

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

May 25, 2018

NAME THE NEWSLETTER!

YOUR TURN TO HELP US NAME THIS NEWSLETTER



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

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

A few thoughts and musings from coach Rob...

So far I have only received one suggestion for the name of the newsletter. The person who submits the winning name will get a special prize!

I wrote about the importance of proper hydration in the last newsletter. So far I have seen a few new water bottles on the deck. I would love to see one water bottle for every swimmer in the water!

Finally starting to warm up! Make sure you are prepared for the hot weather. Everyone should have a water proof sun block lotion or spray on at every practice.

This is especially important at swim meets too. Make sure you have your sunblock on as well as a good hat. Let's see how many goofy hats that we can wear at swim meets! Also, your feet...there are few things as painful as sunburned feet!

Warm downs...."Ahhh coach do I have to? I just finished racing...I'm tired". One of the most important aspects of being able to perform well in a meet is a good warm down. When you race, you build up something in your muscles called "Lactic Acid". This is the stuff that makes your muscles tighten up and get sore at the end of races. If you don't take the time to "wash" that acid out of your body, you will keep building up more and more throughout the meet. The easiest way to get rid of it is good old O2...oxygen!

So when you finish a race, go to the warm down lanes or pool and start out with an easy 100-200 swim. Follow that up with 6-10 25's or 50's on about a 5-10 second rest. Don't swim really slow. A moderate pace will allow the oxygen to wash all that icky Lactic Acid right away. And that is how to get ready for your next swim!

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THIS MONTH'S TOP STORIES

Green Group:

by **Coach Zoe**

The Green Group is progressing at lightning speed! We have transitioned into Long Course Season! This means that we are competing in 50m pools and the shortest distances at a meet are 50m (longer than 2 lengths in our pool). Green is up for the challenge! This last



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month, we have increased our yardage and started training for some of the differences between SCY (short course yards) and LCM (long course meters) competitions. We are swimming over 1,000 yards every practice and are looking to try some more challenging and exciting workouts in June! As we increase the yardage, the goal of every day is to execute every stroke correctly and consistently even as you get tired. I have no doubt that the Green Group will rise to the challenge and succeed.

Don't count laps. Make every lap count!

As we progress into the summer, there are a couple things to keep in mind to create a happy and safe environment for all the swimmers. Sun protection and hydration are crucial as the weather warms up. I expect to see swimmers putting on sunscreen and water bottles on the edge of the deck during practice. Let's have fun as we enjoy the summer sun!

Bronze Group:

by **Coach Rob**

Once again the Bronze Group has continued to impress! The workouts have progressively gotten more and more challenging. On Saturday May 5th, we swam a workout that was well over 5000 yards! Big congratulations to **Abigail Jacoby, Tyler Dacanay, and Ty March-Cunningham** for a great workout! These are the kind of swim practices that make us not just physically but mentally stronger!

When you swim a practice like this, a 200 yard or meter race is a sprint!

Our goal for the next month is to come to every practice with a specific goal in mind. Keep in mind these are your goals and they should be easy to define, that they are tough but attainable and lastly that they focus on the weaker aspects of your swimming.

Good examples of Daily Goal Setting

Bad Examples of Daily Goal Setting

I will do one extra kick off the wall

I will do better turns

I will finish every swim to the wall

I will swim harder

I will keep my chin down in breaststroke

I will do better breaststroke

Keep up the great work!

The only difference between try and triumph is a little "Umph"



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Silver Group:

by Coach Rob

Another great month of training from the silver group. I still expect every single swimmer in the Silver Group to arrive at the pool with their own water bottle.

I was extremely happy with the silver swimmers who competed in the first Long Course meet of the year in San Ramon. Sometimes it is quite a shock to compete in the first Long Course meet. For a few of you this was even your first LC meet ever. We had some great performances!

Same as with the Bronze Group, our focus for the month of June will be setting small attainable goals for every single practice you attend. Make sure that you take a few moments to think of something that you want to focus on in every practice. On May 5th in the same workout that I mentioned above, **Simon March-Cunningham** and **Jessica Liu** also swam an awesome workout posting over 5400 yards!

