

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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January 31, 2020

# THE FLIPTURN



by **Coach Rob**/Editor in chief

As we slide out of the Holiday Break, we enter one of the most busy times of the year for the Piedmont Swim Team. Here we are at the end of January and in the past three weeks we have already attended 3 meets! The majority of our swimmers first participated in the Stockton meet. A great time (if just a tad chilly in the mornings) was had by all! Members of the Platinum Group went to the Cal Invitational and it was all capped off this past weekend with our own Zone 2 Championships!

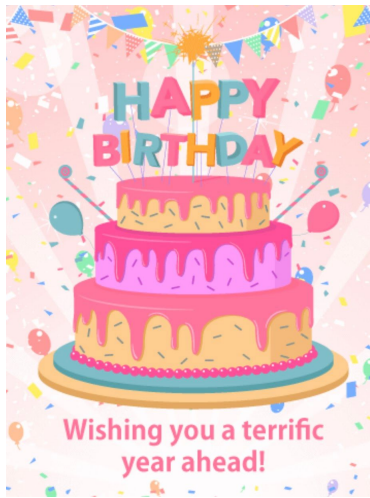
It is easy to get lost in the business of the season. It is important to remember what we are here for! Not attending swim meets or partially attending swim meets makes it very difficult to know where we are in our training. As you progress through your swim career you will be expected to attend more competitions. It is important to remember that attending **the whole meet** is extremely important. It is easier to get the feeling of a whole weekend meet at a standard C/B/BB meet or Zone Champs than it is the first time you qualify for Junior Olympics (Three full days), Far Western Championships (three and a half days) and even larger meets such as Sectionals, Junior Nationals or Nationals (up to 5 days long).

February continues this schedule with meets in Moraga (hosted by Orinda Aquatics (all swimmers can and should attend), Senior Open travel meet to Santa Cruz, Spring Sectional Championships (qualifiers only), and the 14 and under last chance for Junior Olympics meet (B times or better)

Keep up the great work in practice!

*“Push yourself, because no one else is going to do it for you!”*

# Birthdays!!



Samuel Bierlink

Azure Cardin

Tristen Milsum

Laurel Minor

Kai Naipal

Jackson Nooney

Micah Temple

Nathan Bekele

Adelina Mbise

Angeline Mu

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## THIS MONTH'S TOP STORIES

### **Green Group:**

By **Coach Colby**

Green group continues to impress this month. We did a lot of work early trying to make changes in our kick and working on white water. Kick should be the star of your swim especially in practice.

Mid way through the month we had another midseason tryout and added 7 new swimmers to the group so make sure to introduce yourself and make them feel welcome. This month really focus on leaving in the ready position and finishing to the wall so we can show the new swimmers some of the swim team etiquette.

Towards the end of the month we had our Zone championship meet and got to watch a lot of fast swimming. Next year I want to see everyone from green swimming at the meet which requires a B or better time so keep working hard and you'll be able to get there in no time.

*“Dedication sees dreams come true”*

- Kobe Bryant



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## Blue Group:

By **Coach Daniel**

Blue group has been putting in a lot of work this past month. We have had 2 swim meets, our first travel meet of the year, and the Zone 2 Championships. We had a bunch of swimmers attend the Stockton and a few go to the Zone 2 meet. Everyone that swam did really well and continued to impress me. If you have not attended a swim meet yet please start considering it. It is a fun experience, getting to spend time with friends and learning what we can do better as a group.



Next month we will be working a lot on our STF's or Starts, Turns, Finishes. Majority of our race is spent underwater in a streamline or on the wall during a turn. We will be doing these everyday as part of our warm-ups. We will also be heavily focused on Breaststroke, working on getting faster and sharper with our stroke to make it easier.

*"Great things come from hard work and perseverance. No excuses."*

- Kobe Bryant



## Bronze Group:

By **Coach Daniel**

January has been a month of long meets and fast swims. We have had swimmers drop time at every swim meet and a lot of stroke improvements from everyone. We had *Atlas* drop time twice in 1 month. It was his 100 free, going from around 1:30 to 1:11 in Stockton then dropping another 2 seconds at the Zone 2 Champs Meet making it a 1:09. We need to start having more swimmers attend our swim meets. It is important that we start representing our team more. That includes going to swim meets, cheering at swim meets and encouraging other swimmers on the team to start going. The more swimmers we have the more fun we have.

