

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

May 19, 2024

THE FLIPTURN

by Coach Rob, Editor-in-Chief

In 1952 Norman Vincent Peale wrote a book called “The Power of Positive Thinking”. In short, he wrote that our thoughts can affect our lives. If you have a “positive” state of mind, you can live life to the fullest and really affect others around you in positive ways. This is by no means a new idea. People have for many years said that if you remain optimistic, focus on the good things and put in an honest effort..you will reap the rewards!

As many of you know, I am Mr. Positivity. When it comes to my coaching I believe that if I am not enjoying myself and having a good time while working hard, the swimmers will not be enjoying themselves and having fun while working hard. If the swimmers aren't having fun and being positive, the parents won't be either.

I believe that you get out of life what you put in. Focus on the journey not the destination. Life is for living not regretting!

“You are the sum total of everything you’ve ever seen, heard, eaten, smelled, been told, forgot — it’s all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive.”

- Maya Angelou

Birthdays



May-June 2024 Birthdays

G Reader	S White	L Sachs
K Rebro	D Bazzhin	C Wu
A Dolid	O Humphries	A Rodriguez
C Mellers	Z Washington	J Gamble
N Armstrong	S Boyle	D Maltz
A Dean	S Weisfeiller	A Byrnes
L Giguere	R McNally	J Chang
N Antuna	H Guerrero	A Zach
K Ciammaichella	E Washington	N Yoo
E Romito	B Mellers	V Woo
B Li	T Cormier	S Chang
J Chang	L Jiang	M Dade



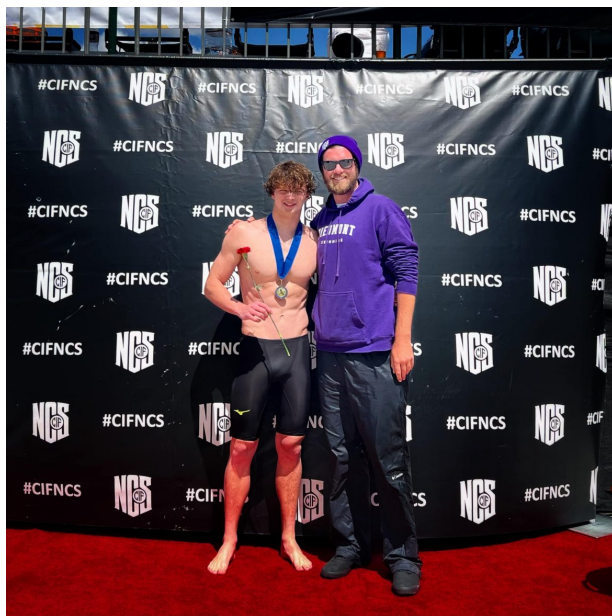
THIS MONTH'S TOP STORIES

A Dive into College Swimming

By [Asher Takazawa](#), [Tyler Dacanay](#), and [Allie Woo](#)

Recently, we interviewed PST alumni and current freshmen collegiate swimmers, [Simon Lins](#) and [Paige Arnold](#) about their new athletic experience in university.

What do you like about college swimming, and how does it differ from your experience on PST?



[Simon Lins](#), swimming for the University of Virginia, finds community within his college team to be a refreshing change from his time at PST, "The unity is really nice. Everyone pushes you past your comfort zone," he states. Simon notes the difference in attitude towards training, highlighting that in college there's an expectation to give it your all, a concept he believes PST could further adopt.

[Paige Arnold](#), now swimming for Amherst College, mirrors Simon's thoughts. She highlights the dynamic nature of her team, noting the "family" of swimmers being a healthy source of competition. Comparing

her PST experience and college swimming, Paige acknowledges that Coach Stefan takes a more personalized approach to help push individual swimmers.

What surprised you about college swimming?

[Simon Lins](#) commented that the work hard play hard culture was instrumental to 'staying sane' as a swimmer, "You got to treat yourself outside of the water just as much as you put work into the pool". With the amount of effort and time that goes into each day as a collegiate athlete, Simon comments "You can't survive in a sport without having fun".

