

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

February 22, 2019

THE FLIPTURN



by **Coach Rob/Editor in chief**

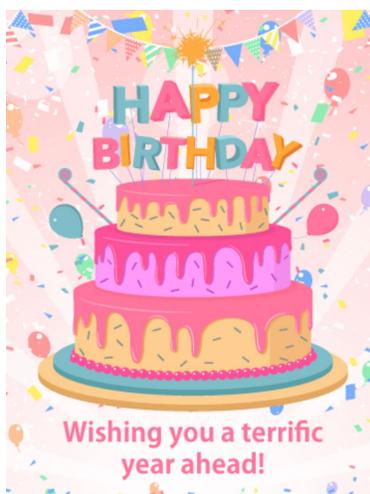
What a fantastic month of swimming turned in by the athletes on the Piedmont Swim Team! The Zone Championship Meet was one of the best I have ever seen turned in by any swim team. I was especially impressed with the way that we “raced”. After the 9th place finish at Zone 2 Championships, we followed that up with more than 70 athletes going to the Hills Hurricane swim meet.

It was so awesome to see so many of our newest swimmers compete for the first time! Other than a rather frigid and wet (especially on Saturday) weekend, this was also a great meet.

Congratulations to all who represented the team so well over the past month.

*“Start by doing what is necessary,
Then do what is possible,
Then you will find yourself doing the impossible!”*

March Birthdays!!



Kate Aubrecht March 29

Simon March-Cunningham March 30

Arden Broussard March 1

Quinn Cook March 26

Tyler Dacanay March 16

Maria Olivia Grigg March 10

Luca Schulz-Jander March 8

Sophia Harris March 9

Rohan Lakireddy March 18

Johanna Lins March 6

Samuel Norder March 5

Josie Oesterer March 27

Savannah Sears March 15

Vivian Sohn March 29

Alex St Wecker March 2

Charlie White March 10



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THIS MONTH'S TOP STORIES

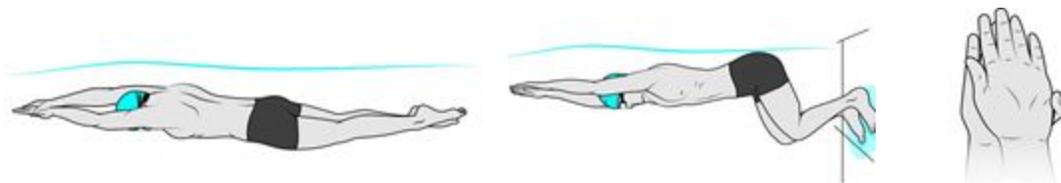
Green Group:

By **Coach Zoe**

The swimmers had a fabulous month! Joe, Colt, Rita, Travers, Lucy, Savannah, and Vivian showed up with smiles on their faces and great energy for the Hills Hurricane meet at the beginning of this month! They braved their way through the rain, and with superb focus, they all achieved personal best times! The swimmers have been working hard this month learning the technical aspects of freestyle, and will be transitioning to backstroke in March. The main focus for the next month will be perfecting their **swimming superpower**. What is a swimmers fastest and strongest skill? A perfect **STREAMLINE!** They will be emphasizing getting into a streamline before their feet leave the wall and holding it until they surface and begin swimming. The perfect streamline consists of:

1. Hands overlapping with one thumb hooked over the other hand
2. Arms behind their ears
3. Eyes looking down
4. **Most importantly:** S--T--R--E--T--C--H--I--N--G from fingers to toes

A good streamline is the #1 way to become a faster swimmer.



“There are no shortcuts to anywhere worth going”



Blue Group:

By **Coach Zoe & Rob**

The Blue Group has done some fantastic work over the past month. You will notice over the next few months that we are really trying to focus on the technical parts of swimming. You have all heard me say “First you have to swim it right, then you can swim it fast!”

We will be breaking each week down with a particular focus. We will spend a week on each stroke, including turns! Every single individual practice will have a focus as well as one



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“goal” for the session. For example, the goal for every practice this week has been streamlines! Every time you leave a wall (either at a start or out of a turn) try to S-T-R-E-T-C-H AND STREAMLINE!

“It’s not about perfect. It’s about effort. And when you bring that effort every single day, that’s where transformation happens. That’s how change occurs.”



Bronze Group:

By **Coach Colby**

This month I was extremely happy to see the Bronze group tough it out and work hard through the cold and rain, despite the weather Bronze kept their attendance over %50 and achieved their next milestone goal. We currently have 60% of the group at 75 miles, which in terms of our trip to Tahoe means we are halfway there! (or Bon Jovi as we say)

Currently the Bronze group has swam all the way to Sacramento the capital of California. Their next milestone is 60% of the group swimming 85 miles. Not an easy jump to make but we have a lot of yardage planned for the next four weeks, so add an extra practice or two and we can get to the next one easy.

Exciting news for the Bronze group at the Hills Hurricane meet C/B/BB meet we had zero dq’s and everyone had at least one personal best time. Unfortunately I was not able to see these fantastic races but I am proud to hear that we are focusing even when our coach isn’t breathing down your necks.

Bronze group has a couple of all-stars! Cynthia Wu and myself will be representing Zone 2 at the Zone all-star meet in March. Cynthia was shy to sign up but after a fantastic showing at Zone 2 champs and scoring 99 total points she excitedly signed up. Cynthia has 80% practice attendance and has swam 140,000 yards this season and the hard work is paying off. Congrats Cynthia!

“There is no substitute for hard work.”

