

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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September 16, 2022

# THE FLIPTURN



by **Coach Colby**/Editor in chief this month (We will be rotating editors month to month!)

Welcome to the Piedmont Swim Team! We as a staff are super excited to see new faces and prepare new challenges for our groups. Remember we are working to get faster as a team. To me, that means motivating each other by working hard in practice, supporting each other in successes and through failures, and embracing competition daily.

Some things to keep in mind to start your season.

- Be early.
  - When you are early you have more time to socialize and make friends. When practice starts you are going to be staring at the bottom of the pool for 90% of the time.
  - We have limited time and space in our pools so please do your best to maximize your time in the water.
- Be Prepared
  - Have your swim bag prepared before you get in the water.

- Have water within reach. (32oz or more)
- Extra goggles and cap in the bag. (breaks happen all the time)
- Be attentive
  - Ask for advice on your stroke. If you don't think you are doing something right ask your coach or even one of the veteran swimmers.
  - Listen when the coaches are teaching they have a lot of information to cover and a very little amount of time to teach it all.
- Have Fun!
  - Meet new friends.
  - Enjoy learning new skills.
  - Embrace new challenges.

*“Excellence is the gradual result of striving to do better.”*

- Pat Riley (President of the Miami Heat)

## Birthdays!! Aug 23- Sep 16, 2022

Ben Gitter

Jonothan Dong

Maya Sears

Joey Anastasi

Sophia Espinoza

Connor Carnazzo

Simon Lins

Anna Caputo

Anna Dixon

Rapha Bar-Dvir

Maddy Kodumal

Khai Vo

Camille Hauser

Evelyn Fletcher

Sonja ten Grotenhuis

Noah Kwong

Coach Rob Moreside

Lucy Scott

Aanya Bakhru



# THIS MONTH'S TOP STORIES

## **Blue Group:**

By **Coach Zoe**

Welcome to our new and returning swimmers! Over the last few weeks, we have seen phenomenal focus, curiosity, and lots of excitement as the swimmers discover the joy of swimming fast with their teammates. As we approach our first competition, check out the [swim meet guide](#). Here's a few important tips to remember.

1. Get to the pool early so you have time to learn the ropes and figure out where to go.
2. If you don't know, ask! Experienced swimmers and swim parents are a great resource. Ask other swimmers, "what's it like to race?", "where do I go to talk to the coaches?", "what do you do when you feel nervous about your race?". Ask the parents, "how many snacks do I bring?", "where do I stand to cheer for my swimmer?", "what's the best tip you have for trucking all this gear around?".
3. Check in with your coach before and after your event. Your coach will help you plan for your race, answer any questions you have about where to go and when to get there, and give you a giant high five after you've completed your event. It's also important to give them your heat and lane so they can watch your race.
4. Competition can be stressful because of all the new experiences and unknowns. That's okay! Every person at the competition has been through the exact same experience. So, when it gets tough, take a breath, shake it off, and find your friends. Remember, swimming is the most fun when you go FAST. At this meet you will go fast, faster than you've ever imagined. Enjoy it! Cheer for others as they do the same! Immerse yourself in the awe of it all and HAVE FUN!

*"We didn't realize we were making memories, we just knew we were having fun"*

-Unknown



## **Bronze Group:**

By **Coach Zoe**

Welcome new and returning swimmers, I am so excited for this new season! From the first weekend we had the bronze group in the water, I was blown away by the talent of our swimmers. The excitement and focus in training is inspiring, and I foresee a top notch season ahead.



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

As we go into our first competition and you are now training at a higher level, it's important to get familiar with the [USA Swimming Motivational Time Standards](#). USA swimming sets these standards for different competition lengths. For now we will be focusing on short course yard (SCY) events, page 5-6. Each age group and gender is given a set of motivational times for each event. The times are categorized by letter groups: B, BB, A, AA, AAA, and AAAA. When you achieve a race time within a new letter group, you qualify for higher level competitions. For example, if you get a B time in a 50 freestyle, you will have the opportunity to swim that event with PST at Zone 2 championships in January 2023. Because everybody in attendance must have a B time, the event is more competitive and with that comes an atmosphere of unity and exhilaration. Notable competitions linked to letter group time cuts include Junior Olympics (AA times) and Far Westerns (AAA times).

