

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

May 21, 2023

THE FLIPTURN

by Coach Colby

This month Angie asked me to talk to the Blue group about the importance of repetition and I think it is something we all need to hear. When we are repeating drills we are trying to create mental pathways to do skills without thinking about it. It is a lot like finding a shortcut in a race. When you repeat skills over and over it develops muscle memory which allows us to perform skills faster and with more accuracy. It also allows our mind to focus on more important tasks at hand. For example if you are thinking about doing streamlines off of every wall you probably are not consciously thinking about the placement of your feet on the wall, what angle you are pushing at or when to start your first underwater kick.



MUSCLE MEMORY ALSO WORKS ON THE BAD HABITS!!!

This is why coaches are so adamant about swimmers focusing on skills. If you regularly skip flipturns, don't push off in a streamline, or touch the walls with one hand in open turns, these also develop mental pathways that will make progressing in training a lot more difficult.

So remember no matter how many times you have done a drill or skill you are always developing your muscle memory. It does not just come naturally, you will have to spend time in practice repeating skills until you can do them subconsciously.



Alexis	Byrnes	Olivia	Humphries
Alex	Dean	Harper	Waters Worthen
Adeline	Zach	Kate	Rebro
Daniel	Bazzhin	Junlin	Jiang
Cynthia	Wu	Gabriel	Reader
Bruno	Banuelos	Sierra	Jones
Leo	Sachs	Coach	Angie
Tolganai	March-Cunningham		



THIS MONTH'S TOP STORIES

Blue Group:

By **Coach Angie**



The Blue group played a fun game of telephone at picture day this past Saturday!

As the weather warms up, what a great time to be a swimmer! The past few weeks have seen a larger turn out and so much more enthusiasm from all the swimmers, and combined with the insane amount of progress I've seen in everyone's strokes the past few months, I'm so excited to see the Blue group swim in the last few meets of the season. This weekend's meet at Vallejo will be the first LCM (Long Course Meters) meet for many of our Blue swimmers. While the longer pool (50 meters instead of 25 yards) may be a bit daunting at first, I firmly believe that every Blue swimmer will do FANTASTIC! Here are a few tips for adjusting to a 50 meter pool:



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- Focus on the rules of the stroke you're swimming (See the April FlipTurn Article for a review quiz!)
- Practice your stroke count for backstroke - we will all do this together as a team in warm up, but take some time to help your friends get their stroke count perfect in the warm-up pool.
- Focus on reaching as far as possible and pulling as strong as possible rather than going fast - moving your arms and legs too fast at the beginning of your race might tire you out super early, but focusing on a long glide in breaststroke and catch-up style arms in freestyle will help you conserve energy AND go fast at the same time.
- Kick fast!!!
- Just keep swimming!!!

“If you do your best each and every day, good things are sure to come your way.”

—Tiana, *The Princess and the Frog*

Bronze Group:

By **Coach Zoe**

Over the last month we have taken a step back in yardage and intensity to focus more on stroke technique and efficiency. As we dive into the long course season, it gives us an opportunity to highlight the importance of efficiency. The goal is to make yourself as streamlined as possible as you travel through the water. This allows you to get as far as possible, as quickly as possible, each stroke cycle, resulting in MAXIMUM SPEED with MINIMUM EFFORT. So...what do we look for in each stroke?

This months focus: **Butterfly**

Butterfly

Head Position
Steady and In-line



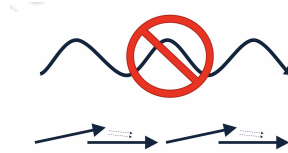
During breath, tilt chin forward and skim the surface



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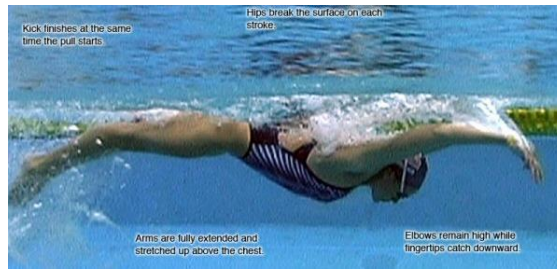
Once arms reach T position, tuck chin and press forward into eyes down y-position



