

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

June 19, 2024

THE FLIPTURN

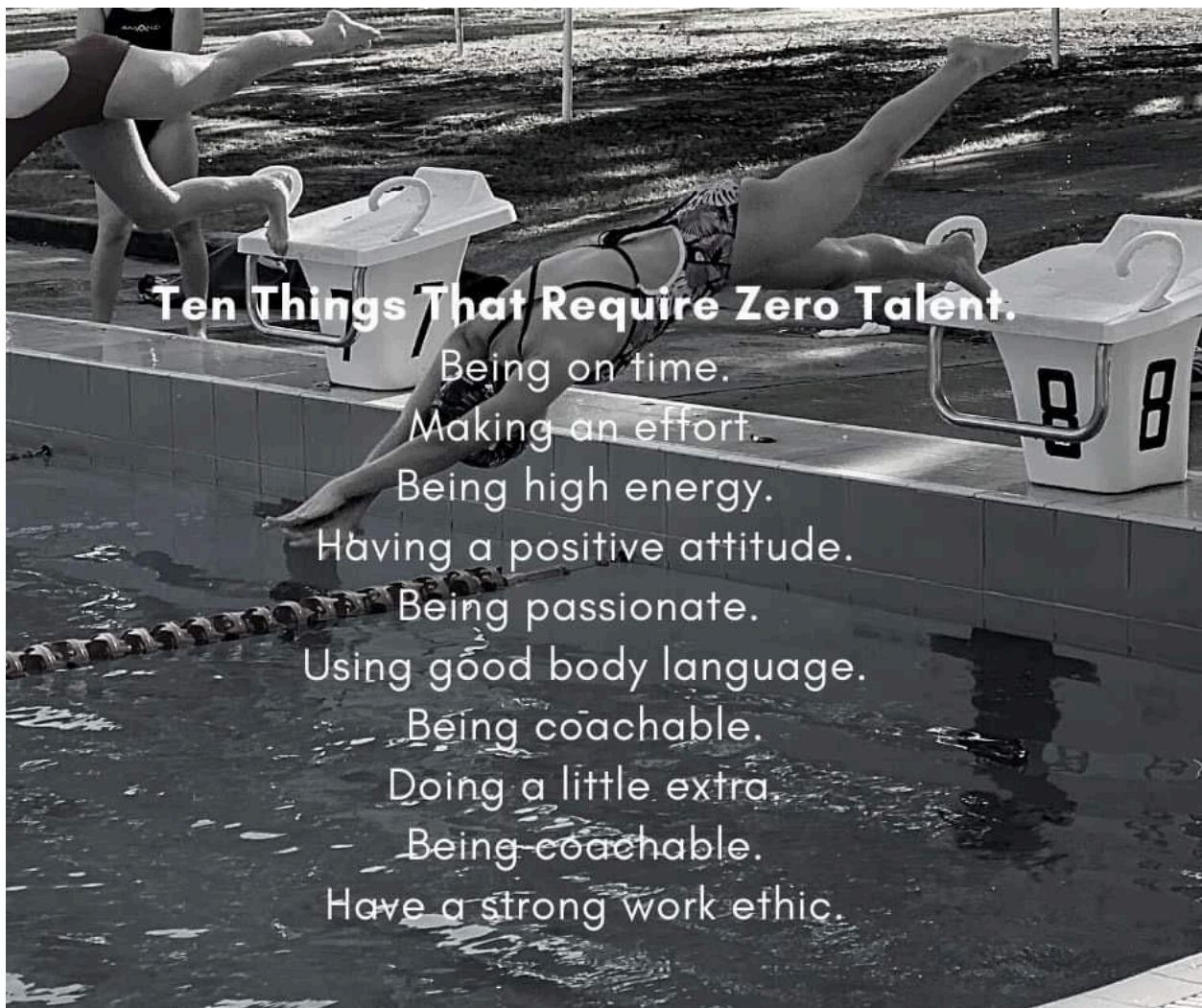
by Coach Rob, Editor-in-Chief

The focus of this months FlipTurn is the “Little Things”. What do we mean by that? I should start by saying that there is no silver bullet or one major thing that you can do to steadily improve. Improvement comes from doing all of the little things correctly. These can be stroke specific such as:

1. Every stroke starts with a good catch
2. Streamlining off your walls can take up to 3 seconds off a 100 yard swim
3. Head position
4. All strokes are leg/hip driven (KICK!)
5. Perfect breakouts every time
6. Find your “line”
7. Finish to the wall every time (no coasting)
8. Ready position on every swim at start
9. Eyes down in free/breast/fly
10. Aggressive, powerful, athletic, dynamic turns

The above is just an example of ten “little things” you can focus on in each practice. How many more can you come up with? Make your own list of ten things that can help you swim better and faster. Every practice session, pick just one of the things on the list and make sure you do it perfectly as you can every time during that session! Make sure you tell your coach before practice starts what your “little thing” is. At the end of practice let them know if you had success or not.

