

TERRA NOVA AQUATICS



MORE TALKING.... LESS SWIMMING TERRA NOVA AQUATICS QUARTERLY NEWSLETTER AUGUST 2026



WELCOME
TO THE TEAM

NEW SWIMMERS



CSTS

Zlikha Dost
Aproova Joshi
Erin Levardo
Celia Willner

Max Marci
Lynnea Jeong
Burke Greer
Chuck Neidhoefer

PPSC

Yiu-Wai Tam
Natalie Fanucchi
Alana Overacker
Camilla Overacker
Stephan Gaivoronsky
Riley & Maya Jeffery
Astra Martin
Desiree & Josie Sobieski

Solona Marquina
Izzy Kane
Santana Marquina
Skyler Wallace
Henry & Ava Winter
Piero Canepa
Helen Greer
Harper O'Connell

Terra Nova Aquatics Board Announcements - Help Wanted!

On Deck Swim Coaches- The Board is still looking to hire more coaches for evening and morning workouts. These are paid positions. If you know someone, please let Brad know

A huge THANK YOU to Kamryn Stevenson (PPSC) for volunteering as our Social Media Coordinator!



Mark Your Calendars!
Upcoming
Swim Events

Keep in the know with CSTS

What'sApp messages

CSTS has a group so members can stay in the loop on last minute changes. If you would like to be added to the list, contact Stephanie or let Coach Brad know

9/13

Alcatraz Open Water Swim

<https://raceroster.com/events/2026/112914/alcatraz-open-swim-2026>

10/2-4

Short Course Meters
Championships

Walnut Creek, sign up for at
least 1 day so we can do
relays

Mark Your Calendars!
Upcoming
Social Events

We also now have a **calendar of events** posted-
https://docs.google.com/document/d/1BK2x2TLh5_IsDsNgWMMoLf07PvQDL2AYy5vdsUCGGU8/edit?tab=t.0

CSTS events		
9/19 900-1130	CPR Class	Check What's App for sign-ups. Cost is \$50, limited to 20 people
9/19 12p-4p	Pool Party!	Potluck style, come to have fun!
9/26-27	FogFest	Booth
Oct 31st	Ticket To Ride at OPL	Come dressed up and ready to dance!
December date TBD	Holiday Party	

PPSC events	PSL Swim meet 9/18-20	Oceana pool- older kids in the morning, 12 and under afternoon
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TNA STREAK PROGRAM

TNA STREAK was created to encourage participation across all age groups, recognize members for their achievements and applaud every single member for getting to the pool and making swimming a part of your lives. Swimmers simply log their workouts and let the coach know when milestones are hit earning them swag including patches, swim caps, t-shirts and hoodies. Let us know how you’re swimming!

For more information: <https://www.terranovaaquatics.com/tnastreak>



25 Mile Patch

- CSTS

Grace Yoo

Pamela Miller

Michelle Afzali

Carlos McCorkle

Alok Gupta

Erin Levarado
- PPSC

Enzo Jost



25 Practices Kickboard
PPSC

- Owen Qiu

Bailey Wilson

Robbie Afzali

Alex Rorem
- Lily Irish

Catherine Rorem

Coco Afzali

Hank Sosnowski



50 Mile Cap

- CSTS

Alex Amundsen

Colleen Gomez

Lisa Ryner

Molly McCobb

Shannon Sharma

Michelle Afzail
- PPSC



100 Mile T Shirt

- CSTS

Steph Hoag

Ken Thomas

Brandon Robinson

Suzanne Morris

Jim O'Donnell

Pamela Miller

Jan Dolan

Alex Amundsen

Colleen Gomez

Suzanne Morris



100 Practices T Shirt

- PPSC

Owen Qiu

Bailey Wilson

Oliver Qui



250 Mile Hoodie

- CSTS

Pim Tuyls

Mike Webster

Rachel Limon

Craig Amundsen

Jeanette Cavano

Brad Pence

Scooter Morris

Elizabeth Corsale

- PPSC

Kamryn Stevenson

Violet Limon

TNA Streak Program extended
through September 30th!
Get those final laps in and let
Coach Brad know you have
reached your milestone!

Buy Your Own PPSC/CSTS Deck Coat!

Do you get chilly on deck? Here's your chance to purchase a Swim Team-branded Deck Coat. Click the link for details –

[TERRA NOVA AQUATICS 005elsmoreswim.com](https://www.terra-nova-aquatics.com/005elsmoreswim.com)

Swimmer Spotlight Coach Pete Song

PPSC Head Coach

INTRODUCTION — MIKE WEBSTER

If you have ever watched a PPSC practice, you probably know Pete Song. Or at least you know Coach Pete.

The distinction matters.

Away from the pool, Pete is quiet and reserved. He isn't someone who is going to walk into a room and command everyone's attention. Put him on a pool deck with a group of teenagers, however, and something changes. Suddenly there is a voice carrying across the water, a workout moving with purpose, and a group of kids who know exactly what is expected of them.

It's a little Jekyll and Hyde, in the best possible way.

