

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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JULY 26, 2019

# THE FLIPTURN

Registration for the 2019/20 Season is open on our [website](#) and will close on 8/1!



by **Coach Rob**/Editor in chief

Here we are at the end of another fantastic swim season for the Piedmont Swim Team. The accomplishments that we have all been a part of have been truly amazing. Whether it is was the number of swimmers qualifying for Championships meets, the number of personal bests or the fact that we hosted two of the most successful meets in Pacific Swimming this year, every single member of our team should be incredibly proud.

I would also like to thank every parent on the club who helped out with volunteer hours. A special shout out to those of you on the board who have done an incredible job. And lastly, to my fellow coaches...Zoe, Colby, Daniel, and most of all our leader in chief Stefan...thank you for all you have done!

*“A true champion does it right  
Especially when no one is watching”*

# August Birthdays!!



Brandon Bostelman (Aug 24)  
Grant Fisher (Aug 1)  
Rita Kemp (Aug 2)  
Anna Lavin (Aug 23)  
Sophia Spallone (Aug 25)  
Aiden Weiss (Aug 14)

Odessa Dando (Aug 14)  
Colt Hitchcock (Aug 5)  
Noah Kwong (Aug 31)  
Simon Lins (Aug 30)  
Alex Ware (Aug 22)

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## THIS MONTH'S TOP STORIES

### **Green Group:**

By **Coach Colby**

This season was a blast with green and the last month of the summer season was no different. It has been a tough month finishing the season with butterfly but the green group showed how tough they were.

We really want to see green make it to more meets next season and with Coach Daniel on staff we have already seen an infusion of fun at meets, so come be a part of the fun and cheering at the C/B/BB+ meets.

We will have a lot of new faces in the green group next year make sure to welcome them and show them the ropes. I hope all the veterans of green are excited for next season and the challenges ahead.

Great work this year green.

*“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.”*

- Francis of Assisi



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

## **Blue Group:**

By **Coach Colby**

Blue had a lot of work this month. We stepped up the yardage and added more strict intervals and blue really rose up to the challenge. Blue did fantastic at pacing and will be seeing more of it next season.

Blue has really taken steps forward to get there attendance up at the end of the season and it is really showing. The technical improvement of the blue group has been the most noticeable this summer. I can't wait to see what this work ethic turns into next season.

Great job this season Blue group.

*“Everything I've achieved has come from perseverance. I've never met another entrepreneur who had a painless path to success - everyone who tries to bring new ideas to the world is tested.”*

- Reshma Saujani



## **Bronze Group:**

By **Coach Colby**

This season bronze had some really big goals and we did a really good job the more we tempered expectations. We originally had the idea of getting 50% of the bronze group to 150 miles. As the season progressed we lost a lot of our swimmers due to moving up to silver which is great but it throws a wrench into how to count their yardage. We moved on to smaller yardage goals with each meet in mind but still we lost swimmers due to moving up to the point where the original 23 have all been moved into silver.

I still want to recognize the Bronze swimmers that made it to the 150 mile goal currently in bronze. Cynthia Wu, Julian Jiang, Sabrina Carling, and Atlas Metin. Great job!!

I really appreciate all the hard work you have put in this season and it has made this season one of my favorite experiences of the seven years that I have been here. I can't wait to see what you all achieve next year.

*“Remember, it isn't the dreamers who have good lives - it's the doers. Remember also what I call the three Ps of success: passion, planning, and perseverance.”*



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- Homer Hickam



## Silver Group:

By **Coach Rob**

Congratulations to everyone in the silver group who have done an outstanding job over the past season. As the 2018-2019 swim season draws to it's finish, I would like each of you to take a few minutes to look back at the good, the not so good and mostly the great! Every single swimmer in the Silver group should be proud of everything we have accomplished together.

It is important to remember that every accomplishment is a team effort. Without your teammates pushing you on, cheering for, or just being there when you are having a rough day nothing is possible. Thank you all for a great swim season! Enjoy your time off and we will see all of you back in the pool in a few weeks!

*“Things work out for the best for those who make the best of the way things turn out”*

- John Wooden



## Senior Group:

By **Coach Stefan**

The summer is the busiest time of year for our senior swimmers. Most of you trained hard at least twice a day, didn't take any breaks and swam in multiple LCM meets. It was amazing to see how well the program worked out and to see so many fast swims during the last few meets. Use those amazing results as inspiration and motivation for the 2019/20 swim season.

Here are some impressions from Junior Olympics and the Senior 2 meet in July:



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Left to right:

- Bailey & Asher @JO's
- Aaron, Jalen and Brian relaxing @Senior 2s
- Parker, Josie, Paige, Kate & Eden socializing @Senior 2s
- Eden and Simon meeting Cal Bear and National Team Member [Reece Whitley](#) @Senior 2s



Congratulations to [Eden](#), [Paige](#), [Kate](#) and [Simon](#) who represented PST at this year's Summer Sectionals. This was the first time we have attended this senior meet and our swimmers did superbly well. Kate and Eden swam personal best times in all of their events and Simon and Paige continued their preparation for Futures and the All Star meet this August. It was a fun trip and I hope next year we will have many, many more swimmers joining us for sectionals!

