

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

OCTOBER 25, 2019

# THE FLIPTURN



by **Coach Rob**/Editor in chief

It has been a very busy month for the Piedmont Swim Team. Practices are in full swing and all the coaches are very impressed with the level of enthusiasm and hard work. The meet hosted by the Oakland Undercurrents was a huge success! It was fantastic to see so many swimmers trying their first meet ever!

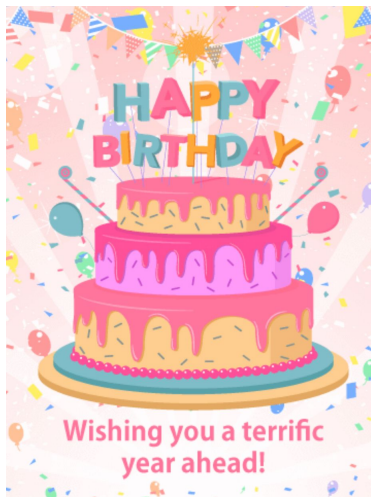
A couple of things have come up in the past month that need to be addressed.

1. Attendance at practice and informing your coach of missing a session
  - a. If your child will miss more than a few sessions due to injury, sickness or scheduling (school projects/trips/etc), please let your child's coach know by email so that we don't wonder (and yes worry) if we do not see them for a while.
  - b. Platinum and YRHS: [stefan@piedmontswimteam.org](mailto:stefan@piedmontswimteam.org)
  - c. Gold Swimmers: [robert@piedmontswimteam.org](mailto:robert@piedmontswimteam.org)
  - d. Silver and Green Swimmers: [colby@piedmontswimteam.org](mailto:colby@piedmontswimteam.org)
  - e. Blue and Bronze Swimmers: [daniel@piedmontswimteam.org](mailto:daniel@piedmontswimteam.org)
2. Any requests for a change to your child's practice schedule **must go through the coaching staff**. While we totally understand that some swimmers may not be able to make all of their scheduled practices, it is extremely difficult for us a staff to always accommodate swimmers showing up for practices that are not scheduled for them.
3. If you sign your child up for a swim meet and you cannot attend, let your coach **and** Andreas Oesterer know no later than the Wednesday before the meet.

*"A diamond is just a lump of coal that did well under pressure"*

- Unknown

# November Birthdays!!



Kate Meyjes	November 7
Sophie Santander	November 7
Alice Sinclair	November 10
Farris Saffouri	November 13
Domenic Ripley	November 14
Emily Jones	November 14
Elsa Kunz	November 15
Roman Wenzler	November 19
Nathan Tuan	November 21
Abigail von Loewenfeldt	November 21
Rabia Mahmood	November 27
Zayd Mahmood	November 27

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## THIS MONTH'S TOP STORIES

### **Green Group:**

By **Coach Colby**

October has been a very exciting time for green. Even with the weather starting to get colder green is still filling up every lane at Piedmont. Remember to bring warm clothes and a towel to every practice we really want the green group staying as warm as they can before, during and after practices.

Green group has been flying through the water these last few weeks with a couple of standouts.

**Lilia** has been working really hard at every single practice and has started to develop a really nice breaststroke kick.

**Mimi** has been having a hard time with the first jump into the pool but her confidence is building every day and is really becoming a fun swimmer to watch.

**Alex** has been having a hard time with the weather but as it is getting colder he is committed to more time in the pool and has been able to complete multiple practices now.

When you see the coaches on deck let us know what you are going as for Halloween and keep up all the hard work I. You Rock!



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*“If you always put limits on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”*

- Bruce Lee



## **Blue Group:**

By **Coach Daniel**

This past month has been amazing. We got another swim meet under our belts and as a coach I was super impressed at what I saw at the Oakland Undercurrent Swim Meet. We had been working on backstroke and head position in practice and during the races I saw every single one of my swimmer implement one thing they learned in practice.

One thing we all need to work on as a group is our finishes. I saw way too many swims that were absolutely amazing and fun to watch up to the finish. We need to remember to touch the wall with 2 hands for butterfly and breaststroke and also remember to stay on your back for the backstroke finish. The end of the race is just as important as the beginning of the race.

Check out Michael Phelps 7th Gold Medal in the 2008 Olympics to see one of the best finishes in the sport of swimming ever.

[https://youtu.be/X7bj\\_LUIY7Y](https://youtu.be/X7bj_LUIY7Y)

Each month I will be shouting out a different swimmer that I believe has been putting in an astonishing amount of effort in the pool, both at practice and at swim meets.

