

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

December 21, 2018

THE FLIPTURN

Piedmont Swim Team



2018



by **Coach Rob**/Editor in chief

It has been quite a month for the Piedmont Swim Team! First up was an incredible job turned in by everyone pulling off the near impossible. We were able to host the Junior Olympic Championships. I've been around this sport for a very long time including the last 15 years in Pacific Swimming. I have never seen a better organized and run Junior Olympics in all my time. Speaking to other coaches around the pool deck, they all agreed that we did a great job!

A special tip of the coaching cap to Amy Aubrecht and our intrepid head coach Stefan for their outstanding efforts in all the pre meet work as well as grace and class during the meet. Everyone on the team joins me in saying a great big thanks. Also to every single person who donated their time and efforts to making this a great meet.

As we head into this Holiday Season, I would like to take this opportunity to wish everyone Peace and Love and Joy during this season. The Piedmont Swim Team is a very special organization and every one should be very grateful for our friends, coaches, board members, parents as well as brothers and sisters who go out of the way to make sure that we are the best!

.....

January Birthdays!!

Joseph Bell - January 17

Owen Blanford - January 26

Elliott Briggs - January 31

Elliot Karger - January 21

Travers Kemp - January 13

Katherine (Brooke) Layman - January 29

Rachel Luskin - January 17

Ishana Paul - January 28

Madeline Payne - January 10

Hayden Powell - January 5

Felix Shotten - January 18

Finn Smith - January 28

Pierce Tindle - January 19

Clayton Toste - January 18

Jessica Vogel - January 27

Zoe Waitkus - January 1



THIS MONTH'S TOP STORIES

Green Group:

By **Coach Zoe**

The Green group has done some spectacular work this month. At the beginning of the year, we started with the basics such as how to swim in a structured practice and the key drills of every stroke. You have also learned how to participate in a meet and how to race. And along the way, you have made some new friends! Here are a few of the freestyle and backstroke drills you have worked on and why we do them!

Freestyle

- Catch-up: this drill helps us slow down the technical aspects of freestyle and focus on stretching forward with our arms while maintaining a consistent kick
- Set-up (shark fin): this drill emphasizes the high elbow in the pull recovery and requires the swimmer to rotate as they switch sides
- Almost catch-up: this is the ideal way to swim freestyle, with focused and purposeful pulling and a consistent and fast kick.

Backstroke

- Kick in a streamline: a streamline is a swimmers SUPERPOWER and by practicing backstroke kick with a streamline, the swimmer must become level on the surface and maintain a steady kick. This position is the key to becoming comfortable swimming on your back.
- Kick on side: although backstroke denotes being flat on your back, you are actually mostly on your side! Kicking on side allows the swimmers to become comfortable rotating as they swim.
- 10-kick switch: this drill puts it all together, it requires a consistent kick that keeps the swimmer level with the surface and rotation as they switch sides every 10 kicks. The key to this drill is making sure your head doesn't move as you switch from one side to the other.

Swimmers, take some time to show off the drills you've learned this year to friends and family, and don't forget to take some time to have fun in the water this winter break!



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

Blue Group:

By **Coach Zoe & Rob**

The Blue group is doing a fabulous job! Coach Rob and I have been very impressed by the focused and thoughtful swimming we have seen. The swimmers are beginning to swim longer distances and execute the drills at a more efficient level. As we go into the new year we will continue to reinforce the basic aspects of each stroke, while increasing the distance of our swims. It is important to remember to make every lap and stroke count. Here are some aspects of a great freestyle and backstroke:

Freestyle

- Head position: eyes down with the crown of your head at the water surface
- Kick: a small and fast kick with pointed toes and a slight knee bend
- Pull: reaching forward and stretching into each stroke, pushing as much water as possible, and a high elbow recovery
- Turn: a nose to knees flip turn that ends with a solid landing on the wall with your arms in a streamline

Backstroke

- Head position: eyes on the sky and head still while your hips and shoulders rotate
- Kick: small and fast with pointed toes, on the surface
- Rotation: rotating from the hips at the entry and finish of each pull
- Finish: knowing your count from the flags to the wall so you can finish with your eyes up

Take some time to have fun in the water with friends and family over the winter break, and don't forget to add in a few silly laps too!



