

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

October 26, 2018

THE FLIPTURN

Piedmont Swim Team



 2018 

by **Coach Rob/Editor in chief**

This past month has been another busy and productive one for the Piedmont Swim Team! Culminating this past weekend with two swim meets and over 100 of our athletes competing in either the Senior Meet hosted by the Orinda Aquatic Club at the Soda Center at Campolindo High School in Moraga or the Albany Armada C/B/BB+ meet held at the Albany High School Aquatic Center.

Your coaches have gone over the individual highlights with you this week and there were two swims that need to be highlighted. At the Senior Meet, Jalen Chang posted his first Far Western Qualifying Standard in the 100 yard Breaststroke. At the Albany meet Asher Takazawa got his first Junior Olympic Standard in the 100 yard butterfly! Congratulations to both boys for outstanding swims!

November Birthdays!!

Samantha Cadenasso November 4

Katherine Meyjes November 7

Farris Saffouri November 13

Domenic Ripley November 14

Elsa Kunz November 15

Roman Wenzler November 19

Nathan Tuan November 21

Rabia Mahmood November 27

Zayd Mahmood November 27

Ella Ruthven November 30



THIS MONTH'S TOP STORIES

Green Group:

By **Coach Zoe**

We have had a fantastic start to the 2018-19 season! We attended our first meet of the season at the Albany Aquatics Center this last weekend. Our Green swimmers showed up excited and ready to embark on the new experience of a USA swim meet. Here's how our swimmers did:



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



Joe swam his first event ever! He put in fantastic effort and lots of gumption into his 25 free!

Elliot broke a minute in his 50 freestyle at his first swim meet ever! He finished his race with power.

Arden swam superb 25 free and hopped out of the water with a huge smile on her face! She did a great swim at her first meet.

Ben swam his first ever 50 free in under a minute! He kept his head down and raced hard, fantastic job!

Rita entered her first swim meet with a whopping 3 events! She swam powerful and controlled in her 50 back and 25 fly, and raced hard and fast in her 25 free!

Travers entered his first swim meet with a whopping 3 events! He swam fast and technically focused in his 50 back, 25 fly, and 25 free! He achieved a B time in his 25 free.

Mimi entered in her first swim meet and swam with exceptional effort and exuberance in her 25 free!

Rohan swam an ambitious 25 breaststroke for his first event at a swim meet with phenomenal effort and excitement!

Andy had a fantastic 25 free race with a great kick and a powerful pull!

Rachel L. joined us for her first meet, and swam an ambitious 50 backstroke, keeping her eyes on the sky and a competitive spirit all the way to the finish!

Victoria swam a speedy 25 free, earning her a first-ever B-time! She dove in with a great streamline and raced hard to the wall, great job!

Tristen joined us as a swim meet expert and raced fast in her 25 backstroke. She kept her eyes on the sky and swam with enthusiasm the entire way!

Elizabeth P. showed up with a smile on her face and that enthusiasm into her ambitious 50 freestyle! She kept a fast and consistent kick as she raced!

Kate R. swam fast and efficient at her first-ever swim meet, and held her technical focus as she competed hard!

Ella R achieved 2 B-times in her 50 breaststroke and her 25 fly and challenged herself by trying a backstroke flip turn in her 50 backstroke!



Luca S-J attended his first swim meet with 2 challenging events, the 50 free and 25 breaststroke. He raced fast and with a smile on his face the whole time!

Lucy joined us for her first swim meet and swam a phenomenal 25 freestyle and hopped out of the water grinning from ear to ear!

Fantastic job Green group, I am so proud of the effort and excitement to learn that I witnessed at this last swim meet! Keep up the good work and remember, practice like you race and you will race like you practice!

“It’s not who you are that holds you back.

It’s who you think you’re not!”



Blue Group:

By **Coach Zoe & Rob**

Congratulations to all Blue Swimmers for another great month of training. Both Zoe and I are very pleased with how hard and focused everyone has been at practice. Many of you competed in the Albany C/B/BB+ meet on October 20 & 21. Every single swimmer in the Blue group who participated posted best times!