I want to give huge shoutout and round of applause to Lucy Scott. Lucy comes to practice 30 minutes early, is the first one in the pool for warm-up and has been signing up for every swim meet she can. During practice Lucy implements all the corrections I give her and it has been showing at the swim meets. Keep up the good Lucy!!!

*“Believe in yourself. Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy”*

- Norman Vincent Peale



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## **Bronze Group:**

By **Coach Daniel**

October has been packed with swim meets and different practice schedules. I am super proud of all my Bronze swimmers that have signed up for the SRVA swim meet even after swimming in the Oakland Undercurrent Swim Meet. That shows dedication and just makes me more excited to coach.

The Oakland Undercurrent Swim Meet was a huge success. We had a bunch of best times and some swims that made me literally jump up and down. We had been working on our head position, stroke count for the backstroke finish, and all of the different turns. I saw everyone implement what they had been learning in practice during their race. Watching that made me super excited and proud of everyone.

One thing we all need to work on as a group is our finishes. I saw some great swims, until they got to the finish and forgot to touch the wall with both hands or forgot to finish on their back. You don't want to have the best swim of your life only to realize you got DQed for a one hand finish. Out finish is just as important, if not more important as our start.

Check out Micheal Phelps 7th Gold medal in the 2008 Olympics for the best finish in the history of swimming.

[https://youtu.be/X7bj\\_LUIY7Y](https://youtu.be/X7bj_LUIY7Y)

This whole month we have been working on breaststroke. I have been super impressed by every swimmer but I want to give Connor Carnazzo a round of applause. Connor has made huge strides in his breaststroke kick and in turn his full breaststroke. Connor went from constantly doing a scissor kick to a legal breaststroke kick. Good work Connor and I'm excited to see you implement it at a swim meet.

*“Do not speak bad of yourself. For the warrior within hears your words  
and lessened by them”*

- Old Japanese Samurai Proverb



## **Silver Group:**

By **Coach Colby**

Silver is getting more and more yardage every week this month along with the daily routine of starts, turns, and finishes. The dives are really starting to look good and next up will be working on underwaters so prepare and stretch for a lot of swimming's fifth stroke, the butterfly kick.



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Silver is going to be going through a fun endurance phase where we will be using lots of swimming tools. Expect to use your equipment every day, expect to use the swim ears, and have fun with some new tools and techniques.

We have been seeing a lot of great attitudes in the silver group and I wanted to recognize those swimmers.

Tyler has been really committed to her schedule and pushing herself in every workout as well as creating a daily fun environment in practice for the entire group.

Vivie has been working hard to hold on to her perfect attendance and so far she is maintaining. She hasn't missed a beat and it is really showing when we do our main sets.

Romi everyday asks for tips and tricks that he can work on. One day this month I asked him to repeat back to me the things we have talked about over time and he gave me a list that I wasn't sure was going to end. That really warms a coach's heart to see the focus our group has.

Keep up the hard work.

*“Only I can change my life, no one can do it for me.”*

- Carol Burnett



## **Gold Group:**

By **Coach Rob**

The Gold Team has turned in some amazing performances this past month. I was, for the most part, quite pleased with our results from the Oakland Undercurrents meet. We may have been the fastest swimmers between the backstroke flags, but our turns and breakouts left a lot to be desired. We have really tried to focus on these aspects in our practice sessions. I am really looking forward to the next meet to see how well you have all worked.

Good luck to everyone swimming in the San Ramon meet! This is your last chance to qualify for the “Last Chance” meet later in the month. The “Last Chance” meet is for swimmers 14 years old and younger trying to make the Junior Olympics standards!

*“We are only as strong as we are united, as weak as we are divided”*

- J.K. Rowling



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## Senior Group:

By **Coach Stefan**

This month's newsletter for the Senior Group is dedicated to the ISL, the future of swimming. The purpose of waking up early, swimming twice a day and spending hour after hour looking at a black line is no longer just to have fun and hopefully to get into that dream college; it is now also to make a wonderful living.



This month, the International Swimming League (ISL) had its inaugural swim in Indianapolis, IN. The ISL is a team-based competition, where the world's best athletes compete for points and substantial prize money. Click [here](#) to read more about the ISL. Matches run from October through December with the finals being held in Las Vegas from December 20-21.

(Click [here](#) to watch Sarah dominating her race)

It has been a lot of fun to watch this fast paced competition (2 hrs) on ESPN and to see how much fun swimming can be for the spectators and athletes. If you have not yet done so, watch replays on [YouTube](#) or on the ISL [website](#) and follow your favorite team on social media.

