

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

March 29, 2019

THE FLIPTURN



Green Group having fun in the sun!

by **Coach Rob/Editor in chief**

Greetings and salutations piranhas! It has been so nice to see that beautiful yellow orb in the sky recently! It makes life so much better when we can all get that natural Vitamin D.

I've begun to notice recently that some of you are coming to practice a little late. I know that sometimes this is not avoidable due to late school activities, homework, or just plain old Bay Area traffic. But it is important to remember that every minute counts when it comes to training. Think of it this way...

Let's say you attend 4 practices a week for a total of 7 hours of swimming. If you miss just 5 minutes of each of those practices it doesn't seem like much. But when you start to add those 5 minute chunks up, it does become a bit more. If you are late for 5 minutes at every practice, that is 20 minutes of training per week that is gone forever! Over the course of a month, that adds up to 1 hour and 20 minutes...almost a whole 1.5 hour practice!

So remember, if you are going to be late, don't dilly dally in the change rooms...don't take 5 minutes to put your cap and goggles on.

Everyone should be trying to get to the pool about 10 minutes before your practice begins and on the deck 5 minutes before. This way everyone starts together and there is no disruption to your teammates!!

“Yagottawannadoit!”

- BY COACH ROB

Group Promotions!!

Congratulations to all the swimmers who have been promoted! You have worked very hard and deserve everything!

Green to Blue

Colt Hitchcock
Travers Kemp
Daniel Lou
Kate Rebro
Alex Wolff

Blue to Bronze

Vivi Burke
Jasmine Houlder
Zafar Majid
Maya Sears
Luka Stevanovic
Pierce Tindle
Theo Ferguson

Bronze to Silver

Daniel Au
Anna Caputo
Saahil Bakhru
Anna Lavin
Brooke Layman
Julia Montes
Max Rebro

Silver to Gold

Isabella Spallone

“The fruit of your own hard work is the sweetest.”

- By Deepika Padukone

April Birthdays!!

Daniela Acevedo-Schiesel
Asnekech Kennedy
Inaya Majid
Rachel Morrison
Alexander Wolff

Anya Baird
Melodie Lee
Sarai McBride
Sydney Olsen
Brian Wu

Chase Bostelman
Janelle Liu
Julia Montes
Caleb Singer
Aaron Wu



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THIS MONTH'S TOP STORIES

Green Group:

By **Coach Zoe**

The Green Group has been working diligently on streamlines and backstroke technique for the last month. The swimmers attended practice rain or shine, and their hard work is paying off! The swimmers are more confident in backstroke and keep a consistent kick every lap. They are in a streamline off every wall, *without reminders!* The initiative they are showing combined with consistency, is the recipe for a successful athlete! Alex W, Kate R, Daniel L, Travers K, and Colt H are 5 of our swimmers who have shown consistency in attendance and focus on technique, and they will be moving to the Blue group. If you see them, make sure to congratulate them! We are also welcoming 5 swimmers into the Green group. A big welcome to **Sophie C, Olivia H, Drake W, Annika N, and Kai N!**

“Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals.”

- Jim Rohn



Blue Group:

By **Coach Zoe & Rob**

Congratulations to Colt Hitchcock, Travers Kemp, Daniel Lou, Kate Rebro and Alex Wolff who have moved into the Blue Group from the Green Group! Also a big welcome to **Azure Carden, Brooke Patchen, Richi Vijay, Rylan Patty and Amelia Calloway** who are joining the team for the first time!

The past month has been a very busy one for the Blue Group. We are really drilling down and focusing on intensive stroke work. Everyone has done a fantastic job and we can really see the improvements! Make sure you sign up for swim meets to see exactly how well you have improved!

“To uncover your true potential you must first find your own limits and then you must have the courage to blow past them”

-Picabo Street



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Bronze Group:

By **Coach Colby**

This month the bronze group started out fast already reaching their milestone goal in the first week of February. Even after reaching their milestone goals we had a group of swimmers (Brooke, Anna C. Cordelia, and Sabrina) who were testing themselves to go to as many practices as possible and the results really showed.

