanding, a swimmers mentality is the true dictator of success. As the sets become more challenging, many swimmers often find themselves passively participating. Swim practice becomes an obstacle to endure rather than an opportunity to improve. Encourage yourself to constantly ask questions. 'Why am I here? What are my goals? What will I do to get myself to where I want to go?' View every practice as a stepping stone towards your goals. There is nothing wrong with having bad practice, but be satisfied with the work you put into it. Do not create excuses for yourself or pose the question "What if I had only...?" Everything is an opportunity. Take it. Become an opportunist.

*"Effort, nobody can judge effort because effort is between you and you.
Effort ain't got nothing to do with nobody else"*

- Ray Lewis

Swim Meets:

Piedmont & Hills Spooktacular - 10/29-30

Our hosted meet at Mills. Show team spirit in supporting each and every PST athlete!

Senior 2 Prelims and Finals Meet - 11/5-6

Meet has closed. A record 14 PST swimmers have qualified and registered.

PC Crow B/BB+ Meet - 11/19-20

Meet is [open on FastSwims](#) for registration. Only athletes 14 years and younger who have USA-Swimming B times can participate. Read the [meet sheet](#) to get a better understanding of the meet. Contact your coach if you don't know if you have a B time or not.



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Championships Qualifiers:

JOs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Cynthia Wu	<i>Cole Carnazzo</i>	<i>Cole Carnazzo</i>	Paige Arnold	Paige Arnold	Paige Arnold	Simon Lins
Cole Carnazzo	<i>Tyler Dacanay</i>	Paige Arnold	Simon Lins	Simon Lins	Simon Lins	
Sydney Olson	Paige Arnold	Ryan Stokes	Josie Oesterer			
Nathan Judy	Ai-li Baird	Simon Lins	Nathan Judy			
Asher Takazawa	Abigail Jacoby	Evan Byun				
Connor Carnazzo	Josie Oesterer	Connor Carnazzo				
Zafar Majid	Cynthia Wu	Josie Oesterer				
	Sonja ten Grotenhuis					
	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

In this month's FlipTurn we are going to take a moment and look at fly in great detail. Study the below tips and thoughts. Watch some of the most amazing fly swimmers on youtube such as [Dana Vollmer](#) and [Michael Phelps](#) and ask your coach about the priorities below and what you can do to work on them!

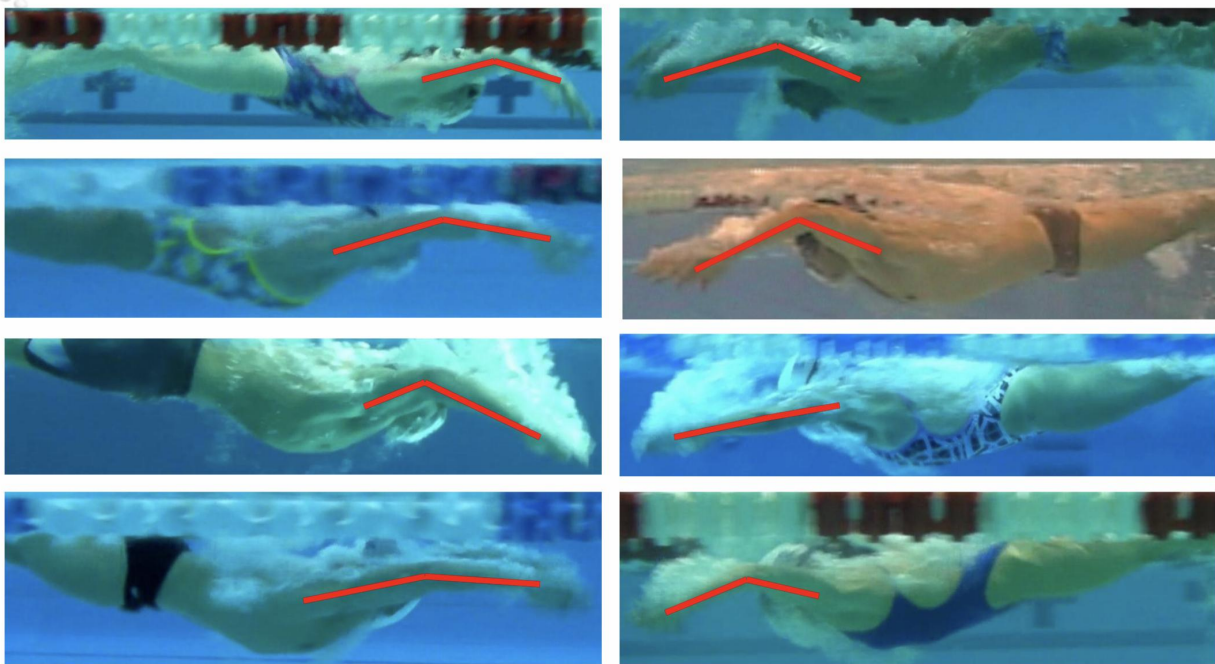
Happy Learning - Happy Swimming!