Why is it important to be familiar with these time standards? Not only do these times offer opportunity for new and exciting competitions, they also act as a great measure for training. Once you learn how to view your competition performance as a direct result of how you train in practice, you become a more complete swimmer. One of the clearest ways to look at this is by breaking down a motivational time standard. Here is an example:

Swimmer Angie, age 11, wants a B time in the 100 backstroke. She knows that she has to swim a 1:24.79 or faster. If she splits that in half, that's a 50 back in 42 seconds. She knows that in practice she can go a 50 back in 44 seconds. To be able to achieve a B time at a competition, she's got some work to do! So, she thinks about ways that her coach has given her improvement advice and ways she can start to prepare better for practice. She knows if she does her underwater past the flags, she will use less energy and go faster. She knows that she hasn't been going full speed during the backstroke kick sets, so she forgets to kick full speed during the swim. Besides, she really likes racing Colby during 25yd kick sets, she'll give that a try. She knows that she needs to start swimming more backstroke during practice to get better endurance, so she's going to arrive early on Monday and talk to her coach about her goal. With this self assessment of how to improve her training and a concrete goal to work towards, she has already become a better swimmer.

Understanding why we use motivational time standards, what your times are, and having goal times you want to achieve will make you a better swimmer. This will help you connect how you train in practice to how you perform in competition. It is a great measure for self assessment, an opportunity for exhilarating new competitions, and a great motivator when you and your teammates challenge each other to reach new heights.

*“The only difference between try and triumph is a little umph”*

- Unknown



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## Silver Group:

By **Coach Colby**

As we take time to prepare for each practice make sure to go over your goals before you get to the pool. Once we integrate into practice we tend to focus more on socializing and building bonds with teammates which is great but we shouldn't forget the goals we set out to achieve in practice. Make sure you think about your lifetime goals, your yearly goals, your monthly goals, and especially your daily goals. You should also know the next goal time you are trying to achieve whether it is a B time an A time or even a Far Westerns cut because when you know your goal times it is much easier to see your progress and build reachable goals and when we work towards goals and achieve them it really helps fuel your enjoyment in this sport.

*“I wouldn't say anything is impossible. I think everything is possible if you are willing to put in the time and work into it.”*

- Michael Phelps



## Gold Group:

By **Coach Rob**



The Gold group is off to a great start for the 2022-2023 swim season. I have been very impressed with a few things...

1. Group attendance at workouts has been awesome! We regularly have over 20 swimmers at every session, with a few up around 28!
2. Focus...Every one of you has come in with the attitude of “How can I get better?” As a swim coach, this is all I can ask of you!



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3. Energy and enthusiasm! It is fun to come to practice when you know that everyone else (coach included!) wants to be there.

Everyone has goals and aspirations. What are yours? Is it a time standard? Is it qualifying for a swim meet that you've never gone to before? All of the above can be achieved if you swim with a purpose...swim for a reason. Every day, have a single thing you want to work on in that session. Maybe it is to do better streamlines, or to improve your technique. Make that days workout count! Pick that one thing and focus on it. Make it specific so at the end of the practice you can answer the question..."Did I get better today?"

*"Honor your teammates with your efforts"*

- Unknown



## **Platinum/Alumni/YRHS Groups:**

By **Coach Stefan**

*The highlight of my summer - Junior Nationals in Irvine.*

*Hopefully, we will have a great many of you qualify for this meet in the not too distant future!*



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**First and foremost;** attendance, focus, drive and determination have been brilliant over the first few weeks of training. I am so happy and proud to see all of you committing to the process of becoming fantastic athletes!

