

PIEDMONT SWIM TEAM

MONTHLY COACHES NEWSLETTER

November 29, 2018

THE FLIPTURN



by Coach Rob/Editor in chief

WOW! What a crazy month November has been! Unfortunately, we missed a big chunk of our overall training time due to the terrible air quality due to the forest fires. Also, because of the fires and smoke we were unable to attend the last two "Last Chance" meets for the Junior Olympics. For those of you who were hoping to make the qualifying standard in either one of these meets, don't be too worried. The good news is that everyone has two more chances to qualify for and compete in Junior Olympics! The next one will be held in March, and then one more (Long Course!) in July.

Over the next few months it is very important that everyone keeps their eyes focused on not just the Junior Olympic Meets but also the Zone 2 Championships to be held in January. It takes "B" times to qualify for individual events. Keep in mind that even if you miss the "B" times it is possible to be picked to swim on our relays at that meet. The meet is scheduled to take place on January 26 and 27 at Campolindo High School Soda Center swim complex. Relays are a major way for us to score points!

Winter Schedule and Group Changes

As we enter the next phase of our season there are a number of changes. Please refer to our website to see the new practice times and locations. Also, as of November 26th, the coaching staff has moved numerous swimmers into new groups. These decisions were made looking at the individual swimmers and what is best for them to continue improving! Being asked to move to a new group can be a little bit scary. Keep in mind that we feel that each and every one of you are ready to make the change. A couple of things to keep in mind:

- 1) Be yourself! Don't try to over do it at first. Take some time to get used to the workload and expectations.
- 2) Show up on time! It is important for everyone to remember that you should be trying to get to practice at least 10 minutes early. This will give you time to get changed and ready for the session. If practice is scheduled for 5:30 start, you should be on the pool deck and ready to be in the water at 5:30.
- 3) HAVE FUN! Change is sometimes difficult to navigate. But change is good!

So without further ado....congratulations to the following swimmers!

Green to Blue

Elliott Briggs
Sophia Harris
Rachel Luskin
Luca Sculz-Jander
Rabid Mahmood
Zayd Mahmood
Ben Kappes

Blue to Bronze

Eileen Liu
Adelina Mbise
Karina Patel
Alix St Wecker
Hannah Toste
Bruno Banuelos
Daniel Au
Cordelia Bradley
Ishani Pail
Allie Woo
Atlas Metin

Bronze to Silver

Jessica Vogel
Jonathan Dong
Tai March-Cunningham
Cole Carnazzo



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Silver to Gold

Odessa Dando
Hamza Mahmood
Jeremy Tuan
Ava DiStasi
Madeline Payne
Bella Scrigna
Daniela Acevedo-Schiessel

Gold to YRHS

Frankie Broening

Gold to Platinum

Melodie Lee
Farris Saffouri
Sophia Spallone
Andrew Grasman
Bailey Cain
Ryan Stokes

“Stop worrying about what can go wrong and start planning for when it goes right!”

December Birthdays!!

David Ackerman	December 30	Daniel Au	December 10
Swahili Bakhru	December 10	Ben Kappes	December 31
Amitis Karbassi	December 10	Andrew Livesey	December 24
Parker Long	December 14	Elizabeth Payne	December 10
Max Rebro	December 14	Fiontan Seybold	December 20
Ryan Stokes	December 25	Aya Troyer	December 20
Alina Woo	December 3	Nathaniel Yoon	December 19



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THIS MONTH'S TOP STORIES

Green Group:

By Coach Zoe

Congratulations to all of the swimmers in the Green Group! Over the past month (less the time off due to air quality), all of the swimmers in Green have performed incredibly well. We will continue the same general focus over the next month. We are working very hard at the most important skills needed to get better!

There are a couple of things that you, the swimmer, can do all by yourself at practice to get better:

- 1) Perfect streamlines.
- 2) Every time that you push off a wall make sure you s-t-r-e-t-c-h
- 3) Listen! Make sure you have both ears wide open so that you can listen to your coaches directions. You can't hear anything if you are underwater, playing with your friend or talking.
- 4) Arrive on time and ready to swim
- 5) Last and most important....Enjoy yourself! Have fun! Get better!

“Hard work beats talent when talent doesn’t
Work hard!”



Blue Group:

By Coach Zoe & Rob

The Blue Group continues to improve! Both Zoe and I have been very impressed with how well all of the swimmers in the Blue Group have worked this past month. Congratulations to those swimmers who have moved up to the Bronze Group and welcome to those swimmers moving into the Blue Group from the Green!



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Our focus this past month has been primarily on technical swimming. There is an old saying in swimming that goes “First you swim it right...then you swim it Fast!” All of your strokes are rapidly improving and the overall focus has been incredible.

“Don’t stop when you are tired...

Stop when you are done”



Bronze Group:

By [Coach Colby](#)

Overall another successful month of swimming for Bronze!

This month we focused on endurance and how to use our walls effectively. Unfortunately due to the campfire we have had to stay indoors for quite a few practices. Even with the weather we put in a lot of yardage this month we averaged about 1800 yards per day, up from about 1300 yards per day. With the weather the way it's been we have had to adjust the Milestone Goals so at this point we are working on getting 60% of the group to 40 miles with this adjustment it should be really easy to get to but that means convincing your teammates to show up to that extra practice this week.