Pete has been part of Pacifica swimming for most of his life: first as a Terra Nova swimmer, then a Pacifica Sea Lion, then a coach, and for the past 15 years as the coach of the Pacifica Platypus Swim Club. Many of our PPSC parents know Pete primarily as the guy standing at the end of the lane telling their kids to keep moving. We thought it was time you got to know the person behind the stopwatch.

Because underneath Pete's quiet personality is a very clear philosophy about coaching, and about what youth swimming is actually supposed to accomplish.



TELL ME ABOUT YOUR SWIMMING/COACHING JOURNEY

I started swimming at Terra Nova High School. I had taken lessons at Oceana, and somebody convinced me to join the high school swim team. That's really how it started. From there I joined the Pacifica Sea Lions and pretty much got sucked into swimming year-round. I was also playing soccer at the time, so there were days when I would go from soccer practice straight to swim practice. It could be five hours of practice in a day. Apparently I didn't have enough hobbies. I kept competing until I was about 22. Somewhere along the way, Vicky Russo, who was the head coach of the Sea Lions, basically said, *"You're at the pool all the time anyway. Why don't you coach?"* So I started with the 8-and-unders and 9-10s. And I liked it. I've always been a kid at heart, so connecting with them came pretty naturally. I had actually thought about becoming a teacher when I was younger. Coaching ended up giving me a lot of the things I probably would have liked about teaching. About two years later, I was told I was the head coach of the Pacifica Sea Lions. I don't remember there being a lot of discussion about it.

At the time, the Sea Lions had around 50 swimmers. We eventually grew to around 150, created a feeder program and restructured the team because we wanted Pacifica to have a competitive club program that the community could be proud of. I was there for about 13 years, through 2010, and I also spent time coaching the Terra Nova High School swim team. That's also how I got to know Brad Pence. Brad was swimming Masters at the same pool while I was coaching the Sea Lions. Eventually Brad asked me to coach PPSC. The vision wasn't just to have another swim team. Brad wanted a coached Masters program and an age-group program connected to it. The idea was to build a swimming family in Pacifica, something where kids could grow up in the sport and where swimming could become part of the community. I've been coaching PPSC for about 15 years now. Over that time, my thinking about coaching has probably gotten simpler.



Every swimmer deserves to be coached

One of the biggest mistakes I see in youth swimming is deciding too early which kids have “potential.” A swimmer isn’t as fast as somebody else, so maybe they aren’t worth as much attention. Or a coach looks at a young swimmer and decides they aren’t going anywhere competitively. I don’t believe in that.

You don’t have to be the fastest kid in the pool to deserve a coach who believes you can get better.

Every swimmer can develop. And every swimmer deserves the opportunity to find out where that development might take them.

When I look at a young swimmer, I’m trying to plant a seed. Maybe there’s something they want to accomplish. Maybe they don’t even know what that is yet. My job is to help them find a goal, give them enough support and confidence to start chasing it, and then help them understand that the work they put in matters. Once a kid achieves something they weren’t sure they could achieve, something changes. Now you have a foundation. You set another goal. You work toward that one. Then another.

That’s why I don’t like swimmers comparing themselves too much to the kid in the next lane. You are in control of your own path. Somebody will almost always be faster than you. That’s not the point.

The question is: *What are you trying to accomplish, and are you willing to work for it?* Different swimmers need different things from me. Some absorb every piece of information you give them. Others need more time. Some need to be pushed. Some need confidence. Some want to compete at the highest level they can reach. Others just want to become better swimmers and be part of the team. That’s okay. No matter how big a team I’ve coached, I’ve always tried to know every kid. I want them to feel like somebody sees them and that their goals matter. That also means building the right culture. PPSC is a pretty tight-knit group, especially the teenagers. They genuinely like being around each other. They feed off each other’s energy. That matters more than people probably realize. Swimming is hard. There are going to be plenty of days when staying home sounds better than getting into a cold pool and staring at a black line for hours.

If you create an environment where kids work hard **and** enjoy being there, they’ll keep showing up. And if they keep showing up, you can do a lot with them. We’ve had some great competitive moments. In the early years of PPSC, we took 12 kids to Junior Olympics and Far Westerns. Those kids worked incredibly hard, and seeing them get there was a thrill. But I’m just as proud of the swimmers who never make one of those meets. Because I don’t think the real legacy of an age-group swim program can be measured only in medals, qualifying times or where somebody finishes at a meet.

Most kids I coach aren’t going to make a career out of swimming.

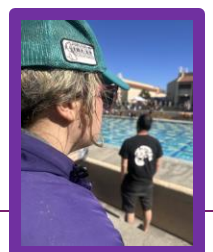
But every one of them is going to make a life.

And swimming can help prepare them for it

It teaches discipline. It teaches you to work when nobody is watching. It teaches you how to struggle. It teaches you that sometimes you put everything into something and still don’t get the result you wanted. Then you come back the next day and try again. It teaches dedication, self-motivation, resilience and how to set a goal that seems far away and slowly work your way toward it. Those are things swimming taught me, and I still use them every day. So when I think about what I want swimmers to take away from PPSC, obviously I want them to become better swimmers. I want them to achieve things and feel proud of themselves. But I hope we’re building something underneath that.

