

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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January 25, 2019

# THE FLIPTURN



by Coach Rob/Editor in chief

Happy New Year everyone! I want to talk a little about rituals and race preparation this month. I remember years ago, listening to a college basketball coach talk about how one of his athletes prepared for big games and specifically free throws.

Keep in mind that this was a Division I university with a perennial top ten nationally ranked basketball team. The athletes on this team were all world class.

The player that he spoke about had the best free throw percentage in their whole conference as well as being top three in the nation. Every time this player stepped up to the line, he did the exact same thing...

- Right toe to the free throw line...
- Left toe just behind...
- Pull up shorts...
- Bounce ball exactly three times...
- Toss ball up in air and adjust socks...right first then left...
- Two little bobs...and shoot!

This resulted in a 94% free throw percentage!

Early the following season, coach asked this player to change his “ritual”. All he asked was that when he bounced the ball, he only do 2 bounces...

The result? For the next 3 games his free throw percentage dropped to 79%!

When he went back to his regular “ritual” his percentage went up to 97%! He ended up with the top percentage in the nation!

What does this have to do with swimming? First and foremost, starts. I am sure you have all seen swimmers behind the block swinging their arms, jumping up and down, clapping their hands or any combination. The best swimmers in the world have their rituals as well.

Change your mindset. The start is NOT just your dive! A good start begins about 4-5 minutes before your race does. Next time you are getting ready to race, think about what your rituals are. Do you take deep breaths...swing your arms...jump up and down? Most importantly do you do the EXACT SAME THING every time? Or do you just walk up behind the blocks and swim?

Focus on one or two things you need to do in that race and don't let your mind wander. Do YOUR ritual to get ready and then step up on the blocks and do your best!!

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## February Birthdays!!

Niccolo Constanti	February 26	Daniel Grasman	February 25
Ziai Liu	February 20	Adelina Mbise	February 15
Tristen Milsum	February 11	Laurel Minor	February 10
Jackson Nooney	February 20	Joshua Sachs	February 15
Micah Temple	February 24		

There is one more person who is celebrating a birthday this month...

**Coach Colby!**

Ask him how old he will be!!!



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# THIS MONTH'S TOP STORIES

## Green Group:

By **Coach Zoe**

Happy New Year! Green has started the year off strong. They are beginning the year by preparing for the Hills meet on February 9-10. The Green group is focusing on swimming the strokes thoughtfully and correctly. The swimmers have been working hard on achieving and maintaining a legal breaststroke and butterfly. These two strokes require lots of practice and there are many rules to remember. Here are a few focuses and rules the swimmers work on in breaststroke and butterfly.

Rules to remember for Butterfly:

- 1) Simultaneous kick – legs always stay together
- 2) Simultaneous arms – arms move at the same time when they pull and recover
- 3) 2 kicks for every pull
- 4) Touch the wall with 2 hands!

Rules to remember for Breaststroke:

- 1) No kicks underwater in your streamline
- 2) Simultaneous kick- legs move at the same time and always on a horizontal plane (aka- no scissor kick!)
- 3) Pull- hands must stay above your waist and ideally in front of your shoulders at all times
- 4) Breathe every stroke
- 5) Touch the wall with 2 hands!

Make sure to sign up for the Hills meet on OME. We already have over 70 PST swimmers participating and it will be a fabulous event to be a part of!

**“It is not a matter of doing something, but of making a choice to do something on purpose”**

Kathryn C Lang



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## **Blue Group:**

By **Coach Zoe & Rob**

The Blue Group has been turning in some fantastic efforts over the past month! Even with the cold wet weather, you all have been showing up and working very hard! Make sure you get entered into the **“Hills Hurricane” meet** on February 9 and 10 (if you have not done so). This will be the last chance for many of you to compete until late March! The meet is filling up, so make sure you get your entries in as soon as possible.

Over the next month our focus will be on the individual strokes. We will work on one stroke per week, covering the arms, the kick and most importantly the timing! Other skills such as turns and streamlines for each will also be covered.

**“You are braver than you believe, stronger than you seem and smarter than you think”**

Winnie the Pooh



## **Bronze Group:**

By **Coach Colby**

Welcome to a new year Bronze! Welcome back hope everyone is excited for another year of swimming. Bronze in the month of January has been working hard to get their endurance back on track and with wonderful results. In recent weeks we did our endurance test set again. Everyone who was scared or concerned at the beginning breathed a big sigh of relief when it was finally over and even the grumpy vets were excited at the end when they heard their times. We had some swimmers drop 3-4 minutes from previous times.

The endurance and IM mix in my opinion is really helping getting the bronze group get ready to swim longer distances at meets. I hope to see more bronze swimmers choosing the 100 and 200s of their favorite events at meets.

Most of the bronze group has swam over 100,000 yards this season and we are getting super close to our next big milestone at mile 75. Keep going to practice and we'll get there in no time. Keep the hard work up!!



