

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

May 31, 2019

THE FLIPTURN



by **Coach Rob/Editor in chief**

To use the song from the Irish Rovers (go ahead and Google them)... "Wasn't that a party?" Once again the Piedmont Swim Team has proven itself one of the best meet hosts in all of Pacific Swimming. Even with less than perfect May weather (can you say webbed toes?), we had yet another great meet. Many thanks to all the parents and siblings who helped out with volunteering their time and efforts to such a huge undertaking.

In my nearly two years with PST, I am still astounded at what a great organization this is. From the leadership of our Board, the coaching staff (especially Coach Stefan!), to the younger brothers and sisters who come out to help, everyone is focused on one thing, to provide YOU the Swimmers with the best possible experience to achieve your goals.

"My mission in life is not to merely survive, but to thrive; and to do so with passion, compassion, humor and style"

- Maya Angelou

Team Captain 2019/20

By **Coach Stefan**

First and foremost I would like to say thank you so very much to **Samantha Cadenasso**, who has been a sensational Team Captain for the past few years. Her leadership has helped grow our team and created a wonderful and happy environment. We wish her the best of luck for all of her future endeavors and a wonderful time at University.



It gives me great pleasure to announce **Aaron Wu** as our **new Team Captain**. Over the past few years Aaron has gradually stepped up his commitment to his swimming and to the team and will be an outstanding role model and leader. He has a clear vision on how to move PST to the next level and his goals of creating a phenomenal team culture, having a goal driven team and improving our team identity (***It's not we swim for PST, it's we are PST!***) is beautifully aligned with the coaching staffs' and the teams' overall [vision](#).

To achieve his goals he has surrounded himself with exceptional team players and leaders. **Maddie Oesterer** will be our **Junior Team Captain**, ensuring that we have a well balanced representation of all athletes. She will integrate her passions of promoting physical and mental health, fun activists and team spirit into Aarons' vision.



Melodie Lee, our new **Athletic Social Chair** and potential Athletic Board leader, will work closely with Maddie and Aaron on fun activities for young and old and on how to help younger swimmers navigate through their first few swim meets and practices.

In addition we have asked **Kate Aubrecht** and **Simon Lins** to become an **Athlete Representative** with Pacific Swimming, helping to shape the future of swimming in our region.



A wonderful group of young athletes who are all committed to move our amazing team and sport to the next level. Congratulations, and we are excited to see all of your ideas come to fruition.



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

June Birthdays!!



Ai-Li Baird - June 3
Sabrina Carling - June 28
Ellie Anderson - June 15
Scarlett Lang - June 1
Sophia Nicoll - June 13
Tenzin Pahl - June 25
Elias Jamison-Maldonado - June 3
Rocco Hodgkinson - June 19

THIS MONTH'S TOP STORIES

Green Group:

By **Coach Rob**

Many of our Green Group swimmers competed in their first ever Long Course competition (for some of you this was also your first meet ever!). I was so pleased with everyone's performance that when I got home, the first thing I told my wife was that we had some amazing talent in this group. Even though we had a few "miscues" regarding disqualifications, I am so very proud of how every single green group member swam and competed.

Keep in mind that disqualifications are not always a totally bad thing. It is one way that we learn. Remember, it's only a mistake if you do it twice! If you learn from the first time it is an opportunity to improve.

We have a busy last few months of the season left (Yes it's true..only 2 months left!), we will be very busy. On June 2, a number of green swimmers will be competing in the Montclair Swim Club Pentathlon. The following weekend (June 8-9) some of you will be going to the Oakland Undercurrents C/B/BB+ meet. The last meet of the season will take place on July 20 and 21 in San Ramon.

*"Winning doesn't always mean finishing first.
Winning means doing better than you've done before"*

- Speed Skater Bonnie Blair



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Blue Group:

By **Coach Rob**

Great job turned in by all the Blue Group swimmers who participated in the meet this past weekend. Some of you were actually competing in your first ever meet! The hard work that you all have been doing over the past month is really beginning to pay off.

I am also very pleased with the attendance levels over the past month. There are three things that make a great swimmer:

1. Hard work! Work not just harder than anyone else, but smarter than anyone else.
2. Consistency! Show up for practice, focus on the little things and the big things will come into place
3. Positivity! Be happy! Be supportive! Listen and be listened to!

There are only a few more opportunities to compete before the season is done. Some of you are competing in the Montclair Pentathlon on June 2. The following weekend some of you are attending the Oakland Undercurrents meet. For those of you with B times or faster, the last chance Junior Olympic Qualifier will take place on June 20 and 21 (keep your eyes peeled for it opening) and lastly the C/B/BB+ meet on July 20 and 21 in San Ramon.

“If you believe in yourself and have dedication and pride-and never quit, you’ll be a winner. The price of victory is high but so are the rewards!”

- Bear Bryant



Bronze Group:

By **Coach Colby**

This month bronze continues you show their hard work and spirit. This month we worked on conquering over our daily focuses. Bronze group has had a lot of focus issues this month so we tried to tailor the practices to work on things that would make them think while they swim. The swim ears have come in really handy for this allowing us to speak with swimmers without disrupting their pace work.