There are also many “little things” that you can do that really have nothing to do with the technical parts of swimming. I found this online and would like to share it with you:



So...what is your little thing for the next practice session? (How many noticed that “Being Coachable” is on here twice? 🤔)

*“The six P’s of success...
Perfect Prior Preparation Prevents Poor Performance ”
- by Unknown*



PST promotes a team environment which champions healthy athletes and individual excellence.

July Birthdays

Cole Carnazzo

Adeline Feldman

Scarlett Finney

Elise Hong

Cat Lee

Charlotte Livermore

Daniel Lou

Maxwell Mouat

Ruby Mouat

Eleanor Schultz

Emanh Sheikh

Malia Shrieve

William Smith

Hayden Ulibarri



Zach's Attack

By **Coach Zach**

Summer is finally here! With school out and vacations taken, it's time to shift our focus back to our swimming goals. We understand there's more going on in life than just swimming. However, as we all enjoy the freedom of summer, it's also the perfect opportunity to concentrate on refining those details that make a big difference in the water.

As coaches, we know that after you are told something time and time again it starts to lose meaning but these nuggets of advice have value. Now is the time to dig deeper and really work on the focus points you may have been neglecting during the fall and spring seasons.



PST promotes a team environment which champions healthy athletes and individual excellence.

We want each of you to succeed, and working on these "little details" is what starts to set good swimmers from great swimmers apart over time.

We have some exciting meets ahead as a team, and now is the time to start preparing for them!

"The game is won or lost on hundreds of small details."

- William Zinsser

THIS MONTH'S TOP STORIES

Blue Group

By **Coach Adrien**

This time of year especially, it's tempting to daydream about superstardom: swimming's Olympic Trials are going right now in Indianapolis to determine the next team USA for the Paris Olympics. The NHL and NBA finals are in full swing. Everywhere you look, you'll see the biggest names in sports excelling on the biggest stage. But behind every great game or great swim is a lifetime of preparation for all of the smallest technical details. Back home in Blue group, though the Olympic Trials couldn't be further from our radar, our team is putting in the practice that will help them grow to their potential one day.

I've been very impressed with Blue's focus and commitment at practice and swim meets. For certain skills we already know, we've practiced them under more stressful conditions, such as our 20x25 set a couple weeks ago where Lydia, Aine, Sophie, Ryden, Ada, Anika, Noah, Eva, Victor, and Zoe S all met their time while keeping perfect streamlines and breathing patterns for all 20. Slipping up just one time meant getting knocked out! Pushing through challenges like that makes skills that once took a lot of concentration seem easier than ever. Congratulations to those swimmers, and let's keep up that attitude and focus at practice! We will just keep getting better and better if we do.

At meets, I'm seeing the same attention to detail lead to fewer DQs and a bunch of best times after some plateaus earlier in the spring. At the Montclair Pentathlon meet, Ryden and Lydia earned age group finalist awards for their total performance at the whole meet. You were only eligible for this finalist award if you swam every race legally, meaning that a single DQ--just one false touch or kick!--would knock you out of contention. Although many swimmers had great meets without competing in every race, Ryden and Lydia both made it through the gauntlet with solid swims, finishing with great 100 IMs to seal the deal.



PST promotes a team environment which champions healthy athletes and individual excellence.

At the same meet and the recent Albany meet, Victor Secor and Mila Dade earned their first 8 & under A times, dropping a lot of time after a few meets of steady times. Victor had done an amazing job with his attendance this year and Mila had been very focused in practice on the parts of her race she improved. Although the races are thrilling and fun, I know it's the careful, hard work our swimmers are putting in that leads to the great results.

What are you going to focus on in practice to get better? Can you pick one skill, like streamlining, or flip turns, or backstroke finishes, that you will take pride in improving every time you come to practice? If you put in the work, you will get the reward.