**As we continue this amazing journey together,** I would like to remind everyone to talk to me about your goals (hand in your [goal sheet](#)), pay attention to what day we are attending meets, have all of the [required equipment](#), and challenge and encourage each other to execute practices with passion, focus and integrity!

*“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your character; watch your character, it becomes your **destiny.**”*

- Lao Tzu



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## Captain’s Corner:

By **Josie Oesterer**

Start the season off by creating new habits. No matter who you are and what your goals may be, create a schedule for yourself and stick to it! Show your devotion to the sport, team, and yourself through continuous action: come to practice early, work hard during practice, spread positivity, and make no excuses. Through repetition we create habits. Habits become second nature. Put forward the person you want to be!

*“Make yourself an example, achieve it”*

- Dawn Fraser

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## Swim Meets:

### **EBSD C/B/BB (Hercules Swim Center) – September 17th & 18th:**

99 PST Swimmers attending. Read the [meet sheet](#) carefully for more information.

Arrival/Warm-Up Times:

Gold, YRHS & Platinum: 7:15am arrival for 7:30am warm-up

Blue, Bronze & Silver: 8am arrival for 8:15am warm-up



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**TCA Senior Open Sunday Only (Miwok Aquatic Center) – September 25th:**

25 PST Swimmers attending. Read the [meet sheet](#) carefully for more information.

Everyone needs to arrive at 7:45am for 8am warm-up.

**Vallejo C/B/BB (Vallejo, Ca) – October 7th & 8th:**

Meet is open on [OME](#). Blue, Bronze, Silver, Gold and YRHS are encouraged to attend on as many days as possible. Platinum will only attend on Sunday.



## Championships Qualifiers:

| JOs             | Senior 2             | FW              | WEZO         | SEC          | FUT          | J.Nat      |
|-----------------|----------------------|-----------------|--------------|--------------|--------------|------------|
| Cynthia Wu      | Paige Arnold         | Paige Arnold    | Paige Arnold | Paige Arnold | Paige Arnold | Simon Lins |
| Cole Carnazzo   | Ai-li Baird          | Simon Lins      | Simon Lins   | Simon Lins   | Simon Lins   |            |
| Nathan Judy     | Abigail Jacoby       | Evan Byun       | Nathan Judy  |              |              |            |
| Asher Takazawa  | Josie Oesterer       | Connor Carnazzo |              |              |              |            |
| Connor Carnazzo | Cynthia Wu           | Josie Oesterer  |              |              |              |            |
| Zafar Majid     | Sonja ten Grotenhuis |                 |              |              |              |            |
| Sydney Olson    | Evan Byun            |                 |              |              |              |            |
|                 | Quinn Cook           |                 |              |              |              |            |
|                 | Jonathan Dong        |                 |              |              |              |            |
|                 | Nathan Judy          |                 |              |              |              |            |



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|--|-------------------|--|--|--|--|--|
|  |                   |  |  |  |  |  |
|  | Simon<br>Lins     |  |  |  |  |  |
|  | Gabriel<br>Reader |  |  |  |  |  |
|  | Asher<br>Takazawa |  |  |  |  |  |
|  | Ryan<br>Stokes    |  |  |  |  |  |

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## Articles:

### **Getting Through the Fall Training Slump**

By [Olivier Poirier-Leroy - YourSwimLog.com](#)

Feeling like your swimming is a little stuck in the mud? Frustrated that things aren't going as smoothly as you planned? [Here's](#) your guide to conquering the fall training slump.

### **The Biggest Performance-Disrupting Mental Mistake Made By Swimmers and How to Avoid It**

By [Dr. Alan Goldberg/Contributor](#)

Far too many swimmers, at so many levels, misuse their goals leading up to and at race time and this mental mistake robs them of an opportunity to swim their best when it counts the most. [See the rest of the article here.](#)

### **Where were the fastest performances this year swum**

By [Sophie Kaufman](#)

I always look for the fastest swimmers. It's great to have training idols! [This article](#) has stats of where the fastest times are achieved and a table of the fastest swimmers with those times.

