

PIEDMONT SWIM TEAM
MONTHLY COACHES NEWSLETTER

November 27, 2019

THE FLIPTURN



by **Coach Rob/Editor in chief**

Happy Fall! As the seasons change and the weather starts to cool, it is important that we stay warm and dry as possible. Make sure you are properly dressed coming to and leaving practice...this means proper footwear as well! It is a bit of a mystery to me that swimmers come to practice wearing shorts and a t-shirt on cool days, yet they complain that the water is too cold!

Swim meets are even more important! Many times you will find yourself at a meet for hours at a time between swims. Make sure you have WARM clothing and footwear. Extra towels, sweats and even hand warmers (for those cold mornings). When the temperature is in the 40's (or lower) the 2 places we lose body heat the fastest are the head and the feet. A pair of flip flops (even with socks) is NOT warm enough!

“Be stronger than your excuses”

December Birthdays!!



Alina Woo (Dec 3)
Annika Nagpal (Dec 9)
Daniel Au (Dec 10)
Amitis Karbassi (Dec 10)
Max Rebro (Dec 14)
James Temple (Dec 17)
Ema Bernales (Dec 20)
Ryan Stokes (Dec 25)
James Kappes (Dec 27)
Ben Kappes (Dec 31)

Group Promotions

Congratulations to [Lucas Bekele](#), [Victoria Mbise](#), [Nathaniel Temple](#), [Katherine Mikami](#), [Anna Dixon](#), [Daniel Lou](#), [Ruth Feldhammer](#), [Romi Bhatia](#), [Tyler Dacanay](#), [Inaya Majid](#) and [Jonathan Dong](#) who have worked very hard over the past few months and have been promoted to the next level.

Our next group promotion will be in the spring, make sure to attend practices, swim meets and work hard during the winter months to be considered to move to the next group.

THIS MONTH'S TOP STORIES

Green Group:

By [Coach Colby](#)

This month in green we have been shortening the teaching segments at the beginning of practice and adding more yards to every practice. We have also been able to get some extra coaching help this month with the unfortunate closure at the Emeryville pool, however the help has been extremely valuable and has really shown in the flip turn and open turns.

We as a coaching staff are really pushing to get as many swimmers as possible to the meets we have scheduled. It is important to go to swim meets so we can really evaluate the



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progress of the group and the individuals. As it gets closer to winter you really have to prepare for swim meets. Bring extra everything, have extra swimsuits, towels, hats, parka, hoodie, gloves, socks, scarves, earmuffs, anything that will help keep young swimmers warm. Same for practice stay warm as the weather changes and be prepared.

The more we move towards the holiday season make sure to go to as many practices as possible. We will be short on the amount of practices we have so make sure you make it to all the remaining practices of this year so you will be ready to swim next calendar year.

“Just keep swimming, Just keep Swimming.”

- Dori (Finding Nemo)



Blue Group:

By **Coach Daniel**

November has been a hectic month with Emeryville being closed due to heater problems. I want to say thank you to all the swimmers that attended a Green practice and showed them what being a Blue swimmer is all about. You guys made me proud.

This month I want to write about something called the E-Tank or Emotional tank. Our E-Tank is like a tank of a car. If its full it'll take you a long ways, if its empty it won't. We want our E-Tank to be full, meaning we want to have fun with what we're doing and help each other fill up our E-Tank. There are tons of ways to fill each others E-Tank. We can compliment each other after a good swim in practice, if we have a hard set we can encourage each other to keep going and congratulate each other when were done. Something simple like letting a teammate borrow a pair of goggles or a cap can help fill each others E-Tank. As a coach I will do my best to fill up your E-Tank by letting you know when you are doing something well. I'll work on letting you know when you are doing something right more often than if you were doing something wrong. I will do my best because we're a team and I'm going to need your help; if you notice when a teammate is doing something well, let them know.

“If everyone is moving forward together, then success takes care of itself.”

- Henry Ford



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Bronze Group:

By **Coach Daniel**

Well November was an interesting month for us. We got to swim with Silver a few times and handled our first hour and a half practice with ease. I was super impressed with all my Bronzes swimmers but I would like to give [Conner Carnazzo](#), [Atlas Metin](#), [Maya Sears](#), and [Alice Sinclair](#) a special shoutout. The four of them blew me away with their starts and turns while working with the Silver group. I could barely tell who was Silver and Bronze.

