

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

January 19, 2024

THE FLIPTURN

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

Hard to believe that we are into 2024 already! It seems like just a few weeks ago that we were all climbing back in the water after a summer break! Yet here we are 22 weeks into the season!

A new year is a good time to look back and see where we have been. But it is even more important to look forward to the rest of the season. January to April is traditionally the end of the short course season (competitions in a 25 yard pool). April to July is the Long Course Season (competitions in a 50 meter pool).

We are gearing up for Short Course Championships. The coaching staff has decided to not attend the Zone 2 Championships in Stockton this year. Everyone in the Gold, Silver, Bronze and Blue Groups should focus on the Vallejo (VJO) meet on February 9-11 and/or the Napa Valley (NVST) meet on February 23-25. These two meets will be your last opportunity to qualify for the Spring 14 and under Age Group Championships taking place in Hollister on March 15-17. For those of you who do not qualify for the Age Group Champs or Far Western Championships (April 4-7), your focus will be on the Tera (Concord) C/B/BB meet on March 23 and 24. Those of you who are trying to complete your Short Course IMX challenge have only a few more opportunities to do so!

“Life is change. Growth is optional...choose wisely”

- Karen Kaiser Clark

January Birthdays

Owen B.

Zoe W.

Nathan J.

Aine B.

Noor S.

Timothy T.

Zachary W.

Elin L.

Mia H.

Miachalah O.



Zach's Attack

By **Coach Zach**

Hi Everyone,

I hope you all had a great break! I personally do not set New Year's resolutions, but many do. Although the beginning of the spring season is a great time to set new goals or refine existing goals. One goal I would recommend for our athletes is to take more ownership of your responsibilities outside the pool. A good athlete is well rounded and maintains goals that extend beyond their sport, as well as in their sport. I know New Year's resolutions can be motivating, so if you feel a New Year's resolution motivates you do it! These ideas can extend beyond swimming, I personally have goals set up for my classes this semester when it begins. I believe one way to ensure you achieve those goals is to make them reasonable. If you want to swim in the Olympics that is great! You may want to have just a few goals between now and then. When I was competing I always made a season goal and then 'micro'-goals for myself along the way. The smaller goals help you feel a sense of achievement along the way and create a tangible progression to your bigger goals. Historically I have not been a great test taker even if I do well in a class overall, so my main goal for this semester is to improve my test scores regardless of my overall class grade. My micro-goals for this semester include being more proactive on my reading and studying and spacing out homework more evenly, which will hopefully reflect in my exam scores. This strategy can be used for more things than just swimming or school, and if it helps you ask a friend, parent, and of course coach to help you determine or maintain goals.

Another small example of being prepared and taking responsibility outside the pool is with your equipment, towels, water bottle, etc. When talking with a swimmer in the past week they told me they didn't have a piece of equipment, Coach Colby overheard my solution and loved it, so I thought I'd share. When I was a kid, I would go online and put everything I needed in the cart and then go to checkout and fill out my name and address. Then I would go to my Mom and tell her "This is what I need, and this is what it costs, all you have to do for me is put in your credit card (and pay)". I know parents can be busy and may not be thinking about swimming gear you have outgrown, lost, or never had. Reminding parents of what you need at times can be inconvenient, but if you make it easy for your parents they will almost surely get what you need as soon as possible. I decided to use swimming examples, but this can be applied to any goal in your life. I'm excited to be back and see what we can accomplish during the spring season!

"What would you attempt to do if you knew you could not fail?"

—Robert H. Schuller



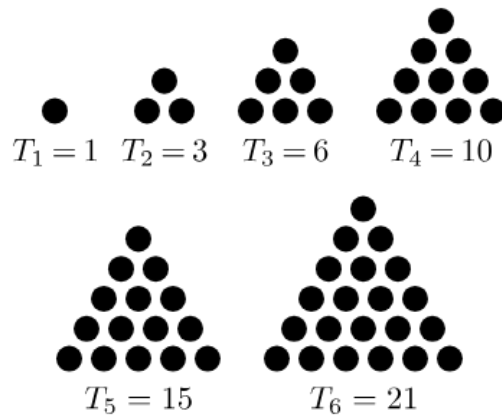
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THIS MONTH'S TOP STORIES

Blue Group

By **Coach Adrien**

The past month has been quiet with our recent holiday break. I wanted to start the year off by recognizing a group of our swimmers who achieved something really cool together just before break. Blue did a good job improving efficiency and endurance throughout the season, so I gave them a challenge on our last practice at Montclair. We learned about the swimming mile, which measures 1,650 yards. In a standard 25-yard pool, 1,650 yards is 66 lengths, which just so happens to be a triangular number. This means it can be drawn as a triangle-shaped dot structure like this:



...and so on, up to $T_{11}=66$.

