

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

February 16th, 2024

THE FLIPTURN

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

100,000. 100,000 points. 100,000 VCC points, that is what we are aiming for this season!

October 2024 will mark my 10th year with Piedmont Swim Team. I set myself some long term goals, when we first started this project of moving our team from an almost 'recreational team' to a high caliber competitive organization. *Read more about the importance of [goal setting below](#).*

Some of these goals we achieved rather quickly, thanks to our amazing board members (current and past) and coaching staff, such as growing our membership, getting comfortable competing, improving our relationship with neighboring teams and pacific swimming, finding more pools to train in, being financially stable and having a high senior retention rate.

Other goals took a lot of hard work and love to achieve, such as convincing our families and swimmers of the benefits of swimming in college (*still working on that one*), having swimmers qualify for the highest level meets (✓) and creating a happy and a safe team environment(✓).

However, there are two long term goals of mine on the performance side, which I am personally very passionate about. One of them is to break the 100,000 point mark for the [Virtual Club Championships \(VCC\)](#) and to have a 800 Free relay qualify for Junior Nationals.

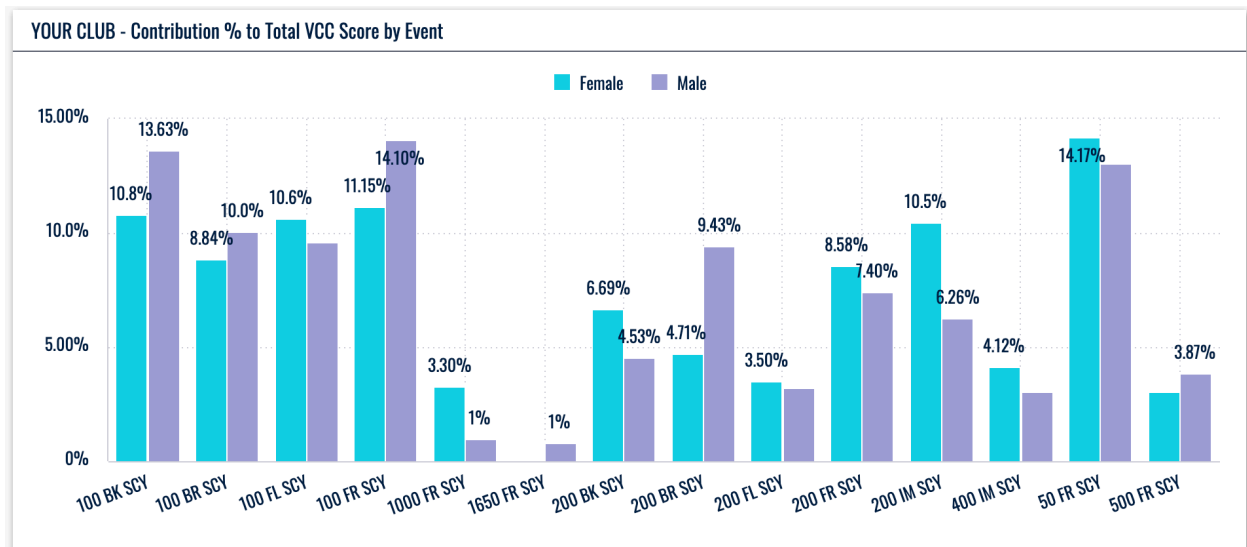
The goal for the 800 Free relay will take just a tiny bit more love, hard and smart work to achieve. However, breaking the 100,000 point mark for the Virtual Club Championships is more than realistic to achieve this year, and what an amazing **team** achievement that would be!

Since the beginning of my tenure, PST gradually improved its ranking year by year from 23,514 points during the 2014/15 season to a club record high of 89,681 points from last year (2022/23 season).

Currently we are at 88,440 points. *So how can we achieve this no longer long term goal by the end of July?* Simple, as a team lets attend as many meets as possible, work hard and smart in practice and aim to do our utmost best each and every time we are in the water.

You can read all about the rules for the VCC on the [USA-Swimming website](#), but know this; we need **every** PST swimmer to contribute.

