

Orinda Aquatics, U.S.A Swimming

Summer International Training Program



Orinda Aquatics is proud to present our Summer International Training Program. The purpose of the program is to create opportunities for international swimmers age 13-18 to train and compete in the United States. The program starts June 16th and will finish on August 16th. All swimmers in our International Program will experience:

- High-level coaching from the Orinda Aquatics coaching staff; with a combined over 70 years of coaching experience, achieving tremendous success at all levels - OA coaches have coached over twenty U.S. Olympic Trial athletes, two Olympians, and over 150 All-American or national-level swimmers
- Training with some of the fastest swimmers in California and the United States
- Train in a uniquely positive culture that has been recognized by USA Swimming and the American Swimming Coaches Association
- The chance to compete in prestigious competitions such as Junior Nationals (if team attends), Santa Clara Grand Prix, USA Swimming Futures Meet, Sectionals, and Far Westerns
- College assistance (for those who apply) including test course preparation, and support in identifying the potential best U.S. University fits for the swimmer
- An opportunity to tour the beautiful San Francisco Bay Area with sightseeing at locations such as Stanford University, University of California at Berkeley, Silicon Valley, San Francisco and more

Orinda Aquatics Overview

The Orinda Aquatics coaching staff has over seventy years of combined coaching experience in USA Swimming. Led by brothers Ron and Don Heidary, both ASCA level 5 coaches, Orinda Aquatics is renowned for developing swimmers with integrity, strong character and leadership skills, combined with high-level swimming (see website: National-Level program). Considered as one of the top age-group programs in the nation on a year to year basis, the club motto of "Character First" has truly resonated with the swimming world. The

Orinda Aquatics staff also includes coaches Kevin and Sophie Lai, who both have international experience. Kevin, a former OA swimmer and nationally ranked breaststroker, coached three years in Hon Kong, with the Hong Kong Stingrays and one year in Thailand. In both locations he coached high-level age group swimmers and worked under Simon Jones, who currently runs a high performance group in Thailand. Sophie grew up and trained in Sweden where she was the national junior champion in the 100m Breaststroke. She has coached both in Sweden and Thailand. Please find more information on OA's philosophy, success, culture, and college history at www.orindaaquatics.org.



Some of the achievements by Orinda Aquatics include:

- Over 20 swimmers competing at the U.S. Olympic Trials (12 in 2008 with 2 medalists)
- Over 150 National/All American swimmers
- Over 90 percent of swimmers go on to swim in college (42 collegiate athletes in 2014)
- Ranked #1 in USA swimming in the Virtual Club Championship for clubs under 200 swimmers (over 2,900 teams)
- Junior National record holder in the Men's 200 Breast
- Coached two breaststrokers under the National High School Record in 2013
- OA placed 3rd (Men) at the 2012 Long Course Junior National Championships
- Nearly 25 Orinda Aquatics alums have been selected to be captains of their collegiate swim teams

The Soda Aquatic Center – a high-Level Training Facility



Orinda Aquatics trains in one of the finest aquatic centers on the west coast at Campolindo High School in Moraga, California. The Soda Aquatic Center has a 50m x 25yd competition pool, an 8 lane, 25 yard deep pool, and a 6 lane, 25 yard lap pool. Surrounded by beautiful scenery, the Soda Aquatic Center is also only thirty minutes from San Francisco and near many other vacation destinations. Some of the competitions hosted at this facility include:

- Pacific Swimming Junior Olympics
- North Coast Section Swimming Championships (one of the fastest in the nation)
- North Coast Section Water Polo Championship
- Orinda-Moraga Swimming Championship, one of the largest and fastest summer swim leagues in America
- USA vs Hungary Water Polo exhibition match
- USA Synchro Nationals

Extracurricular Activities



Character Camp

All swimmers will go through a leadership camp at every level one week camp led by Don Heidary. This camp will focus on leadership building and developing characteristics of a high-character and successful athlete. The Character Camp is free for all OA International swimmers.

Tour of the Bay Area

Schedule permitting, day trips will be scheduled weekly with visits to San Francisco, Berkeley, Silicon Valley, Tiburon, and more. Other locations are also available upon request. The day trips are free to all OA International swimmers.

College Tours

Visit two of the finest academic institutions in the world, Stanford University and University of California at Berkeley. Tours will include a walkthrough of the campus, visiting the athletic facilities, and an opportunity to experience campus life. Coach introductions may also be set up. Other college tours may be available upon request. College tours are free to all OA International swimmers.

English Lessons (by request)

Tutors and classes will be made available to individuals that request this option. Class schedule will be flexible around the athlete's training schedule. The cost for English lessons will be in addition to the program fee.

University Guidance (by request)

Ron & Don Heidary (Head Coaches) and Margot Woodward (OA Academic Support) will assist international athletes with college preparation and in identifying appropriate U.S. collegiate options. Ron and Don have twenty years of experience in guiding swimmers to appropriate collegiate programs. They know many college coaches throughout the U.S. and the OA program is widely respected. This program is free for all interested OA International swimmers.

Housing

Applicants will be hosted by selected Orinda Aquatics families with the aim of providing the best possible living and training experience for all parties.

Program pricing

The full cost of the Orinda Aquatics Summer International program is \$3000, flights not included. The total amount will cover: training fees, meet fees, host family cost, extracurricular activities, and team apparel. Food will generally be covered by host families. It is recommended that all swimmers have extra spending money for outside entertainment and activities. English lessons and outside tutoring costs will be separate from the total program cost.

How to Apply:

Applications will be accepted by all international swimmers within the ages of 13 to 18. Once the application is received, an interview process will begin to determine if the swimmer is a proper fit for the program. A Skype interview will also be included in the process for a face-to-face meeting. *Once a swimmer is accepted, the parents will enter into a written agreement with the host family and a second agreement with OA. These agreements will formally define roles, responsibilities and expectations of all parties. We will then begin the process of mapping out the athlete's summer meet schedule, housing, and a general itinerary for the summer. Note: program fee does not include travel costs. Please email all electronic applications to: Kevin@orindaaquatics.org*

Application Process

To apply, please write an application letter with the following information:

- *Academic history**
 - *Swimming history**
 - *Reasons for interest in the program*
 - *Long-term swimming goals*
 - *Long-term life goals*
- *supporting documentation may be required*

Please also include a reference letter from your current coach. No applications will be accepted without this.

All applications should be emailed to: kevin@orindaaquatics.org

Thank you for your interest in the International Program.

Kevin Lai, International Director

Ron & Don Heidary, Orinda Aquatics founders and Co-Head Coaches



The Orinda Aquatics Senior Group – Clovis, CA 2015



Home of Kim Vandenberg
2012 Olympian
Motivational Speaker



Home of Steven Stumph
High School National Record
USA Junior National Record