Don't give up when you are tired...

Give up when you are done!

Varsity Group:

by Coach Colby

Varsity swimmers should start to notice that new swimmers are coming through on a more regular basis. We are adding and trying out new swimmers for the group and want everyone to be open and welcoming to the new teammates. A big highlight to the group was moving up Clayton Toste and Romi Bhatia both of them are ready and excited for some new challenges. Both attended their first long course meet and both of them were fantastic setting some phenomenal new personal bests.

While Varsity swimmers swam well at the PST hosted meet we as coaches want to see the group swimming longer events. In the coming weeks varsity can look forward to exciting and challenging endurance workouts to be prepared for 200M+ events. Along with a lot of turn and dive skills.

Read this quote and live it.

“Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come.” - Dwayne “The Rock” Johnson



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Gold Group:

by Coach Stefan



Congratulations to our scholar athletes, Casey, Aya, Maddie and Aaron!



Next to hard work during practice (and there is a lot of that) our group likes to reward themselves with fun activities in and out of the water.

"Failure fixed by others leaves you weakened; mistakes you overcome on your own empower you." - ASCA Hall of Fame Coach Don Swartz



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Hosted Meet Recap:

Green Group:

by **Coach Zoe**

Thank you to all the volunteers and swimmers who attended the PST hosted meet this last weekend! We had a fantastic meet and amazing turnout. Both parents and swimmers had the exciting chance to get to know each other and work together to create one of the smoothest run meets I have attended. The swimmers took the new type of competition (LCM) in stride and had a fabulous meet. Every swimmer achieved a personal best (PB) time this meet!

- **Sahill Bakhru** had a fantastic 50m and 100m freestyle with 2 personal best times! He kept a consistent kick and did a stellar job of extending every stroke!
- **Rafi Banin** achieved personal best times in his races, dropping 5 second in his 50m freestyle and 10 in his 100m freestyle. He smiled his whole way from the block to the wall and achieved our #1 goal of swimming, to have fun!
- **Leo Boden** modeled ideal underwaters in all three of his events. He held a tight streamline and made it past the flags with powerful dolphin kicks in both of his freestyle events. He achieved a PB in all 3 events, getting a B time in his 50m breaststroke and A times in his 50m and 100m free.
- **Sabrina Carling** did a phenomenal job during her first meet with PST! She kept a fast and consistent kick and extended as far as she could with every stroke!
- **Connor Carnazzo** did a stellar job and achieved a B time in his 100m freestyle! He stayed focused during his swim and applied his hard work in practice during his event.
- **Zachary Dupree** added his name to the PB times table twice. He did a stellar 50 and 100m free, exemplifying the breath timing and set up position we have emphasized over the last few weeks.
- **Bryan Heafy** dropped close to 30 seconds during his 100m free, an amazing swim fueled by focused hard working during every practice he attends. He also did a great job of helping his teammates navigate the new territory of a LCM meet.
- **Jasmine Houlder** got a PB time in her 100 back. She showed courage and met the challenge of a LCM swim meet head on! She demonstrated a controlled focus during her swim and had a great meet.
- **Anna Lavin** showed up ready to swim during her first LCM meet with PST. She achieved 2 PB times in her 50m breaststroke and 50m free. Especially noteworthy, she maintained focus from her start to her finish and didn't get DQ'd in any events. Fantastic first meet!



