

## PIEDMONT SWIM TEAM

### MONTHLY COACHES NEWSLETTER

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December 20, 2019

# THE FLIPTURN



by Coach Rob/[Editor in chief](#)

As we head into our Holiday Break, I would like to thank everyone on the team for their incredible efforts over the past 3-4 months. Most impressive to me is the way everyone has come to practice focused and ready to learn and improve!

The break is a great time for everyone (coaches included) to look back at the first third of the season and evaluate what we have been doing. What is working, what is not working? How can I get better at what I do? How can I help my teammates get better and how will that help me improve?

Have a great Holiday break! Enjoy your family and friends and come back in the new year with a renewed level of energy and focus!

*"Be better today than you were yesterday, but not as good as you will be tomorrow!"*



Melina Bahrami  
Owen Blanford  
Jasmine Houlder  
Travers kemp  
Katherine Layman  
Madeline Payne  
Felix Shotten  
Pierce Tindle  
Timothy Tril  
Jessica Vogel

Joe Bell  
Elliott Briggs  
Nathan Judy  
Lucy King  
Ishani Paul  
Hayden Powell  
Aiden Simpson  
Clayton Toste  
Lauren Udvoch  
Zoe Waitkus

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## THIS MONTH'S TOP STORIES

### Green Group:

By Coach Colby

A short month of amazing work. As well green had an amazing turnout for the ONDA C/B/BB+. I am really glad I mentioned it at every practice. We got really lucky and had amazing weather even though we were half way through December. The most common suggestion we gave out to green at the meet besides things that will get you disqualified was to use the support system around you. When you don't feel like you did your best remember, you have a whole team of swimmers, coaches, and parents here to help you grow and support you through any swim meet hardships. I want to give a special shout out to Nicole Li, who had a difficult couple of swims but has really shown amazing improvement and maturity since her first meet.

I hope everyone is excited for the new year and the new challenges ahead. We can't wait to see all the progress you make. Have a very happy holiday and a happy new year.

*"If you fell down yesterday, stand up today"*

- H.G. Wells



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

## **Blue Group:**

By Coach Daniel

Man oh man was I proud of you guys at the Oakland Swim Meet the past weekend. I saw some phenomenal swims, huge time drops, and the amount of DQs this swim meet was nothing compared to the past couple. This means that all those laps you swam, those practices you attended and the hard work you put have been putting in in the past month had paid off.

The next two weeks we have off. Some of you are going to the swim camp and other are traveling. I want you to take this time to reflect on what we have done in practice so far and what you would like to see more of after the break. When we come back from break we have our travel meet in Stockton on January 11th and 12th. This will be our last chance to get a B time or better for our Zone 2 Championship meet a few weeks following. Have a wonderful break and I look forward to continuing to coach you next year.

*“All things are difficult before they are easy.”*

- Thomas Fuller



## **Bronze Group:**

By Coach Daniel

The Oakland Undercurrent meet we just attended was the best swim meet I've gone to as a coach. We upped the practice length from one hour to an hour and a half twice a week. I know the extra half hour is a lot but I can already tell that its a huge help. I saw some swims where we dropped 5 seconds or more. [Atlas Metin](#) dropped more than 20 seconds in his 200 freestyle. We also had way less DQs this swim meet compared to the last swim meets. This means that the hard work you guys put into practice has been translating to the races.

This next two weeks we have a break from school, swimming and a much needed break from homework. Some of you may be traveling, others may be going to the swim camp. Whatever you end up doing I want you guys to reflect a little on what you want to see more of in practice and how you feel about where you are right now as a swimmer. The first swim meet we have when we get back from break is the Stockton Travel meet on January 11th and 12th. This will be the last swim meet we can get a B time or better to be able to swim at Zone 2 Championship Swim Meet. I hope you have a wonderful break and a good new years. Ill see yall next year.

*“Change is inevitable. Growth is optional.”*

- John Maxwell



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## **Silver Group:**

By Coach Colby

SILVER! This was one of our most exciting months. We got to see some of our teammates move in to Gold and thrive as well as we got some new faces from Bronze who are pushing us to be even better. Be excited for new faces and new challenges ahead, keep working hard and push yourself in to the next group. That means get your practice percentage up, make sure you sign up for swim meets, and keep working on your technique.