Butterfly Technique

The Three Top Priorities in Butterfly are:

1. Catch

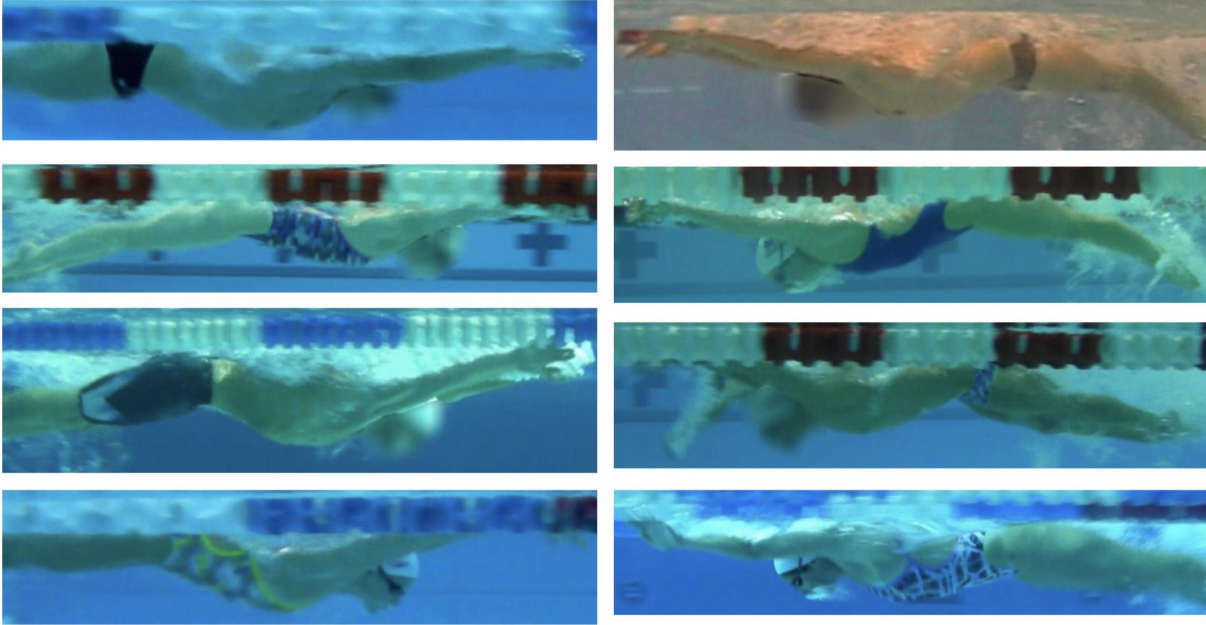
- a. Move body forward - push water back
- b. Fingers pointing down, palm facing back
- c. Elbow bend so forearm angles vertically
- d. The catch is critical, but harder than free
- e. Looking forward makes it easier
- f. Arms go wide after entry/ extension
 - i. Palms stay facing back



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2. Press

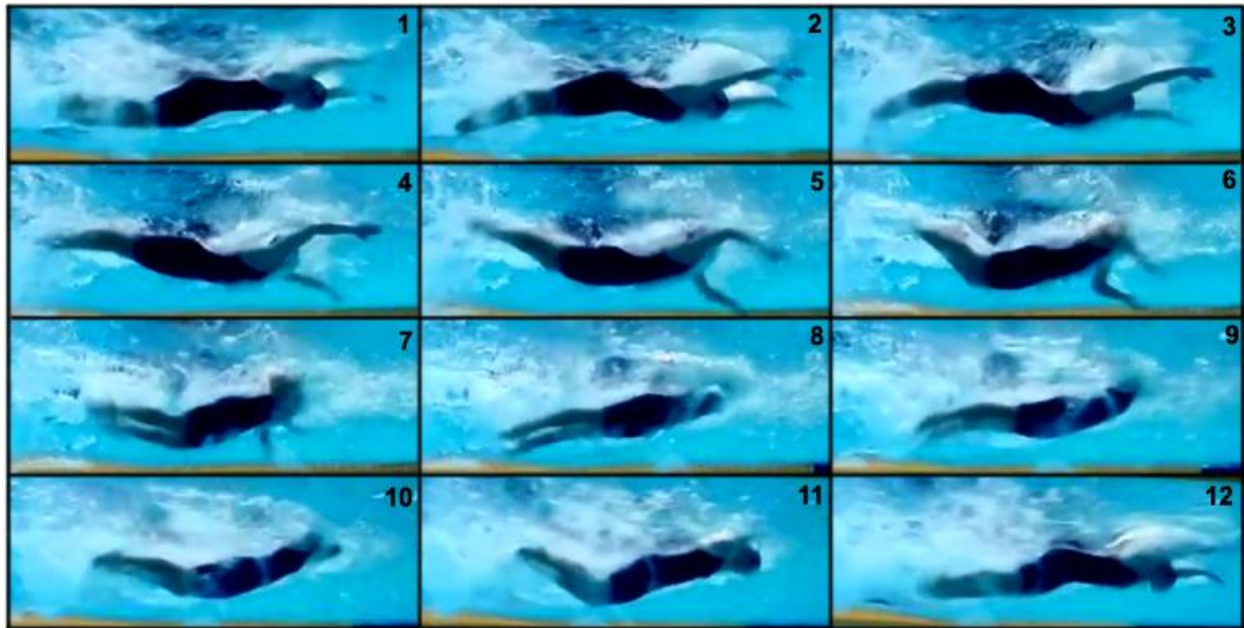
- a. Drive body forward
- b. Press forward with chin and chest
 - i. Chin not tucked, head not diving down
 - ii. Pressing too deep can compromise catch
- c. 3 actions happening together
 - i. Press body forward
 - ii. Hands enter / extend forward
 - iii. Kick



3. Kicks

- a. Two kicks, equal in power and size
- b. 2nd kick (at exit) is the kick most often missed
 - i. Because the knees never bend to set it up
 - ii. Drive knee downward (otherwise feet exit water)
- c. Timing
 - i. Kick hands forward and press forward
 - ii. Kick breath forward
- d. Deep kick is ok, as long as kicking body forward





**Dana Vollmer at 40 m of Her Gold Medal World Record 100 m Butterfly Race
at the 2012 London Olympic Games**

The rest of the stroke is designed around these priorities. Have a look at Russell Marks' [presentation from USA-Swimming](#) to evolve your butterfly swimming to the next level.



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