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before”

- Jacob Riis



Bronze Group

By **Coach Zoe**

Summer is officially here! It is extremely important that you are taking care of yourselves during these summer months. Many of you are attending camps where you play in the sun throughout the day, and then coming to practice. To keep yourself healthy you need to take care of your bodies throughout the entire day. Here are our summer self-care priorities:

1. Hydrate!!! Drink water during the day AND bring your water bottle to practice
2. Protect yourself from the sun . The best protection is prevention. Find shady spots to play throughout the day, wear sunscreen (zinc oxide), and sun protection clothes
3. Communicate with your coaches, counselors, and parents if you are fatigued or overheated. Being in the sun all day can take a toll on you, let us know how you're feeling!
4. Take care of your skin. The combination of sweat, sunscreen, and chlorine can create a nasty rash or dry skin. Make sure you wash off before applying sunscreen and after every practice. If you have dry skin, use lotion with Vitamin E at the end of every day.

Our goal this summer is to have loads of fun racing and training for our upcoming competitions. Make sure to take care of yourself so you can enjoy that training!

“You're only one swim away from a good mood”



PST promotes a team environment which champions healthy athletes and individual excellence.

Silver Group

By Coach Colby



Summer is upon us. We have been having a ton of fun with this awesome weather and continuing to add new skills to our repertoire. This month we took the time to learn the crossover turn. The crossover turn as a variation of the backstroke to breaststroke turn in IM.

While coaching Gold I noticed how much faster swimmers were getting through that turn and knew it was a skill we should work on asap. We took time to show swimmers the skills, explained it in depth and both Coach Adrien and myself got in to help the swimmers with the movement. We spent a lot of time on this skill and about five of the Silver swimmers are ready to use it in competition.

Building skills can take time and a lot of application. We have just learned this skill but, the more we apply it in practice the easier it will get and the number of swimmers attempting this treacherous turn in meets will increase. Let's make sure to continue to build these little skills to build one awesome swimmer.

“When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there.”

- Zig Ziglar



Gold Group

By Coach Rob

As I mentioned above, the theme for this newsletter is “Little Things”. Over the past month, the gold group has really started to believe in this and perform it on a regular basis. The biggest change for many of you is buying into the idea of strong streamlines off the wall followed by a two second glide and four really powerful dolphin kicks in Fly, Back and Freestyle! Some of you even do it without thinking about it! We have been building on that every day in every practice.

Next up is the last 10 yards of every swim. One of the drills which has worked very well is 50 free repeats with the last 10 yards done with no breathing and an up tempo kick. Keep it up! I can see a change in the past two weeks.

The next five weeks are very busy for us. First up is the Reno Long Course meet next weekend. For some of you this will be the last long course meet of the season. After that is our biggest team meet of the year. The Redwood Empire Swim League (RESL) championships will take place on July 5-7 at Mills.



PST promotes a team environment which champions healthy athletes and individual excellence.

This is an “all hands on deck” meet. The last meet of the season for most of you will be the Zone 2 Summer Championships on July 20-21. This is a short course meet for those swimmers with B times or faster. We also have 2 more long course practice sessions at Contra Costa College in San Pablo. These will take place on June 27th and July 18th from 7:30-9:30 AM. A big nod of the coaching cap to the only two swimmers from the gold group to participate in the first Long Course practice. Way to go Walker Wilson and Leo Maltz. Both swimmers swam great!

“Perfection may not be possible but if we chase perfection we can catch excellence”

- Vince Lombardi



Platinum/Alumni/YRHS Groups

By **Coach Stefan**

As we prepare for the last and probably busiest month of the 2023/24 swim season, we must take a moment to reflect on the many wonderful achievements we have accomplished thus far.

To me, it has been very inspiring to see how you have started to think about practices and swimming differently. It has become very noticeable that we are no longer just swimming a set; we are now swimming a set with purpose. Be that from stroke count with tempo to working on race strategies or being extremely mindful of our overall posture and technique. These are the finer things that make a set and a practice, and I am proud to say that most of you have done a super job implementing those focus points into your swimming.

With the hard and smart work you have put in, the group overall has improved tremendously. I mean, just look below at how many Senior 2 and Western Zone qualifiers we have so far! But, certain milestones in every swimmer's swimming career should be celebrated, and one of them is to get a sectional cut. At the last LCM meet in Brentwood, **Nathan Judy** did just that and got his first sectional cut in the 50 Free. He did it coming out of an okay day on Saturday, but swimming refocused on Sunday, with purpose from the warm-up to dry land exercises before his race and ultimately giving it his best and most successful swim in the 50 Free. We are super happy that Nathan has achieved that goal! Congratulations.

Now, it is off to Reno to get some altitude racing in and then prepare for RESL, Zone 2 Champs, and Western Zones. ***What an exciting few weeks we have left! Give it your best, and let's have some fun, continuing to work hard and with purpose during practices.***

“Details make perfection, and perfection is not a detail.”