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- **Charlotte Macaulay** swam fast and with great technique during her events, achieving PB times in 3 of her events. She got her head down during freestyle, had a fast and consistent kick during her free and back events, and had one of the best distance per stroke breaststroke swims in Green!
- **Atlas Metin** swam a strong first LCM meet. He sped through his 50m free and got his first LCM A time. He also achieved a B time in his 100m free despite losing his goggles. Amazing persistence and focus!
- **Laurel Minor** kept a consistent and technically stellar stroke in all 5 of her events over the weekend. She got 4 PB times and proudly finished each race with a strong finish. Most of all, she was punctual and extremely supportive of her teammates during warm up and competition.
- **Karina Patel** brought joy to her very first LCM meet and swam every event with determination and maximum effort. She achieved PB times in her 100m back, 100m free, and 50m free. Great meet!
- **Max Rebro** swam a superb 50m breaststroke, demonstrating focused maximum effort in every stroke. He did a streamline off of every flip turn in his 50m free, 100m free, and 50m back. Fantastic first LCM meet!
- **Ella Ruthven** swam hard in her 50m free and achieved a personal best B time in her first LCM meet! She had a powerful and consistent thunder kick all the way to the finish!
- **Finn Seybold** raced with maximum effort and determination during his events. He got 2 PB times in his 50m and 100m free. He did a great job of adjusting to the challenge of the chaos of a first meet and achieved success!
- **Alex St. Wecker** had a fabulous first LCM meet! She got 4/4 PB times and 4/4 swims without a disqualification, including 2 breaststroke events (the stroke with the most rules to remember)!
- **Luka Stevanovic** swam fast during his events at his first LCM meet. He showed strong kicking and extended strokes during his 50m free and focused technique during his 50 breast. He achieved 2 PB times, a B time in his 50m free, and an A time in his 50m breaststroke.
- **Roman Wenzler** had his best meet yet! He swam with max effort and stellar technique and earned 4 PB times! He achieved his first LCM B time in his 100m back and had a streamline after every flip turn!
- **Allie Woo** swam the most events without any DQ's! She has been working hard every time she comes to practice and the effort to make every lap count shows! She achieved a B time in both her 50m free and 50m breaststroke.

Overall, I could not be more proud of our swimmers! Thank you for all those who made this meet possible and supported our swimmers in their challenge.



Bronze Group:

by **Coach Rob**

The Bronze group rocked the Piedmont Swim Team Long Course meet! Twenty Seven swimmers from the Bronze Group participated in the meet.

Abigail Jacoby swam five new personal bests (PB's) with 4 new BB times in the 100 Breast, 100 Free, 200 Free and 200 IM. Ruth Feldhammer had 2 new best times with a B time in the 100 Breast. Charlotte Julian had four PB's with B times in the 100 Breast, 100 Free, 200 Free And 50 Free. Kalindi Kim continued her hot streak with PB's and B times in the 50 and 100 free and the 50 and 100 Breast. She also posted a new BB time in the 100 Back! Miranda Liu had all best times with new B time in the 100 Breast. Tolganai (Ty) March-Cunningham had all best times with a new B time in the 100 Breast. Viviane (Vivi) Oesterer had four PB's with B times in the 50 free and Breast. Sydney Olsen continued her strong improvements with a perfect 5 for 5 on PB's and new B time in the 100 free and new BB times in the 50 and 100 Breast, as well as the 50 free and 200 free. Caleb Singer had 4 PB's with B times in the 50 breast, 100 Free and 200 IM. He also had a new BB time in the 50 Free. Logan Watral had another perfect 5 for 5 PB meet with B times in the 50 and 100 free as well as the 100 Breast. Shea Whitney swam three best times with a new B time in the 200 IM and BB times in the 200 and 50 freestyle. Zixuan Yi posted 5 new PB's with B times in the 50 and 100 Breast!

Anna Caputo went two for two on best times. Cole Carnazzo had a strong showing with 5 new PB's. Daniel Grasman had a perfect meet going all 6 events in PB's. Ayaan Jajodia swam both of his events in PB's. Junlin (Julian) swam all five of his events in PB's. Charlotte Macaulay posted 3 new best times. Inaya Majid had a new best time in her only event as did Calvin McClure. Julia Montes swam 6 events, all in new PB's. Charlotte Ragonas swam all three of her events in new PB's. Felix Shotten had 5 new PB's! Yinuo (Kelly) Tang had PB's in all four of her events.

Varsity Group:

by **Coach Colby**

While the Varsity group was the smallest at the meet we showed a lot of heart.