Bronze Group:

By **Coach Colby**

While it's been a shorter time since the last newsletter the bronze group is still making waves in the pool. In two weeks over 50% of the group has swam an additional 10 miles. With that in mind they were able to hit their 4th milestone. The next milestone is still being calculated due to missing time from smoke, JOs, and the addition of new swimmers to the group. That in mind you are going to see some new swimmers soon make sure to introduce yourself and welcome them to the group.



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

Due to MSC closing we were unable to do our test set this month but don't worry when we get back from break we are going to jump right back into Endurance training and test ourselves on our 800 freestyle for time.

Hope everyone has a happy holiday and an exciting new year!



Silver Group:

By **Coach Rob**

WOW! This has been quite a month for the Silver group. The new members in the group have injected a tremendous amount of excitement and are fitting in great! We took a few weeks after the unintended break due to the smoke and focused mainly on the technical parts of swimming. After that we started to “ramp” up the intensity and overall distance we swam. Over the last two weeks, we have pushed (and sometimes surpassed) the 5200 yard mark on multiple occasions.

For the next little while (Until January 23) we will be sharing the Emeryville pool with the Platinum Group. Here is your chance to see what they do and how they do it!

Have a great Holiday break and we will see you all back in the pool on January 3 at Emeryville.

A quick “way to go” to **Asher** Takazawa for qualifying for and competing in his first Junior Olympics! Congratulations Asher on a job well done!



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

Platinum, Gold and High School Group:

By **Coach Stefan**



Congratulations to **Simon** Lins who was selected to the 2018-2019 Pacific Swimming All-Star [Roster](#). Simon will represent PacSwim at the 2019 Pacific Coast All-Star Meet on January 5-6, 2019 in Commerce, CA.



The Senior Swimmers are wishing everyone a joyful and festive break. Happy Holidays!



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

Swim Meets:

Zone 2 Championships - January 26th - 27th:

Congratulations to all [PST qualifiers](#). All qualifiers are expected to be available to represent PST on **both** days for relays and their individual swims. Coaches will reach out to relay swimmers shortly! Well done to all!

Hills Hurricane C/B/BB+ Meet - February 9th - 10th:

This is a great meet for all ages and levels. Everyone not traveling to the senior meet the weekend after to register!

Senior Travel Meet in Santa Cruz - February 15th - 18th:

Swimmers 13 years and older can participate without a qualifying time and 11-12 year olds must have achieved Senior Open Times. Swimmers will travel with Coach and Coach/Chaperone and stay overnight. [Click here](#) to declare your commitment by **December 28th** and click [here](#) for further details and invitation.

Championships Qualifiers:

JOs: 4 FW: 7 WEZO: 8 SEC: 2 FUT: 0 JNat: 0 Nat: 0

.....

Articles:

Deliberate Practice

By [Dr. Michelle Cleere](#)

Deliberate practice requires focused attention and is conducted with the specific goal of improving performance. Are you doing it or think you are doing it? [READ MORE.](#)



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

Staying in “Good Nervous” Before Your Races

By [Dr. Alan Goldberg - USA Swimming](#)

One of the main reasons races are won and lost before the start is because of how physiologically activated a swimmer gets. That is, how excited/nervous you allow yourself to get the night before, morning of, or right behind the blocks before your race. [READ MORE.](#)

Do You Have Fun with Swimming?

By [Will Jonathan - USA Swimming](#)

While achieving external and material success is important - and while you certainly should be committed, dedicated, and devoted to taking the sport seriously - it is absolutely essential that you are able to hold onto your ability to have fun [READ MORE.](#)



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