

PIEDMONT SWIM TEAM  
MONTHLY COACHES NEWSLETTER

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June 29, 2018

# NAME THE NEWSLETTER!

YOUR TURN TO HELP US NAME THIS NEWSLETTER



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

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

I'd like to talk a bit about finishing strong in swim meets. Everyone wants to be able to finish fast, long and strong in every race. But how do we do that? After all you just swam a fast first  $\frac{3}{4}$  of your race and you are tired!

Once again it goes back to practice. A coach once told me that in order to finish your race, you have to learn how to finish your workouts! Every time we practice, it is an opportunity for you to get better. Focus on the "back half" of every swim in practice. This means every practice, every set within practice, every individual repeat within the set must be swum strong through to the end!

It is easy (and sometimes human nature) to slow down when we get tired. After all getting tired is your body's way of telling you to ease up. But the truth is, your body should not be in charge. Your brain is the leader! Your muscles are not very smart...they will do whatever your brain tells them to do! Come up with focus words or phrases to repeat to yourself when you start to get tired.

Some examples...

Finish fast!

Focus!

Up tempo!

I can!

So our focus as a team over the remainder of the season is to not let our muscles dictate how we swim. It is you that is in charge. You are the only one that can push yourself through. Every single practice session should have two important goals.

1. Do something you have never achieved before. It could be something as simple as "one more dolphin kick out of every turn" or "chin up for every stroke of backstroke" or "snap my turns".
2. Finish fast! Make sure that you never ever ease off at the end of swims. Swim all the way to the wall. When you are swimming a set, try to get faster as the set progresses or maintain your level of effort throughout. Never slow down at the end.



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# THIS MONTH'S TOP STORIES

## **Green Group:**

by **Coach Zoe**

Unfortunately Coach Zoe has been under the weather. Her Green Group news will follow separately.

## **Bronze Group:**

by **Coach Rob**

The bronze swimmers have been swimming great over the past month! Our focus has been on slowly increasing our over all distance swum in each practice (we are up to 3000 to 4000 yards!) while maintaining and actually improving our technique. After all what is the use of swimming lots of miles with bad technique?

With only one month left in the season, we will continue working on the same. If you have not entered the Orinda (ONDA) swim meet on July 14 and 15, please do so as soon as possible. The meet is scheduled to close in July 4th, but there is a good chance that it will close before that!

For those who keep trying, failure is only temporary.

## **Silver Group:**

by **Coach Rob**

As we head into the last month of the 2017-2018 swim season, our focus will be on improving our threshold (EN2-EN3) training. The last month has been a real good one with all the swimmers in the silver group working extra hard in practice! Keep up the good work and really focus on all those “little things” that will ultimately make your overall swimming better. Streamlines, good turns and good technique rule the day.



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If you have not yet entered the Orinda meet on July 14 and 15, do so as soon as possible. The meet is scheduled to close on July 4th, but most likely will fill up sooner than that!

**Don't quit when you are tired...**

**Quit when you are done!**

## **Varsity Group:**

by **Coach Colby**

With the Summer 2 schedule here it's time for the Varsity group to really buckle down and focus on technique. Summer 2 for Varsity is going to be a lot of work on our turns for all the strokes along with a healthy dose of our EN 3 energy system. We only have one more meet for the summer please sign up before our season ends. Lastly with the Summer 2 schedule starting please check your emails and make sure you are prepared for practice no matter what pool you are at.

Since the World Cup is happening.

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.

-Pele

## **Gold Group:**

by **Coach Stefan**

19 Gold Swimmers and Quinn from the silver group had a fantastic time at our swim camp in Hawaii. During our ten day trip we got to enjoy Zip lines, snorkeling, amazing beaches, banana boat riding, sharing condos with friends, preparing meals, cooking for everyone, movies, shaved ice, getting stuck in an elevator, sleeping through a 2 AM fire alarm and were building fun memories with teammates.



Most importantly, we were swimming almost every day twice a day for two hours/practice, fine tuning our long course meters skills and working on short course yards stamina and sprints. Overall

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the swimmers put a lot of wonderful work into every practice and built an amazing foundation for the next few swim meets and the next season. **You will see, all this hard work will pay off within the next 6 months!**

Thank you, Josie, Maddie, Aya, Paige, Kate, Sophia, Melodie, Casey, Frankie, Simon, Quinn, Elliot, Oliver, Andrew, Jack, Farris, Parker, Brian, Aaron, Bailey, Zoe, Jeroen and Mary for making this such an amazing trip!

You can view pictures of our trip [here](#).

**“Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character, Watch your character, for it becomes your destiny.” - unknown**

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## Team News:

by **Coach Stefan**

Registration for the 2018/19 swim season will open on our website on 7/1 (seperate email to follow). We are changing a lot for the next season to help us move towards our ambitious long term goal “to be the premier swim team in the East Bay”.

Our new Performance Pathway addresses multiple issues we have had during the past two years and will hopefully allow each PST swimmer to get more of what they personally need. We will also have a different timetable for each group, giving each group more space and streamlining our hours. In addition to these changes we are expanding slightly to accommodate a few more swimmers, allowing us to stay financially healthy and athletically successful.

All these changes are moving our team in a very positive direction, which the coaching staff is very excited about.

As always, please don't hesitate to contact any of the coaches or schedule a meeting with me to discuss anything, including your goals for next season and group placements.

Click on the following links for:

- [2018/19 Season Plan](#)
- [2018-20 Performance Pathway](#)
- [2018/19 Service Hours](#)
- [Schedule a meeting with Coach Stefan](#)



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## Swim Meets:

### **14& Under Junior Olympics - July 6th until 8th:**

[Click here](#) for meet sheet. Congratulations to Paige, Kate, Sophie, Bailey, Simon, Maddie and Abigail who will be representing PST at this meet.

### **ONDA LCM C/B/BB+ - July 14th until 15th:**

[Click here](#) for meet sheet. Open on [OME](#). Closes 7/4/18 sooner. Last swim meet of the season for many. All to swim!

### **Far Western Championships - July 26th until 29th:**

[Click here](#) for meet sheet. Congratulations to all qualifiers!

### **Western Zone Senior Championships - July 31st until August 4th:**

[Click here](#) for meet sheet. Congratulations to Maddie, Paige, Simon, Aaron and Brian who will be representing PST at this meet!

### **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: 7      WEZO: 8      SEC: 2      FUT: 0      JNat: 0      Nat: 0

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