This next month we will be working on our Starts, Turns, and Finishes. Most of our race is done underwater in streamline or on the wall for the turn. The faster we can do this, the more time we drop and well start having fun. We will also be working mainly on our Breaststroke. We need to start focusing on high intensity arms and stronger faster kicks.



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As the long course season is approaching we need to start bringing a higher intensity to practice. I know we are in the middle of the season and we are tired, but this is where winners are created. Nobody gets faster in the beginning of the season, it's the work you put in in the middle and end of the season that matters. Start coming to practice with the mindset of working harder.

*"The moment you give up, is the moment you let someone else win"*

- Kobe Bryant



## **Silver Group:**

By **Coach Colby**



Finally Zone 2 Champs has passed, while many swimmers stayed home we had quite a few representatives from the silver group at the meet and they did not disappoint.

*Laurel, Logan, Vivie, Allie, Daniel, Max, Cynthia, and Nathan* were our groups representation and they all dropped time throughout the day ending with *Vivie* earning multiple new A times and scratching ever so close to a JO time, as well as Nathan anchoring an 11-12 boys relay with a new PB of 30.4.

This was a meet we worked really hard for and while many swimmers had to stay home it is not time to stop working, refocus and refresh keep working hard and earn your next B time. We want everyone in silver at the next Zone championship meet.

Working in to March we are going to be seeing a lot of distance work, make sure the good habits continue to be a focus, be excited, and be ready to focus on the task at hand.

*"Everything negative - pressure, challenges - is all an opportunity for me to rise."*

- Kobe Bryant



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## Gold Group:

By **Coach Rob**

A big congratulations to the Gold Swimmers who participated in the Zone 2 Swimming Championships this past weekend! We had lots of best times and a few of you are inching closer and closer to the Junior Olympic Standards!

The past month has been a really good training month for the group. I am happy with the increase in focus and “sharpness” in practice. Always remember that if your practice sessions are quick, snappy and sharp...your meet results will be the same.

A special shout out to two of our swimmers who have really stepped it up over the past couple of months. [Abigail Jacoby](#) and [Cole Carnazzo](#) both get the ol’ tip of the coaching hat for showing up...training hard and bringing a new level of excitement to their training sessions!

Good luck to those of you attending the C/B/BB meet in Moraga next weekend! This is the last chance for you to get new “B” standards! Two weeks after the Moraga meet (February 28-March 1) is the last chance for Junior Olympics meet in Concord! If you have “B” times or faster, please enter this meet as you will not get another shot at this spring’s Junior Olympics!

*“The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it”*

- Michelangelo



## Senior Group:

By **Coach Stefan**



We have had a very busy start to the new year. The swim camp in Mesa, AZ was a huge success and fantastic learning experience. During the camp we talked a lot about the importance of being *mindful* during practice. Each swimmer had an opportunity to work on their practice log to help create better and more successful training sessions. Additionally, we heard multiple presentations on process and how to best become a better swimmer, all of which can be found on our [website](#).



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Since returning from Mesa, we have continued to focus on the process and very importantly on closing speed. I am happy to report that a lot of that hard and mindful work has paid off at the Cal Invite and Zone 2 Championships. It was a pleasure to see our senior swimmers out race their competition, placing and even winning in relays and coming first in the 13-14 girls and 17-18 boys high points divisions. Congratulations to [Paige](#) and [Aaron](#) for achieving this honor.

We have been racing more than usual and that is going to continue leading into High School Season. The focus during practice will stay on closing speed and on creating the perfect race strategy for a 50 freestyle (morning practices). The next few meets with Santa Cruz, Sectionals, Jo's, Hill's and FarWesterns are looking very promising and I am looking forward to those races.