Here are a few amazing videos:

[Sarah Sjostrom](#): "My race is not even 25 seconds long and I spend 25 hours a week swimming back and forth in a pool, it takes a lot of work to swim a very fast 50."

[Men's Skins](#): 3 x 50m @ 3min

[Woman's Skins](#): 3 x 50m @ 3min

[Katinka Hosszu](#): unstoppable 200m IM

[LA v London v Iron](#): Men's 4x100m freestyle relay

[Mixed 4x100m Freestyle](#): It's all about strategy

Swimming is changing and over the next few years our amazing sport will become mainstream and financially viable for anyone that has put the work in, stayed focused and laid the foundation in their youth. **Make sure you are part of that future!**

*"I can only control my own performance. If I do my best, then I can feel good at the end of the day."*

- Michael Phelps



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In this case, your mind is able to be focused on hard and easy workouts.

You might ask...

Well Captain, aren't we always supposed to work hard on sets? This isn't calculating your effort level **but rather how much are you able to push yourself.**

**Step 3.** Make your mind powerful.

To do:

**Advocate for others** - helps to understand how to advocate for yourself

**Flexibility** - Give yourself options

Eg. if you want to break 54 seconds in the 100 fly, don't expect that doing fly every practice is going to guarantee the drop. Sure, it definitely will help but the likelihood of burning out is significantly greater. Don't be reckless, your brain can only take so much fly.

**Be around people who you want to be** - follow what makes them appeal to you. If you want a futures time, then work as hard as people who do. Don't expect that just because you have improved you will achieve it.

**Take steps towards your goal** - just start.

*“Be a yardstick of quality. Some people aren't used to an environment where excellence is expected.”*

- Steve Jobs

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## Swim Meets:

### **SRVA C/B/BB - October 26th & 27th:**

Meet has closed. 80 PST swimmers attending. 8&under to warm-up at 8:40am and 9&older to warm-up at 8am.

### **Senior Open (Vallejo) - November 16th & 17th:**

Meet is open on [OME](#). All 13& Older and 11-12 with Senior Open Times should attend.

### **14&U C/B/BB (CROW) - November 23rd & 24th:**

Meet is open on [OME](#). Click [here](#) for meet sheet. All 14& Unders to attend. Last chance to qualify for Winter JOs.

### **Winter Junior Olympics - December 6th to 8th:**

Meet will open on [FastSwims](#) soon. Click [here](#) for meet sheet. All qualifiers to attend.



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## Senior 2 Prelims & Finals - December 7th & 8th:

Meet is hosted by WCAB. All qualifiers to attend. Meet sheet will be posted soon.

### Championships Qualifiers:

JOs	FW	WEZO	SEC	FUT	J.Nat	Nat
Parker L	Paige A	Paige A	Paige A	Simon L		
Paige A	Simon L	Simon L	Simon L	Paige A		
	Maddie O	Maddie O	Kate A			
	Kate A	Kate A	Maddie O			
	Eden S	Eden S	Eden S			
	Jalen C	Aaron W				
	Aaron W	Brian W				
	Brian W	Giovanni W				

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## Articles:

### Failure is Necessary to Learn, Improve and Grow as an Athlete

By [Will Jonathan - USA Swimming](#)

Learning, growth, and improvement don't come from success. They come from failing. It comes from pushing yourself past what you think are your physical limitations, trying new things, and allowing yourself to make mistakes, because in doing so, you expose any weaknesses or shortcomings you may have that need correcting. [READ MORE.](#)

### Play Like You Practice

By [Dr. Michelle Cleere](#)

Practice is meant to develop a player. It's a learning environment where repetition and reinforcement help to develop mental and physical skills. It's the environment in which



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making mistakes gives an athlete the opportunity to do-over mistakes and learn from them.  
[READ MORE.](#)

## **Conquer the Pool**

By **Olivier Poirier-Leroy**



# HOW TO TURN UP YOUR SELF-COMPETE LEVELS...

### **DEFINE WINNING.**

Winning can be executing a race strategy or going a personal best time.

### **DO ONE MORE REP.**

Be the swimmer who is willing to go to the wall one more time after the main set is over.

### **SET STANDARDS.**

Focus on competing on the things that you control in the water (ahem, effort).

### **TRAINING GOALS.**

Training goals keep you focused on maximizing your time and preparation.

### **WHERE DO YOU STRUGGLE?**

Get serious about checking out where your compete levels tend to falter.

### **CHASE HIGHER AVERAGES.**

For a week log your training. Effort. RP yards. Sleep. Next week, best your averages.

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