It is sometimes a little hard to understand the different classifications of swim meets. Basically there are four types of swim meets that the Piedmont Swim Team can participate in:

1. The C/B/BB+ meets.
 - a. This type of meet is for anybody who wishes to go. There are no specific qualifying standards, but the results are usually posted by C, B or BB times and faster.
 - b. Occasionally we will attend a meet that does have a qualifying standard (such as B/BB+). This means that anyone can attend the meet who has achieved a B time or faster. A good example of this is the “Last Chance for JO’s” meet coming up in Stockton later this month.
2. Team Championships
 - a. At this time the only team championship meet that we attend is the Zone 2 Championships in January.
 - b. Only swimmers with B times or faster can compete in this Championship and it is limited to only the teams in our zone (Zone 2) of Pacific Swimming.
3. Individual Championships
 - a. These are meets of which individual swimmers qualify for individual events and relays.



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

- b. Junior Olympics (three meets in Winter, Spring and Long Course in the Summer).
 - c. Far Western Championships (Two Meets in the spring and summer)
4. Beyond Far Western Championships, there are many meets from Zone Championships to Junior and Senior Nationals and Trials for Olympics and World Championships.

“If you cannot always do great things, do many small things in a great way!”



Bronze Group:

By **Coach Colby**

Another really good month for the Bronze group. In the last 4 weeks the Bronze group really focused on getting their dives and turns ready for the AAA meet.

Bronze is working tirelessly to get to their 150 mile season completed on time. Our current goal is 35 miles out of 65% of the group. We actually have 55% already at 35 miles we just need a couple extra swimmers at each practice to hit our next milestone goal. Currently the Bronze group has swam all the way to Davis.

(From its inception as a farming community, Davis has been known for its contributions to agricultural policy along with veterinary care and animal husbandry. Following the passage of the University Farm Bill in 1905 by the California State Legislature, Governor George Pardee selected Davis out of 50 other sites as the future home to the University of California's University Farm, officially opening to students in 1908.)

Before the last swim meet we had a group meeting with Bronze to update and tweek some of our team goals. We talked about more milestone goals (healthy options only), watching the senior group/pro swimmers, dry land workouts, and using their equipment. I'm working hard to make sure that we at least try all the new ideas. This month swimmers got 2 mini milestone snacks (W6: Carrots, W7: Celery+water bottles), they got to swim with silver twice, and they used snorkels+fins for the first time this season. As we continue to grow so will our goals, Bronze swimmers will have another meeting week 9 before the AAA meet (10/19) to again talk about team goals.

In the last couple weeks some Bronze group parents may have noticed some progress reports coming home with swimmers. If you haven't seen one it's because your swimmer has yet to turn in a goal sheet. I plan to do progress reports after every swim meet but only to the swimmers who have turned in a individual goal sheet. We have them on our website under the swimmers tab. If you want to know how well your swimmer is doing and see how many miles they are swimming, print out that goal sheet and have them fill it out.



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

Attendance has been up and down this month. Our top three attendees are still our top three but we have a few swimmers catching up and this week I'd like to put a spotlight on effort in the practice. This week I've seen a lot of growth from Jonathan Dong, he is really rising in attendance and shows amazing maturity when he approaches a difficult practice or confusing drill set. Jonathan also showed up to both mixed practices with silver and really shined. Another swimmer I want to highlight this week is Caleb Singer. Caleb shows up to practice no matter what. Everyday I see him on deck I know he want to get better and strives for individual success'. His spirit and dedication is really inspiring as a coach.

Bronze group is looking great! Keep up the hard work every body.

Quote to chew on:

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

- Carol Burnett



Silver Group:

By **Coach Rob**

The past month has been great! We have covered lot's of technical drills and skills while still steadily increasing our overall mileage and intensity during practice sessions. The next 6 weeks will be the most important part of our season so far.

We have three extremely important competitions coming up.

Last Chance Meet Stockton November 17-18

This meet is for all swimmers with B times and faster. For everyone it our **LAST CHANCE** to qualify for the Junior Olympics!

