

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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September 29, 2018

## THE FLIPTURN



by **Coach Rob/Editor in chief!**

Wow! The first 6 weeks of the season has just flown by! Everyone is doing a fantastic job and I am really pleased to see so many happy and focused athletes in the water every night!

I'm going to return to an old subject of mine: Hydration at practice.

Everyone knows how important it is to keep hydrated when the weather is hot and you are out playing with your friends or doing any activity outside. But did you also know that it is just as important when you are in the pool?

A number of years ago, a Canadian swimmer named Alex Baumann was training. Alex (also known as Sasha) was a world class athlete who was training for the Olympics. He was ranked in the top three in the 200 and 400 Individual Medley in the world.

He was also known for doing some of the most grueling and long practices. His coach noticed that as Sasha worked his way through the practices he started to tire very quickly. He also would get grumpy and unhappy.

His coach was pretty sure he knew what was going on and was always encouraging him to drink more water. But Sasha was determined not to miss a single repeat or set just to drink water. Even when his coach told him to use a water bottle, he would not (sound like anybody you know?).

So, they performed a little test with him. He was weighed at the beginning of a grueling 3 hour practice and then again at the end. It was determined that he lost just over a full quart of fluids (sweat) over the course of the practice! A FULL QUART!

Now I know this is an extreme case, but it just goes to show you that keeping your body hydrated is very important. So once again, I encourage **every** swimmer on the team to get their **own water bottle** specifically labeled with their name.

The secret is to never get thirsty. Keep sipping the water throughout the practice. Once you are thirsty, it is already too late!

A couple of last notes on that Canadian swimmer. Doctors did blood tests and so forth on him and found that because he had repeatedly put his body into dehydration, he had slightly damaged his kidneys! And once he started to regularly stay hydrated in practice, his levels of performance improved to the point that at the 1984 Olympic Games in Los Angeles, he won Gold in both the 200 and 400 Individual Medley, while setting new world records in both events.

Does this mean that if you drink water in practice, you will become a world record holder and gold medalist? Probably not right away, but what you will find is that you are able to finish your practices stronger and with more energy. With that, who knows what you could do?

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## THIS MONTH'S TOP STORIES

### Green Group:

By **Coach Zoe**



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

Welcome new swimmers, returning swimmers, and parents! We are officially one month into the 2018-19 season and the green group is doing a fantastic job! We have lots of new faces on the team, so make sure to introduce yourself to your fellow swimmers and parents. My goal for every swimmer in green group is to get to know 7 other swimmers on the team by the end of October. I think we are up for the challenge, do you?

Here are a couple swimmers who are in the green group:



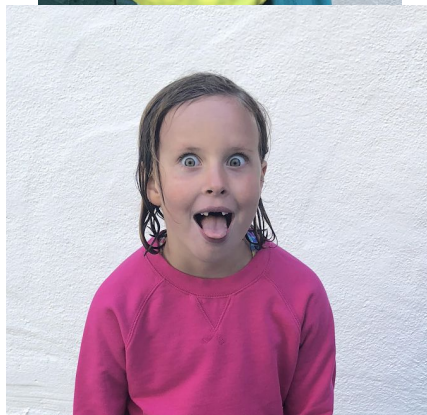
### **Tristen**

Favorite color: **Red**

Favorite stroke: **Breastroke**

Favorite thing about swimming: **The water**

Biggest dream: **Go on a Disney cruise**



### **Lucy**

Favorite color: **Blue**

Favorite stroke: **Backstroke**

Favorite thing about swimming: **It is fun!**

Biggest dream: **Become a vet (for just dogs!)**



## **Blue Group:**

By **Coach Zoe & Rob**

Yet another month has gone by and the swimmers in the Blue Group are improving at a fantastic pace. Zoe and I are working hard at designing workouts that help you improve on the technical parts of swimming. This means lots of stroke drills as well as turns and starts.

I have an old saying..."Before you can swim it fast, you have to swim it right!"



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The level of excitement and focus is great! For those of you that have not yet entered the swim meet hosted by the Albany Armada Aquatics (AAA), please do so as soon as possible. This is a very popular meet and will most likely fill up real fast.

Swim meets are kind of like taking a photograph. It shows exactly where you are in your training and learning right at that moment. Without these yardsticks, it is hard to know how well you are doing as well as what areas you need to focus on until the next meet. Plus...they are fun!

**“Good Better Best...**

**Never let it rest...**

**Until your good is better and your better is best!” - St. Jerome**



## **Bronze Group:**

By **Coach Colby**

Bronze group so far is going strong. Attendance is up, spirits are high, and milestone goals are being hit.

