

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

November 15, 2022

THE FLIPTURN

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

Ahhhhh...fall is in the air! It is time to get ready for Championship Meets! Over the next month we have a number of Championship Level Meets! First up is the “Last Chance” meet for those swimmers 14 and younger who are trying to get their first or multiple events qualified for Junior Olympics. The meet takes place on November 19 and 20. Two weeks after that, the 14 and under Junior Olympic Championships take place in Santa Clara.

Coach Stefan and Simon Lins will be traveling to Austin Texas to compete in Junior Nationals on December 7-12! That same weekend, we have a number of swimmers competing in the Senior 2 trials and finals meet!

For those of you who have not qualified for these meets, you will compete at the San Ramon C/B/BB+ meet on December 10-11!

Good luck to all our competitions over this busy time!

“Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had.” –Angela Bassett



THIS MONTH'S Birthdays!!

Koran Ghandi

Zayna Majid

William Taylor

Peter Pitta

Rabia Mahmood

Zafar Mahmoud

Alice Sinclair

Nicholas Riordan

Roman Wenzler

Lola Wold Bacigalupo

Frank Udovch

TOP STORIES

Blue Group:

By **Coach Angela**

October was a fantastic month with many of the Blue swimmers swimming their first meet at the PST hosted meet on October 29th and 30th. I am most proud of everyone for swimming qualifying backstroke events - no one turned over before touching the wall, and everyone had amazing stroke counts! A few swimmer highlights from the meet include Eli and Julian's fantastic dives, Saorise's awesome kick to finish and Ryker's flip turns in the 100 Back, and Maddy and Ayla's super fast turns in the 50 Free. While I don't have the space in this newsletter to mention every Blue swimmer's highlights, everyone did a truly fantastic job, and I'm so proud of everyone for just trying their best!

With 6 weeks in between the PST Hosted meet and the SRVA Meet (December 10th and 11th), the Blue group is focusing more on training to improve technique, speed, and endurance. For technique, we've been spending a lot of time recently learning freestyle flip turns, making sure everyone really knows their backstroke stroke counts (parents, ask your swimmer what their stroke count is!), and making sure our breaststroke legs are strong and even. Speed training is happening in the form of adding intervals to our swim sets and introducing test sets, where we set a challenge for swimmers to swim the same distance up to 10 times in a row on a relatively fast interval. Additionally, Blue swimmers will be beginning to build their endurance by swimming longer distances like 100 and 200 yards nonstop. It's an exciting time to be on Blue, and all our hard work now is going to make our next meet spectacular!

"Darling it's better down where it's wetter (in the pool!), take it from me!"

-by Sebastian, *The Little Mermaid*



Bronze Group:

By **Coach Zoe**

What a wonderful month since our last article! We had a FABULOUS turnout at the PST/Hills Hosted at the end of October, and even more impressive swims! You showed up bravely, swam with power, and each and every one of you had personal successes during the meet. As your coach, I watch how hard you train every week, and to see that become visible when you achieve a time, skill, or race you have never done before brings me great pride. Since the meet I have also seen that pride in yourselves: how you carry yourself into practice, how you show up on time and prepared, how you apply focus towards your next



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meet, and most wonderfully, how you bring your curiosity and passion into training. Here is a snapshot of our meet:

Group Statistics

- We swam a total of 116 events as a group. Out of that, **94 swims** were **personal best** times, or **81%**. Absolutely phenomenal!!!
- We had new time standards achieved: **7 B-times** and **2 A-times**
- **13 swimmers** raced **new events**. Notably, 5 of our swimmers raced 200's:
 - 200 IM: Zoe Washington and Miachalah Om
 - 200 FR: Leo Gonzalez, Parker Chang, and Hieu Vo
- **26 swimmers** got **personal best times**. Here are the swimmers who achieved the most personal best swims:
 - 1st** : Maddie Schulte and Zoe Washington with 6 PB's
 - 2nd** : David Maltz with 5 PB's
 - 3rd** : Max Schultz, Anita Engel, Parker Chang, Zach Waitkus, Eleanor Schultz, Junie Waters Worthen, Leo Gonzalez, and Zayna Majid with 4 PB's

New Time Standard Achievements

- **A Times**
 - Ben Rebro (25BK, 50FR)
- **B Times**
 - Max Schultz (50BR), Jackson Apodaca (50FR, 50BK), Zach Waitkus (50BK), Finley Simpson (50BK, 100FR), Aidan Simpson (100FR)

Coming up, we will be creating time for individual goal setting meetings. Everybody will get a 45 minute time slot to check in on where they are, where they are going, and solidify their individual season goals. We will be celebrating the great success of our meet by having a **challenge practice** for our group set by our Head Coach, Stefan. This will be followed by in-water fun and post-practice feasting. Look for an email from our Bronze parent volunteers for the official notice and volunteer coordination. Lastly, sign up for our last meet before Zone 2 championships, the San Ramon (SRVA) C/B/BB+ meet on Dec. 10-11.

