

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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June 29, 2019

## FLIPTURN



We welcome our youngest and, may I dare to say, most adorable member to the PST Family: [Paxton Anne Kozono](#), who was born on 6/17/19 at 2:08am. Congratulations to the proud parents Meggie Anne and Brian Kozono.

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by [Coach Rob/Editor in chief](#)

As we head into this last month of the 2018-2019 swim season, congratulations are in order to all of you! This has been a fantastic season and just a few of the highlights:

- Hosting Short Course 14 and under Junior Olympics in December
- Hosting our annual Long Course meet in May
- Numerous swimmers qualifying for and attending elite level competitions (Junior Olympics/Far Western Championships/Sectionals/Western Zone Championships and Futures Competition)
- Our biggest team ever qualified for Zone 2 Championships
- Growth! We are now well over 150 swimmers on the team and still growing

And the list can go on and on and on. This is truly a family oriented organization where everyone pulls together and achieves amazing things. Everyone should be very proud of our accomplishments and I look forward to building on these in the 2019-2020 swim season

*“Your limitation is only your imagination”*

- Coach Rob

# July Birthdays!!

Kaya Gonzales  
Isabella Spallone  
Brooke Patchen  
*Coach Daniel Kelly*

Bailey Cain  
Abigail Yoon  
Karina Patel

Romi Bhatia  
Daniel Lou  
Cole Carnazzo



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## THIS MONTH'S TOP STORIES

### **Green Group:**

By *Coach Colby*

This summer green has been a super exciting group to work with especially with the subject matter. Green has been working hard on Backstroke and thriving. With a lot of help from senior swimmers and new coaches the green group has a really good start to swimming on their backs.

This month there have been some real standouts in attendance and effort. [Annika](#) and [Kia Nagpal](#) have really upped their focus and are figuring out techniques remarkably quickly, [Lucy Scott](#) and [Rita Kemp](#) are really pushing their limits at practice daily, and [Mason Armstrong](#) worked hard this month joining us from the pre-comp group.

*“All our dreams can come true,  
if we have the courage to pursue them”*

- Walt Disney



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

## **Blue Group:**

By **Coach Colby**

Blue group has been spending a lot of time working on their wall skills. We have done turns, finishes, and lots of underwater work especially in backstroke. Blue is working really hard on finding themselves in the pool while on their backs which means keeping your head still, no more looking around. Blue has also been able to work on their endurance this summer which has really helped them stay energetic and excited towards the end of their one hour workouts.

Blue group has had a lot of standout swimmers this month but [Brooke Patchan](#), [Elsa Kunz](#), [Rabia Mahmoud](#) and [Zayd Mahmoud](#) have been really impressive with the new workload and new faces but these four have really worked hard and deserve praise for the hard work this month.

*“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day, saying, "I will try again tomorrow.”*

- Mary Anne Radmacher



## **Bronze Group:**

By **Coach Colby**

Summer is always a difficult time to get swimmers to the pool with all the summer camps and vacation plans which makes it hard for the group to get to milestone goals. We have been doing a lot of extra yardage at every practice (5x100 freestyle at 2:00-2:15) getting ready for our next test set and pushing ourselves ever closer to our next milestone. We don't have a lot of opportunities to race over the summer so it is important to test ourselves in practice.

Coming soon we are working on butterfly kick and how to kick from your core, hips, and thighs. Butterfly is always a challenge but we have had a few swimmers embracing the challenge this summer. [Sabrina Carling](#) has had amazing practice attendance right up to her vacation but says she will be spending plenty of time at the pool. [Ruthie Feldhammer](#) has really embraced working on endurance and making intervals as well [Ishani Paul](#) has also worked really hard on creating really technical strokes along with very rarely missing turn.

Keep working hard and get to a couple extra practice this summer you will really notice the difference.



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*“It is our choices ... that show what we truly are,  
far more than our abilities.”*

- J.K Rowling

## **Silver Group:**

By **Coach Rob**

The silver group continues to amaze and delight me. The past month has been no exception! We have a few more competitions coming up, starting with Junior Olympics in 2 weeks. After that is the Long Course Far Western Champs (congrats to Asher Takazawa). And lastly is the C/B/BB+ to be held in San Ramon.

Keep up the good work Silver Swimmers!!!