- Leonardo Da Vinci



PST promotes a team environment which champions healthy athletes and individual excellence.

Swimmers Section: Olympic Trials 2024

By Asher Takazawa, Tyler Dacanay, and Josie Oesterer

With the 2024 Olympic Trials approaching, excitement is building in the swimming community. Swimmers all around the nation are finishing up their taper cycles heading into the meet. We would like to share some big names to look out for on TV.



Rising Stars to Watch From Pacific



Swimming

Shareef Elaydi, A well-known swimmer in our region specializes in Butterfly and Individual Medley events. Shareef's recent performances have shown much improvement, allowing him to be named the youngest swimmer at the Trials meet, as he punched his ticket in the 200-Meter Butterfly. He is now ranked **52nd out of 57** qualifiers in the 200 Butterfly. Look out for him on Tuesday, June 18th. He will be racing in event 13.



Luka Mijatovic, A big name in Pacific Swimming, is set to make a splash at the Trials with his performances in freestyle events. Competing in multiple events, Mijatovic is seeded **19th out of 68** in the 400-Meter Freestyle, **45th out of 57** in the 200-Meter Freestyle, **13th out of 56** in the 800-Meter Freestyle, and **22nd out of 53** in the 1500-Meter Freestyle. Luka's role in Pacific Swimming sparks swimmers to push towards his excellence, and we look forward to seeing him on the national stage.



PST promotes a team environment which champions healthy athletes and individual excellence.

Alex Walsh and Kate Douglass in the 200 IM



During the Tokyo Olympic Trials in 2021, Walsh and Douglass beat former winners Melanie Margalis and Madisyn Cox. Both [Alex Walsh](#) (pictured right) and [Kate Douglass](#) (pictured left) have found success since then. Their journey in Tokyo resulted in securing silver and gold medals. The success from there carried on to the NCAA's. Both of



these swimmers swim for the *University of Virginia*, train together, and have consistently been beating each other's times in the 200 IM and are far faster than their competitors. They will be competing in the **25th event** with Walsh seeded first with a **2:07.05**. Douglass follows closely behind with a **2:07.63**.

Paralympic swimmers aiming to qualify for Paris

The US Paralympic Swimming Trials, set to take place from June 27-29, will see some of the nation's most talented athletes vying for a spot in the Paris 2024 Paralympic Games. Among these athletes is five-time Paralympian [Jessica Long](#), who is aiming to make her sixth Paralympic appearance. Long, the second most decorated US Paralympian with 29 medals, including 16 golds, began her Paralympic journey at the age of 12 during the 2004 Athens Games, where she won three gold medals. This year, Long will compete in several events to qualify for Paris 2024, including:

100-meter Breaststroke: Seedtime of 1:28.80 (4th seed), 100-meter Backstroke: Seedtime of 1:18.91 (13th seed), 400-meter Freestyle: Seedtime of 4:40.45 (3rd seed), 100-meter Freestyle: Seedtime of 1:05.21 (6th seed), 100-meter Butterfly: Seedtime of 1:09.97 (7th seed), 200-meter Freestyle: Seedtime of 2:36.00 (5th seed)



PST promotes a team environment which champions healthy athletes and individual excellence.



Another notable competitor is 21-year-old [Haven Shepherd](#), who is attempting to qualify for her second Paralympic Games. After narrowly missing a podium finish in the 200 IM in Tokyo, Shepherd is eager for a fresh opportunity in Paris. She will compete in three events:

100-meter Breaststroke: Seedtime of 1:43.39 (11th seed), 100-meter Backstroke: Seed time of 1:26.73 (20th seed), 200-meter Individual Medley: Seedtime of 3:03.26 (18th seed)

The Paralympic trials, while often receiving less attention than their Olympic counterparts, showcase extraordinary athleticism and resilience. Supporting these events and athletes highlights the incredible achievements and potential of Paralympians, demonstrating the optimization of all physical abilities.

Become a Student of Our Sport

From USA Swimming and TrueSport

TrueSport: Do you know how to require respect from your sport circle?

As a young athlete, you may struggle to ask for respect from your coach, your peers, and even your parents. For example, you might need your coach to communicate feedback differently or you may want your teammates to stop using a particular nickname.

Here, board-certified family physician and [TrueSport Expert Deborah Gilboa](#), MD, explains how to ask for the respect that you need from anyone within your sports circle, from doctors to coaches to teammates.

Start with Self-Respect: It's hard to ask for respect from others if you struggle to respect yourself, says Gilboa. In many cases, [having self-respect](#) can look like a series of practical actions, rather than just an attitude or feeling that you adopt. For example, self-respect can mean arriving at practice on time and properly fueled with an afternoon snack, showing that you respect your body and role as an athlete.