Amplitude is KEY
Shallow = Fast

Timing

If your AMPLITUDE is correct,
your TIMING will work



Catch early and wide

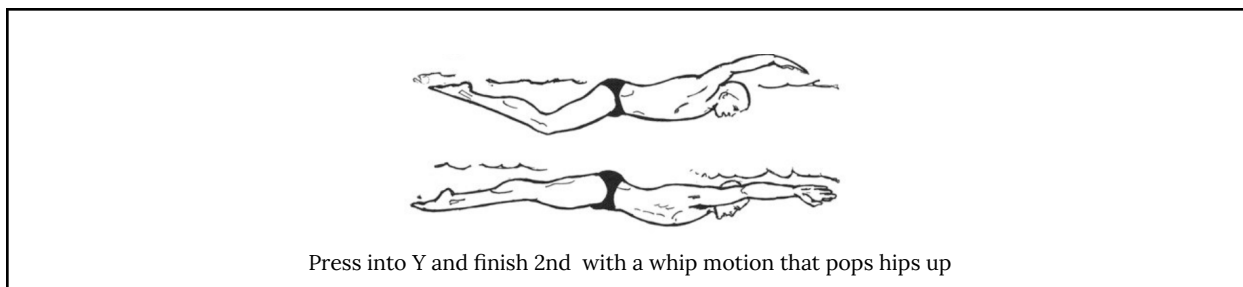


Prepare for breath as you pull by shifting eyes forward and wind up 1st kick



Whip kick downwards into exit and rotate at shoulders for straight arm recovery





Take a look at [Michael Phelps 2020 Tokyo 200m Fly](#) for a great example of shallow breath, shallow amplitude, and a strong extended catch.

“I have not failed, I’ve just found 10,000 ways that won’t work”

- Thomas A. Edison

Silver Group:

By **Coach Colby**

First off I want to thank everyone in the silver group who has committed to making morning practice and received one of our group water bottles. The morning workout is always so much more fun when more swimmers attend. We went from an average of three tired and grumpy swimmers per practice to twelve tired but excited swimmers per practice. Swimming in the morning is always a lot easier when you have friends to swim with and coaching in the morning for me is a lot more fun when you have a big group of friends working together.



Since going back to working on drill sequences there have been some dramatic changes. Some of our underwater are so good that I have to swimmers to shorten them just to fit the drill into the lap (Anoksh and Anita), our freestyle is looking longer and stronger than ever, and we now have over 50% of silver group in the “big splash club” meaning they create a large splash with their flipturn from of how fast their legs hit the water. We even now have a big kahuna for the big splash club. One silver swimmer does every turn with the biggest splash and still properly lands on the wall and pushes off the wall. Maddie Schulte is currently our big kahuna because I literally have to warn others not to stand behind her lane or she will soak them.



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“It is often the small steps, not the giant leaps, that bring about the most lasting change.”

- HRM Queen Elizabeth II

Gold Group:

By **Coach Rob**

I read this on the "Fitter and Faster" website and it just makes so much sense!

We've all seen swimmers, in the midst of a close race, make the mistake of turning their head to look at their competition. More often than not, this quick glance happens just before the other swimmer begins to pull away. This is because the act of turning your head to look around not only affects your body position and can cause you to slow down, but it also mentally takes you out of the race.

Learning to resist the temptation to look around during a race is an important one that we all must learn. An even harder lesson, but similar, is to resist comparing yourself to others throughout a season or throughout your career. The same way looking around during a race can cause you to slow down, looking around and comparing yourself to others can take away from your own improvement!

Don't worry about how fast someone else is or was!

Don't worry about being the fastest, slowest, oldest or youngest in your training group or clinic!

You can only control what you do. You can only control how you train and how you learn!

So, keep your attention on the things you need to do to improve and being the very best YOU that you can be.

Eliminate comparison and you'll be much faster (and happier) in the long run!

