

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

SEPTEMBER 27, 2019

THE FLIPTURN



by **Coach Rob/Editor in chief**

Welcome to the new season of the Piedmont Swim team! Each year we get bigger and stronger. As of now we have 170 + swimmers on our fine team! Just a bit of context, two years ago when I first started with the team, we had barely 100 swimmers!

Swim meets can be intimidating. Many times there are 500 or more swimmers at the meet, officials are running around, coaches are yelling and it can seem like a crazy scary place. They are not! If you are concerned it is easy for us to have one of our older and more seasoned swimmers help you out.

If this is your first year in swimming, it would be a good idea to only enter one or two events per day. You can also choose to only attend one day of the meet. Choose events that are early on the day so that you aren't having to spend all day at your first meet.

I like to think of meets as like a photo. Each swim meet is a great place to find out where you are in your learning and training **at that moment**. There is no real failure at a meet. If you swim, try and have fun...than you are a success!

“Things work out best for those who make the best of how things work out!”

- John Wooden



September Birthdays		October Birthdays	
Sept 1	Aanya Bakhru Sonja tenGrotenhuis	Oct 1	Jeremy Tuan
Sept 3	Atlas Metin	Oct 2	Colin Amen
Sept 4	Jonathan Dong	Oct 3	Rylan Patty
Sept 5	Ruth Feldhammer Anna Caputo Andre Lintner-Calvo	Oct 9	Jack Bell
Sept 7	Rishi Vijay Madeline Oesterer	Oct 10	Zafar Majid
Sept 8	Maya Sears	Oct 12	Giovanni Wenzler
Sept 9	Connor Carnazzo Penelope Hopper	Oct 13	Lilia Afrasiabi
Sept 10	Vivian Burke Anna Dixon Vivienne Oesterer	Oct 14	Hamza Mahmood Mark Schulte
Sept 14	Luka Stevanovic	Oct 17	Amelia Calloway
Sept 16	Lucille Scott	Oct 18	Katherine Mikami
Sept 17	Asher Takazawa	Oct 21	Jane Saunders
Sept 23	Sophia Ware	Oct 25	William Hansen Eden Smith
Sept 25	Logan Watral	Oct 26	Paige Arnold
Sept 26	Abigail Jacoby		
Sept 30	Eliot Kleidosty		
	Coach Rob		



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THIS MONTH'S TOP STORIES

Green Group:

By **Coach Colby**



Green group is off to an exciting start. I am extremely excited to see 20+ swimmers at every workout. We are really trying to stress teaching this year, you will notice a lot of teaching on land, learning about what to do at meets, and what to expect at practices. Every practice we are working on skills to get us confident to compete in the swim

meets, we are really pushing hard to get as many of our young swimmers in to as many meets as possible, it is one of the most fun parts of being on a swim team especially now while the weather is nice.

It's been great getting to know all of the new swimmers coming into this season, just make sure to meet a new friend at every practice. The more friends you have at practice the more fun swim team is!

Keep up the hard work and we can't wait to see you at the next meet!

“Do the thing you fear and the death of fear is certain.”

- Ralph Waldo Emerson



Blue Group:

By **Coach Daniel**

First of all I want to say great job working hard before the first swim meet. I saw some awesome swims and I had a lot of fun.



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I want to Welcome Wesley Au, Colby Hong, Colin Amen, Jenny Xu, Allison King, Melinda Bahrami, Jasmine Snyder and Nate Temple to Piedmont Swim Team. You guys are doing fantastic in practice!! Keep up the amazing work.



The past month we have been working a lot on dives, head position and our turns. I saw a huge improvement from each and every single swimmer. In October we will continue to practice dives as long as the weather permits it. We will continue to take an even closer look at the turns, particularly the IM turns.

“All our dreams can come true if we have the courage to pursue them”

- Walt Disney



Bronze Group:

By **Coach Daniel**



It has been one heck of a month for the bronze swimmers. I want to say great job at the EBSD swim meet. I saw some very exciting swims and made me that much more excited to be coaching.