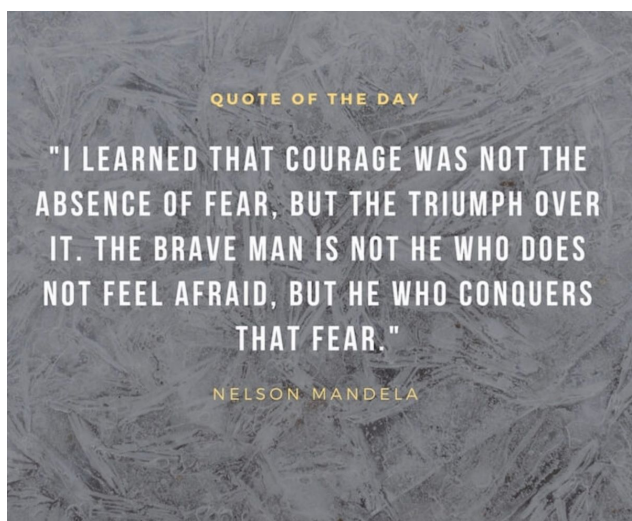
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## Silver Group:

By **Coach Rob**

Happy New Year Silver Swimmers! The past month has been amazing! The silver group has totally outperformed in practice and everyone has done a fantastic job. The level of focus and listening during the workouts has been great as well. It makes my job so much more fun when I see swimmers who are invested in what they are trying to accomplish!

We have a number of important meets coming up over the next month or so. Obviously, the Zone 1 Championships are on for this weekend. Many silver swimmers will be



participating and with the level of work turned in lately, I know we will have a great meet.

The **Hills meet** is on for February 9-10. Right now we have 70 swimmers already entered! If you have not done so, please get in as soon as possible. This meet will fill up very soon.

For those of you with B times or better, the 14 and under **Last Chance meet** will be open very soon. This meet will be in Livermore and is the **LAST CHANCE TO QUALIFY FOR SPRING JUNIOR**

**OLYMPICS!**

**Keep up the good work and go silver go!!**



## Platinum, Gold and High School Group:

By **Coach Stefan**

We welcome **Zoli** (16) and **Eden** (15) Smith to the Platinum Group. The



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Smith's are joining us from the East Coast and we are very excited in having you join our community. The **second half** of the season is a very busy and intense one for the senior group. We have many meets coming up, including Sectionals, JO's and Far Westerns. It will be important to stick to your routine, attend all practices and stay motivated during this busy time. Our micro plan and goal splits can be viewed on our [website](#) for motivation.

The majority of you have not yet concluded the IMX challenge as required by our group [pathway](#). You must conclude the following events by the end of the season in either SCY or LCM:

- **12&U:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- **13&O:** 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

**Note: SCY and LCM cannot be mixed.**

All **High School Swimmers** should talk to me before they join their school teams. Keep in mind practice [requirements](#) for your groups need to be met and high school swimmers are only excused from practices for meets and one practice a week at the beginning of the high school season.

***“Being relentless means demanding more of yourself than anyone else could ever demand of you, knowing that every time you stop, you can still do more. You must do more.”***

- Tim S Grover, Relentless: From Good to Great to Unstoppable



## Swim Meets:

### **Zone 2 Championships - January 26th - 27th:**

Congratulations to all [PST qualifiers](#). Click [here](#) for relay selection and [here](#) for meet sheet.

#### **Warm-Up:**

- **9&O** to arrive at 7:45am for 8am warm-up
- **8&U** to arrive at 8:15am for 8:30am warm-up



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- **Relay only swimmers** to arrive at 10:45am. Must check-in with PST coaches under our coaches' tent!

### **Hills Hurricane C/B/BB+ Meet - February 9th - 10th:**

Meet is open on [OME](#). 70 PST swimmers attending so far.

### **Senior Travel Meet in Santa Cruz - February 15th - 18th:**

Meet has closed and 19 senior swimmers are entered into the meet.

### **14&U Last Chance Meet (LAC) - March 2nd -3rd:**

14&U with a B time can attend this meet. Click [here](#) for meet sheet. Meet will open on OME soon, is the last chance to qualify for JOs and will most likely fill up very fast.

### **Spring Junior Olympics - March 15th - 17th:**

Meet is open on [OME](#). All qualifiers to attend.

### **Championships Qualifiers:**

JOs: 4      FW: 7      WEZO: 8      SEC: 2      FUT: 0      JNat: 0      Nat: 0

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## Articles:

### **What Does Your Pre-Race Routine Look Like?**

By [Olivier Poirer-Leroy - USA Swimming](#)

It's tempting to look at what our idols do before they race - Phelps's double arm backslap, for instance - and seek to emulate it. But it's not the double arm backslap that helped Phelps swim fast, it was the comfort and routine of that movement that helped him swim his best. Here are some ideas on putting together a pre-race routine that will help you swim like a rock star at your next swim meet. [READ MORE](#)



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## Melanie Margalis' Tips For IM Turns

By [Melanie Margalis - USA Swimming](#)

Increase stroke tempo from flags to wall for back to breast turn, push your underwaters, tighten your streamlines and more. [View Here](#).

## Swimmer's Ear: What You Should Know

By [USA Swimming](#)

Despite its name, you don't have to be a swimmer or even go in the water to get swimmer's ear. In fact, you can develop it when your ear is exposed to other types of moisture, including sweat or even being in the rain or humid weather for long periods of time. [READ MORE](#)



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