In the last Newsletter I forgot to mention our top attendance percentages! For March 15-April 15

Magnolia Stoll (73%)

Katey Yeager (73%)

Dani Bahzin (73%)

Sophia Espinoza (77%)

Maria Olivia Grigg (73%)

Kate Rebro (77%)

And our top Attendee is **Peter Pitta** with an amazing 91% attendance record!

For April 13-May 13:

Cat Lee (74%)

Peter Pitta (74%)

Alice Sinclair (74%)



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Samantha White (74%)

Katey Yeager (74%)

Camille Hauser (78%)

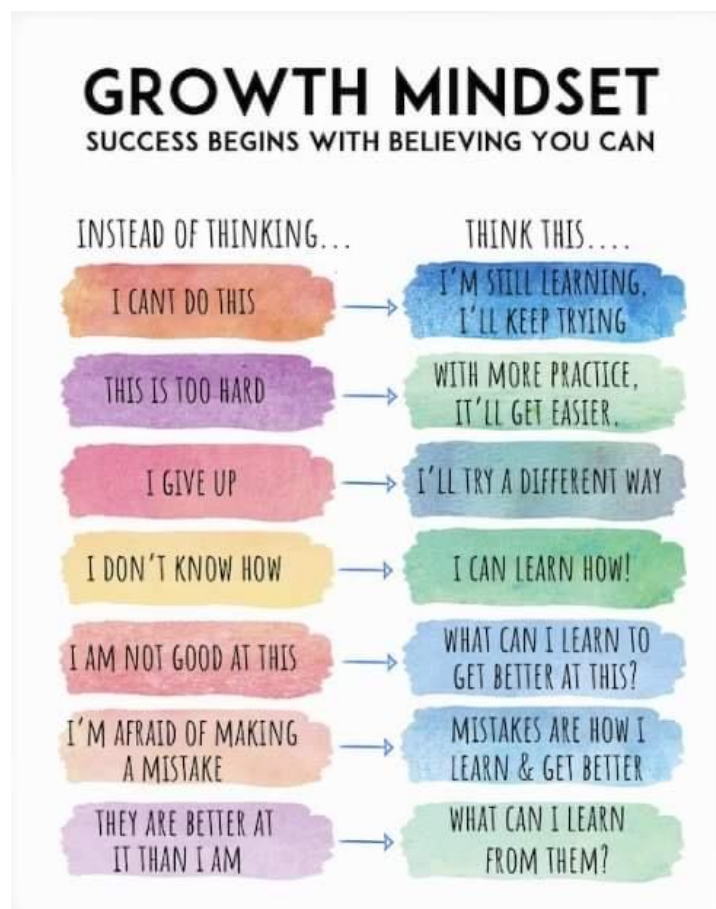
Bella Jones (78%)

Sophia Espinoza (84%)

Esther Ward (89%)

And our top attendee for the past thirty days is **Kate Rebro** with an amazing 94% attendance record!

We had our first Long Course meet of the season this past month. I was very impressed with the way that all of the Gold Swimmers performed! I am especially happy with our fitness levels. As we ramp up practices again, focus on those “Little Things” that make a big difference! Making sure you are swimming correctly and most importantly efficiently! Go fast with a minimum effort! Snappy, fast and precise turns...and lastly swim all the way to the end of every repeat and set!



“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

- St Francis of Assissi



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Platinum/Alumni/YRHS Groups:

By **Coach Stefan**

Our high school swimmers had a superb end to the high school season. It was such a pleasure seeing everyone race at their league meet and at NCS. I am so proud of the commitment all of you showed during that time of year and the time drops all of you had.



A special congratulations has to go to [Paige Arnold](#), who qualified for her first State Championships in Clovis in the 100 Free. This was a huge achievement as only the top 40 swimmers of each event from the state of California can compete and it took a great NCS for Paige to get there. She was ranked 34 going into the meet and ultimately ended up as the 19th fastest 100 freestyler. She also led College Prep to a top 14 finish in the 4x100 freestyle relay, where she was the lead off swimmer, having the 6 fastest time overall.

Congratulations Paige, we are so super proud of you!