[Paige Arnold](#) found the time spent with the swim team surprising. Initially, She thought there would be more cliques, but found that "it is one entire social bubble" where everyone is "friends with each other".



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How does swimming affect your academics?

[Simon Lins](#) talked about the difficulties of balancing school and swimming. With the rigor of being a D1 athlete, he noted that it's very easy for academics to slip when you are so dedicated to the sport. While only a freshman, Simon has already decided to pursue a major in business to join the commerce school at UVA!

[Paige Arnold](#) had a different experience than Simon and mentioned that her coach does an exceptional job at prioritizing academics for their athletes. In fact, her coach bases the team's training schedule around the personalized school schedules of the swimmers. However, the Amherst swim team is required to train over break, leaving swimmers with less free time and time to study for finals.



Has there been an aspect of PST that has helped you prepare for swimming in college?

[Simon Lins](#) emphasized PST's role in cultivating dedication and commitment through grueling practices, preparing him for the intensity of collegiate swimming. He highlighted Stefan's personalized technique work as pivotal in refining his skills. [Paige Arnold](#) echoed this, crediting PST for instilling a strong work ethic and perfect attendance mentality, which translated seamlessly into her college swimming career. Both swimmers attest to PST's invaluable preparation for the challenges of competitive swimming at the collegiate level.



Zach's Attack

By [Coach Zach](#)

Hi everyone!

Following our theme for this month, I want to provide some tips on how to be positive when practice becomes tough. I recommend you think about why we are working on something, then apply it to yourself. If you happen to be doing a workout with a focus on stroke or event you don't frequently compete in, try to apply those skills to your preferred events. The turn is crucial in the 50 free, but if you prefer the 500 free that is 19 turns where you may find an edge during a race. Vice versa if you don't normally swim the 500 and prefer the 50, but the focus for the workout is distance based. Think about how that affects your races, no one has ever had too much stamina for a sprint race.

If you struggle to find motivation during a practice, think about the future. Most students in class care about grades, some care a lot and others less. In reality swimming is the same, some are all-in and others just enjoy swimming, but just like low grades no one



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likes to get a disappointing time at a meet. Think about the time you spend (or don't spend) in practice as an investment. Results don't come immediately, if you don't invest you won't get dividends later. When you are having a low-motivation day, try to think about the satisfaction you will have in a few weeks or months when your hard work pays off.

"We cannot direct the wind, but we can adjust the sails."

- Dolly Parton



Blue Group

By **Coach Adrien**

Swimming is a tough sport, but it makes you appreciate all the positives that get you through. I've seen great, positive behavior from Blue, and I'd like to highlight a couple of those recent moments.

On a cloudy afternoon two weeks ago, Ella R finished a set early. She was playing around with some moves in the shallow end of the ECCL pool. At one point, she gathered herself against the wall, braced, and pushed off backwards with a strong flick of her elbows and wrists. She glided out to the flags, toes-first, before braking and swimming breaststroke back into the wall. Nifty move! She taught us how she did it, and at the next practice, we spent quite a while practicing the 'Romito Rewind' (as we now call it) to improve our body alignment, acceleration, and finishes. It was a great lesson about how important it is to enjoy what you're doing. It literally changes the atmosphere around you!

Meets are very different from practice, but staying positive there is just as important. At our most recent long course meet, Izzy L was the only one from Blue the first day. She could have been intimidated for her first time swimming in a long course pool, and her first meet as a 9-10. Instead, she did some simple, powerful things that helped her succeed. #1: she wasn't alone. She found her cousin, who swims for another team, and they hung out, pumped each other up before their races, and cheered for each other. They were an unstoppable duo! #2: she didn't ignore her nerves. She was honest with me, and it made it easier for me to help her channel her nerves in a positive direction. Izzy did an amazing job at that meet, and it started with her attitude.

I'm excited to scale up those behaviors. Many Blue swimmers signed up for Sunday's pentathlon, and I think it's going to be a great team-building moment for us. Looking ahead down the road, our own RESL meet July 5-7 will be the most fun meet of the year for all our groups. Please keep that on your calendar!