“Working hard is important, but there is something that matters even more; believing in yourself.”

-Harry Potter



Silver Group:

By **Coach Colby**

Time is flying! Not only do I feel like this year is going by very quickly but the time is melting off really quickly as well and that was especially true in the 100 freestyle at our hosted meet. Amor Rodriguez dropped 8 seconds and made her underwater phase a real



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star of that race. Esther Ward dropped 15 seconds off her personal best; it was her strength and dedication that really shined through in this race. However our biggest time drop in the 100 free was Kate Yeager with 20.41 seconds dropped off her best time by staying long, strong, and consistent. Some other highlights we had from the meet were Emahn Shiek's 200 IM where she was able to legally complete the event which is a feat in its own right but she also dropped 19 seconds on top of it. As well Alex Wolff has been working hard to speed up his Breaststroke tempo and it really worked out in his 100 Breaststroke he was able to drop 7 seconds. Our most exciting swim of the weekend however was Anabel Orazco who now has a "B" time in the 50 Freestyle and will be able to compete at Zone 2 Championships.

As a group we are continuing to finish our underwater butterfly kick cycle for the next 2 weeks and will then get to start working on 6 weeks of upper body so be prepared for a lot of pull sets and wearing a snorkel. If you do not have paddles please let me know I have a few extra sets that you can borrow until you get your own.

As a group we were given a challenge. The challenge is 8x500s on the 8:00. If you missed the interval you took a short break and dropped a 50 off the distance. The majority of us ended on 400s which is a really solid start but take the 6 weeks of pulling we have coming up seriously because at the end of the cycle we will be doing that challenge again. Big shout out to Thais, Lucy, and Anabel who lead the charge in this set and were able to make 3 of the 450s before needing a break.

Courage combined with integrity is the foundation of character.

- Brian Tracy



Gold Group:

By **Coach Rob**

Our hosted meet (with Hills) was a roaring success for the Gold Group. We had 76 new best times posted with an average of 65% improvement rate!

Some Highlights from the meet.

Big shout out to Connor Carnazzo! Connor was able to post 5 out of 6 best times with the highlight being his 200 yard backstroke where he posted an amazing 2:13.33! This was our first AAA swim of the year...it also qualified him for Junior Olympics, Far Westerns and was a qualifying standard for the Western Zone All Star meet next summer! Kate Rebro continues her torrid improvement with a perfect 6 out of 6 best times as well as a B time in the 100 Breaststroke and a BB time in the 200 IM and the 50 Fly. Sophia Espinoza achieved a B time in the 200 Free as well as having a perfect 6 out of 6 best times. Azure Cardon



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achieved B times in the 100 fly and 100 Free. Kaleah Luby and Zafar Majid both posted one B and one BB time each. Deniz Radzik achieved a B time in the 100 free while Lucy Scott got a B time in the 50 Backstroke!
Way to go Gold Group!!!!

This month I am introducing our first 8 question session! Each month I will choose a random swimmer from the Gold group and ask them 8 questions. Hopefully it will give everyone the chance to get to know the swimmers in the Gold Group.

This month's swimmer in the spotlight is [Kaleah Luby](#)!

1. *What makes you smile?*
[Books, friends, dogs](#)
2. *What is your favorite Stroke?*
[Butterfly](#)
3. *Chocolate chip or Snickerdoodle cookies?*
[Chocolate chip](#)
4. *What do you like to do when you are not swimming?*
[Read](#)
5. *What is your favorite part of being in the Gold Group?*
[Friends and being challenged](#)
6. *Do you prefer the Beach or Mountains?*
[Beach!!!!!!](#)
7. *What is your least favorite part of swimming?*
[Morning practices 🤖](#)
8. *What is the most used App on your phone?*
[It's a tie....Google and YouTube](#)

“Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.” – Mark Twain”



Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

This month some of our senior swimmers competed at the Senior 2 championships in Concord over the weekend of 11/5. The senior 2 meet is a prelims and finals meet and requires [qualifying times](#). Despite injuries (broken hands) and illnesses we had a record number of participants and I am super proud of everyone swimming and most importantly of the character our athletes displayed.