In terms of our milestone missions we have been averaging over 50% in practice attendance and have almost everyone over 100,000 yards. We are inching ever closer to our 100th mile. We can get there fast if you add a Saturday practice to your routine.

We also had one of our bronze members Cynthia Wu compete in this years all-star meet where she represented PST and Zone 2 with pride, along with making some new friends.

We have been working really hard this month to up practice attendance we have added a few mini milestones just to keep the trend going.

Very excited to hear Bronze is making some moves, we have seven swimmers moving up to the Silver group. Make sure to congratulate those swimmers listed above and get excited for the new challenge. Along with swimmers moving up there will be some new faces from the Blue group so make sure to introduce yourselves as the new members arrive. We are also welcoming **Anna Dixon** to PST and the Bronze Group! Make sure to introduce yourselves when you see her next.

Keep working hard Bronze group, we have our home meet coming up so try to get to a couple of extra practices in preparation.

“It doesn’t matter how slowly you go as long as you do not stop”

- Confucius



Silver Group:

By **Coach Rob**

There are a few things I would like to cover this month. First up are the results from Junior Olympics.

Asher Takazawa was the only participant from the Silver Group. Asher had 6 events to swim over three long days at the Heather Farms Pool in Walnut Creek. On Friday he opened the meet with strong performances in the 200 IM and the 500 free. Although neither were personal best, they were very close.



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On Saturday he had 3 events. The 50 Back, 200 free and 50 fly. Talk about a performance! In the 50 back he dropped time to qualify for his first event for Far Western Championships and posted a time fast enough to make finals! In the 200 freestyle, he dropped a huge amount and moved well up in the placing. In the 50 fly, he posted his second Far Western time as well as another personal best!

On Sunday his only event was the 100 fly. His entry time just barely qualified him and he was forced to swim in the slowest heat. He dropped an amazing 5 seconds and moved from 49th place overall to first alternate (11th place). Congratulations Asher for another great performance!

USA SWIMMING IMX CHALLENGE

USA Swimming sponsors a program called the IMX Challenge. This is a nationwide program that encourages all age group swimmers to swim a wide array of events covering multiple distances and all four strokes as well as the Individual Medley.

These are the events included for the IMX Challenge:

9 and 10 year old: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11 and 12 year old: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

So far this season we have had four swimmers from the Silver group complete the whole challenge. Congratulations to:

Josie Lins Caleb Singer Asher Takazawa Nathan Tuan

If you have not yet swum all your events, make sure you enter those which you are missing! I would love to see every swimmer in the Silver Group complete this challenge!

Lastly, welcome to the new swimmers who have moved from the Bronze Group to the Silver Group! Daniel Au, Anna Caputo, Saahil Bakhru, Anna Lavin, Brooke Layman, Julia Montes and Max Rebro!

“There may be people that have more talent than you, but there is no excuse for anyone to work harder than you do”

-Derek Jeter



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Senior Group:

By **Coach Stefan**

This month's article is dedicated to Josie (12), Paige (13) and Kate (14) who swam brilliantly at the 2019 Spring Junior Olympics. It was an absolute pleasure and a lot of fun to see our three girls perform so well. All three put a lot of work and effort into every single practice since the beginning of the season and thanks to their outstanding attendance (Paige 86%, Kate 81% and Josie 77%), attitude and mental toughness they were able to shine.

Josie's 50 Free, 200 Free and 500 Free were phenomenal and she was able to drop multiple seconds from times who were only a few weeks old. Her attitude at meets and most importantly during practices is impressive and needs to be an example to everyone else. Well done and continue with the good work!