As we prepared for our hosted meet I told the Bronze group that I wanted them to be the loudest and most spirited group of PST. In my opinion it was a success multiple times I saw this group on deck screaming for their teammates. For us coaches that is really inspiring to see. If you had any time to swing by the coaches canopies you would see the swimmers time table littered with new or dropped times for the bronze group.



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We learned a lot at the meet and going forward into summer we will be continuing to work on our breaststroke and butterfly. We will also start getting really used to distances over 100 meters with long course season upon us.

Our Milestone goals have slowed down but they are still something we are working on but we are missing 4-5 kids per practice to get us got our next goal. Find your teammates and convince them to come to an extra practice.

“The three great essentials to achieve anything worthwhile are: Hard work, Stick-to-itiveness, and Common sense”

- Thomas A. Edison



Silver Group:

By **Coach Rob**

Another meet, another weekend of great performances in the pool for our Silver Group. I was especially impressed with the level of excitement and team cheering put in by our swimmers. It is such a great feeling for a coach to see his swimmers supporting each other both in the water and out. Thanks you to those of you who took the time to help out with some of our younger and less experienced swimmers.

As far as the competition itself, WAY TO GO! We had so many new personal bests (as evidenced by the PB table) that this newsletter would be 50 pages long! More importantly to me was how well you all raced. There seemed to be a no back down and no, I will not just let you beat me attitude!

Congratulations to the whole Silver Group for another great job! Don't forget that we have more meets coming up! Some will be at the Montclair Pentathlon (interesting and fun format with everyone swimming five events), the following weekend, some of you will be at the Oakland Undercurrents meet or at the Terrapins (Concord) Long Course meet. The last chance for qualifying for Junior Olympics will take place at Campolindo Soda Center on June 22-23. If you do not qualify for Junior Olympics, your last meet of the season will be the C/B/BB+ meet in San Ramon on July 20 and 21.

*“Nothing is impossible, the word itself says
I'm Possible!”*

- Audrey Hepburn



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Senior Group:

By **Coach Stefan**

On May 11th, the senior group went on a fun outing to Rodeo Beach. We had a great time, visiting the nearby attractions, playing in the water, teaching a Swiss guy the strange game of American Football (still not a big fan of it) and doing other crazy activities. Visit our [photo page](#) to see some of the shenanigans we were up to. A massive **THANK YOU** to **Aya Troyer** for organizing this great event!



Our hosted meet was a great success with many senior swimmers racing LCM for the first time this season and achieving new personal best times. While everyone did really great and the team spirit was amazing, there were three swimmers that had some phenomenal swims:

Aaron Wu had a fantastic 100m Butterfly looking very strong until he swallowed some water. It was a great meet for him overall and amazing validation for his hard work since the beginning of the year.

Jermey Tuan had a superb 50 backstroke, achieving his first ever A time and missing out on a JO cut very narrowly. A great swim and I am excited to see him swim it again.

Madeline Payne had a great meet overall, but it was her 400 Freestyle which was phenomenal. She went out fast, swam bravely, held her stroke and just smoked the event! I am excited to see what's next for her.

Over the next few weeks we will continue our LCM preparation leading towards the next few meets. Attendance has been low, too low and I hope you will use the summer school break to catch up on missed practices and get ready to race bravely and beautifully over the next few months.

“Success is the ability to go from one failure to another with no loss of enthusiasm.”

- Winston Churchill



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Swim Meets

Montclair Pentathlon - June 2nd:

Meet has closed. 24 PST swimmers are attending. Click [here](#) for meet sheet. Warm-up at 8am.

ONDA C/B/BB+ Meet - June 8th- 9th:

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

TERA C/B/BB+ Meet - June 8th- 9th:

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

14&U Last Chance Meet - June 22nd- 23rd:

Meet is open on [OME](#). Swimmers must have B times to participate.

Senior Open - June 22nd- 23rd:

Meet has closed. 11 PST swimmers attending.

Championships Qualifiers:

JOs	FW	WEZO	SEC	FUT	J.Nat	Nat
Abigail Y	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	Giovanni W			
	Jalen C	Brian W				
	Aaron W	Giovanni W				
	Brian W					



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Articles

Challenge Yourself with Nutrition This Summer

By [Chris Rosenbloom - USA Swimming](#)

This summer, take the challenge fever in a positive direction and challenge yourself or your teammates to adopt healthy habits to enhance your swimming performance and set yourself up for good health in the years to come. [READ MORE.](#)

Katie Ledecky, Caeleb Dressel sizzle as world championships near

By [NBC Sports](#)

Katie Ledecky swam the world's fastest 800m freestyle of 2019 at a TYR Pro Series meet in Bloomington, Ind. On the same day in Atlanta, Caeleb Dressel clocked his fastest 100m freestyle since the summer of 2017. [READ MORE.](#)

For people with strong life purpose, making healthier choices may take less effort

By [University of Pennsylvania via ScienceDaily](#)

Why do some people easily meet their fitness goals and love eating healthy foods while others struggle to do either? New research indicates that people with a stronger sense of life purpose are more likely to respond positively to health messages and experience less activity in brain regions associated with conflict processing when exposed to these messages. [READ MORE.](#)



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