During the meet Asher, Gabriel, Jonathan, Evan, Ryan, Cole, Tyler, Abigail, Ai-li, Simon, Josie and Paige were committed to race from 7:30am until 7pm at night, swimming prelims, finals and competing in relays. I was blown away by our first timers (Asher, Jonathan, Evan, Cole, Gabe, Tyler, Abigail, Ryan and Ai-li) who have never participated in a meet like this and managed to navigate through the weekend with the utmost enthusiasm, focus and commitment. This gives me, and those swimmers, great confidence and experience to perform well at 14& Under Winter Champs and Senior 2s in December, which will be our highlight of the season so far.

Even though all of our athletes did superbly well and really executed well what I had asked of them, I would like to highlight two swimmers who were just outstanding at the meet!

[Cole Carnazzo \(14\)](#) who not just swam fantastic personal best times, he also qualified for finals in the 200 fly, dropping 11 seconds from his previous time and with that swim demolishing Simon's 13-14 year old 200 fly team record. What was most impressive was that he swam his time with a lot of guts and courage and went out fast without ever looking back, just the way he trains! At the end he placed 27th out of 74 super fast swimmers from our region. An amazing swim from an amazing athlete!

You think you are working hard - think again!

PST swimmer of the meet, however, is going to [Paige Arnold \(17\)](#). Paige had 6 individual events, qualified for 6 finals and participated in 5 (yes, I allowed her to skip the 500 free). What was most impressive with her swims was not necessarily her times, it was her character during those finals. For example, on Sunday night, after 1.5 long, long days of competing, she swam the 100 free final (achieving a new personal best time) and only [4 minutes](#) later she swam the 100 breast final, being just shy of her best time.

Only a true athlete can comprehend what physical and mental toughness this requires. There was no time to warm-down, no time to recover and despite lactic acid having built up in her body to enormous levels she stepped on the block and performed again and again. This is a testament to what commitment to hard and smart work in practice over YEARS and YEARS can help you achieve. ***Again, if you think you are working hard, ASK Paige of what hard work and dedication actually is!***



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4 minutes between finals - Josie helping Paige to find some sort of recovery!

Congratulations to all of our Senior swimmers for a fantastic season so far and I am excited to see what all of you can do at the SRVA meet, Senior 2 meet, 14& Under Champs and JNats in December once we are tapered and rested! **Go PST! Go Senior Swimmers!**

“The greater the difficulty, the more the glory in surmounting it”

- Epicurus, Greek philosopher



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Captain's Corner:

By **Josie Oesterer**

Try to smile. Throughout my time as a swimmer, I have learned that emotions control the success of practices. It is easy to be consumed by the negative comments about a practice set, and in many ways, swimmers bond over this. The downside: a negative mindset leads to inactive participation. My solution is smiling. Although I may not feel happy, just the action of smiling is able to shift my perspective and also lowers my stress. Smiling is not everyone's solution, but I encourage you to find a way to make practice more fun by making jokes, talking to friends, and encouraging each other. Positivity is contagious; even if it sounds cheesy, I find it to be true.

Smiling & Performance Article:

<https://www.mercurynews.com/2017/12/12/can-smiling-make-you-a-better-athlete/>



Swim Meets:

PC Crow B/BB+ Meet - November 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.

14& Under Winter Championships - December 2-4

Meet is [open on FastSwims](#) for registration. Hosted by Santa Clara Swim Club

SRVA C/B/BB Meet - December 10-11

Meet is [open on FastSwims](#) for registration. Hosted by San Ramon Valley Aquatics

Senior 2 Prelims and Finals - December 9-11

Hosted by Milpitas Aquatic Club (Meet sheet to follow)

Junior Nationals - 12/7-10

Austin Texas



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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>	<i>Cole Carnazzo</i>	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	Paige Arnold			
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					



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A great Video on Goal Setting!

<https://youtu.be/9ZYYqKdvJDO>

Reach and Lengthen your Freestyle

<https://youtu.be/by0nNZYg6pU>

Great drills for perfecting the “catch”

<https://youtu.be/AVqtxLr8PNU>