"A teaspoon of try beats a bucketful of talent"

- by Grandpa Downey



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Bronze Group

By **Coach Zoe**

Our theme of this month is positive thinking. On that note, I want to highlight some of the positive things I have seen this month.

1. My very favorite moment that often starts our practices is... the letter game! Everyone participates in making a letter or guessing the word. We've even upgraded to making symbols. The laughs, the team bonding, and the excitement before we walk into the pool makes this so fun! The credit for this one goes to all of you, and a special shout out to Addy Joo for starting us on this game!
2. Sharing snacks! Micah, Matthew, Adam, and Blake are our top snack sharers. Often bringing in healthy treats and making sure all your teammates get a piece. One thing we know, swimmers love food, and you all share that joy openly!
3. Choosing a challenge! As we started our new set of 8x100 IM at varying intervals, I was blown away by your willingness to challenge yourself. On the first Wednesday that we did this set, every swimmer chose the hardest interval they could possibly imagine doing, and you have continued to do so even as the set increased in difficulty. WOW!!!!

Bronze Group- you are amazing at lifting each other up, finding fun and laughter in little moments, and tackling challenges with a positive mindset. I can and I will is the motto for you!

“Never bet against anyone who is committed to excellence”

- Lou Holtz



Silver Group

By **Coach Colby**

This month I really noticed the attendance of the silver group. Our attendance has been awesome on the weekday afternoon practices, average on the weekend and starting to dwindle on the morning practice. We talk often about the power of having friends to swim with. The weekday practices have tons of energy and swimmers look to be having a blast, where on the weekend we see kids a little more lethargic and I think that speaks to how important attendance is for growing friendships and building a swim team together. It's going to be hard to grow connections if you don't show up just as much as it is impossibly hard to build a swim team if the kids don't show up. Just imagine this team being a place where you can build a passion for swimming with some of your best friends for the next 8-10 years of your life. That can be yours but, the first step to building that dream team is attending as many practices as possible and committing your time to your teammates.



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“In everyone’s life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

- Albert Schweitzer



Gold Group

By **Coach Rob**

It is hard to believe that we are actually 40 weeks into the season, and only have about two and a half months until the end of the 2023-2024 swimming season. The Gold Group has made many great strides this season. What I am most impressed about is the way you have all embraced the idea of “team”. Watching you all cheer for each other at meets is really cool! But even more so is hearing you push and encourage your teammates in practice. I’ve heard things like “Come on, we can do this!” And “You got this!” Although this sport is competed on an individual basis, it is at heart a team sport. We are all responsible for our own actions and efforts, but being part of a group makes it much easier. Let’s all work together, push each other, encourage each other and finish off the 23-24 season with a bang!

“Be better today than you were yesterday, but not as good as you will be tomorrow”

- Anonymous



Platinum/Alumni/YRHS Groups

By **Coach Stefan**

The Senior Group gets to celebrate all of the High School swimmers who performed phenomenally well during their High School League meets, NCS, and State Championships. We are particularly proud of our State Championships’ participants, [Mizuki and Kaleah](#). Mizuki had a fantastic 200 Free, dropping a huge amount of time and getting closer to that 2-minute mark. Kaleah had a superb 100 Fly, dropping multiple seconds of her personal best time and getting close to the 1-minute mark. **Well done, and we are so glad you were able to experience that amazing meet!**

As we are now preparing for RESL and Long Course Meters, we have to be smart—smart with our practices and smart with our daily routines—to stay healthy physically and mentally.

One big way to stay positive as the practices become more grueling is to be mindful of our **self-talk and body language**.



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Olivier Poirier-Leroy writes about the importance of mental training in swimming in his well-researched, anecdotally interesting, and funny book, [Conquer The Pool](#). He includes amazing examples and worksheets, and one big topic is the benefits of positive self-talk:

“Self-talk is one of the most powerful things you can do to become a better swimmer. It affects everything you do: willpower, mental toughness, and even how you deal with the spine-tingling stress before a big race.