I also want to welcome Deniz Radzik, Nathan Bekele, Alice Sinclair and

Lucy King the Piedmont Swim Team. We are excited to have you part of the team. You guys have been doing an awesome job in practice and at the swim meet.



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The past month we have been doing dives, turns and a little bit of stroke work. We haven't swam more than 1,800 but have learned how to use the clock for interval work. In October we will continue to work on our dives as long as the weather permits it. We will also start to increase our yardage and start using the clock more independently. We will start learning how to control our stroke form even while tired.

“Opportunities don’t happen, you create them.”

- Chris Grosser



Silver Group:

By **Coach Colby**

Silver group has been working their tails off. We have started the season with a lot of yards and a lot of wall skills. Every day we are working on dives or turns trying to get our wall skills meet ready. Silver is adding yardage almost every practice and with 4 two hour workouts every week the progress will start to show quickly. Make sure to get to as many of the 2 hour practices as you can to really get the most out of the silver group. We have carpool options if travelling is an issue.

More and more swim meets are popping up make sure you sign up for the next one. Even if you can't make the next meet sign up for a profile on Fastswims and OME so you're ready for the next one. The swim meets are one of the most important and fun parts of being on a swim team so don't miss out.



“Stay positive and happy. Work hard and don't give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people”

- Tena Desae



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Gold Group:

By **Coach Rob**



The Gold Team is off to a flying start! I am so pleased with the energy levels and enthusiasm at all of our training sessions. Just as importantly the attendance levels are great.

We have done some great work over the past weeks. We have covered a lot of the technical aspects

(strokes/turns/starts/etc) as well as putting in some really tough workouts!

Keep up the good work...stay positive...support your teammates and GO GOLD TEAM!!!

“Take a look in the mirror...that is your only competition!”

- Coach Rob



Platinum & YRHS Group:

By **Coach Stefan**

The first 6 weeks of the season have been great for Platinum and Year Round High School. Attendance, focus and commitment is way up from previous years. Kudos to all of you and keep up the good work.

As the “senior” groups of the team, you are being asked to be leaders and help shape the culture of PST. As such, there are a few key meets, events and practices your groups need to attend:



- Must attend all TEST set days - Platinum
- Must attend all Group Meetings - Platinum and YRHS



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- Highly encouraged to attend Swim Camp - Platinum and YRHS
- All Senior Open and Senior 2 meets - Platinum and YRHS
- All Championships Meets - Qualifiers
- Zone 2 Championships on both days - Platinum and YRHS
- PST Home meet on both days - Platinum and YRHS
- All social events - Platinum and YRHS

You can find our micro plan with dates of all of the above [here](#). Additionally, meets and events are listed on our [website](#).

“Be accountable, be better and get up”

- Jill Ellis, Head Coach U.S. Women’s National Soccer Team

Captain’s Corner:

By **Aaron Wu**

Season START!

TIME TO PUT IN THE WORK

The 2019-2020 is off to an amazing start, but the season is long and taxing. Here are my 10 rules, I live by to hold myself accountable:

1. Work like your goal is close
2. Keep it up every day, today is a win over yesterday
3. Do everything you can, imagine going 100%
4. Success comes with planning, work to succeed not hope to succeed
5. Deceive your negative thoughts, send it
6. Accept failure and build from it
7. If you want it, then go get it
8. Nothing is set in stone, you decide if it is
9. Obstacles get in our way, all we can do is go over them
10. Make your own rule, no one can hold you accountable but yourself

Time waits for no one, so go out there and show the best of you.

“Perception is strong and sight weak. In strategy it is important to see distant things as if they were close and to take a distanced view of close things.”

- Miyamoto Musashi



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2019/20 Swim Camp:

By **Coach Stefan**

Our Swim Camp from December 30th, 2019 to January 5th, 2020 will be one of our highlights this year. The more swimmers attending the more fun it will be.

Our athletes had a blast last time and came back full of positive memories and stories and were much stronger athletes after a week of swimming. The team truly bonded and I hope we can make this years' camp even better and have a splendid time while improving our swimming skills.