We started small with a single, humble lap. Everyone was more nervous than excited about the longer and longer swims left in store: this would be about 25% more than their next-longest practice. But I knew they were ready. As the remaining laps ticked down, the group's effort and enthusiasm rose higher and higher. At the finish line, there were plenty of smiles, high-fives, and loud cheers for teammates. Congratulations to Adeline F, Alex D, Avery L, Branson L, Ellie H, Eva K, Izzy L, Noah J, Noor S, Piper L, Thada H, and Victor S! They did a fantastic job pushing their boundaries. It was a great note to end the year on.

We're hard at work on the basics to start 2024, but there's already exciting things happening beyond training. We're welcoming new members from our pre-competitive team into Blue, and celebrating Alexis B, Avery L, and Kaito C receiving promotion offers to Bronze! I'm looking forward to coaching our new and familiar faces the rest of the season.

“If you want to go fast, go alone. If you want to go far, go with friends.”

-Proverb



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Bronze Group

By **Coach Zoe**

Welcome back from winter break! You returned to swimming invigorated, and it shows! I have seen top notch kicking and turns this week. We will be spending the next month focusing in on the mechanics of each stroke. Our focus for each stroke will begin with head position and balance.

Remember, your balance point is the center of your chest. To feel balanced in a stroke, you must:

1. Adjust your head position- in line with your body and looking at the bottom of the pool.
2. Lengthen- stretch your spine through the top of your head, feel your arms and legs float away from you like you're being pulled to either end of the pool
3. Adjust your body position- press into your balance point until your hips and feet rise

Once you can maintain balance on your stomach, side, and back- you've cracked the code. The rest is just propulsion!

As we forge ahead through these chilly winter months, lean into the parts of swimming you enjoy the most. Tackle the other challenges with strength. And when you do, take a moment to acknowledge it. When your feet are freezing, you are staring at a cold pool, and you jump in anyway- say to yourself, "Man, I'm awesome!". When your legs are tired and you maintain that feeling for an entire kick set- say to yourself, "Wow! I'm really good at doing hard things!". When you're distracted by your friends or feeling wild and you find a quiet moment to click into the mechanics of your stroke- say to yourself, "That's cool! My mind is so powerful it just changed the entire way I'm swimming". Celebrate your strength, recognize the ways your teammates are succeeding, and keep on coming to practice- winter will pass in no time!

"You never know how strong you are until being strong is your only choice "

- Bob Marley



Silver Group

By **Coach Colby**

Hope everyone got enough rest during the break. Every year I personally come up with resolutions for myself for the year. This year I am trying to focus better. Most years I coach a lot of different groups including, high school, club, and three different all star teams. Working with so many different groups has given me a lot of coaching experience and taught me a lot about swimming throughout the years but this year I am trying to focus all



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of that knowledge on the Silver group and the other groups I work with on PST. As well I am doing my own swimming and working to achieve personal goals for myself.

The first thing I am doing to improve focus is I am no longer coaching All Star teams. Second, I am journaling all of the workouts with notes of what worked and what did not. I highly suggest tracking your work in a notebook. Tracking my coaching has already allowed me to take a bigger sense of pride in the work we are doing and shows how much time and effort is being put into the pool.

My swimming goal is to get under 1:00 minute in the 100 free and hold 1:11 per 100 in the 500 free. To achieve these goals I will need to make changes in how I run my life. Typically when I am bored I would throw on the TV, play some games, or break out the paints and markers. However, if I want to achieve these goals I have shifted my boredom to adding workouts, stretching, rolling out, and icing aches and pains from workouts. Taking the extra time to get myself ready to train has made the swimming experience so much more fun. Start considering what you do with your extra time. You can always roll out and watch TV/Youtube at the same time, you can make healthier eating choices while still enjoying yummy foods, and you can always add an extra workout to your week.

Resolutions can present a challenge but achieving those goals makes it worth all the work. Take the time to come up with some goals and work hard to achieve them. If you would like me to help with those goals feel free to fill out a [goal sheet](#) and we can come up with a plan on how to achieve it.

"If you asked me for my New Year Resolution, it would be to find out who I am."

-Cyril Cusack



Gold Group

By **Coach Rob**

One of my favorite quotes is "It's only a mistake if you do it twice. If you do it once and learn...it's an opportunity to improve". I don't know who said it first, but it is something that I try to remember around this time every year. I have a terrible habit of looking at the past year and only seeing the mistakes that I made. We always need to let ourselves fall in order to get up and grow.

I'm not a big fan of New Years Resolutions because we should be making resolutions every day. What can I do today that will make it a better day than yesterday? We have talked about "what is your one thing?" What is the one thing you can do **today** to make you a better swimmer? These don't even have to be directly tied to swimming.



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Here are some non-swimming “One Thing”things that you can do...

