

Osprey Aquatics Starts Its Eleventh Year

September 17, 2006

Welcome back to the 11th season of Osprey Aquatics. Last year was our most successful as a team. During the summer alone, we broke 38 team records, with a total of 68 records broken in the entire season. We had our best ever finish, 15th out of 107 teams, at Long Course Far Westerns. We were a very close 2nd at SVSL's and for the year there was a great harvest of new time standards and lifetime bests from all of our swimmers.

As always, during the break, we take advantage of the opportunity to assess and evaluate the program, where we've been, where we are and where we need to go in order to continue to develop the program's growth towards excellence. After this process, we identify any changes necessary to continue our growth and bring all of our swimmers and families the most positive swim experience around.

First, as most of you know Kelsey headed off to college at Sonoma State in mid August, this created a need for another coach on our staff. I am pleased to welcome Zac Greer as our newest coach. At the age of 23, Zac comes to us not only with swimming experience, for both the Osprey and Cal State Northridge, but also coaching experience. In addition to coaching a summer for us, Zac has twice been the head coach for the Oaktree Sharks cabana team. Zac will be a very knowledgeable and welcome addition to our staff, having learned our system, first as an athlete and second as a coach. His collective experience, including competing at the Division 1 level in college, has been crucial in forging his knowledge and grasp of the sport, and will serve him well as he continues to learn and progress along with all of the coaches, myself included, on the staff. Zac will coach both the White and the Blue groups this year.

Dee will continue to coach for the Osprey, but in a different role. Currently, her coaching duties at Independence HS place a great demand on her and her availability. Therefore, she will coach the Comp Prep group this year, serve as an extra coach on the deck for the various groups at different points and also spend more time working closely with me in developing her considerable coaching talents. All this is being done with an eye towards next year, when Dee has decided to step away from Independence Aquatics and devote all her coaching time to the Osprey, taking on an even greater role with the team. This is something that will make us all that much better, both in the short term and the long term.

Each year as we look at the swimmers who are returning and the new ones coming in, we reevaluate the groups we have and make additions and changes as needed. We have decided this season to add a Senior III group. This new group is planned as a 1-2 year transition group for swimmers who are looking toward the Senior I and II groups. Swimmers in this group would typically be 13-16 years old, with an attendance of at least 80% of their 6 practices per week. They will be expected to complete certain training standards that will be explained to them as a group. They will also be targeting standards that will make them eligible for entry into the Sr. group. For the girls that will be 5x100's free on 1:15, and for the boys, 5x100's free on 1:10. I have selected a number of swimmers whom I feel this group will benefit. Any swimmer wishing to be considered for this group may speak to Brian or Shannon about requirements for placement here.

Lastly, to work the newest group and coach into the system there were some necessary changes to practice times. This shift in times was necessary to accommodate the swimmers in the best possible conditions. Much thought and discussion went into setting up the group placements for the start of this season. Each swimmer was discussed as an individual and we feel that we have placed them all in the best situation for their success as individuals as well as swimmers. Please see the attached for your swimmers group, coach, and practice time.

I am happy to welcome you all back, and also to welcome the new swimmers to the team. We will begin practice on September 18 so be prepared for a great season.

See you soon,
Brian