Big shout out to Romi Bhatia who dropped tons of time this weekend. Romi had been preparing for this meet and since joining varsity has had nearly perfect attendance.



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Rhys Parkin had a lot to swim this weekend and did so with style and maturity. Rhys shows the hard work he puts in practice into his sprint events and put together strong 50 and 100 Freestyles. More work coming but Rhys is always hungry for a challenge.

Holden and Andrew swam a really solid 200 Frees. Dropped multiple seconds from the last meet and really pushed themselves through the dreads of LCM season.

Unfortunately Odessa is still battling some lingering trouble with her knee but did give it a try on Saturday really showing that fighter's spirit.

Rocco and Aiden had short day but really shined when it came to swimming their 50 breaststroke and 100 Freestyle respectively.

Charlie really went for it at this meet. He has been trying hard to be ready for longer distance events and really showed the fruits of his labor in his 200 Freestyle going below 3 minutes for his first ever long course 200

Aaron had a phenomenal meet. He hasn't been to a meet in a while but really showed he is a veteran of the team by being attentive to the timeline and being prepared for every race.

It had been some time since we saw Lucca. He had been training with the PHS swim team in the spring. He showed that he is still a strong swimmer and we look forward to seeing him at more workouts with the high school season finally over.

Daniel also hasn't swam a long course meet in a long time but got in and swam two new events. The 100 backstroke was a really exciting race and Daniel always puts together a fast 50 even when it's breaststroke.

Also want to give Hamza Mahmood a big shout out. Hamza has been coming to a lot of practices and is really showing what consistent hard work can yield for you. Hamza's 100 breaststroke is going to be an exciting race to watch for a long time.

Silver Group:

by **Coach Rob**

Eighteen swimmers from the Silver Group swam at the meet AND POSTED 87 PERSONAL BESTS!

Owen Blandford swam two races, posted best times in both with a new B time in the 50 Breast! Gemma Boden had a strong meet with best times in 3 swims with new BB times in the 50 free and 200 IM and a B time in the 100 fly. Quinn Cook continued has strong swimming since moving into the Silver Group with 6 new PB's which included BB times in the 50 Breast and the 100 Breast and B times in the 100 free, 200 free and the 200 IM.



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Ava Distasi went 6 for 6 on PB's and a new B time in the 100 Back. Johanna Lins swam 3 races posting PB's in all and a new B time in the 100 Back. Jessica Liu had a perfect meet going 6 for 6 on Personal Bests with a new B time in the 100 Breast! Simon March-Cunningham posted 6 new personal bests. Katherine (Kate) Meyjes swam 6 new best times and got new B times in the 50 free and the 50 Breast. Sophia Nicholl continued her strong season with 6 new best times. Shou Presley posted 4 new personal bests. He got new BB times in the 200 and 400 Free and a new A time in the 50 Free!! Isabella Spallone had a great meet with five new personal bests. She posted new B times in the 100 Back, 100 Breast and 100 free and a new BB time in the 50 free. Jeremy Tuan had three new best times with B times in the 100 Free and 200 IM and a BB time in 50 free. Nathan Tuan had a strong day going three for three and posted new BB times in the 50 free, 100 free and 200 IM. Alex Ware had two new best times, taking off an amazing 90 seconds total in the 200 free and 100 Breast. Abigail Yoon just keeps getting better with 6 new life time bests which included AA times in the 100 Back, 100 Breast and 50 Breast. She also had an A time in the 200 IM and BB times in the 100 and 200 Free. Her time in the 100 back (1:27.57) also qualified for both Junior Olympics and Far Western Championships! Nathaniel Yoon had an incredible meet going 8 out 8 on PB's. Sonja ten Grotenhuis posted 7 new personal bests with new B times in the 200 IM, 50 Breast and 400 Free and new BB times in the 50, 100 and 200 free as well as the 100 Back!

Gold Group:

by **Coach Stefan**

We had a very successful weekend with some stand out performances, some amazing personal best times, deep realizations and superb racing/stroke improvements.