This month's Senior Swimmer is **Charlotte Livermore!**

Since joining our team, Charlotte has bought into our program, worked hard and thoughtfully and with that made huge improvements. She and I had a meeting a few months ago, spoke about long and short term goals and since then Charlotte has achieved everything she has planned on doing. Her latest accomplishment was to qualify for NCS, FarWesterns and Senior Western Zones. What impresses me the most with her swimming is her attitude during practice. Every time she swims, she is engaged and focuses on improving her stroke, mentality and physicality. *Well done Charlotte, and keep up the good work.*



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Here is your attendance for the last 30 days. Congratulations to the many swimmers that managed to get their names into the green category!

Platinum Groups' attendance for the last 30 days as of 5/15/2023						
Green			Orange		Red	
Josie	Abigail	Nathan	Connor	Zafar	Jack	Charlie
Paige	Tyler	Evan	Max	Maya	Quinn	Jonathan
Cole	Asher	Kaleah	Allie	Anna	Shou	Ryan
Simon	Kate	Mizuki	Saahil	Gabe	Cynthia	Daniel
Charlotte			Baran		Brooke	
<p>Green = 80%+ = good job! Orange = 61% - 79% = okay; not great, not bad; just average! Red = 0% - 60% = not good, you could do better!</p>						

“I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.”

- Charles Dickens

Captain's Corner:

By **Josie Oesterer**

Everyone progresses and achieves success in their own unique pace and time frame. Some of us may reach milestones quickly, while others may take longer. It is essential to remember that it's not about comparing ourselves to others, but rather focusing on our personal growth and development. Embrace the process, set your own goals, and work diligently towards them. Persistence and resilience are key. Trust that your hard work and dedication will pay off. Celebrate each other's achievements, and have faith in your own.

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

- Lou Holtz



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Swim Meets:

6/10-11: Orinda LCM C/B/BB Meet. Meet has closed. 36 PST swimmers were able to register. Click [here](#) for the meet sheet.

***New! 6/24: Crow/Hills/Liv/PST Quad Meet.** This meet will be for Blue, Bronze and Silver Groups and will be in short course yards. A wonderful opportunity for our younger swimmers to swim SCY and do some shorter and fun events.

6/24-25: Senior Open LCM Meet (host: Orinda). *Meet is scheduled to open at 10am on Monday, May 20th.* All 13&O from Platinum, Gold and YRHS should attend. 11-12 can attend with qualifying times. View the meet sheet for events and other information [here](#). LCM meets fill up fast, sign up as soon as it opens!

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](#)

7/15-16: Zone 2 Summer Championships. This is a AA minus meet. **We will only attend if RESL does NOT happen!**

7/21-7/23: RESL Team Competition. The meet should be confirmed next week. 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
Cynthia Wu	<i>Charlotte Livermore</i>	<i>Charlotte Livermore</i>	<i>Charlotte Livermore</i>	Cole Carnazzo	Paige Arnold	Simon Lins
Cole Carnazzo	<i>Kate Mikami</i>	Josie Oesterer	<i>Sonja ten Grotenhuis</i>	Simon Lins	Simon Lins	
Zafar Majid	<i>Magnolia Stoll</i>	Ryan Stokes	<i>Sydney Olson</i>	Josie Oesterer		



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Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Connor Carnazzo	<i>Jiselle Souza</i>	Paige Arnold	Simon Lins	Paige Arnold		
Asher Takazawa	Mizuki Williams	Gabriel Reader	Evan Byun			
	Connor Carnazzo	Cole Carnazzo	Asher Takazawa			
	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	Simon Lins			
	Sonja ten Grotenhuis					
	Evan Byun					
	Quinn Cook					
	Jonathan Dong					
	Nathan Judy					
	Josie Oesterer					
	Gabriel Reader					
	Asher Takazawa					
	Ryan Stokes					
	Simon					



Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Lins					
	Paige Arnold					

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The most outstanding world records in LCM:

<https://swimswam.com/the-most-outstanding-world-records-in-long-course-meters/>

Torri Huske swims 56.8 100 fly, and 2:11 200 IM back to back

<https://swimswam.com/watch-torri-huske-swims-56-8-100fl-211-200-im-in-back-to-back-events/>





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