The ONDA C/B/BB+ was an amazing meet for the Silver group, we had a lot of dropped time and showed a lot of leadership. We had a lot of silver swimmers hanging out with the younger groups guiding them along through the swim meets inner workings. We also had a lot of success with the STF's we have been doing. As we get into the colder months expect more yardage but still plan for a sprinkle of STF's

Another great year I am excited for 2020. Have a merry holiday and a happy new year.

*“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.”*

- Barack Obama



## **Gold Group:**

By Coach Rob

Big round of applause for everyone on the Gold Team! Over the past couple of months I have seen a slow change come over everyone. The culmination was this past weekend at the ONDA meet. I was moved (almost to tears...but I held on) by the support that everyone is giving each other. While we had many super swims, the way we are coming together as a team is what is truly astounding. It is obvious that you all care for and honestly want your friends to improve! Thank you for the best Holiday gift that a coach can receive...a team that cares about each other, a team that really wants to improve and a team that is willing to do whatever it takes to improve.

Lastly, I want to take a moment to thank [Thomas Hansen](#) for swimming with us. I am sure everyone agrees that Thomas' fantastic attitude, ready smile and the pure joy that he gets from swimming is infectious. Thank you Thomas for being such a great friend to our swimmers.

*“When we strive to become better than we are, everything and everyone around us becomes better too!”*

- Ms. Winkly



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## Senior Group:

By Coach Stefan

We have had a fantastic finish to the 2019 calendar year with the Senior 2 Prelims and Finals meet and the ONDA C/B/BB meet the weekend after. At the Senior 2 meet every PST swimmer made finals at least once and everyone improved their personal best times. It was great and super fun to see [Josie, Eden, Kate, Paige, Simon, Aaron and Brian](#) do so well. It was particularly fun for me as a coach to witness how our micro plan worked out so perfectly well for the one tapper meet of the winter.

The ONDA C/B/BB meet was a fantastic meet for [Farris, Charlie, Noah and William](#) to conclude 2019. All had some great races and improved in some of their swims. Sadly, this was also the last swim meet for William with PST. I am very proud of all the PST Senior swimmers that went, supported and cheered for him at Laney College. You can view Improvement Reports for all meets [here](#).

The senior group has to say goodbye to [William Hansen](#) this week. William is moving back to Oslo, Norway, at the beginning of 2020, where he will continue to train and work hard; focusing on some big age group competitions in his home country.



We will root for William to do extremely well and to show off some of his new speed, improved endurance and stamina. During his time with PST, William and his family have had a tremendous and positive impact on our team. Williams' positive attitude, commitment to improving, race aggressiveness and overall fun and happy spirit was a pleasure to have around. As his coach, I was very impressed with William's dedication and love for the sport of swimming.



The senior group, coaching staff and the whole team is wishing William and his family a joyful last few weeks in the USA and a wonderful trip back home. YOU WILL BE MISSED!

#TRAININGCAMP#OSLO2021???

*“What you get by achieving your goals is not as important as what you become by achieving your goals.”*

- Zig Ziglar



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# Captain's Corner:

By Aaron Wu

## Fueling, good fuel for good swims

Nutrition Guide

Swimming is not just about the race day, but the daily work. What separates swimmers the most is nutrition, training, recovery and mindset. Eat to train not train to eat.

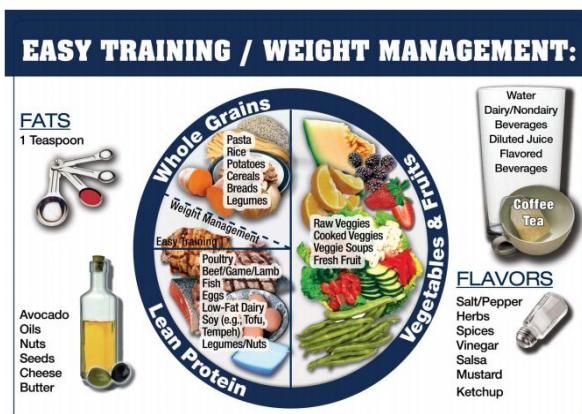
### Nutrition:

Keep track of what you eat, I recommend [MyPlate](#). According to USA Swimming's nutrition guide, **swimmers need 60% of the calories from carbohydrates, 15% from protein and 30% from fat**. This is a good baseline and you can modify these based on what you do during the day.

