

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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April 27, 2018

# NAME THE NEWSLETTER!

YOUR TURN TO HELP US NAME THIS NEWSLETTER



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

Welcome to our first newsletter from the coaches for you, the swimmer! We will be sending it out on the last Friday of each month. Each of our coaches will have their own little area to correspond directly with the swimmers in our groups.

I will also be adding interesting (hopefully) articles, tips, videos and fun stuff for swimmers!



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

# THIS MONTH'S TOP STORIES

## Green Group:

by **Coach Zoe**

The Green group has been doing an exceptional job this season! We have been working on backstroke and breaststroke in the last few weeks. The swimmers have shown fantastic improvement in both strokes and I am so proud of their focus and ability to show their love for swimming and learning in everything they do! We have been preparing for our upcoming swim meets by focusing on dives, turns, sprinting, and stroke techniques. Our upcoming swim meets include this weekend 4/28-29 at the Albany Aquatic Center and the PST hosted long course meet on 5/19-20 at the SODA Aquatic Center. See below for some tips for swim meets:

- Plan for the worst and expect the best! Always bring extra clothes (warm clothes), snacks, goggles, caps, swim suits, and water.
- Get to the meet 10-15 minutes early so you can get checked in, set up at the team tents, changed, and ready to get in for warm up with time to spare!
- Anytime you're not in the water, be in warm clothes (i.e. - close-toed shoes) and drinking water!
- Before your event, check in with the coaches at the coach's tent. Here is what you will need to tell us/ask about:
  - Your event number
  - Your name
  - Your heat and lane (posted on the pool deck- usually on a cork board or by the bathrooms)
  - Ask the coaches what to focus on during your event
  - Tell the coaches something you're awesome at!
- Check in at the coach's tent after your event and get some feedback.
- Take time to get to know your fellow swimmers at the tents and have some fun! Remember, there is always a swimmer or a parent around who has been to a swim meet before and they have all the best tips and tricks for a swim meet!

I look forward to continuing this season with the wonderful group of swimmers in Green! Thank you for your enthusiasm and hard work, keep it up!



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## Bronze Group:

by Coach Rob

The bronze group has been doing a great job! I am very impressed with the level of effort and more importantly the positive energy coming from all of you! With various meets coming up over the next month, we will be working on improving our speed and more importantly our skills. Starts and turns will be highlighted!

It is very important that you stay hydrated during practice. I would like to see **every swimmer** bring their own water bottle to practice. Make sure you have your name on it so no sharing! I know it seems weird that we need hydration while we are swimming, but just like any other activity, you lose fluids during exercise.

Keep up the great work and remember...

**TRUE CHAMPIONS DO THINGS RIGHT EVEN WHEN NO ONE IS WATCHING!**

## Silver Group:

by Coach Rob

The past month has been a great one for the silver group. You have all turned in some magnificent workouts over the month of April.



A special shout out to our first Junior Olympic and Far Western qualifier, Abigail Yoon! Abigail represented the silver group amazingly at both Championship meets.

Just like I mentioned with the Bronze group, it is important that you stay hydrated during swim practice. If you don't have your own water bottle, you will miss precious time getting out to hit the fountain!

Our first Long Course meet comes up this weekend, and I know we will all swim great!

Once again, keep up the good work and remember...

**A DIAMOND IS JUST A LUMP OF COAL THAT DID REALLY WELL UNDER PRESSURE!**



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## Varsity Group:

by Coach Colby

Varsity group has been evolving in the last couple weeks. We are very happy to be transitioning veterans to silver/gold and welcoming new faces from bronze.

In the coming weeks varsity will be working on longer distances in prep for the long course meters season. Varsity will also be doing a lot of dives so make sure to bring sunscreen and a bottle of water with the weather getting hotter.

Remember that before you can swim anything fast, you have to be able to swim it right! It is important to remember the “little” things and do them all the time in practice. Proper turns, streamlines and stroke mechanics are always the most important thing to work on!

**THERE IS NO I IN TEAM, BUT THERE IS U IN SUCCESS!**

## Gold Group:

by Coach Stefan

We had an important meeting on Monday, April 16th. Each swimmer received a personalized package, which included their SCY attendance, season plan, gold group requirements, nutrition slides and an article about self-believe.

We agreed on aiming to meet minimum required attendance (72%) per week and have a can do attitude! I laid out my goals and expectations for the LCM season:

- Higher attendance
- Can do attitude
- Leg driven strokes
- Going out fast and increasing tempo at the end

Swimmers who haven't handed in their goal sheets need to do that ASAP!

**SafeSport!** Starting in May we will join USA-Swimming's “Safe Sport Monday” initiative and spend the first 10-20 minutes at practice to go over important safe sport scenarios. This will help us to create a healthy, safe, and inclusive environment where you can pursue your goals and create a positive relationship to your teammates and coaches.



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In other group news: Aaron taught his first swim lesson a few weekends ago. He was quite nervous, however managed to help his student get more comfortable in the water and learn some very important stroke techniques. **Congratulations Aaron!**



## Team News:

### AAA Meet - April 28th and 29th:

[Click here](#) for meet sheet. Warm-up for 9 and older at 8am. Warm-up for 8 and younger at 8:30am. Arrive 15 minutes before warm-up time, check-in at check-in desk and find your coaches.

### SRVA Meet - April 28th and 29th:

[Click here](#) for meet sheet. Warm-up at 8am or earlier (swimmers choice). Arrive 15 minutes before warm-up time, check-in at check-in desk and find your coaches.

### PST Meet - May 19th and 20th:

[Click here](#) for meet sheet. 107 swimmers attending so far!

### PST to Host Winter Junior Olympics - Nov 30th to Dec 2nd:

PST will be hosting the 2018 Speedo Winter Junior Olympics! Our team goal is to have **14+ qualifiers!**



### Championships Qualifiers:

JOs: 7      FW: 6      WEZO: 8      SEC: 2      FUT: 0      JNat: 0      Nat: 0



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## PST on the Road:



*Greetings from London Aquatics Center (2012 Olympic Venue).*

Are you traveling? Send a picture you would like to share to [photo@piedmontswimteam.org](mailto:photo@piedmontswimteam.org)

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## Articles:

### **Nutrition:**

by **Coach Stefan**

At the 'Spring Splash Edition' (USA Swimming magazine), we received fantastic examples on how to keep energy up without slowing our bodies down (p. 60/ article by Chris Rosenbloom, PhD, RDN). If you haven't read it, do so now!

[You can find additional information about good nutrition on our website](#)

### **Diving into the unknown, student athlete proves the merits of hard work:**

by **Steve Hartman / CBS News / April 13, 2018**

Check out this wonderful article about a High School swimmer from Arlington, Texas:

[Click here for Article](#)



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