*“Optimism is the faith that leads to achievement”*

- Unknown



## **Senior Group:**

By **Coach Stefan**

The Senior Group has had a great beginning to the summer with many athletes committing to practices and increasing their attendance. Congratulations to [Parker Long](#) and [Simon Lins](#) who have had over 95% attendance since June!

We have had some great races at the Senior Open Meet and Last Chance meet. [Jeremy Tuan](#) had a great 50 Free, coming super close to JO's and [Parker Long](#) swam new Senior 2 and JO times in the 800 and 1500 Freestyle.

For the rest of the summer we are going to continue to prepare for Junior Olympics, Senior 2, SRVA meet and Sectionals. There will be a lot of race pace swimming, mixed up with technique and endurance work. Make sure you come mentally prepared to each session; be ready to work hard and intelligently.

*“Start where you are, use what you have, do what you can.”*

- Arthur Ashe



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# Captain's Corner

## It's not the Destination, it's the Journey

### A brief guide on goal setting

By **Aaron Wu**

*“One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular.” - Tony Robbins*



### Find Your Ambition

First, you need direction. What do you want to do? Where do you want to end up? Don't limit yourself. Goals are meant to be starting points, so don't be afraid to dream big. At the same time, make sure the goal has value to you. Setting a goal that someone else wants for you is not as inspiring as the goals you set for yourself.

### Determine Your Path

Most goals are too big to achieve in a day, so it's important to break down your goal into manageable steps. These should be actionable and specific, so you can make quantifiable progress towards your goal. Knowing that you are steadily progressing will help motivate you to pursue the next step, and ultimately, achieve your goal.

### Fight On!

When aspiring towards your goals .....

*“Things won't go perfect. It's all about how you adapt from those things and learn from mistakes.” - Michael Phelps*

Remember to stay focused and work hard. You can achieve anything you put your mind to. Have fun making goals! \ ( ^ ▽ ^ ) /



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# PST Awards

By **Coach Stefan**



Our annual awards banquet will be on Tuesday, August 20th 2019. We will celebrate the last season and recognize some outstanding achievements in giving out fantastic awards in seven categories.

It gives me great pleasure to announce the 5 swimmers who are currently in the running for the win in each category. Click [here](#) to see a description of each award.

<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! Vote <a href="#">here</a>.</b>
Joe Bell	Daniela Acevedo-Sc hiesel	Jalen Chang	Maddie Oesterer	Bailey Cain	Alix St. Wecker	Sonja tenGrotenh uis
Mimi Kennedy	Paige Arnold	Quinn Cook	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

**Swimmers have an opportunity to cast their [vote](#) for the Go PST! Award.**



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# Swim Meets:

## Summer JOs - July 12 to 14:

Congratulations to [Bailey Cain](#) and [Asher Takazawa](#) who will be representing PST at this meet.

## Senior 2 P&F - July 12 to 14:

Congratulations to [Josie](#), [Paige](#), [Kate](#), [Eden](#), [Simon](#), [Parker](#), [Jalen](#), [Aaron](#), [Brian](#) and [Giovanni](#) who will be representing PST at this meet.

## Sectionals - July 17-21:

Congratulations to [Paige](#), [Kate](#), [Eden](#) and [Simon](#) who will be representing PST at this meet.

## SRVA C/B/BB+ Meet - July 20- 21:

Last swim meet of the 2018/19 season. Meet has closed 14 PST swimmers attending.

### Championships Qualifiers:

JOs (+ 1)	FW	WEZO	SEC	FUT	J.Nat	Nat
<a href="#">Parker L</a>	Paige A	Paige A	Paige A	Paige A		
Bailey C	Simon L	Simon L	Simon L			
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					



## Articles:

### **USA Swimming Olympic Team Trials**

By [USA Swimming](#)

USA Swimming Olympic Team Trials are one year out. [LEARN MORE.](#)

### **2020 TYR ProSwim Series**

By [Braden Keith - SwimSwam](#)

USA Swimming has announced the lineup for the 2020 TYR Pro Swim Series, and the big news is the return of the November Pro Swim Series stop to the schedule. [LEARN MORE.](#)

### **Use Coping Imagery to Develop Mental Toughness and Strengthen Weaknesses**

By [Alan Goldberg - USA Swimming](#)

Imagery or mental rehearsal of any kind is a valuable skill for an athlete to develop, because it programs your mind and body to perform to your potential, building self-confidence and giving the swimmer the comfortable feeling of having “been there and done that” many times before. [READ MORE.](#)