- Ellie Andersen had a great meet achieving 6 new personal best times out of 7 races. Her best and most fun swim to watch was probably the 200 Freestyle, consistent, good mechanics and great effort, just the way we like it!
- Paige Arnold swam superbly well in her 400 Freestyle, despite losing her goggles on the dive, she managed to swim a steady and fast pace (swimming blind) and improve by over seven seconds! What a great way to show tenacity and competitive spirit.
- Kate Aubrecht had a fantastic meet! Training hard over the past year her endurance shinned and she dropped time in all of her events, and having some massive breakthroughs in other events than Freestyle. I really enjoyed her 200 IM and the amazing finishes in the 100 and 200 Freestyle swims.
- Jack Bell swam extremely well over the weekend. Dropping time in 5 out of his 6 events. I was impressed with Jack's' desire to get better and even do some pace work during the warm-up. His best swim was probably the 100 Freestyle where he went out fast and maintained a great pace all the way to the end. I am excited for some great weeks of hard practices for him.



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- Sophie Boden has barely been healed from a broken collarbone and still manages to swim an outstanding 50 Freestyle. What a pleasure to see her swim after weeks of being in a sling and out of the sport.
- Frankie Broening, most improved member of the group, is getting more and more comfortable with each meet. I really liked watching her 400 Freestyle, consistent pace, superb effort and beautiful mechanics, a great swim for her!
- Sam Cadenasso had a good and steady meet, with her 400 Freestyle being the best event. She went out fast, held her pace and kept on going for the whole distance. Great effort and superb leadership outside of the pool too!
- Emily Chin has been sick for most of the week and still managed to pull off a superb 100 Fly. Her fly stroke looks beautiful, great timing, magnificent body press and I am excited to see how fast she'll get over the next few months!
- Andrew Grasman had a great meet. Coming off a very successful high school swimming campaign, his confidence was high and it showed in all of his events. He had a superb 100 Back, keeping great stroke tempo and kick rhythm.
- Oliver Julian swam 6 new personal best times in 6 events! He had a great meet with the 50 Free being his best event. We still have to work on his mechanics, however the improvements made over the past few months are paying off!
- Elliot Karger has been one of the most focused and hardworking Gold athletes. His strokes are rapidly improving and it was fun to see him race the 100 and 200 Breaststroke in the fastest heat and keeping up! I am excited for his progress!
- Casey Lane was Ms Positive throughout the meet. Working on little things to improve her stroke. I am excited for her to be healthy, to work hard over the next few weeks and finish the season with a BANG!
- Melodie Lee has been suffering from an ear infection (start and wear ear plugs, please!). Despite not feeling 100% she had a good meet. Steadily improving her mechanics and endurance and swimming well throughout the weekend.
- Simon Lins was in class on his own. Outswimming everyone in every event! His best swim was probably the 100 Back (even though all of them were wickedly fast). The 100 Back currently places him 12th in the country (13 year olds)!
- Parker Long had a good meet. Having focused mainly on running for the past few weeks his endurance and ability to pace paid off beautifully in the 400 Free, where he swam like a swiss clock, steady, precise and always on pace! A great swim, which was fun to watch.
- Josie Oesterer has put a lot of hard and good work into practice over the past few months. And it is paying off! Right now, there is no stopping her and she just continues to get faster with every meet, doesn't matter which stroke or how long the distance. It is fun to watch her race, however it is even more fun to watch her attitude and dedication during training. Keep up the good work!
- Maddie Oesterer had a long and successful high school season (being one of the only Freshman to qualify for NCS in the 500 and 200 Free), her long course season is starting of very promising with great swims. Her 200 Freestyle was amazing to watch, good pace (worked on in the morning during warm-up) and superb effort level.