I wanted to highlight a couple swimmers on their way to Silver.

Cole Carnazzo: has been on the team for a long time and consistently gets better and better every year. We are happy to see Cole move up and train a little bit harder this year.

Jonathan Dong: Has really started opening up to swimming and has really put in a solid effort the past few months and is ready and excited for the next challenge.

Tai March-Cunningham: Has been working really hard to get in to the silver group and with over 65% practice attendance and 75,000+ yards swum this season she is ready for anything.

Bronze group be prepared to work on even more endurance as we continue to work hard in to the next year.



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Silver Group:

By Coach Rob

Before we were so rudely interrupted by the smoke, the Silver group were turning in some of the best practices that they have ever done! Our focus this month was distance. I wanted to get everyone up to the point where a 5000 yard 2 hour practice was doable! I have to say that the level of dedication and focus was great! At our 2 hour practices we averaged over 5200 yards per practice. The longest one was 5800 yards! For the hour and a half workouts we averaged over 4500 yards!

With the changes coming up (group promotions), we will be going back to the basics of stroke technique and skills. Congratulations to all of the swimmers who have been promoted to the Gold Group! And welcome to the new swimmers coming into the silver from the bronze group!

“Focus on the little things and
The big things will happen”



Platinum, Gold and High School Groups:

By Coach Stefan

We are in full preparation for the last two meets of the calendar year and I am excited to see how well you can apply our learned skills into your races. We will spend two weeks on stroke mechanics and some very basic endurance swimming after the San Ramon meet, giving us a good base to leave for our Holiday Break.

Technique Tips!

Understanding your line in every stroke is key to building an efficient stroke. Click on links below to see some excellent stroke techniques from some of the best technicians in our sport. Try to spot their lines!



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Strokes	Line	Examples
Freestyle	Eyes down, body rotated, arm fully extended at point of attack, body stretched out, recovery arm at setup position.	Freestyle line 1 Freestyle line 2 Freestyle video 1 Freestyle video 2
Backstroke	Eyes up, body slightly rotated, arm fully extended at point of attack, body stretched out, recovery arm at setup position.	Backstroke line 1 Backstroke line 2 Backstroke video 1 Backstroke video 2
Breaststroke	Eyes down, head between elbows, arms fully extended and close together, body long, legs stretched out.	Breaststroke line 1 Breaststroke line 2 Breaststroke video 1 Breaststroke video 2
Butterfly	Eyes down, head lower than arms, neck long, chest pressed forward, hips up, kick finished with downwards movement, arms close to the water surface in a Y-position.	Butterfly line 1 Butterfly line 2 Butterfly video 1 Butterfly video 2

“Athletic success is the result of knowing what to do, the willingness to do it, and the drive to continually improve at it.” - Tim S. Grover

Swim Meets:

2018 Winter Junior Olympics - Nov 30th to Dec 2nd:

Come and cheer for your teammates!

SRVA C/B/BB+ - December 8th to 9th:

Closed and over 80 swimmers attending.



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Warm-Up:

- 9&O to arrive at 7:45am for 8am warm-up
- 8&U to arrive at 8:15am for 8:30 am warm-up

Zone 2 Championships - January 26th to 27th:

For many swimmers this is the highlight of the SCY season and everyone with a B time is expected to attend. We will do many relays at this meet.

Hills Hurricane C/B/BB - February 9th to 10th:

Fantastic meet for all ages and levels!

Senior Travel Meet in Santa Cruz - February 15th to 18th:

Senior Open meet. 13&O can attend without a qualifying time. 11-12 need to have Senior Open times to swim. This is a travel meet and swimmers will travel with Coach/Chaperone.

Championships Qualifiers:

JOs: 4 (+1) FW: 7 (+1) WEZO: 8 SEC: 2 FUT: 0 JNat: 0 Nat: 0

Articles:

Mastering Negative Thinking and Doubts Before and During Your Races

By Dr. Alan Goldberg - USA Swimming

Swimming fast when you're under BIG meet pressure is all about controlling your focus of concentration both before and during your races. Your mental task, concentration-wise, is to discipline yourself to keep your focus on what you're DOING and away from what you're THINKING. But let me state the obvious here: This is far easier said than done. [READ MORE.](#)

Five Lessons from Olympic Champions on Dealing with Adversity



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By Oliver Poirier-Leroy - USA Swimming

There are times where you inexplicably swim a PB in practice... and then add five seconds to the same event two weeks later in competition. There are times where you get injured and have to watch your friends and teammates train from the sidelines. And there will be times where things feel straight-up unfair.

Although the sport can feel unfair at times, this is simply part of the deal. [READ MORE](#).

How to Use Gratitude to Build Stronger Teams

By TrueSport

Being thankful isn't exactly a new idea. But the latest research shows that gratitude can have a profound impact on your everyday lives.

Recently, there's been much in the news about how practicing gratitude can make you happier, more charitable, mentally stronger, and even help you sleep better. [LEARN MORE](#).



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