Do you ever wonder how a professional athlete can make a big mistake on one play only to come back with a better one? I know after a poor swim I used to dwell on the mistakes and it would hurt me in the next race. I wish I had known about the mistake ritual back then. The mistake ritual is something we can do to help us move on with the next play or swim in our case. It needs to be something short and sweet, enough time for use to understand what happened, figure out what to do better, and to move on. The last part is the most important. If we start dwelling on the negative parts of the swim we miss all the wonderful aspects. We miss the streamlines, or awesome dive, or the amazing turns if we dwell on the one hand finish. If we focus on the good parts of the swim we build our confidence for the next one. Confidence is key.

An example of a mistake ritual we could have after a race would be once you are done talking to your coach, you don't think about the mistake and move on with the next race. You start talking about the good parts of the race instead of the bad. That way you have the confidence for the next race.

The greatest mistake we make is living in constant fear that we will make one.

- John C. Maxwell



Silver Group:

By **Coach Colby**

Silver has had some challenges this month ranging from school plays, early vacations, mixing with other groups and new schedules. Overall I was really happy to see silver deal with everything that came their way and we thank you for your cooperation.

This month Silver needs to think about their habits in the pool. We as coaches don't yell and scream at you to get off the bottom of the pool or to do your flipturns because we like to yell. What we are trying to do is make you build good habits in swim practice. The way you treat a workout will be shown in your results at swim meets. Keep in mind these things while you are in the pool.



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Good Habits	Bad Habits
<ul style="list-style-type: none"> ● Flipturns at every wall ● Streamlines ● Head position ● Underwaters off turns ● Being conscious of our breathing pattern ● Finishing to the walls ● Finishing with a proper finish ● Legal strokes ● Head position ● Finishing the entire set ● Not talking while the coach is explains sets and focuses ● Head position ● Staying above water ● Ask questions after practice 	<ul style="list-style-type: none"> ● Stopping before the wall ● Adjusting goggles 10 times per practice ● Stopping in the middle of the lane ● Looking for friends ● Stopping at the wall during your lap ● Hanging on the lane lines ● Diving to the bottom on Underwaters ● Pushing off the bottom ● Pushing off the wall ● Diving up out of the water on Underwaters ● Splashing the water while coaches are speaking ● Fighting over lane order ● Pulling on swimmers to pass

I really want silver to start taking these good and bad habits to heart so we can really build strong focused swimmers. Good habits and breaking bad habits are extremely important keys to our individual and team goals. Keep working hard and lets make our swimming goals happen.

“Habit is a cable; we weave a thread each day, and at last we can not break it.”

- Horace Mann



Gold Group:

By **Coach Rob**

Big congratulations to [Asher Takawaza](#) for being the only swimmer from the Gold Team to qualify for the Junior Olympic Championships on December 6-8 in San Jose! Asher qualified in the 500 free, 200 backstroke and the 100 backstroke!

The Gold Team as a whole did great at the last chance meet this past weekend. Especially impressive was the way we competed! Many lifetime bests were posted by every swimmer at the meet.



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Congratulations also go out to [Sonja TenGreutenhaus](#), [Maddie Payne](#), [Ai-Li Baird](#) and [Jessica Vogel](#) for competing in their first ever Senior Level Competition in Vallejo!

Training has been especially good lately with incredible efforts turned in by everyone. I would like to single out a few swimmers for really “stepping up” and doing the work needed to compete at the highest levels. Hats off to [Daniela Acevedo-Schiesel](#), [Kate Meyjes](#), [Cole Carnazzo](#), [Thomas Hansen](#), [Jeremy Tuan](#) and [Abigail Jacoby](#) for going that little extra at every practice. Every swimmer on the Gold Team has been doing an incredible job. I’m very proud of all of you!

“I Think Goals Should Never Be Easy, They Should Force You To Work, Even If They Are Uncomfortable At The Time.”

- Micheal Phelps



Senior Group:

By [Coach Stefan](#)

We have now completed 15 weeks of training and our first training cycle is coming to an end with the Senior 2 meet and the ONDA C/B/BB meet the weekend after. We will have a short taper/rest phase leading into those meets to race at our fullest potential.

The first training cycle has been great and some of the highlights/improvements I am most proud of are: greater awareness and differentiation between speeds and training efforts, bigger awareness of stroke length and count and speed work in general. **However, the senior group needs to work extra hard to improve their kicks and underwater phases**, two of the most important qualities of a successful short course yards swimmer.

