

S U M M E R 2 0 1 9

THE PEAQ POST

A Letter From the President

Dear Team,

As our 2018-2019 season draws to a close, I would like to take a minute to reflect on the amazing club we have created over the past five years. In 2014, a group of coaches and parents from the Chartiers Valley Swim Club and the Upper St Clair Swim Club sat down to discuss the possibility of merging the two entities. They shared a vision of creating a club that welcomed swimmers of all levels and offered them the best coaching and facilities in western Pennsylvania. They believed children would thrive under this model and it would help them to reach their full potential as swimmers. Last year two more sites were added to PEAQ: Canon McMillan and Pitt. The integration of the two new sites, their swimmers, and coaches, allowed PEAQ to offer additional opportunities for local swimmers to train under the area's best coaches with large groups of their peers.

Five years after the two teams first practiced together, the club has achieved resounding success. PEAQ is now the largest and most successful club in western Pennsylvania. It has over 400 swimmers from across the area, competing at every level from summer leagues to age group championships to Olympic Trials. At local meets, there are PEAQ swimmers in every event and almost every heat.

PEAQ's accomplishments are the result of its dedicated coaches, hard working swimmers, and supportive parents. All are integral to PEAQ and its success. I can't wait to see what the next four years bring!

Sincerely,
Kristin Matheny



PEAQ swimmers
Claire Hsu, Olivia
Schlichting, Maddie
Suter, and Lauren
Connors at
graduation

Ahmad Bakri – Allegheny
College (swimming)

Ynyra Bohan – John Carroll
University (swimming)

Christina Butler - Pitt

Lauren Connors – St. Vincent
College (swimming)

Jack Fitzpatrick – Notre Dame
(swimming)

Blaise Kehl – Grove City College
(swimming)

Faith Kisker – Villanova

Jordan Lydon - Notre Dame

Conrad Molinaro – WVU
(swimming)

Nick Mudry – John Carroll
University (swimming)

Brendan Neal – U.S. Naval
Academy

Brant Purcell – Virginia Tech

Reese Samuel – Howard
University (swimming)

Aidan Sommers – Purdue

Olivia Schlichting - Ohio
State

Karen Siddoway – James
Madison University
(swimming)

Morgan Stormer – Liberty
University (swimming)

Maddie Suter – University of
Florida

Rachel Halapchuk – John
Carroll (swimming)

Claire Hsu – University of
Kentucky

Nolan Jacob – Penn State

Graham Kretschmar –
University of Florida

WHERE ARE THEY NOW?

Spotlight on Fynn Minuth



PRACTICE MAKES PERFECT: TIPS BY COACH SHANNON

Practice Goal: Streamline and Underwater Kicking

When you are diving or pushing off, you are the fastest you will ever be in the water. Having a powerful underwater dolphin kick means holding onto that speed just a little bit longer and building from that underwater kick to a fast breakout.

At practice we need to focus on doing a minimum of **5 fast dolphin kicks off of every wall** and building from that point on. Challenge yourself during sets to see just how fast you can go!

1) How long have you been swimming, and when did you swim for PEAQ? My mom took me into the pool before I turned 1 year. I started with serious competitive swimming in 5th grade and had practice every day. We moved from Germany to Pittsburgh in August 2013 while I became a Junior at Upper St. Clair High School. I joined the Upper St. Clair High School team and club team. Coach Dave and Coach Lersch were my coaches.

After the high school graduation, I moved to the University of South Carolina and started to be a student athlete. After my freshman year at college, I started in August 2016 at the U.S. Junior Nationals "unattached" and won the 400m free and got second in 200m free and 200m fly. The journalists found out that I was a member of the new Pittsburgh club PEAQ and a student of the University of South Carolina. <https://swimswam.com/2016-speedo-juniors-day-3-finals-live-recap/>

I graduated this May from the University of South Carolina with a double major in Accounting and Finance. I also moved back to Germany to start with grad school and to work hard on my biggest dream/goal: to qualify for the Olympic Games 2020. In July 2019, I will start for Germany at the World University Games in Italy.

2) What was your most memorable race? There have been many memorable races, but I believe the 500y free from the 2017 SEC Championships, is one that will stand out to me for a long time, because it was my first major win at the senior level of swimming.

3) What college did you attend? What was your major? I attended the University of South Carolina for the past 4 years where I swam on the swim and dive team. I studied finance and accounting and received my double major degree in May of this year.

4) What are your plans after college? Shortly after graduation I moved to the south of Germany to train and compete with the Oneflow Aquatics team, which is a professional swim team with swimmers that all train for the 2020 Olympics. I will also start studying at the University of Heilbronn and work towards a Master in International Business (MIB).

5) Besides swimming, what is another interest that you have? I have great interests in all kinds of sports including soccer, football, basketball, Formula 1, tennis, and golf. I also love to travel, even though that's hard to combine with the demanding swim schedule.

6) What is one piece of advice that you would give an age group swimmer? Set yourself an ambitious goal, but embrace and enjoy the long journey towards that goal, because the memories you make with the friends you have, are worth more than any trophy or time you could hit.



Long Course Season is Underway

PEAQ kicked off the 2019 Long Course Season May 4th and 5th when we hosted the Steel City Invite at Chartiers Valley High School. Two weeks later we then celebrated the end of our short course season and the start of the long course season at Valleybrook Country Club with a picnic style banquet and swim party. It was a beautiful day, and swimmers and their families enjoyed playing in the pool, listening to the DJ, eating good food, and participating in raffles and silent auctions. We look forward to continuing the fun that was had at banquet as our club competes this summer on the local and national levels. Go PEAQ!!!

IMPORTANT DATES

- PEAQ Summer Champs 7/19 -7/21. We are hosting at Scott Pool and will need volunteers!
- Fall registration will tentatively open late August.

Healthy Habits

Recipe submitted by Barb Benedict, PEAQ parent and dietitian – MS, RD, LDN

BREAKFAST TRAIL MIX

Ingredients:

1 ¼ cups of cluster cereal, such as Kashi Go Lean Crunch or any other cereal you like
 1 ½ cups of shredded wheat squares
 ¾ cup of craisins, dried blueberries, or any other dried fruit
 1/3 cup of yogurt covered raisins

Directions: Mix the listed ingredients and divide into bags for the perfect on the go healthy breakfast or snack.