The times eventually disappear from the scoreboard. What you learned getting there stays with you

If years from now one of these kids is facing something difficult either in school, in a career, in a relationship, wherever life takes them, and some part of them knows how to set a goal, put in the work, deal with setbacks and keep going, then swimming did something important for them. That’s the part of coaching that matters most to me. And they should have some fun along the way. You have to have fun. Otherwise, what’s the point?



WHAT DO YOU LIKE TO DO WHEN YOU'RE NOT COACHING?



I surf. I fish. I snowboard. And I build cars. I'm a mechanic, so the car part probably isn't surprising. I have a 1964 Chevelle that I've had to put two different engines in.

Kids: DON'T DRIVE FAST

Let's just leave it at that. I also have a boat down in Half Moon Bay, so I get out fishing whenever I can. Salmon is great, but honestly we'll fish for pretty much anything we can catch. And then there's snowboarding. I used to snowboard around 60 days a year. Now it's a lot less. Kirkwood is my favorite place locally. If I'm traveling, Snowbird in Utah is my spot. Basically, when I'm not standing next to water telling people what to do, there's a decent chance I'm either in the water, on the water, underneath a car or on top of a mountain.



WHAT'S SOMETHING UNIQUE THAT MOST PEOPLE DON'T KNOW ABOUT YOU?

I guess I live a little bit of a double life. There are people who have known me for years as Pete the mechanic and would probably be surprised to see me standing on a pool deck coaching a bunch of teenagers. Then there are PPSC families who only know Coach Pete and probably have no idea that when I leave the pool, I might be rebuilding an engine. Neither group really knows the other Pete. But if you want the better story, it probably happened while fishing. We were out on the boat one day when a great white shark breached right in front of us. It came completely out of the water, probably ten feet into the air, and it was close enough that we got a very good look at it. We estimated it was around 17 feet long. A full-grown great white. There are moments when you realize you are not at the top of the food chain. That was one of them. We kept fishing.

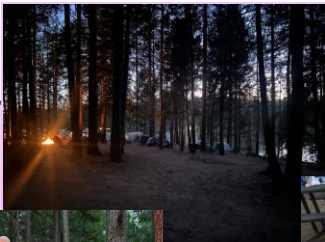


Random beautiful Tuesday morning practice

Recent Events



Apoorva at Del Valle



6th annual camping trip at Sly Park



Trans Tahoe Relay- two teams, two groups of champions!



Team 2:
Barbara Beaumont
Karen Ziegler
Lulu Thrower
Natalie Amundsen
Shannon Sharma
Megan Strangelend

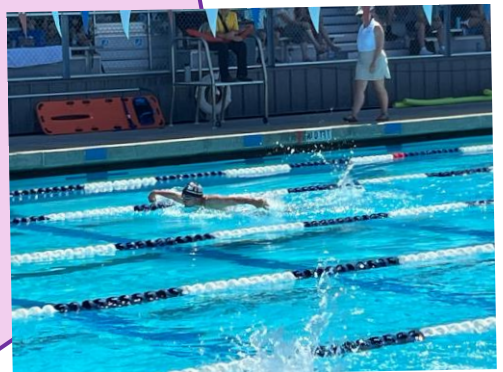
Team 1:
Stephanie Hoag
Blaise Wallace
Kelly Toth
Brandon Robinson
Rachel Limon
Violet Limon



Coach Brad is the King of Fly at USMS Nationals in Sacramento



Nationals over 2 3rds 1 4th and 1 6th, Home celebrating



Sharkfest Golden Gate swim- tons of hardware!
Kamryn (PPSC) was the fastest woman, Violet (PPSC) was the youngest woman and finished top 20, and so many 1st places medals in age groups



Some open water training at Linda Mar

Golden Gate Bridge swim- lots of hardware achieved!



Apoorva swam too!



Kenneth Su at Donner Lake swam 2.7 miles with a 1st place in his age group!

Next Board Meeting
Tuesday September 22nd 800pm
All are welcome
Email Coach if you want to attend
Bradswim@aol.com

WORKOUT SCHEDULE

Our workouts must accommodate the TN high school sports schedule and the evening practices begin at 7:00 p.m. in the fall and 6:00 p.m. throughout the rest of the year.

CSTS

Mornings

Monday through Friday 6:00 am - 7:00 am

Coach-directed -- Mon, Thurs, Fri

Self-directed/Whiteboard workout -- Tues, Weds

Saturdays 7:00 am - 8:30 am

Coach-directed workout

Evenings (August 6 - October 31, 26)

Monday - Thursday 7:00 pm to 8:00 pm

PPSC

Evenings (August 6 - October 31, 26)

Monday - Thursday 7:00 pm to 8:00 pm

Coach-directed practices

Are you looking to add something
in the next newsletter?
Contact Rachel
rachelperrylimon@gmail.com