- Sophia Spallone had a superb meet. Improving in all of her 5 events by quite a lot, I might add. I really liked how her stroke is improving and seeing her maintain a steady and fast kick throughout all of her freestyle events.
- This was Ryan's Stokes first meet with us. He did really well and I could already see some great technical improvements in his freestyle. I am excited to see what he can do with some steady and consistent training over the next few months.
- Aya Troyer had an outstanding meet! Her 200 Breast and 400 Free were a pleasure to watch. Her 200 Breast is already one of the faster once and being able to drop time, at almost every meet, shows her dedication and focus during practice. Great job!
- Giovanni Wenzler did his first meet of the season after having been out of practice for many months due to illness. He did really well, in fact he stated: "Best meet I can remember". I am excited to see him race in a few more meets over the summer!
- Aaron Wu had a superb meet. Improving in 6 of his 7 events and showing some great strategy during the 200 Fly. I am happy to see that his Backstroke, Freestyle and IM races are getting better and faster and with a few months of consistent training many more things will be possible.
- Brian Wu had a little breakthrough this weekend. Finally dropping time in almost all of his events and particularly his freestyle swims. His 50 and 100 F/s are getting faster, learning how to pace, how to warm-up and how to stay relaxed were some of the key things for him over weekend. More practice, better nutrition and more sleep and his times will get even faster.
- Bailey Cain had a superb meet. Dropping time in almost all of his events, achieving his first ever FarWestern Time (50 F/s) and swimming a very hard double on Sunday (200 Fly and 400 Free) within 30 minutes. We were all very impressed in seeing him do the 200 Fly and shortly after pulling off a fantastic and well paced 400 Freestyle. Well done and congrats!

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Swim Meets:

WCAB C/B/BB+ - June 9th and 10th:

[Click here](#) for meet sheet. Meet closed. 48 PST swimmers attending.

TERA Last Chance Meet - June 23rd and 24th:

[Click here](#) for meet sheet. Open on [OME](#). Swimmers 14& younger not attending the Senior Open Meet should swim.



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VJO Senior Open - June 23rd and 24th:

[Click here](#) for meet sheet. Open on [OME](#). Swimmers 13& older and 11-12 with qualifying times should attend this meet.

14& Under Junior Olympics - July 6th until 8th:

[Click here](#) for meet sheet. All swimmers with qualifying times to swim.

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 (+1) WEZO: 8 SEC: 2 FUT: 0 JNat: 0 Nat: 0

PST on the Road:



Julia (Bronze), Kalindi (Bronze), Brooke (Bronze), Sonja (Silver) and Sabrina (Green) are having a blast Kayaking - May, 2018.

Are you traveling? Send a picture you would like to share to photo@piedmontswimteam.org



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Articles/Advertisement:

Summer Aquatic Internship

by **Coach Stefan**

Are you interested in an Aquatic Internship with Emeryville City of Life Pool over the summer?

The aquatic intern program is designed for youth (12-15 years of age) who are interested in becoming lifeguards and Water Safety Instructors (WSI), but do not meet the minimum age requirements. This program will help to prepare participants to apply for and work as a professional lifeguard and WSI once they do meet the age requirement. All participants will help to protect the lives and well being of each person using the pool and to teach swim lessons at Emeryville City for Life Pool.

Contact Coach Stefan ASAP if interested!

Job Advertisement

Wanted: Swimmer

by **Coaching Legend Wayne Goldsmith (AUS)**

Key attributes:

- Commitment
- Dedication
- Work ethic
- Ability to work as part of a team
- Ability to overcome difficulties, setbacks and tough times
- A love of the water
- A desire to learn and improve
- A strong desire to realize your full potential

Job roles and responsibilities:

- Must be prepared to work hard and to give completely and unconditionally to the achievement of your personal goals every day.
- Must be prepared to learn, to improve and to grow every day.



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- Must be prepared to give your best to everything you do, every day - in and out of the water.

[Read more about the important relationship between Swimmer, Parent and Coach](#)

A swim for the history books!

by **Coach Stefan**

Did you see how Katie Ledecky shattered her own 1500m World Record at the 2018 TYR Pro Series at Indianapolis last week? A record for the history books! Click below for video and full story.

[Click here to see Katie's amazing swim!](#)



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