Have a look at our current stats so far, and I think you can agree with me, **we can do this, we can break 100,000 points** over the next few SCY meets (AGC, WEZO, FW, March C/B/BB meet and **most importantly the RESL meet from July 5-7th!**)



Branch out to new events, be available for all the meets, attend practices and set yourself personal and realistic goals and let's achieve this milestone as a **TEAM! Go PST!**

“I have my goals and I visualize things to help me achieve those goals. I know what my stroke should feel like at different points in the race, and I can just picture that in my mind.”

- Katie Ledeckey

February Birthdays

Azure C.

Anabel O.

Anika C.

Landon U.

Ben R.

Anoksh K.

Hieu V.

Taiden C.

Clio K.

Coach Colby



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Zach's Attack

By **Coach Zach**

As we begin to enter the warmer months, I think the team's next main focus should be on mentality and positivity. Seasonal depression is ending! In all seriousness I have noticed a great shift in the levels. Everyone has improved! The team's technique has been much better since the new year, and with that I have also started to hear more complaints, negativity, and bad attitudes about practice and swimming in general.

There are plenty of options when you don't feel motivated or if you are just having a bad day. Friends of course are a great way to feel better, jokes and (friendly) competition go a long way. Your coaches are always here for you if you need some headspace or just a moment to talk. If you are having an especially bad day, please be mindful of others around you have how even a small comment can affect them. As a team let's agree to avoid being publicly negative such as complaining about being at practice, making a loud "Uuuggggghhhh" (or screaming NOOoooo) when a coach announces a set you may not like, or complaints about things no one can control such as the weather or practice time. These small changes will add up if everyone keeps one or two negative comments to themselves. Eventually practice will start to feel uplifting and not be a space where you feel the need to complain.

I have always personally found swimming relaxing and exercise has always helped my attitude on a bad day. I have also found that a positive practice is less mentally fatiguing, leaving you more energy to put into practice. I want everyone to try and see why they come to practice, and how we as a team can keep practice fun and positive. Each swimmer will have their own goals and experiences. Of course, most of your teammates will probably want to race and win (who doesn't) at meets but I do know some of our swimmers come to practice with a less competitive focus. There is nothing wrong with swimming for the enjoyment of swimming and doing laps with friends. When you come to practice try to remind yourself what you are working for and why you are spending time to go to practice.

"Happiness is not by chance but by choice."

- Jim Rohn



THIS MONTH'S TOP STORIES

Blue Group

By **Coach Adrien**

Our Valentine's Day meet at ECCL was so much fun for Blue. I'm grateful to all the parent volunteers who timed in the rain and helped to set up the pool alongside our amazing meet director, [Jeanne Sohn](#). It made it really easy for the swimmers to just show up and race. There were too many great swims to recognize in one article, but I will just recognize all eight of our newest Blue members for showing up and racing, many for the first time ever: [Otto](#), [Tara](#), [Ada](#), [Ryden](#), [Naomi](#), [Addison](#), [Eva R](#), and [Clio](#). Great job! You're not the 'new crew' anymore, you're part of the 'Blue crew'!

I was satisfied with the growth I saw in a few areas, starting with their meet warm up. Blue has done a good job mastering that environment in practice, and they took the rain and intentionally crowded lanes in stride beautifully. I was also pleased with our group-wide improvements on backstroke starts, breaststroke finishes, and butterfly kicking.

I look forward to organizing more events like this throughout the spring. In the meantime, there is always the bustling Pacific Swimming Zone 2 meet schedule to choose from. We had a small group compete in Vallejo last weekend, coached by Zoe on Saturday and myself on Sunday. Although it was a smaller group than usual, it was Blue's most impressive performance of the season so far. Saturday was highlighted by outstanding 50 freestyles from [Ella](#), [Noor](#), [Zoe S](#), [Vera](#), [Nora](#), and [Lydia](#). Lydia also dropped a whopping 3 seconds in her 25 backstroke that day to earn her first 'A' time! Sunday, [Ryden](#) began his swimming career with two great swims in the 50 backstroke and 25 freestyle. [Anika](#), [Lydia](#), and [Vera](#) should have been freezing from walking around with no socks all day, but they swam absolutely on fire! That must be how they stayed warm.

We can get much better, though, and getting better takes practice. Our near-term goals are to level up our freestyle flip turns, backstroke finishes, breaststroke pulldowns, and butterfly pulls. We've already started revamping our practice routine to concentrate more on those skills consistently, while still putting in the hard kicking and challenging sets we need to be fit, and the relays and game time to make sure we enjoy this journey and don't take it too seriously. I'm excited to see where we'll be in six weeks! (Hopefully not in the rain anymore.)