Pacific Swimming Junior Olympics hosted by Piedmont Swim Team November 30-December 2

We are hosting this meet! All swimmers from the Silver Group who qualify will compete! Everyone else will be expected to attend and cheer on their teammates!

C/B/BB+ Meet San Ramon December 8-9

Our last meet before Christmas and the new year! Everyone who does not swim at Junior Olympics will be expected to attend this meet. All swimmers in the Silver group must swim



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

a butterfly event (50 yard or 100 yard depending on age). We are working towards getting as many swimmers qualified for the Zone Championships in January (B times and faster).

Every single practice session is important! Every session is a direct result from the previous session. And every session leads directly to the next one. Think of it like a chain. Each practice session is one “link” in the chain. If you miss one or don’t perform up to expectations, you will break that chain!

“Success is not final, failure is not fatal:

It is the courage to continue that counts.”

- Winston Churchill



Platinum, Gold and High School Group:

By **Coach Stefan**

During the current issue of our coach’s newsletter I am going to address all three groups at once, as everything mentioned below is of equal importance to all groups.

Survey:

I need to plan thanksgiving and possible senior travel meet. Please conclude survey ([click here](#)) by 11/10.

Coach/Swimmer/Parent Meeting:

Swimmers and parents are encouraged to meet with me and discuss progress, athletes’ long and short term goals and group placement for the Winter/Spring period. [Click here](#) to sign up.

General Thoughts:

We have concluded our second training phase (EN 2) and will start with training phase 3 (EN 3). This is probably the most crucial phase to prepare for the last chance meet, Junior Olympics and the SRVA meet in December. There are only 3 weeks left until Stockton, 5 weeks until Junior Olympics and 6 weeks until SRVA (last meet of the calendar year). At this time, I am expecting 100% attendance for all JO qualifiers and for anyone that wants to give it their best shot at the Stockton and SRVA meet. Keep in mind; **The more prepared you are,**



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

the more faith you will have in your abilities, the more relaxed you'll be during your races and the likelihood of success will increase 10 folds.

This training phase is going to be physically and mentally very demanding and I need all of you to ***motivate each other, push each other and help each other out.***

I hope this [short video](#) will function as a small motivator.

Technique Tips:

It is important that you understand what we are trying to do when we work on technique. You'll have to make the connection from the drill to the stroke and ultimately feel the movement to make an adjustment. Only if you are aware of what you do, you will give yourself an opportunity to make a positive change. This means that you'll need to start to execute drills, warm-ups and easy technique sets slowly and with a very focused mindset to do them correctly. ***Every time you take a stroke, do a turn, push off the wall and dive you create a habit, make sure that habit is positive!***

I have noticed that most of you cannot yet differentiate between body dolphin and fly kick. Here are some pointers that might help:

	Body Dolphin	Fly Kick
Body placement	right at the water surface, sometimes with snorkel	usually underwater, or with kickboard and/or snorkel
Arm position	Y position, arms are stretched out, lengthening forward from hips up	streamline position, lengthening forward from chest up
Head position	lower than arms to help rise lower back	between arms to get into most streamline position possible
Initiated from	core and lower back. Legs are very passive and follow body motion. Movement is slow, controlled, long and shallow	core and hips. Core/hip movement leads into a very active and fast up and down kick
Works on	fly and breaststroke undulations	underwater phase for freestyle, fly and backstroke, and flykick during full stroke fly
Video Example	Body Dolphin to breaststroke pull (click here)	Fly kick underwater to fly breakout (click here)



Things that need to be addressed:

Punctuality: We are currently struggling with starting practices on time. Swimmers are expected to arrive early. Ideally swimmers arrive 15-20 min before practice to stretch, fill up their water bottles and get mentally ready for practice. Currently, most swimmers walk in right when practice is about to start, procrastinate in the locker room and delay their warm-up. This needs to improve immediately. Going forward all late starters will either do push ups after practice or stay longer.