This was **Kate's** last 14&U Junior Olympic Championships, and wow did she make it count. Kate managed to qualify for finals for the first time in her career and even came 3rd in the 200 Free. Not just did Kate make finals and have a top 3 finish, she also achieved her main goal of going below 2 minutes in the 200 Free. An outstanding swim, where she made her move on the third 50 pulling ahead, holding her pace and ultimately touching third in a very competitive final. Congratulations and keep up the hard work!

The whole three days were a display of amazing swims from the 11-12 girls 200 Free relay with **Daniela, Bella, Maddie** and **Josie**, to **Asher's** multiple FW qualifying swims, Josie's amazing freestyle races and Kate's fantastic finals.

However, it was **Paige** who had the swim of the meet! Paige smashed all of her events, qualifying for finals in the 100 Back, 200 Back and 50 Free, but her 100 Free swim off was out of this world!

Going into the meet, Paige was a 57 second 100y freestyle swimmer, barely qualifying for JOs. Her prelim swim was a personal best with 55.81, which ranked her 11th with another girl who had the exact same time. This meant they had to do a swim-off just before the start of finals to determine who would be the first alternate.



A swim-off is a very intense event, everyone's eyes are on those two swimmers, battling it out for a better time and ultimately that win. Two athletes with 100s of swimmers, coaches, officials and parents watching and only one chance to make a statement. As anyone can imagine the pressure those two powerful girls were under was immense.



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These are the moments we train and live for and Paige's competitive spirit took over. She was focused, determined and as soon as the starting signal went off there was no stopping her. She led from beginning on, pulling further and further away from her competition, having fantastic turns, outstanding underwaters and almost managed to PB on her first 50. She just kept on going, faster and faster with every stroke and at the end she won the swim-off by almost a full body length and an amazing time of 54.18. An incredible personal best, but more importantly a superb swim that had all spectators watching with amazement. This is what competitive sports is all about, performing when it matters, rising to the occasion and letting your competitive nature guide you to success. Congratulations Paige and PST Girls!

#ProudCoach #AmazingSwims #PSTGirlsRock

“Do. The. Work. Every day, you have to do something you don't want to do. Every day. Challenge yourself to be uncomfortable, push past the apathy and laziness and fear.”

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



Swim Meets:

SCY Far Western Championships - April 4th - 7th:

Congratulations to our qualifiers: **Paige Arnold (13), Kate Aubrecht (14), Maddie Oesterer (15), Eden Smith (15), Asher Takazawa (10), Simon Lins (14), Jalen Chang (16), Aaron Wu (16) and Brian Wu (16).**

BSW C/B/BB+ Meet - April 13th - 14th:

Meet is open on [OME](#). This will be the first LCM of the season.

PST C/B/BB+ Meet - May 18th- 19th:

Our HOME MEET! Click [here](#) for meet sheet. Everyone will be swimming and coaches will pre-select events on OME for each swimmer.

Championships Qualifiers:

JOs: 6 (+1) FW: 9 (+1) WEZO: 9 SEC: 3 FUT: 0 JNat: 0 Nat: 0



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Intensive Stroke Clinics



Registration will close on April 10th. **ENROLL [HERE!](#)**

Articles:

Top Tips for Choosing Snacks

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

For swimmers, snacks can help prevent hunger, sustain energy, recover from a hard workout, and sharpen mental focus. Snacks can also be eaten as a reward after a long workout and appeal to a sense of discovery of new cultures and flavors. [READ MORE.](#)

5 Bodyweight Exercises to Strengthen Your Shoulders

By [Stack](#)

It's no secret that bodyweight training is valuable exercise technique. It effectively challenges your muscles anywhere and anytime. Try these five simple bodyweight shoulder exercises to get bigger and stronger shoulders without using equipment. [READ MORE.](#)

What Are You doing about Your One Big Mental Hang-up?

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

If there is one thing that can be said about habits, good and bad, it's that they are amazingly consistent. We experience the same ones over and over again. They happen so much that they become part of our identity. Something we cannot change. Something that defines us. [READ MORE.](#)



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