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Bronze Group

By **Coach Zoe**

We've had some exciting competition moments over the past month. First, everyone who competed in the VJO meet achieved personal best (PB) times! Second, we had an exciting turnout at the mock meet this week with some absolutely phenomenal swims. Here's what we've learned as a group:

1. You are FAST
2. You like to race
3. You are ready to push your race skills to the next level

To do this, YOU MUST swim in practice like you do in competition. And from all of our discussions over the past month, it has become abundantly clear to the coaching staff that you know exactly what to do. You know how to stay engaged in a practice and lead by example, you know how to leave the wall in the fastest position, you know what it feels like to swim with speed. The key to being able to achieve our group goals is choosing to swim at your highest level every time you get in the water.

Take time to check out our [group goals](#) document, explore what is there. And when you get in the water, swim with the vigor and precision that you achieve during a race.

“Don't practice until you get it right, practice until you can't get it wrong.”



Silver Group

By **Coach Colby**



What an amazing month of swimming. The Silver group is crushing the winter season. The meet in Vallejo showed all the hard work swimmers put in this winter. We had so much time dropped at this meet it was almost hard to bring up any highlights so we will mention everyone.

Joey has been working hard on turns and two foot pushes and was able to drop 3 seconds in the 100 free, *Rapha* having just joined silver swam a beautiful 50 free dropping 2.4 seconds, *Saoirse* having been battling a ruptured eardrum was only allowed to swim backstroke but dropped 3.55 seconds and earned a new BB time, *Gabriel* has been really upping his practice attendance and it shows he dropped 3.3 seconds in the 50 breast, 1.8 in the 50 free with a new B time, and 10.7 in the 100 back and another B time, *Elise* had a rough 100 IM



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having lost her goggles immediately but came back and dropped 1.4 in her 50 breast, [Riley](#) had a full boat of events but was able to drop 6 seconds in the 100 IM earning a BB time, she dropped 4 seconds in the 50 Back earning a B time and 3 more seconds in the 50 free earning another B time, [Ruby](#) had 8 events this weekend, some were the first time she swam but in the rest she dropped 10 seconds over all of her events, [Annika](#) started off with some tough early swims but was able to drop 1 second in her 50 fly and her 50 Free, [Kian](#) another new swimmer from Bronze dropped 12 seconds in the 100 free, 10 in the 100 IM, 26 in the 200 free, 10 in the 50 back, and 4 second in the 50 free, [David](#) had a couple of really tough swims early and pulled out 1.2 second drop in the 100 free and 1.4 in the 50 breast, [Nora](#) dropped 1 second in her 100 IM but came back with an amazing 50 back dropping 3.2 seconds and earning a new BB time, [Anna](#) another new silver swimmer swam some new events and dropped a second in the 100 IM, [Ben](#) had a couple of adds this weekend but crushed his 100 IM dropping 4.4 seconds and 5.5 in the 50 breast both new BB times, [Maddie](#) had a big breakout meet she dropped 10 seconds in the 100 free, 7 seconds in the 100 IM, 5 seconds in the 200 free, 5 seconds in the 50 breast earning a B time and 6 seconds in the 50 fly, [Eleanor](#) dropped time in all of her events and competed in the 500 free, she dropped 3.6 seconds in the 100 breast earning a B time, .17 in the 100 free. .74 in the 100 IM, 1.44 in the 50 breast, and 1.03 in the 50 free, [Emahn](#) had some tough events in the 13-14 age group she dropped 1.5 in the 100 fly, and 12.8 in the 200 IM, [Zach](#) added breast to his bag of events dropping 3.5 in the 100 breast and 2.7 in the 50 free earning a new B time, [Naomi](#) dropped 3.3 in the 100 back, 1.1 in the 50 fly, and 3.8 in the 200 IM (only because there wasn't a 400 IM to swim), [Archer](#) ended up with 5 new B times due to dropping 5.7 in the 100 IM, 4.7 in the 50 back, 2.5 in the 50 breast, 2 in the 50 fly, 2.5 in the 50 free, and 2.6 in the 100 back.