Use your practice log to stay accountable, keep up the good work and continue to be *mindful during practice*.

*“With Each Yard, Each Meter, Each Practice you are building a Result.  
FOR BETTER, OR FOR WORSE.”*

- Olivier Poirier-Leroy

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## Captain's Corner:

By [Aaron Wu](#)

### Quality and Quantity

The Difference

**Quality** - the standard of something as measured against other things of a similar kind; the degree of excellence of something.

**Quantity** - the amount or number of a material or immaterial thing not usually estimated by spatial measurement.

#### Quality in practice

- Racing at PB pace sets
- Having a focus for every set, including warm up and warm down
- Catching the water with every stroke
- Consistent Freestyle kick
- Compact, Beautiful Turns
- Taking as much as you can from your coach and utilizing it



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## Quantity in practice

- Going to practice ( Eg. Platinum's practice requirements are 7/9 practices )
- Increasing Fly Kick count
- Decreasing Breath count
- Decreasing Stroke count
- Making the intervals
- Don't skip laps
- Flipturn every wall

Look at other swimmer's Quality and Quantity and see what works. If you want to be at their level or better, you have to work harder than them. If you are close to a JO time or Senior 2 time, look to swimmers who have achieved them and their Quality and Quantity. Most importantly, now is the time to reflect on the goals you made in the beginning of the season and ask yourself:

- Am I giving the Quality needed to achieve my goals?
- Am I giving the Quantity needed to achieve my goals?
- What is the standard expected from me to achieve my goals?
- What more do I need to do?
- How do I accomplish this?
- Who is going to keep me accountable for this?
- Is this something you want?

*"It's not about how hard you hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward."*

- Rocky

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## Swim Meets:

### **Orinda C/B/BB - February 8th & 9th:**

Meet has closed. 64 PST swimmers attending. 9&O should be ready to warm-up at 8am and 8&U should be ready to warm-up at 8:30am.

### **ACSC Senior Open - February 14th to 17th:**

Meet has closed. 14 PST swimmers attending. Will depart on Friday, 2/14 at 12pm and return on Mon, 2/17 in the afternoon.



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### **TERA B/BB+ (Last Chance Meet - February 29th to March 1st:**

Meet is open on [FastSwims](#). This meet is for 14&Under only and requires B times. Last chance to qualify for Spring JOs.

### **Spring Sectionals (Carlsbad, CA) - February 27th to March 1st:**

Congratulations to our qualifiers: Eden Smith, Paige Arnold, Kate Aubrecht, Maddie Oesterer, Simon Lins and the Girls 4x100 Freestyle relay.

### **Championships Qualifiers:**

<b>JOs</b>	<b>FW</b>	<b>WEZO</b>	<b>SEC</b>	<b>FUT</b>	<b>J.Nat</b>	<b>Nat</b>
Paige A	Paige A	Paige A	Paige A	Simon L		
Asher T	Simon L	Simon L	Simon L	Paige A		
Josie O	Maddie O	Maddie O	Kate A			
	Kate A	Kate A	Maddie O			
	Eden S	Eden S	Eden S			
	Jalen C	Aaron W				
	Aaron W	Brian W				
	Brian W	Giovanni W				

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## Articles:

### **Psychology Takes a Foothold in Sports**

By [Sandy Kucharski - Woodstock Independent](#)

Although the idea of dealing with a sports psychologist at the college and professional levels has been commonplace for a long time, high schools are just beginning to adopt the practice. [READ MORE.](#)



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## How Athletes Are Using Sound Therapy to Get Race Ready

By [Freya Drohan - triathlete.com](#)

A 2016 study found that sound meditation significantly reduced tension, anger, and fatigue, while previous review in 2014 found that sound therapy lowered agitation and anxiety in patients recovering from surgery. [READ MORE](#).

## Why Isn't My Swimmer Being Moved Up a Group?

By [Olivier Poirier-Leroy - YourSwimLog.com](#)

For the swim parent who is curious as to why their kid isn't zooming along to the next level on the team, here is a breakdown of what you need to know about your swimmer moving up a group. [READ MORE](#).



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