

Summer 2021



## Josh Matheny Makes PEAQ Proud at the Olympic Trials

Dear Team,

Every year at this time it feels so strange to be communicating about the “end of the summer season” when it seems like it just started! This is always a bittersweet time because on the one hand—the kids have been working hard and we’re excited to have an opportunity to swim fast in the upcoming championship meets. That’s the sweet part. The bitter part is we have all these recently graduated high school Seniors who have been swimming with us in some cases for over a decade, and our time coaching them on a daily basis is drawing to a close.

To our recent high school graduates: congratulations on all you have achieved, and we wish you the best in all your future endeavors. To our swimmers competing in various meets over the course of the next 5 weekends: we’ve been working hard all year under very difficult circumstances—TRUST THE PROCESS and have fun swimming fast in the coming weeks.

Best of luck to all of our PEAQ swimmers, both in and out of the pool!

Regards,

Coach Schraven

Eighteen-year-old **Josh Matheny** represented PEAQ in this year’s Olympic Trials held in Omaha, Nebraska on June 13<sup>th</sup>-20<sup>th</sup>. Josh placed 5<sup>th</sup> in the 100 breast and 20<sup>th</sup> in the 200 breast, which is incredible considering this was Josh’s first Olympic Trials. Josh’s amazing swimming accomplishments were recognized by the *Pittsburgh Post Gazette* who recently named him “Male Athlete of the Year.” This was the first time a male swimmer has ever won this award! Josh will attend Indiana University in the fall where he will swim for the Hoosiers. We at PEAQ are all very proud of Josh and so excited to see what the future holds for him!



## Congratulations Class of 2021!

It has been a tough year, and we are so proud of our high school graduates! If you see any of these amazing kids, congratulate them and wish them luck as they embark on their next adventure. We will miss you!

**Patrick Benedict** - Westminster College

**Lilly Bernard** - Misericordia University

**Topher Bishop** - Case Western University

**Nico Butera** - University of Wisconsin

**Tim Compton** - Penn State Behrend

**Taylor Connors** - Miami University

**Rachel Gitelman** - Penn State University

**Michael Grimenstein** - SUNY Maritime

**Michael Lintelman** - Clarion University

**Josh Matheny** - Indiana University

**Max Orłowski** - West Point

**Danika Raich** - American University

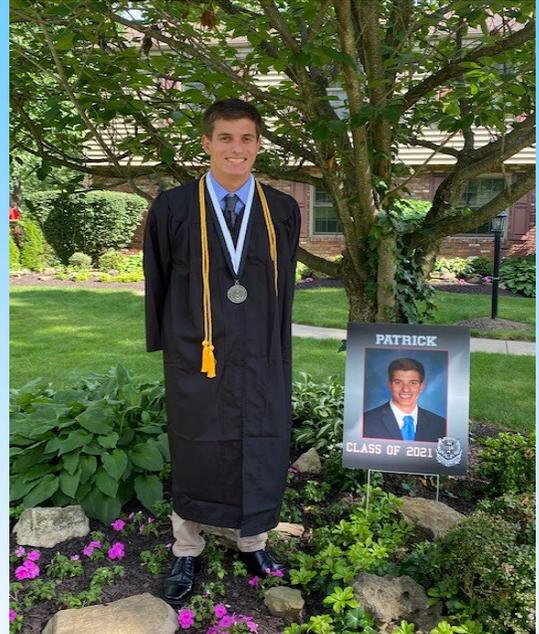
**Abby Rutkowski** - Georgetown University

**Sophia Schlicting** - New York University

**Ian Shahan** - West Point

**Caroline Wright** - Tulane University

**Jason Zhang** - Case Western University



## Fish Out of Water: Sophia Schlicting and Abby Rutkowski

In an effort to highlight the class of 2021, we have selected two amazing young women from that class who have always made PEAQ proud. **Sophia Schlicting** and **Abby Rutkowski** have many swimming accolades to their names, but what some people may not realize is that their accomplishments extend far beyond the pool. We at PEAQ were particularly proud when we found out that **BOTH** Abby and Sophia were recently recognized as valedictorians for their graduating class at Upper Saint Clair High School!!!

In addition to being a model student athlete, Sophia was also a member of NHS and a member the Natural Helpers Club and Pickleball Club. She also worked as a Wahoo coach, a swim lesson instructor, and a To-Go Specialist at Juniper Grill. Sophia plans on attending NYU in the fall and majoring in Computer Science.

Like Sophia, Abby has many accomplishments other than what she accomplished in the water. Abby was a member of NHS and acted as a Junior/Senior Mentor at USCHS. Additionally, she worked as a lifeguard and a swim instructor. Abby will attend Georgetown University in the fall where she will major in Biochemistry.

Good luck Abby and Sophia! Thank you for being such wonderful role models to our younger swimmers!



### Healthy Habits: Two-Ingredient

#### Peanut Butter Ice Cream

Cool off this summer with his healthy frozen treat!

#### Ingredients:

4 very ripe bananas

2 Tbs. peanut butter

**Directions** -Slice the bananas into discs and freeze on a cookie sheet for 2 hours. Place the frozen bananas peanut in a food processor or a high-powered blender and puree until smooth and creamy. Scrape the sides down when blending as necessary. Add in peanut butter and blend until the mixture is the consistency of soft serve. You may choose to add a tablespoon of milk to add to the creaminess. If you like a firmer ice cream, you can let it sit for a few hours in the freezer.

#### Variations:

1) Substitute 3-4 Tbs. of Nutella for peanut butter to create Banana Nutella Ice Cream.