However we are very excited to announce that the silver group has another qualifier for Age Group Champs! [Max Schultz](#) dropped a ton of time this weekend. He dropped 12.7 in the 100



fly, 2.5 in the 100 free, 4.4 in the 100 IM and a new BB time, .7 in the 50 breast, and 2 .1 in the 50 free earning him his first AGC cut with a 28.10. **[Congratulations Max, you absolutely earned it.](#)**

The silver group as a whole is putting in a ton of time into swimming. Keep it up and we will continue to melt all that time off.

“A champion doesn’t become champion in the ring, he’s merely recognized in the ring. Their becoming happens in their daily routine.”

- Joe Louis



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Gold Group

By **Coach Rob**

As we head into the second half of the season (we are currently at week 25!), I wanted to take a moment to look back on the first half. First of all I want to let the Gold Group know exactly how much I appreciate your efforts. The best part of my day is always the 90 minutes to 2 hours that I get to spend with each of you. I love what I do and it's all because of you. Your hard work day in and day out is truly inspiring and makes me want to work twice as hard to help you all achieve your swimming goals.

Over the first half of the season, we have seen some incredible improvements in and out of the pool. As a group we have swum nearly 80% personal best times in our swim meets up to and including the Vallejo meet last weekend. With one two short course meet (Napa and March C/B/BB) before we transition into long course, we have the opportunity to bring our best times up over 80%!

While meets are one way to know how well we are doing, our practice sessions are another. We have been able to bring our total yardage per practice up over 4500 yards! But even more impressive is how those yards are swum. Our goal is to have every workout, every set and every repeat have a purpose and a reason. You have ALL embraced this concept. No more "garbage yardage"!

I'd also like to welcome our two new swimmers into the Gold Group. [Lea Hakiel](#) and [Miachalah Om](#) have graduated from the silver group and are bringing new excitement and energy to the group. Welcome Lea and Miachalah to our Group!

Over the past few months we have had weekly meetings covering topics from the USA Swimming Athlete Development Model (ADM). Some of our topics have included Nutrition for athletes, visualization and relaxation techniques and optimal levels of mental energy for racing and training.

Here are my notes from the visualization talk:

<https://docs.google.com/document/d/1Ad6KuDCUtZp2gyfGIE6LQSlndgicliYMuOXjPZcjlk/edit>

Here are my notes for Nutrition:

<https://docs.google.com/document/d/1FsuYh9Zj8r59vQDE4TZJVfh4s09Zu1jejt31fxdTt4g/edit>

Keep up the great work!

"Success is getting what you want; happiness is wanting what you get"

- WP Kinsella



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Platinum/Alumni/YRHS Groups

By **Coach Stefan**

It is with great pleasure to welcome [Kate Rebro](#), [Lucy Gerard](#), [Sophia Espinoza](#) and [Asher Dolid](#) to our group! Well done for moving up and for immediately embracing all the challenges swimming in the Senior Group has.

In the book [Conquer the Pool](#), Olivier Poirier-Leroy writes about recognizing once inner strengths. He discusses the importance of how to perform, even when things don't go your way, or you don't feel like coming to practice due to a lack of sleep or muscle soreness, etc. He writes: "**Spoiler Alert: You are tougher than you think!** The ability to suffer like a champ is a defining characteristic of what it means to be tough and gritty in the pool."

We witnessed first hand what tough and gritty means at the VJO meet.

During the 1650 [Orion Meaux](#) lost his goggles shortly after the dive, his cap was about to fall off and his hair was all over his face, making breathing and seeing very difficult for a 20+ minute race. Despite all of this, he never stopped, he didn't give up and he just kept on going, giving his utmost best under more than challenging circumstances.

To me, that showed a strong willpower and even stronger character. How proud we all were after he finished; still smiling, still motivated. Well done [Orion](#) for finishing this race! With this achievement, it is with great pleasure to award **you our Senior Swimmer of the Month honor!**

Let's take Orion's example of strong willpower and character and use it as fuel to motivate ourselves to work hard and smart for the rest of the SCY season. We have a great many important meets coming up and with the High School season being on its way; **it is now your time to shine!**

This means to set short term goals (come and discuss them with me) and focus on our focus points during each practice set to ensure that when you are working hard, you are also working smart. *Hard work with focus on the **process** = a High Quality Practice.*

Stay happy and positive no matter the circumstances, because [a happy swimmer is a fast swimmer!](#) and let's make this the best few months of practices and competitions ever!