Group meetings: Since the beginning of the season I have pointed out that after every meet we will have a group meeting on Monday; talking about the meet, training phase, areas of improvements and giving swimmers an opportunity to voice their thoughts on issues, practices, team spirit, etc. It was disappointing to see that many swimmers elected to skip last Monday's meeting and practice.

Senior meets: Senior meets are an opportunity to grow as athlete and bond as a group. As mentioned on multiple occasions, everyone is expected to stay until the last PST race, cheer for each other, time during distance events and lap count for teammates. At the last Senior Meet multiple swimmers left early and as such put a damper on an otherwise awesome meet. **Only sign up for Senior Meets if you can stay until the last event, which could be as late as 4pm, and only sign up if you are willing to cheer and help out your teammates!**

“Anyone can start something; very few people can finish.”

- Tim S. Grover

Sam's Tips!

During my sophomore year of high school, I achieved 100% attendance. Here are 5 tips that can help you do the same:

1. **Manage your time well:** This is especially important for middle school and high school swimmers. When the work piles up, utilize your time efficiently by planning ahead for the week, and cutting back in areas where you may waste time, like social media, video games, or TV.
2. **Share your goal with a friend:** When you tell someone else about your goal to achieve 100% attendance, it makes you more accountable. Also, they can encourage you throughout the season when you feel like giving up!



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

3. **Take it one day at a time:** The season is long, and it can be daunting to see the number of practices your group has throughout the entire year. Instead, just look at the next day, and tell yourself, “I have 2 practices tomorrow, and I am going to attend both of them.”
4. **Take care of yourself:** It does nothing for your body if you attend all practices, but are not capable of performing at your best. Make sure you get enough sleep, eat well, and drink plenty of water to avoid getting sick and worn out every week.
5. **Stays positive:** With a bad attitude, it will be more difficult to make it to practice and work hard. Stay positive, and you'll have fun while achieving your goal!

.....

Swim Meets:

SCY Last Chance Meet (RAM) - November 17th to 18th:

Open on [OME](#). This will be the last opportunity to qualify for Winter JOs. All 14 & Unders with a B time to attend.

2018 Winter Junior Olympics - Nov 30th to Dec 2nd:

Open on [OME](#). PST will be hosting the 2018 Speedo Winter Junior Olympics! Our team goal is to have **14+ qualifiers!**

SRVA C/B/BB+ - December 8th to 9th:

Last swim meet of the calendar year and last opportunity to qualify for Zone 2 Championships in January (B time standards). Everyone not competing at JOs should attend this meet!

Zone 2 Championships - January 26th to 27th:

For many swimmers this is the highlight of the SCY season and everyone with a B time is expected to attend. We will do many relays at this meet.

Championships Qualifiers:

JOs: 4 (+1) FW: 7 (+1) WEZO: 8 SEC: 2 FUT: 0 JNat: 0 Nat: 0



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

Articles:

The learning power of breakfast

By [Brian Stack - MultiBrief](#)

Many mornings as a school principal, I feel like I am fighting a losing battle with my students with regards to breakfast. They say it is the “most important meal of the day”, yet it is obvious to me that many of my students don’t see it that way. Last spring, I surveyed the 700 students in my New Hampshire high school and found that 25 percent of my students report rarely or never eating breakfast before school. Another 30 percent report that they skip breakfast 2-3 days per week. Sadly, only 33 percent of my students report eating breakfast every day. This statistic is at the higher end of the national trend. [READ MORE](#)

Mental toughness toolbox: Moving up to the next level blues

By [Dr. Alan Goldberg - USA Swimming](#)

Swimmers who struggle with these kinds of “moving up blues” need to understand that this transition to training and competing at a higher level is normal, along with their increased anxiety and shaken confidence. It’s part of the territory. Second, the real culprit here feeding their problem is their pre-race and during-race concentration! [READ MORE](#)

Swimmers: Here’s How to Stop Overthinking in the Water

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

If you are frustrated with not getting the most of yourself on race day, and you simply want to heed coach’s advice about turning off your brain and swimming like a monster overthink-free, here’s what you need to know. [READ MORE](#)



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