Milestone 1 was 60% of the group swimming 5 miles. We achieved that goal in just 7 days. Milestone 2 was a little bit harder 60% of the group needing to swim 20 miles but again we exceeded expectations and got it done on the first day of week 5, when the plan was to have it done by the end of week 5 just before the meet. While our next Milestone is a little bit harder being 70% of the group to mile 35. I have high hopes that we will take care of this in a reasonable time frame. Will it be you who decides to go to an extra practice this week?

We will be tracking this on a physical map soon but our milestone are taking us to Lake Tahoe and currently at mile 25 we are just now passing through Vacaville (in the 1850's Vacaville was a town built around the pony express station and rich soil for nut trees. Hence the outlets being the Nut Tree)

We have been doing really well on attendance with most of the group in the mid to high 50's. (%) However we did have a couple of standouts in attendance Max Rebro at 63% Micah Temple from the most recent try outs at 70% and our Bronze swimmer with the best attendance right now is Cynthia Wu having been to 74% of practices and has swam an astounding 22 miles in that time.

On Saturday 9/15 we had breakfast for the Bronze and Silver swimmers. My hope with this was to convince some of the swimmers to start their weekend in the pool with their friends



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and swim with a purpose. It was a huge success. We had 25 swimmers show up which is double what we normally get and everyone had a blast. Some kids even brought extra snacks to share.

Remember swimmers Coach wants your goal sheets! You won't get your swimmers reports after the meet if you don't turn them in.

Link to the goal sheets

[https://www.teamunify.com/SubTabGeneric.jsp?team=pst&\\_staid\\_=133287](https://www.teamunify.com/SubTabGeneric.jsp?team=pst&_staid_=133287)

Quote to chew on.

**“It always seems impossible. Until it is done.”** - Nelson Mandela



## **Silver Group:**

By **Coach Rob**

Week six of the 2018-2019 swim season is done! Over the past month we have focused on those “little things” that are so important to swimming fast. Streamlines, stroke work, drills, drills and more drills! It has been fun and exciting and now we are moving into the next phase of our training.

Practices will get a bit more intense and in some cases longer as we increase both mileage and speed. We will continue focusing on the little things while we ramp things up heading into the Albany meet on October 20 and 21.

Attendance at practices has been great! It is much more fun for everyone when we have larger numbers, feeding off of each other and pushing to reach out best. Keep up the good work!

**The ten most powerful little words...**

**If it is to be**

**It is up to me!**



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## Gold and High School Group:

By **Coach Stefan**

We finished our first training phase last week (EN 1) and are now in full swing of working on base endurance (EN 2) and stroke mechanics. The group has come together better than I could have hoped for! I am very happy to see how each and everyone of you is willing to improve and make changes to your daily routines, stroke mechanics, staying positive and reaching minimum attendance.

Welcome **Noah, Jack, Domenic** and **Finn** to the Year Round High School Group! You have brought a whole new level of excitement and focus to Tues, Wed and Thur dryland and swim practices and I am very proud of your work ethic and dedication to improve. Your attendance has been stellar. Keep up the good work.

I would like to highlight **Melodie, Andrew, Quinn, Sonja, Sophia, Bailey, Oliver, Alex, Charlie, Ryan** and **Farris** who handed in fantastic goal sheets and are working hard to achieve those objectives. Your increased attendance, willingness to change your stroke mechanics and hard work during practices has been noticed by all of the coaches; well done and keep up your excellent work.

Many congratulations to **Charlie White** who has had the highest attendance for the gold group over the first training phase!

Well done to everyone and I am excited to see where we are after the conclusion of training phase 2 (EN 2).

**“The drive to close the gap between near-perfect and perfect is the difference between great and unstoppable.” - Tim S. Grover**



## Platinum Group:

By **Coach Stefan**

We are welcoming **Jalen Chang** to the group! It has been great fun having you at practice and the level of commitment you bring to the team and to improving your strokes has been impressive to witness!

As we embark into our base endurance training (EN 2) the distances will become longer, and each stroke has to be executed perfectly and on the right heart rate to get the most out of this crucial training phase.



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This will require a tremendous amount of willpower and internal desire to get better. You'll have to stay focused, engaged, and mentally strong to execute some of the longest endurance sets you have ever done. Tues, Wed and Thur afternoons will become more and more important and missing any of those sessions will no longer be an option!

This phase, while physically not the most intense, will lay the foundation to a successful Junior Olympics, FarWestern and Sectional season! Stay engaged, stay focused and most importantly keep your attendance high!

Congratulations to **Aaron Wu** who has had the highest attendance throughout the group for the first training phase and who managed to have 100% attendance during week 4!