Platinum Groups' attendance for the last 30 days as of 2/15/2024							
Pink	Green			Orange		Red	
Connor	Cole	Kate R.	Charlotte	Quinn	Gabe	Josie	Brooke
Max	Cynthia	Kate M.	Sophia	Abigail	Malia	Vivie	Orion
Baran	Owen	Anna	Sam	Tyler	Jiselle	Zayd	Bella



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	Asher T.	Nathan	Lucy	Allie	Magnolia	Maya	Daniel
	Jonathan	Evan	Asher D.	Zafar			
	Kaleah	Mizuki					
<i>Currently on reduce schedule: Olivia & Kelly</i>							
<p>Pink = 100% = amazing, just wow!</p> <p>Green = 80%+ = good job!</p> <p>Orange = 61% - 79% = okay job; but I am sure you can get a few more practices in!</p> <p>Red = 0% - 60% = time to improve your attendance!</p>							

“For instance, if you asked me what I am working on now, it’s going to be working on my dive into my dolphin kicks and maintaining momentum into my swim. Through those micro-goals the entire race comes together at the end of the year.”

- Nathan Adrien

Captain’s Corner

By **Josie Oesterer**

Similarly to February on a leap year, I’ll keep my advice brief this month. It’s about making the one percent change—making incremental changes daily. As a perfectionist, I often associate success with the entire one hundred percent active, some may say dramatic, change when shifting habits. But sometimes, big shifts lead to burnout, akin to the all-too-familiar scenario of failed New Year resolutions. Hence, I’ve come to appreciate the wisdom of starting small and embracing the one percent change. The hardest part of this process is accepting small changes as beneficial, which is something I still struggle with. However, these seemingly minor adjustments can accumulate over time, leading to sustainable and meaningful progress without overwhelming oneself.

Become a Student of Our Sport

By this month’s **Editor-in-Chief**

“Study after study has shown that when athletes (including swimmers) focus on building a process and concentrating on improving their own systems they are able to compete **with less anxiety, feel more confident,** and are **better able to focus and perform.**”



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[Conquer the Pool](#) by Olivier Poirier-Leroy is a must read for any swimmer! It is a deep dive into mastering mental training through meaningful goal setting exercises, including tactics to improve your chances of accomplishing them.

As PST's Head Coach, I would highly recommend any swimmer (no matter the age) to pick up this easy read. It will give you an insight on what it takes to become an outstanding athlete, set realistic goals, work on your self talk and help with your practice and racing skills. Start now, and watch yourself become a more well rounded and happier swimmer.

“I have my goals somewhere I can see them, so when I get out of bed I know I’m waking up to work on what I’m trying to achieve.”

- Michael Phelps

Swim Meets

- 2/24-25:** [NVST C/B/A Meet \(host: Napa\)](#). Closed! 89 PST Swimmers are registered to compete.
- 3/15-17:** 14 & Under Spring Age Group Championships (host: SBA). Meet requires [qualifying times](#) and is in Hollister. Book your hotel!
Congratulations to our qualifiers so far: Max S., Ben R., Allie W., Mizuki W., Magnolia S., Cynthia W., Zafar M., Connor C.
- 3/23-24:** C/B/BB Meet (host: CDST). All swimmers from all groups should attend.
Note: Swimmers competing at WEZO or FarWesterns should not sign up for this meet.
- 4/1-6:** [Senior Western Zone Championships \(St. George, Utah\)](#). All qualifiers should attend.
Congratulations to our qualifiers so far: Connor C., Mizuki W., Abigail J., Cynthia W., Asher T., Cole C., Owen B., Josie O., Jonathan D., Nathan J., Sydney O., Charlotte L., Sonja tG., Evan B.
- 4/4-7:** [Spring Far Western Championships \(host: PLS\)](#). Meet is open on [FastSwims](#). All qualifiers not attending the Utah trip should attend.
Congratulations to our qualifiers so far: Ben R., Connor C., Zafar M., Cole C., Asher T., Owen B., Nathan J., Evan B., Gabe R., Josie O., Charlotte L.
- 4/19-21** VJO C/B/A LCM Meet. Meet is open on [FastSwims](#). First Long Course Meter meet of the season. Great meet for all ages and levels.



Championships Qualifiers

* New Qualifiers

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



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



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