

**** Registration for 2018/19 Swim Season will close on [website](#) on 8/1. Make sure to register ASAP or let your coaches know if you are planning to discontinue with PST! ****

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

July 27, 2018

NAME THE NEWSLETTER!

SELECTIONS ARE IN - VOTE [HERE](#) FOR MOST CREATIVE NAME.



by **Coach Rob**/Editor in chief!

It is hard to believe that my first season with the Piedmont Swim Team is coming to an end. As I have said to many of you, this is by far, the best coaching job I have ever had!

Over the past 11 months, I have had the joy of meeting and getting to know the swimmers and parents from our team. To say that I have been blown away with your energy, passion and just general hard work would be an understatement.



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

Enjoy your down time! Get out...have fun...do something that you've never done before. Maybe try a different sport...pick up an instrument or travel to a new place!

Next season will be a great one!

Lastly, a **HUGE** thank you to Coach Zoe, Colby and Stefan! You have welcomed the "old man" with open arms and positive feedback! You are the best.

NEVER LET THE FEAR OF THE FALL DISCOURAGE YOU!

THERE IS BEAUTY UP THERE AND IT'S WORTH THE RISK

.....

THIS MONTH'S TOP STORIES

Green Group:

by **Coach Zoe**

The final month of the 2017-18 season has been a blast! We have been achieving longer distances and pushing endurance to a maximum level, and the swimmers have stepped up to the challenge! I have been very impressed with the consistent effort and attendance throughout the year, and especially throughout the summer. We have wrapped up the last couple of weeks with hard-work warm ups and lots of relays to end the season with the most important part of swimming, having fun!

One of our swimmers who has shown superb effort, has practiced and raced with unbridled enthusiasm, and has been determined to learn every new skill possible will be leaving us this season. Leo Boden is moving, and we wish him success as he continues his swimming mastery in the crystal blue waters of Australia! He has been a welcomed addition to the team and will be missed greatly!

Thank you all for showing up every day excited to get in the water and participate with the team, your enthusiasm for swimming is unparalleled! I have truly enjoyed watching the joy, hard work, determination, and willingness to learn that each and every swimmer has shown throughout the season. I am proud to be your coach and hope you all have the chance to share your love for swimming with family and friends over the summer break!

"IF YOU CAN DO IT FOR JOY, YOU CAN DO IT FOREVER"



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Bronze Group:

by **Coach Rob**

The last month has been a great one for the Bronze group. We have “pushed the envelope” in terms of hard work at practice and the results show! The undercurrents meet in San Pablo and the Terrapins meet in Brentwood were both standouts! I am so pleased with all of your hard work and efforts!

Enjoy your summer break and I look forward to working with all of you again for the 2018-19 season!

THERE IS NO FAILURE...

ONLY UN-FINISHED SUCCESS!

Silver Group:

by **Coach Rob**

The last month has been a bittersweet one for me. While our swimmers have continued to work hard and progress, we are losing 2 of our swimmers. Shou Presley has moved to Japan and Gemma Bowden and her family are returning to Australia. Both swimmers joy, passion and hard work will be sorely missed. I am sure you all join me in wishing them the best!

The meet in Brentwood hosted by the Terrapins and the meet in San Pablo hosted by Oakland Undercurrents were huge successes! Lots of new PB's posted and more importantly we performed technically very well!

Enjoy your summer break and I look forward to yet another great season with the Silver group in 2018-19!

I found this quote online and I think it perfectly covers what it is we do and why...

Somewhere behind the athlete you've become, the practices, the coaches who pushed you, the meets you've competed in, the long time dedication, and the friendships you made along the way, there's a little girl or boy who fell in love with the water; swim for them!



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Varsity Group:

by Coach Colby

This is the final month of swim season. Hope you are all having a productive summer. With that being said I hope even during your time off that the pool isn't too far away. This season has been really productive for the entire group I'm glad to see many swimmers take charge and really put time into their craft. This month has had more varsity swimmers show up to practice and enjoying the more technical side to swimming. Have a great summer!!

I saw that my image was changing or fading. One of the reasons for taking a break from playing was to be missed-not forgotten. -Sammy Davis Jr.

Gold Group:

by Coach Stefan

We have had a very busy summer that is coming to an end on August 11th with the Age Group Western Zone Championships. Pacific Swimming has selected the fastest 10&U, 11-12 and 13-14 swimmers to represent our LSC in Roseville, CA. I am very happy and proud to report that after Simon's selection last year, we have another swimmer with Paige, that made the Pacific Swimming All Star Team this year. As one of the All Star coaches going, I can tell you that Paige's age group was the hardest to make a selection from and Paige made the team easily. Well done, and have fun!