- Thomas Edison



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Silver Group:

By **Coach Rob**

First up is a congratulations to Asher Takazawa for adding three new events to his Junior Olympics lineup! Also congratulations to Asher for being named to the Zone 2 All Star Team!

Hard work and perseverance always pay off in the long run! I know that there were a few (ok...more than just a few) of you who were wondering if all those miles and miles of swimming in the cold and the rain were going to pay off. Judging by the results of the last couple of competitions, I would say that it has!

I was especially impressed with any of our 200 and 500 yard swims! Our main focus in the Silver group has been and will always be the 200 IM and the 200 Freestyle. If you can swim a good IM, you can compete in any of the four strokes. If you can swim a fast 200 freestyle, you can swim a fast 100 and a fast 500!

You have had a great month...now let's make the next one even better!

“Perfection is not attainable, but if we chase perfection we can catch excellence.”



Senior Group:

By **Coach Stefan**

18 Senior swimmers traveled to Santa Cruz for a Senior Prelims and Finals meet from February 15th to 18th. The competition was held at the beautiful University of California Santa Cruz pool. Our swimmers had some amazing prelim and final swims, learned a lot on how to navigate through an all day swim meet and how to travel with a large group.

Bowling with the Hills Hurricane Swim Team on Sunday night and enjoying the Santa Cruz Boardwalk on Monday was certainly one of the highlights for everyone.

Congratulations to our finalists: Andrew, Eden, Jalen, Brian, Aaron, Kate and Paige! And to everyone else who swam beautifully during their races.

Some of the **lessons** we have **learned**:

No electronics - Swimmers were much more focused and performed better once we prohibited all electronics and games during the competition

You need rest and sleep - It takes time to fall asleep and it is important to calculate that into your bedtime.



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Drink Water - Not Sodas - Drink Water or Vitargo, but not Sodas! - DRINK WATER!
Swim Down! - You need to recover quickly during a prelims and finals meet and you MUST SWIM DOWN!

Eat - You must eat food, from a large breakfast, to mid morning snacks, to pre lunch snacks, to lunch, to after lunch snacks, to afternoon snacks and finally followed by dinner to have a chance to do well!

Support your teammates - It takes a huge amount of mental toughness to swim finals, get motivated for it, do the warm-up and additional swim downs. Teammates must help, must stay motivated and must cheer. Everyone has to do their part to be successful as a team.

Put your phones away and talk to each other - hey, you might make new friends!

There was a lot more we have learned and took away from this travel meet. Make sure to apply those new skills!

“No trainer or coach or expert can make you good or great or unstoppable if you’re not going to do the work, if you’re waiting for someone to make it happen for you. It’s on you. And that’s why I’m telling you all of this, not because I want you to know what I do for my guys, but because I want you to know what you have to do for yourself.”

- Tim S. Grover, Relentless: From Good to Great to Unstoppable



Swim Meets:

14&U Last Chance Meet (LAC) - March 2nd -3rd:

Meet is Closed. 20 PST swimmers attending.

Spring Junior Olympics - March 15th - 17th:

Meet is open on [OME](#). All qualifiers to attend.

Pacific Swimming Short Course C/B/BB+ Meet - March 23rd- 24th:

Meet is open on [OME](#). This will be the last opportunity to qualify for Far Westerns or to complete SCY IMX challenge.



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SCY Far Western Championships - April 4th - 7th:

Click [here](#) for meet sheet. 8 qualifiers so far!

Championships Qualifiers:

JOs: 5 (+1) FW: 8 (+1) WEZO: 9 (+1) SEC: 3 (+1) FUT: 0 JNat: 0
Nat: 0

Intensive Stroke Clinics

PST is offering intensive stroke clinics from April 15th to 18th, 2019 at ECCL. Space is limited to the first 40 participants per session. Enroll [here](#) (location filter must be set to 'All Locations').

Clinic Details:

Date: Monday, April 15th until Thursday, April 18th 2019
Time: 9:30 AM - 11:30 AM
Venue: Emeryville Center of Community Life Pool, 1170 47th St, Emeryville
Age: 6 to 17
Cost: \$60 for PST Members / \$70 for non members per person per session

Sessions:

Mon, April 15th: Freestyle
Tue, April 16th: Backstroke
Wed, April 17th: Breaststroke
Thur, April 18th: Butterfly

Each 2 hour session includes:

Above and underwater video analysis
Detailed technique work
Dives and Turns
Small group setting

Registration is open for PST members and will open to non members on Monday, March 18th. A minimum of 10 swimmers per day is required for the session to proceed.

ENROLL [HERE](#)

(Location filter must be set to 'All Locations')



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Articles:

How to Make Better Goals in the Water

By [Olivier Poirier-Leroy - USA Swimming](#)

Having goals in the water is important. They keep you focused during those long workouts. They help you get out of bed on those early mornings. And yet, so many swimmers struggle with them.

Here are three ways to set yourself up for goal-setting success. [READ More](#)

Yoga for swimmers: How yoga can help boost your recovery

By [SwimSwam](#)

Yoga is an effective modality to enhance the recovery process. There are four main ways that a swimming-specific yoga practice allows for this to occur. [READ More](#)

Teens too low on sleep, activity, and too high on screen time

By [University of Texas Health Science Center at Houston via ScienceDaily](#)

Only 1 in 20 U.S. adolescents is meeting national recommendation for sleeping, physical activity, and screen time, according to new research by The University of Texas Health Science Center at Houston. [READ MORE](#)

Parents - How to help your swimmer have a great mindset

By [USA Swimming](#)

As a swim parent, whether you realize it or not, you play an enormous role in helping shape your child's overall mindset, not only towards the sport of swimming, but towards themselves. [READ MORE](#)