We have two options swimmers can choose from, one for the more experienced swimmers and one for the newer/younger kids. Visit our [website](#) for all the details and we hope to see everyone there!

Registration will close on October 15th, 2019.

Awards Banquet Recap:

By **Coach Stefan**



On August 20th we celebrated the 2018/19 swim season with our annual Awards Banquet. It was amazing to see so many swimmers with their parents and siblings. You can view some of the impression on our [photo page](#).

Our trophies and certificates are awarded based on USA-Swimming points systems or made through long and multiple discussions between the coaches. You can read more about each award [here](#).

Many congratulations to our winners:

Top Attendance	Best Female All-Around Swimmer	Best Male All-Around Swimmer	Highest Ranked USA-S Female Swimmer	Highest Ranked USA-S Male Swimmer	Most Improved	Go PST!
Kate Rebro	Paige Arnold	Simon Lins	Paige Arnold	Simon Lins	Alix St. Wecker	Noah Kwong



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and our amazing IMX finishers:

Daniela Acevedo-Schiesel, Paige Arnold, Bailey Cain, Madeline Payne, Kate Aubrecht, Jalen Chang, Quinn Cook, Parker Long, Josie Oesterer, Farris Saffouri, Caleb Singer, Asher Takazawa, Jeremy Tuan, Brian Wu and Aaron Wu

EBSD Meet Recap:

By **Coach Stefan**

We have had a fantastic first meet of the season, with many swimmers achieving a new personal best time (PB) and some swimming at a meet for the first time. You can view time report and results [here](#).

Hercules is a fun meet to start the season and as always the relays were the highlight of the meet with our youngest swimmers doing extremely well and making PST proud.



Since this was our first meet of the season we were able to learn quite a bit from it. While disqualifications (DQ's) are not ideal, the coaching staff and swimmers could draw some important lessons from them:

- IM turns need to be improved
- Br/s pull and kick has to stay on one plane
- In backstroke, one must start and finish on the back
- Look down and keep head still
- Dives, dives, and more dives

Attend practices to work on those skills - the coaches will pay even more attention to them until the next meet in October.

Congratulations to all of our first time participants who had a fantastic swim meet:

Colin Amen, Aanya Bakhru, Azure Cardon, Allison King, Thomas and William Hansen, Colby Hong, Olivia Humphries, Nathan Judy, Lucy King, Andre and Julien Lintner-Calvo, Deniz Radzik, Alice Sinclair, Rishi Vijay and Jenny Xu

All of you were awesome and navigated through your first meet very professionally!



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Swim Meets:

ONDA C/B/BB - October 5th & 6th:

Meet has closed. Over 90 PST swimmers attending. Read important parent letter [here](#).

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

Meet is open on [FastSwims](#). Everyone to attend.

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 not open yet. All 14& Unders to attend. Last chance to qualify for Winter JOs.

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:

Why Kids Should Go On Travel Trips

By [Elizabeth Wickham - SwimSwam](#)

Not every team offers travel trips, but if yours does, your kids will benefit from them. Team travel means swimmers travel to a meet or other activity that is planned or supervised by the team or LSC - without mom and dad driving and staying with their kids. [READ MORE.](#)

Chocolate Milk Outperforms Sports Drink

By [Mike Opperman - Dairy Herd](#)

Drinking chocolate milk within 30minutes after a workout rehydrates, repairs and replenishes the body. The naturally occurring electrolytes and 90% water content rehydrate, while 8 grams of protein helps repair muscles. [READ MORE.](#)

'Journey Toward Excellence' Celebrated and Inspired at Annual U.S. Olympic & Paralympic Awards

By [Brandon Penny - Teamusa.org](#)

It is the focus of every athlete. It is why they do what they do. It is what they will remember most, long after their athletic career has ended. It is what makes them who they are on and off the field of play. It has the highest of highs - and the lowest of lows. IT IS THE JOURNEY. [READ MORE.](#)



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