Self-talk is self-directed. You are behind the wheel, not your coach, not your parents, not your teammates. Yes, sometimes someone else’s words will encourage you in one direction or another. But ultimately, **your self-talk is yours.**

Here are examples of what **bad** self-talk can look like:

- **We focus on mistakes from the past:** “I can’t believe I let myself get lapped during that set.”
- **We focus only on our perceived weaknesses:** “I am not good at kicking; I hate kick sets.”
- **We focus heavily on the results:** “I have to qualify for the Olympics, win that race, and set a personal best time.”
- **Blaming things out of your control:** “Why does the warm-up pool have to be so busy? I wish she weren’t here; now I have no chance at winning.”
- **Expecting perfection at all times:** “I have to beat the swimmer from the next heat, or I am screwed.”

Instead, focus on **positive self-talk** that will super-charge your practices and races. Positive self-talk will:

- **Help you** stay focused on the critical technical aspects of your swimming. You’ll be able to improve your technique faster.
- **Guide you** through the struggle of grueling sets or practices. As a result, you can close out those hard sets and races with more effort and speed.
- **It helps you** during those moments of high anxiety and pressure; it is a tool to help you take a chill pill by keeping you centered and focused on the things you need to do.
- **Be a tool** for massive amounts of confidence. By leashing your self-talk, you have a weapon to combat adversity, meaning that your confidence won’t implode when things go wrong.

Here are some examples of **positive self-talk**:

- **Instructional self-talk** during brutal sets/practices: “High elbow! Tight streamline! Finish your kick!”
- **Motivational self-talk** will help you through the tough stuff while also getting you psyched up: “You got this! Don’t quit! Let’s go!”



- **Positive body language.** One of the simplest and most groan-inducing ways to nip destructive self-talk in the bud is to do 10 push-ups every time you catch yourself grumbling at the main set, rolling your eyes, or shaking your head.

Knowing what we know now, try the self-talk switcheroo for example:

- **But what if I did:** “I can’t do this set.” **To** “This set looks pretty hard, but I bet I would feel pretty good if I completed it.”
- **Social proof:** “I can’t achieve my goals.” **To** “My goal is ambitious, but my teammate X was able to do it so why can’t I?”
- **Bite-size the problem:** “I can’t do this whole set.” **To** “I will do the first rep at full effort and take it from there.”
- **Been there, done that:** “I can’t stand it when this happens.” **To** “I’ve been here before and managed to overcome it.”

Working on your self-talk once is a good start, but we can only benefit from it if we constantly work on it. Here is an exercise you can do at home and then discuss with me at the next practice.

Self-Talk Worksheet

- What are the situations in training where destructive self-talk consistently happens? Under what circumstances is my self-talk getting away from me?
- What am I telling myself in those situations? What are the things that I am explicitly saying?

Now write down the switcheroo

- My stinky self-talk #1:
- But what if I did:
- Social proof:
- Bite-size the problem:
- Been there, done that:

Try that for 2-to 3 more stinky self-talk examples.”

I am looking forward to some fruitful discussions about self-talk with you soon. But keep in mind that you are in charge, you are behind the wheel, so you will have to take the initiative.



Lastly, **as a reminder** for everyone and all the Platinum group **parents**, we have new protocols in place:

1. Swimmers must arrive 10 min early to all practices
2. Swimmers must meet with the coach 5 min before every practice
3. Swimmers must say goodbye to coaches, teammates, staff and the pool when leaving
4. Swimmers must have their core equipment out of their bags and ready before practice starts

Here is the **core equipment** for swimmers, beginning Monday, May 20th!

- [Arena ProFins](#) | [Paddles](#) | [KickBoard](#) | [Pull-buoy](#) | [Snorkel](#) | [Power Bag Set](#)

Swimmers without the proper equipment might be asked to sit out the set or leave practices. You have a few days to get everything, so do it now! Take the initiative!

*“What are the most powerful words in the Universe?
The ones you use to talk to yourself!”*

- Karen Salmansohn

Captain's Corner

By **Josie Oesterer**

Throughout my swimming career, I've been fueled by the achievements of others. Whether it was striving to be the first in my lane, the first out of the pool (though never quite first in), or winning my heat in a race, my measurement for success was always relative to those around me. This mindset took root in my later elementary school years, particularly after experiencing the sting of defeat at the bubbles of younger swimmers. It was then that I realized simply going through the motions of swimming wasn't enough. I had to elevate every aspect of my routine: from diet and hydration to sleep and practice - repeating the process over and over and over. And although this change in habit caused achievements, it also, looking back, was unsustainable.