*"Persistence can change failure into extraordinary achievement."*

- Matt Biondi



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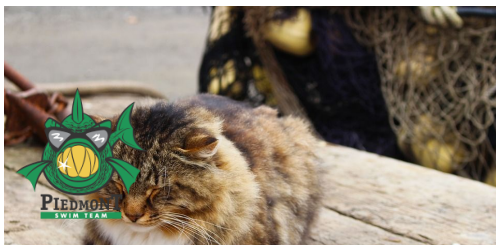
## Captain's Corner:

By [Aaron Wu](#)

### Summer Break

Jumpstart your next season

It's been a great 2018/2019 PST swim season and now it's break time!  
Here are a few tips to help prepare yourself for 2019/2020 PST swim season



ment which champions healthy athletes and individual excellence.

1. Rest! You've been swimming for 11 months non stop.
2. Revisit your goals. Make new ones for the upcoming season
3. Build new good habits. This break is a good time to try improving your sleep schedule or diet
4. HAVE FUN! Go out and make good memories with your fellow swimmers!

## Awards Banquet:

By **Coach Stefan**

Our annual awards banquet will take place on Tuesday, August 20th at the Piedmont Community Hall. Please RSVP [here](#). We will be celebrating the 2018/19 season, give out raffle prizes and awards. We hope all of you can make it.

### **Congratulations to our nominees:**

<b>Top Attendance</b>	<b>Best Female All-Around Swimmer</b>	<b>Best Male All-Arounder Swimmer</b>	<b>Highest Ranked USA-S Female Swimmer</b>	<b>Highest Ranked USA-S Male Swimmer</b>	<b>Most Improved</b>	<b>Go PST!</b>
Joe Bell	Daniela Acevedo-Sc hiesel	Jalen Chang	Maddie Oesterer	Bailey Cain	Alix St. Wecker	Sonja tenGrotenh uis
Mimi Kennedy	Paige Arnold	Aaron Wu	Eden Smith	Asher Takazawa	Travers Kemp	Melodie Lee
Zayd Mahmood	Kate Aubrecht	Asher Takazawa	Josie Oesterer	Brian Wu	Daniel Lou	Noah Kwong
Kate Rebro	Josie Oesterer	Brian Wu	Paige Arnold	Simon Lins	Connor Carnazzo	Kate Aubrecht
Lucy Scott	Madeline Payne	Simon Lins	Kate Aubrecht	Aaron Wu	Noah Kwong	Alex Ware

## Swim Meets:

### **EBSD C/B/BB Meet - September 14th-15th:**



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This will be the most fun meet of the season with lots of relays and fun races. Everyone, including new swimmers should attend.

**Senior Open (WCAB) - September 18th-29th:**

This meet is for all **13 and older swimmers and 11-12 year olds** with [Senior Open Times](#).

**ONDA C/B/BB Meet - October 5th-6th:**

This meet is for all **12 and younger swimmers** and 13 and older who didn't compete at the Senior Open meet the week before.

**SRVA C/B/BB Meet - October 26th-27th:**

Everyone should attend this meet.

**Championships Qualifiers:**

JOs	FW	WEZO	SEC	FUT (+1)	J.Nat	Nat
Parker L	Paige A	Paige A	Paige A	Simon L		
Bailey C	Simon L	Simon L	Simon L	Paige A		
Asher T	Asher T	Maddie O	Kate A			
Paige A	Maddie O	Kate A	Maddie O			
Simon L	Kate A	Eden S	Eden S			
	Eden S	Aaron W				
	Jalen C	Brian W				
	Aaron W	Giovanni W				
	Brian W					

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**Articles:**



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## **USA Swimming relies on ‘secret weapon’ and analytics to get smarter, faster**

By [Rick Maese - Washington Post](#)

Nathan Adrian was atop the medal podium with his teammates, accepting gold medals for their strong turn in the 4x100 - meter freestyle relay at FINA world championships. Adrian wasn't even back to the athletes' village yet when an email arrived at 10:11. [READ MORE.](#)

## **The best nutrition advice often begins with ‘it depends’**

By [Chris Rosenbloom PhD, RDN - USA Swimming](#)

What is a good pre-work out meal in the morning? What are some good snack options to eat throughout the day? What are some post-practice strategies for recovery. [READ ANSWERS.](#)

## **Mental Toughness Toolbox: faster swimmers are not a threat to your goals**

By [Dr. Alan Goldberg - USA Swimming](#)

The faster your teammates and opponents are than you, the better opportunity YOU have to grow and develop as a swimmer. Simply put, with the proper attitude, faster swimmers will always make you a much better swimmer. [READ MORE.](#)



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