In other news, we had an amazing Summer Junior Olympics! The swim camp really paid off and particularly Maddie had a superb meet, winning the 800 and 1500 Freestyle, coming 2nd in the 200, 3rd in the 400 and making finals in the 100 Freestyle. It was an amazing meet for her, where she placed 2nd overall in the 14 year old girls category.

All of our other swimmers did fantastic as well, with Simon and Paige placing in the top 3, Sophie making finals, Bailey having a great swim, Kate dropping huge amounts of time and qualifying for her first Far Westerns and Abigail placing in the top 10, in both the 100 and 50 Breaststroke.

I am very proud of our group and how every single one of you improved throughout the season and I am particularly proud on how we have come together as an amazing team!



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Sadly, we are saying goodbye to Sophie Boden, who is moving back to Australia. We are wishing Sophie all the best of luck for the future and will miss her deeply ... We might see her soon though, as there are rumours of a swim camp ... Sydney 2020 ... Anyone?



Looking to next season, I have to say, I am very excited! The new groups will give each and everyone of you more opportunities to get better and ultimately reach your potential. The combined practices on Mondays, Wednesdays, Fridays and Saturdays will allow us to continue to foster that amazing team spirit between all of you and I believe that we will have an outstanding 2018/19 swimming year!

There is a wonderful quote by Samuel Beckett, which I think all of us should try to live by:

“Ever tried. Ever failed. No matter. Try Again. Fail Again. Fail better.”

Team News:

Awards Banquet

by **Coach Stefan**

Our annual awards banquet is on Tuesday, August 21st and we will be looking back at the 2017/18 season. Celebrating our achievements and giving out wonderful awards and raffle prizes!



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Awards and Nominees (Coach's awards):

- **Most Improved** - One award. Coach's award based on swimmer that the Coach's think improved the most throughout the season.
 - Congratulations to our nominees:
 - **Daniela Acevedo-Shiesel**
 - **Frankie Broening**
 - **Quinn Cook**
 - **Romi Bhati**
- **Go PST!** - One award. Coach's award for a PST swimmer that has exemplified amazing PST spirit (values), such as cheering, being positive, helping others during practice, helping new swimmers at meets, being kind, working hard and more.
 - Congratulations to our nominees:
 - **Parker Long**
 - **Frankie Broening**
 - **Elliot Karger**
 - **Casey Lane**
- **Highest Attendance** - One award for a PST swimmer from the Green, Bronze or Silver group with the highest average attendance percentage based on Coach's attendance records.
- **Best Female and Best Male All-Around Swimmer** - One award for best female and one award for best male all-around swimmer based on USA-Swimming IMX points.
 - IMX Events:
 - 10&U: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
 - 11-12: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM
 - 18 & Younger: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM
- **Highest USA-S Ranked Female and Male Swimmer** - One award for highest ranked female and one award for highest ranked male swimmer based on USA Swimming power points.

PST Coach's Newsletter - Names!

by **Coach Stefan**

We received many wonderful ideas for newsletter names and are having you, our members, vote for the best option. [Click here](#) to vote!

The following newsletter names were pre-selected:

- Monthly Medley
- Flip Turn



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- The Scoop
- Pssst
- The Shoal
- The Streamliner

Your vote counts - [vote here!](#)

We will announce winning name at awards Banquet.

Swim Meets:

Far Western Championships - July 26th to July 31st:

Congratulations to Paige Arnold, Kate Aubrecht, Sophie Boden and Maddie Oesterer who will be representing PST at the 2018 Summer Far Western Championships in Moraga, CA!

Western Zone Senior Championships - July 31st to August 4th:

Congratulations to Paige Arnold, Maddie Oesterer, Simon Lins, Aaron Wu and Brian Wu who will be representing PST at the 2018 Western Zone Senior Championships in Clovis, CA!

Western Zone Age Group Championships - August 7th to August 11th:

Congratulations to Paige Arnold and Coach Stefan who were selected to be part of this years' Pacific Swimming All Star team in Roseville, CA!

EBSD C/B/BB+ - September 22nd to 23rd:

A very fun meet with great events and relays for all levels. All to swim! Meet sheet will be published soon.

PST to Host Winter Junior Olympics - Nov 30th to Dec 2nd:

PST will be hosting the 2018 Speedo Winter Junior Olympics! Our team goal is to have **14+ qualifiers!**

Championships Qualifiers:

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



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Articles:

Why Long Course is the Best Course

by Mike Gustavson / USA Swimming

[Why Long Course is the Best Course](#)

Tips for Beverage Choices for Swimmers

by Chris Rosenbloom, PhD, RDN / USA Swimming

[Tips for Beverage Choices for Swimmers](#)

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