Relying on external validation meant that my goals were not born out of genuine individual desire but were instead shaped by the achievements of others. When my teammates set ambitious targets, I followed suit. When they posted faster times, I pushed myself to match or surpass them. While drawing motivation from a communal spirit isn't inherently flawed, over time, it left me with a fundamental question: What do I truly want?



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This question lingered, forcing me to confront the reality that my aspirations were merely shadows of those around me. I realized the importance of becoming my own advocate, my own source of encouragement - and it is still shifting from swimming to impress others to swimming for my own fulfillment and growth.

So I urge you to swim not to outdo others, but to challenge yourself, to discover your limits, and to exceed them.

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Become a Student of Our Sport

By this month's **Editor-in-Chief**

From Fitter and Faster!



"Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had"

- Angela Bassett



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Swim Meets

6/1-2:	Senior Open Meet (location: Brentwood). Meet has closed. 26 PST swimmers were able to register.
6/1-2:	AAA C/B/BB Meet (location: Albany). Meet is still open on FastSwims for Sunday only. Swimmers from the Blue, Bronze, Silver and Gold Groups should attend.
6/21-23:	Reno Gamble Age Group Meet (location: Reno, NV). Meet is open on SwimConnection .
7/5-7:	RESL Team Competition (location: Mills College). Save the Date! Your swimmer will have the most amazing time at this insanely fun meet!
7/12-14:	Summer 14&U Age Group Champs (location: Concord). <i>Congratulations to our qualifiers so far: Magnolia S., Allie W., Cynthia W., Connor C., Zafar M., Max S., Ben R.</i>
7/20-21:	Zone 2 SCY Summer Championships (location: TBD). This meet will be in Short Course Yards and is a great end to the season! All swimmers from all groups with B times should attend.
7/30-8/3:	Summer LCM Western Zone Championships (location: Clovis, CA) <i>Congratulations to our qualifiers so far: Abigail J., Charlotte L., Josie O., Sydney O., Mizuki W., Cynthia W., Sonja TG., Owen B., Evan B., Cole C., Connor C., Jonathan D., Nathan J., Asher T.</i>

Championships Qualifiers

* New Qualifiers

Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Magnolia Stoll	Kaleah Luby	Nathan Judy	Baran Watson	Asher Takazawa		
Max Schultz	Kate Rebro	Ben Rebro	Connor Carnazzo	Cole Carnazzo		
Mizuki Williams	Anna Dixon	Cole Carnazzo	Mizuki Williams	Owen Blanford		
Allie Woo	Samantha White	Owen Blanford	Abigail Jacoby	Josie Oesterer		
Ben Rebro	Taylor Dacanay	Josie Oesterer	Cynthia Wu			
Connor Carnazzo	Abigail Jacoby	Charlotte Livermore	Cole Carnazzo			
Zafar Majid	Josie Oesterer	Evan Byun	Owen Blanford			



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Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
Cynthia Wu	Sydney Olson	Zafar Majid	Josie Oesterer			
	Jiselle Souza	Connor Carnazzo	Jonathan Dong			
	Magnolia Stoll	Asher Takazawa	Nathan Judy			
	Mizuki Williams		Sydney Olson			
	Allie Woo		Charlotte Livermore			
	Cynthia Wu		Sonja Ten Grotenhuis			
	Kate Mikami		Evan Byun			
	Sonja Ten Gortenhuis		Asher Takazawa			
	Charlotte Livermore					
	Cole Carnazzo					
	Owen Blanford					
	Asher Takazawa					
	Connor Carnazzo					
	Evan Byun					
	Quinn Cook					
	Jonathan Dong					
	Nathan Judy					
	Zafar					



Age Group Champs	Senior 2	FW	WEZO	SEC	FUT	J.Nat
	Majid					
	Gabriel Reader					

