

# PEAK PEEK

## Pearland Aquatics Age Group 2 Newsletter

### October Meets

- October 28 - ESA Halloween Meet

Location: Atascocita High School  
13300 Will Clayton Parkway  
Humble, TX 77346

### November Meets

- November 4 -5 - Gulf Senior Meet hosted by PEAK. AG2 is too young to compete here, but this meet is an opportunity to earn volunteer hours.
- November 11 -12 - November Open Meet Location: TBA

### December Meets

- December 8 - 10 - Fall Champs Location: TBA All AG2 swimmers are eligible to attend
- December 15 - 17 - Gulf Age Group Champs Location: Texas A & M Swimmers must have 3 qualifying time standards

### • Questions?

If you have any questions regarding Age Group 2, please direct them to me after practice or at

[coachann@pearlandaquatics.org](mailto:coachann@pearlandaquatics.org)



## The Value of the Challenge



One of the most important lessons I have learned from working with kids over the years is that they enjoy challenge and will meet the expectations set for them in the process. When presented as a positive, mastering a difficult task becomes a badge of honor. This month, AG2 swimmers have embraced challenge by meeting the demands of more intense sets in practice and facing their first events in

competition. Throughout the month, I've heard comments like, "I did it! That was fun!" or, "That's not hard enough. I want to do this on a faster interval."

Nearly every practice, I am surprised by at least one swimmer who rises to meet the challenge of the day in a way I never expected. This is particularly powerful when 40 kids accept the challenge together, pushing and encouraging one another toward the goal. Facing a struggle and working through it in order is one of the best lessons swimmers learn.

## In Their Words

"I like swimming more than I ever have." - Dhylan P.

"You can do it. The 100 fly is easy." -Rian B.

"Yes!" -Avery N.

"I'm trying to kick, but it feels like Medusa is holding my legs."

-Derek Z.

"Last year, I was just doing 25s."

-Noah O.

## Age Group 2 Birthdays

Happy Birthday to the following swimmers who have already celebrated this season.

### September

Dylan B.

Thevan D.

Derek Z.

### October

Luke B.

Ella G.

Dhylan P.

## 30 Wednesday Conquerers

Each month, every PEAK group from Age Group 1 to Gold participates in the 30 Wednesday Challenge. To meet the challenge, AG2 swimmers must complete 30 50s freestyle. While each swimmer is responding impressively to the challenge, a few have stood out as they meet it.

Sophie R.    Sydney J.    Helena F.

Noah O.    Dylan B.    Ava F.

## October Open Meet Achievements

33 AG2 swimmers attended the October Open Meet, with 11 competing for the first time. As the first meet of the season, it is the benchmark for progress for the short course season, which ends in March. With such a strong showing at this first meet, the it is going to be an exciting season.

### First-time Meet Participants

Great job to all who raced as a PEAK swimmer for the first time. The coaching staff is excited about how well these swimmers managed the meet process and performed in their first competition.

Ella G., Seve C., Langdon D., Luke O., Bricon A., Emma O., Maris H., Audrey C., Irelynn E., Bryton H., Ranbin Y.,

### Time Drop Champions

Avery N. dropped a total of 70.83 seconds from her best times during through her six events at the meet.

Lorelai B.improved a combined 51.29 seconds through six events, with a 35 second time drop in the 200 free.

Geoffrey L. improved by 45.94 seconds during the meet.

### Gulf Champs Qualifiers

The following swimmers qualified to swim in the Gulf Age Group Championships at Texas A & M in December:

Rian B. , Avery N., Geoffrey L.

## Age Group 2 Equipment

- ✦ Goggles
- ✦ PEAK practice cap
- ✦ Water bottle
- ✦ Kick board
- ✦ Snorkel
- ✦ Fins
- ✦ Pull Buoy

Please label all equipment. Duct tape, nail polish, and permanent marker all make excellent labels to set your swimmer's equipment apart from the rest.

### *A Few Housekeeping Notes*

***Please be sure your swimmer has a water bottle at practice every day.*** The kids are working hard and need to continually replenish fluids throughout practice. When I have reminded the swimmers to drink during practice, some have not had anything to drink. Check out this article from Swimming World Magazine for more information: <https://www.swimmingworldmagazine.com/news/hydration-for-swimmers/>

### **Ear Care**

Several AG2 swimmers have reported ear infections during the last few weeks. Swimmer's Ear is a common issue and can be managed with a few preventive measures. Here is a link to more information on ear care for swimmers. <https://www.swimoutlet.com/blog/tips-tricks-for-swimmer-s-ear>

### **Useful Apps for Parents and Swimmers**

•**On Deck** - Team Unify's app allows you to see your account details as well as your swimmer's attendance and meet data.

•**USA Swimming Deck Pass** - When you create an account in Deck Pass, you can keep track of your swimmer's progress and connect to other Deck Pass users. We would like for our swimmers to have Deck Pass accounts so coaches can recognize their efforts with badges and patches during practice and meets. <https://www.usaswimming.org/utility/landing-pages/create-a-deck-pass-account>

•**Meet Mobile** - See your swimmer's results at meets.

•**Meet Bop** - When used by the host team, this app allows you to see the running time line to know when your swimmer will race.