At this point I would like to highlight and congratulate the three swimmers who have achieved 80% or higher attendance since the beginning of the season:

[Paige Arnold \(100%\)](#), [William Hansen \(84%\)](#) and [Kate Aubrecht \(81%\)](#)

Your commitment and attitude is amazing and I am excited to see what is in store for you this year.

80% attendance is really what everyone should work towards to to get the most out of our training program. Anyone that hasn’t achieved this yet should work extra hard to get there within the next training cycle!

“I look in the mirror. My only opponent.”

- Jay Z



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Captain's Corner

By Aaron Wu

How to Get Grit

What is it?

Grit - passion and perseverance in achieving goals

Grit is growth. Grit is the work put in to achieve your goals.

The ability to perform is not fixed it can be changed with effort.

There are five characteristics:

Courage - recognizing your limits and pushing past

Conscientiousness - Aiming for a goal and not a step

For example, a practice goal sets one's mind to think just attending practice is good enough. An achievement goal, such as making Far-Westerns, turns going to practice a step to achieving one's goal and not just half-heartedly but engaged.

Perseverance - Have a purpose in doing something

You are at practice. What is your purpose? How are you going to spend your time? What do you want to get out of it?

Resilience - Use optimism

What you believe in influences what your outcome becomes.

Strive for excellence not perfection

Mistakes and failures happen, don't be bogged down by it.

Lastly, your grit influences others as well. Whether it's pushing pushing past your limits in sets or giving up before you even start the set, there's an impact on other swimmers around you. Ultimately, I want people to be more aware in how they act and hopefully be true to who they want to be.

“However far I fall as long as there's so much as a thread left I will use it to climb. I'll take hold of it. I refuse to give up while I'm still human I can do that much. But every person must decide on his own whether to grab it.”

- Ciel Phantomhive



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A note from your very own Athlete Representative to Pacific Swimming:

Hello, my name is Kate Aubrecht and I am an athlete representative for PacSwim. What athlete representatives do is bring the athlete's perspective to important discussions about the future of swimming- like new rules about scratching, for example, or where championship meets are held, and everything in between. We meet periodically to discuss within our zone or committee. Personally, I'm really glad to be an athlete rep. Already I've met a lot of amazing people from other teams that I couldn't have otherwise, and I enjoy contributing to the sport that is such a big part of my life. I highly recommend becoming an athlete rep! Not only is it rewarding and beneficial to the swimming community, but it's a lot of fun as well. I hope to see more PST swimmers at the next meeting!

Thanks,
Kate Aubrecht

For more information:

<http://www.pacswim.org/members/athleterepr>

Swim Meets

Winter Junior Olympics - December 6th to 8th:

Closed. Congratulations to Asher Takazwa who will be representing PST at this meet!

Senior 2 Prelims & Finals - December 7th & 8th:

Closed. MUST READ [MEET SHEET](#). Congratulations to Maddie, Paige, Kate, Eden, Josie, Simon, Brian and Aaron who will be representing PST at this meet!

ONDA C/B/BB - December 14th & 15th:

Meet is open on [FastSwims](#). Click [here](#) for meet sheet. Last meet of the calendar year. All non championship swimmers to attend.

TIGR C/B/BB - January 11th & 12th:

This is a super fun meet for young and old. Families usually stay in the same Hotel with a team dinner on Saturday. Everyone is encouraged to attend. We will send out more details soon.



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Championships Qualifiers:

JOs (+1)	FW	WEZO	SEC	FUT	J.Nat	Nat
Paige A	Paige A	Paige A	Paige A	Simon L		
Asher T	Simon L	Simon L	Simon L	Paige A		
	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				

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.

This is How Powerful a Process-Based Mindset Can Be

By [Olivier Poirier-Leroy - SwimSwim](#)

They are the same height, weight, have the same amount of talent. They go to the same workouts. Give the same effort in training. They even share the same goofy cat memes on the 'gram that get the same number of likes. The only difference? One has a process-based mindset and the other has an outcome-based mindset. [READ MORE.](#)



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**IF YOUR GOAL IS
IMPORTANT TO YOU,
YOU WILL FIND A WAY.
IF NOT, YOU WILL FIND
AN EXCUSE.**

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