**“Decide. Commit. Act. Succeed. Repeat”** - Tim S. Grover

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## Team News:

by **Coach Stefan**

During the first week of September I have had the pleasure of attending the ASCA (American Swim Coaches Association) World Clinic in Anaheim. Next to listening and talking to some of the greatest coaches in history, I have also found some amazing new products and ideas, which I will start to share with the team.

One of them is **Vitargo**. A sports drink used and recommended by the CAL men's team, which is now available to all athletes of all levels.

Some of its benefits (compared to sports drinks containing maltodextrin + sugars) are:

- Increases Performance up to 23% with average around 10%\*
- Greater and Faster Muscle Glycogen Recovery\*
- 2.3x Faster Through the Stomach\*
- NO SUGAR (Clean Carbs for Optimal Performance)
- Every batch tested to be BSCG Drug-Free, Gluten-Free, Kosher, Halal, and Vegan

[\\*Read Clinical Studies Here](#)

I was very impressed by Coach Durdens' endorsement, their studies and samples and have been using it ever since. I am recommending it to any athlete of any age exercising more than **1 hour**, including swim meets.

Piedmont Swim Team is registered with Vitargo and you will receive a **25% discount** off retail with FREE SHIPPING on their 20 and 50 scoop items.



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## Our Vitargo Club Team Discount Code is: PIEDMONT

This code can be used by anyone (including friends and family) during check out.

You can find more information and order the product at <https://www.vitargo.com>

After years of searching, this is finally a sports drink I can recommend!

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## Sam's Tips!



When I was younger, I always disliked wearing fins because I got so many blisters on my feet. I wouldn't be able to wear them for more than one day without having to forego sets with fins for about a week because all of the cuts they caused. One day, I decided to try wearing socks with my fins! It sounds crazy, but it makes such a difference. I went out and bought some really cheap socks, and now they are my designated swim practice socks.

Everytime we wear fins, I put socks on underneath them. At first, everyone thought it was weird, but now some of the other Platinum swimmers do it too! If you find fins uncomfortable, or are prone to blisters, I highly recommend trying it out!

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## EBSD C/B/BB - Highlights :

by **Coach Stefan**

PST showed up in force, applied their learned skills and made a **statement!**

This was one of the most fun meets we have attended in the past few years and our swimmers swam beyond anyone's expectations. We won almost every single relay and most of the heats, dominated with underwaters and had an unbelievable % of personal best time swims.

There were so many outstanding swims that it is impossible to mention them all - instead just take a look at our single meet improvement report ([click here!](#))

I don't believe I have ever seen so many minuses in an improvement report.

Congratulations to everyone and keep up the good work!



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# Swim Meets:

## **AAA C/B/BB+ Meet - October 20th to 21st:**

[Click here](#) for meet sheet. Open on [OME](#). This is a focus meet for Green, Blue, Bronze, Silver, some Gold and Year Round High School Swimmers.

## **Senior Open Meet - October 20th to 21st:**

[Click here](#) for meet sheet. Open on [OME](#). This meet is for Gold and Platinum swimmers who are 13 years or older and 11-12 year olds who have achieved Senior Open Times.

Keep in mind - Senior Meets are Parent-Free meets. Parents have to fulfill their timing shifts and canopy duties, however are asked to watch from the bleachers/stands. Canopies are reserved for swimmers and are Parent-Free Zones! Having an athlete zone is standard practice at all higher level meets (most JO's and up). PST is using Senior Open Meets to gradually get used to that environment.

As always, it will be the swimmers responsibilities to time for each other and lap count during distance events. Nobody will leave until the last PST athlete has swam their last race!

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

This will be the last opportunity to qualify for Winter JOs. Everyone to attend!

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

Click here for meet sheet. PST will be hosting the 2018 Speedo Winter Junior Olympics! Our team goal is to have **14+ qualifiers!**

## **Championships Qualifiers:**

JOs: 7

FW: 7

WEZO: 8

SEC: 2

FUT: 0

JNat: 0

Nat: 0



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## Articles:

### **Training with 'Intent' Is a Concept Too Many Young Athletes Fail to Appreciate**

by [Daimond Dixon](#)

[Click here](#)

### **Creating Internal Confidence in Your Swimming**

by [Will Jonathan - USA Swimming Website](#)

[Click here](#)

### **Time Standards**

by [Coach Stefan](#)

2018/19 SCY Junior Olympic and SCY Far Western Time Standards and USA-Swimming Motivational Time Standards are posted on PacSwim Website!

[Click here](#)

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Have you been traveling somewhere fun? Please send us your pics to post:

[photo@piedmontswimteam.org](mailto:photo@piedmontswimteam.org)



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