Hydrate before, during and after every practice
Get enough good solid sleep
Eat well (see Student of our sport below)
Stay positive
Be happy
Lead through example

Here are a few swimming “one Thing” that you can do

Streamline
Never coast through a turn
Finish every swim hard to the wall
Breakout past the 5 yard mark
Support your teammates
Lead through example

So what is your “One Thing” for today?

“You can get excited about the future. The past won’t mind in the least.”

- Hillary DePiano



Platinum/Alumni/YRHS Groups

By **Coach Stefan**

The beginning of 2024 is a wonderful opportunity to go over our groups’ goals and my personal objectives for the remainder of the SCY season.

Here is what we discussed at our group meeting on January 9th:

Goals/ Objectives mentioned by swimmers:

- Be happy for yourself and measure progress based on personal achievements and not in comparing oneself to team members and their progress.
- Start every practice with a fresh and positive attitude / mindset.
- Do the whole set, don’t quit halfway through.
- Make space for swimmers at the wall so everyone can turn and practice properly.
- Leave 5” apart and create proper lane spacing.
 - Either space out or change the order
- Support each other during difficult sets.
- Support each other at meets, particularly the swimmers that are doing distance sets.
- Create more team bonding opportunities at meets



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Coaches' Goals and Objectives:

- Create, reinforce and model a positive, honest and happy practice environment.
- Emphasize stroke efficiency, underwater execution and turn and start speed during practices.
- Create opportunities for swimmers to work with coaching staff 1:1.
- 2-3 1:1 underwater video analysis sessions.
- Inspire, motivate and help swimmers aim towards the next cut:
 - C/B → S2 → WEZO → SEC → Futures → JNats

Remember to have a look at our [Senior Group google doc](#) for discussion points, key dates, stroke education, link to stroke videos we filmed and more.

We are not awarding a Senior Swimmer of the Months' honor during this newsletter, since we have only been swimming for a few weeks. However, there have been some great, positive attitudes during practices so far and I am excited to see who can stand out over the next month(s) with their positivity, attendance, work ethic and camaraderie.

Platinum Groups' attendance for the last 30 days as of 1/18/2024
<i>Not applicable since the New Year just started</i>
Pink = 100% = amazing, just wow! Green = 80% - 99% = good job! Orange = 61% - 79% = okay; not great, not bad; just average! Red = 0% - 60% = not good, you need to do better!

“Don't be afraid of your own speed ”

- Magnolia Stoll



Captain's Corner

By **Josie Oesterer**

"New year, new you," is what we enthusiastically declare at the stroke of midnight on January 1st, right? Like many individuals, I view the onset of 2024 as an opportunity to revise, reflect, and reset my habits and goals. Perhaps you've observed the noticeable change in everyone around you as well. Swimmers flood the practice sessions, students strive for higher grades in school, some individuals decide to eliminate all desserts, and the gym is busy on every floor—a stark contrast to the preceding months.

As the saying goes, "Old habits die young." Breaking our long-standing habits is undeniably challenging, but I also believe that creating new positive ones is equally difficult, especially



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with the added push from New Year's resolutions. I, too, have found myself succumbing to the allure of setting popular goals merely because it's the new year. While there's nothing inherently wrong with common goals, they often lack the personalization needed for long-term success. Therefore, this month, I urge you to establish specific, realistic, and measurable resolutions. Despite the temptation to set a dozen or more, I encourage you to impose a limit—at least for now. This serves two purposes: first, to avoid burnout, and second, to ensure the qualitative success of the most important ones. With more focus and objective, make them long-lasting.

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Become a Student of Our Sport

By this month's **Editor-in-Chief**

https://www.usaswimming.org/docs/default-source/camps/zone-select-camp/czsc-presentations/athlete-plates-moderate-training.pdf?sfvrsn=ab932832_8

https://www.usaswimming.org/docs/default-source/camps/national-select-camp/fueling-for-competition.pdf?sfvrsn=2da33832_6

https://www.usaswimming.org/docs/default-source/camps/national-select-camp/recovery-nutrition.pdf?sfvrsn=c29c3832_8

<https://www.usaswimming.org/news/201>

“If you want to fly, then lose everything that weighs you down”

- Buddha

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Championships Qualifiers

** New Qualifiers*

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Mizuki Williams	<i>Anna Dixon</i>	<i>Ben Rebro</i>	<i>Cynthia Wu</i>	Asher Takazawa		
Allie Woo	Taylor Dacanay	Asher Takazawa	<i>Mizuki Williams</i>	Cole Carnazzo		
Magnolia Stoll	Abigail Jacoby	Cole Carnazzo	<i>Abigail Jacoby</i>	Owen Blanford		
Connor Carnazzo	Josie Oesterer	Owen Blanford	Asher Takazawa	Josie Oesterer		



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



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Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Majid					
	Gabriel Reader					



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