PST promotes a team environment which champions healthy athletes and individual excellence.

You can also demonstrate self-respect by respecting your own boundaries out loud, with something like ‘I have to get some sleep tonight, but I’d love to hang out tomorrow.’

Set Your Own Boundaries: Maybe you’ve never thought about [what your boundaries are before](#). Now is the time to start, since it’s hard to demand respect—which includes respecting your boundaries—if you can’t articulate them. Gilboa says this can start with simple things: “Is there a name you prefer to be called? Do you not want to talk about competition on weekends, or during lunch at school? Figuring out and communicating your boundaries makes it possible for people to respect them.”

Respect is a Two-Way Street: It’s important to note that there is a balance here. Developing a set of boundaries and sticking to them is important and helps you demand respect, but you still have to give respect while maintaining your own boundaries. For example, you can politely but firmly tell your coach that you can’t do an extra practice because you have another commitment, and you may suggest an alternative plan, like doing an extra strength workout at home.

Understand (and Work) the System: There are a few fast tracks to getting respect, especially from adults in your life, says Gilboa. One is simply being honest and accepting responsibility for mistakes that you may have made. “Accountability is huge,” says Gilboa. “If you’re able to accept responsibility for something you’ve done, make an apology, and offer a solution if the situation warrants it, you’ll quickly gain respect. You will make mistakes. But if you know how to look an adult in the eye and apologize clearly with accountability, you will be much more successful.”

How to Get Respect from Your Circle: [Model the respect that you’d like to receive](#). If you treat your teammates with respect, from using the pronouns that they’ve asked you to use to generally being aware of how your actions make them feel, you’re helping them learn how to treat you.

Here are a few specific examples that show how to apply this guidance:

Coaches, parents, teachers: Ask for clear rules and expectations. Coaches and parents sometimes enforce certain rules for some people on the team (or siblings, in the case of parents) but not for others. You can advocate for yourself by asking them to lay out the rules and expectations in writing, as well as the consequences. That way, if they aren’t asking all the team members to live up to this ruleset, [you can easily point it out](#).

Doctors and other experts: Your sports circle may contain certain experts, such as physical therapists and dietitians. It can be difficult to ask for respect from these people, especially if they position themselves as all-knowing. Unfortunately, that isn’t always the case, and you may have situations where you need to advocate for yourself if something doesn’t feel right.



Don't be afraid to politely but firmly [ask for a second opinion, more tests](#), or further discussion. Often, these experts will respect you for speaking up. And you know better than anyone else if something is actually wrong.

Peers: Get clear on what you want, [and then ask for it in a calm way](#). “A good example is expressing clarity around what you'd like to be called,” says Gilboa. “Maybe you don't like to be called by just your last name or maybe there's a nickname that you hate. Ask firmly and politely to be called by the name you prefer—and continue to ask anytime you're called by the name that you don't like.” And of course, extend those same courtesies to others.

People you lead: Start by being extremely clear about the respect you're asking for. “Often, the biggest factor that helps you get respect from the team you lead is simply being able to articulate what respect means to you,” says Gilboa.

Takeaway: It may feel uncomfortable, but asking for the respect you need and deserve is an important skill to develop and practice in sport and beyond. Be sure to establish, communicate, and enforce your boundaries, as well as show the same respect to others.



Swim Meets

7/5-7:	RESL Team Competition (location: Mills College). Meet is open on FastSwims! Your swimmer will have the most amazing time at this insanely fun meet!
7/12-14:	Summer 14&U Age Group Champs (location: Concord). Meet is open for registration on FastSwims . <i>Congratulations to our qualifiers so far: Emily C., Magnolia S., Allie W., Cynthia W., Connor C., Zafar M., Max S., Ben R.</i>
7/20-21:	Zone 2 SCY Summer Championships (location: TBD). This meet will be in Short Course Yards and is a great end to the season! All swimmers from all groups with B times should attend.
7/30-8/3:	Summer LCM Western Zone Championships (location: Clovis, CA) <i>Congratulations to our qualifiers so far: Abigail J., Charlotte L., Josie O., Sydney O., Mizuki W., Cynthia W., Sonja TG., Owen B., Evan B., Cole C., Connor C., Jonathan D., Nathan J., Asher T.</i>



PST promotes a team environment which champions healthy athletes and individual excellence.

Championships Qualifiers

* New Qualifiers

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



PST promotes a team environment which champions healthy athletes and individual excellence.

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