2) Substitute 1 lb. of washed and hulled strawberries for peanut butter to create Strawberry Banana Ice Cream.

*\* Recipe taken from  
[www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)*

## PEAQ Competes on the Local, Regional, and National Levels

While swim meets were not completely back to normal this summer due to the pandemic, PEAQ started the summer with plenty of opportunities to compete. Many of our swimmers kicked off their long course season at our PEAQ hosted Spring Invitational, which was held May 21<sup>st</sup>- 23<sup>rd</sup>. In June, kids represented PEAQ locally at the GPAC Age Group Open in Penn Hills and the JCC Distance meet in Monroeville. Many of our newest and youngest swimmers joined our summer league teams, The USC Wahoos and The Scott Sharks swam in their very first swim meets ever!

We had some swimmers cross state lines and attend out-of-state meets in June as well. PEAQ swimmers represented PEAQ at an Age Group Open held at WVU, The Holtrey Summer Classic in Geneva, Ohio, and The Eastern Zone Open Water Championships in Middlebury, Connecticut. At The Holtrey Meet in Ohio, our PEAQ team placed first overall, and **Jackson Edwards** (11-12 boys) and **Luke Hartman** (13-14 boys) were both High Point Winners for their age groups. At the Eastern Zone Open Water Championships, **Mac Clark** (13-14 boys) came in 6<sup>th</sup> place in the 5k.

Perhaps the highlight of June was watching our very own **Josh Matheny** compete in the Olympic Trials. Many of us gathered around our TVs and cheered him on from our living rooms. We watched in awe as Josh swam against some of the fastest swimmers in the world and came in 5<sup>th</sup> in the 100 breast and 20<sup>th</sup> in the 200 breast.

As the summer LC seasons comes to a close, we wish all of our swimmers the best of luck at their upcoming Championship meets! Go PEAQ!



### Congratulations Matthew Purcell – AMS Rep

Congratulations to Matthew Purcell who was elected by a body of his swimming peers to be an At-Large Athlete Representative for AMS. Mathew will serve a one-year term and will help to provide a voice for athletes in AMS during his term. Thank you Matthew for being willing to volunteer your time for this important leadership role!

## Caught You Doing Good!



*We have great kids at PEAQ! See what their coaches have "caught" them doing!*

**Joshua Grimenstein** (nominated by Coach Alex) - Joshua trains with his heart on his sleeve. It is noticeable daily, that he is giving his best effort. Joshua never reaches for an excuse when the going gets tough, and only gets on himself when things go unplanned. He is on his way to great swims! His unbelievable humility to do the ropes often daily shows, when some other swimmers walk on deck hoping to become invisible. He is a great teammate, lanemate, and PEAQ swimmer- GO JOSHUA!

**Constantine Kallur** (nominated by Coach Alex) - Constantine is new to the PEAQ crew, but already seems like a veteran. Constantine is always smiling and thanking coaches and teammates after a workout. His attitude is what makes the workout great, not the only workout itself. Thanks for bringing the positive energy and building more of what PEAQ is all about. Great to have you Constantine!!

**Colin McCain** (nominated by Coach Alex) - Sometimes it's hard to be positive when your body aches. Oftentimes, Colin will be saying words of encouragement to his lanemates as he himself tries to catch back his air. Colin practices with an all-in attitude, and his passion for racing is infectious. Keep being supportive; it's great!

**Lauren Mittleider and Lauren Opitz** (nominated by Coach Alex) - The Lauren duo is a staple for our younger girls at swim meets. The Duo is always attentive to the meet and always is cheering on a fellow younger PEAQ Teammate. Their calm demeanor and positive words on deck are refreshing to see. The Lauren Duo will be missed as they get older and age out, but for the time being PEAQ is so fortunate.

**Elise Nardozzi** (nominated by Coach Alex) - Elise works hard and does it with a smile. Elise takes the lead in getting after main sets and always does it with a "you can do it too" attitude. It's the empowerment she gives those around her to keep it up and reach for new bests that is admirable. At meets, Elise doesn't put others down and always seems to be "pumping up" a teammate or providing a laugh. Keep working hard and having fun with your teammates around you! PEAQ PROUD!

**Abby Poe and Macy Koerner** (nominated by Coach Becky) - These 2 ladies have saved my day every Tuesday and Thursday outside at Scott Pool. They have stayed EVERY practice and taken the lead switching the lane ropes from long course to short course. They are hard working in and out of the water and always come to practice with great attitudes!

**The Wahoo Summer Team** (nominated by Coach Amy and Coach Topher) - The Wahoos have been the hardest workers, the best teammates, and the best kids that any coach could ask for! Awesome job this season!

**Bailey Wells** (nominated by Coach Alex) - Bailey is a quiet swimmer at practice, but when she's coaching Wahoos, she's anything but quiet. The swimmers repaid her enthusiasm when Bailey scorched a 50 free against Peters, and the Wahoo swimmers went wild! Bailey was so gracious and truly showed the impact our young swimmers are having on the next group. Great Job Bailey! And GO WAHOOS!

## New Faces on Deck This Summer



Many new swimmers joined PEAQ this summer, and PEAQ has some new coaches on deck at our various sites as well. **Coach Royce Tipper** joined the staff at CM and has been working with all of the age groups. Additionally, **Coach Maddie Shaffer** and **Coach Matt Brady** have been working with the swimmers at PEAQ at Pitt. We were also thrilled to welcome our new Wahoos and Sharks, along with our new age group swimmers, senior-level swimmers and alumni who joined this summer. We are so happy to have all of you be a part of our PEAQ family!