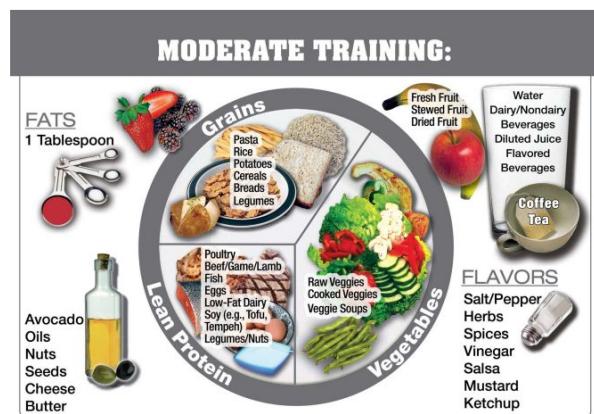
OR

try to make your plates similar to these examples.

### Taper or Weight loss



### Normal Morning & Afternoon days



### Hell Week or EN3 practices



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## Meet day example by Team USA

Swim Races – AM Preliminaries & PM Finals	
<b>Saturday evening</b>	
7:00 pm Dinner	4 oz chicken 1-1.5 cups whole grain pasta 1 cup roasted veggies 8 oz water
	<b>Sunday</b>
4:00 am Awake	
4:30 am Breakfast	1 bagel 1 Tbsp peanut butter 1 orange 6 oz cottage cheese 8-16 oz water
6:30 am	carb gel/chews, water
<b>7:00 am 200 m Prelims Race Start</b>	
7:30 am 2 <sup>nd</sup> Breakfast (Recovery)	fruit smoothie (water, greek yogurt, spinach, frozen pineapple & mango)
9:30 am Snack	bar or banana
11:00-11:30 am Lunch	1-2 cups brown rice 4-6 oz chicken 1 cup veggies 16 oz water
12:00 – 2:00 pm	water, sports drink
<b>3:00 pm 200 m Finals Race Start</b>	
3:30 pm	water & recovery
<b>Finished!</b>	

For more information -

[USA Swimming Presentation on Nutrition](#)

<https://www.teamusa.org/nutrition>

and

check out also Cody Miller's [video](#) on nutrition

“Life is 10% what happens to you and 90% how you react to it.”

- Charles R. Swindoll

## Swim Meets:

### TIGR C/B/BB (Stockton) - January 11th & 12th:

Meet is open on [FastSwims](#). This is a super fun meet for young and old. Everyone is encouraged to stay at the University Plaza Waterfront Hotel. Mention “Piedmont Swim” to receive group rate.

### Cal Invitational Swim Meet - January 18th & 19th:

Meet is open on [OME](#). This meet requires [Senior 2 times](#) and is hosted by the Cal Bears Men’s Team.



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## **Zone 2 Championships - January 25th & 26th:**

Meet will open on FastSwims soon. This meet requires [B Times](#) and is one of the highlights of the season. Everyone that has qualified must attend for all of their races they have qualified in and be available for relays on **both** days!

### **Championships Qualifiers:**

<b>JOs (+1)</b>	<b>FW</b>	<b>WEZO</b>	<b>SEC</b>	<b>FUT</b>	<b>J.Nat</b>	<b>Nat</b>
Paige A	Paige A	Paige A	Paige A	Simon L		
Asher T	Simon L	Simon L	Simon L	Paige A		
<b>Josie O</b>	Maddie O	Maddie O	Kate A			
	Kate A	Kate A	Maddie O			
	Eden S	Eden S	Eden S			
	Jalen C	Aaron W				
	Aaron W	Brian W				
	Brian W	Giovanni W				

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### **Articles:**

#### **How to Use a Disappointing Mid-Season Taper Meet to Swim Faster**

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

You always have two choices after a disappointing meet: First, you can get furious. You can get really angry and flustered with yourself and beat yourself up.... **Second, and far more constructive** option after a bad meet is that you can get curious. That is, you can objectively ask yourself, "what did I do that didn't work, and what do I need to do differently next time?" [READ MORE.](#)

#### **Huske is Excited for Her Swimming Future**

By [Mike Watkins - USA Swimming](#)



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"I was always cold even when the water was warm", said Huske, the 2019 Female High School Swimmer of the Year as chosen by *Swimming World magazine*. "Because I was always cold - shivering even with my wet suit on - I hated swimming at first. But I gave it a couple of years, and by the time year two came along, I was totally into it. I love the team aspect of it, and that's something I still love today. I still get cold in the water these days, but I know a lot more techniques and tricks to warm my body up quickly." [READ MORE](#).



**COMMITMENT AND  
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SAME THING. WHEN YOU  
ARE INTERESTED, YOU  
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HARD WHEN IT'S DIFFICULT.**

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