



# Orinda Aquatics



## Polar Bear Fall Swimming 2013



# *Team Handbook*



## Welcome to Orinda Aquatics

We would like to thank you very much for your participation in the Orinda Aquatic Polar Bear Fall Swimming program. We founded this program twenty-nine years ago with the intent of providing the highest quality stroke instruction to younger age-group swimmers in the community. The focus and philosophy is to develop well-balanced, efficient strokes that will support the swimmer as he or she grows, develops, and trains and competes at higher levels. After thirty-five years of coaching, we not only believe this is the best way to develop young athletes, but should be the only way. In doing so, we truly believe that our staff is an extraordinary group *and* as good as any in the country. They have an average of fifteen to twenty years of experience and have been extremely successful in developing swimmers by both technique and success standards, here in our very competitive community. Additionally, they are very committed to the sport of swimming, and passionate about coaching and working with children.

We are also very proud of the organization and our commitment to the greater lessons of life through sport, our commitment to putting character first, and our commitment to the community and to outreach. As a culture, the program has grown to be acknowledged by the American Swimming Coaches Association for its character culture, and from a productivity perspective, Orinda Aquatics has been one of the top (if not *the* top) “smaller” club teams in the United States, recognized in 2009 by USA Swimming for “best practices” in the sport. We credit our dedicated staff and the extraordinary young athletes of this community for making the commitment to swimming, to our team, and to a character-driven life.

As you and your children move on in the sport, we would encourage the emphasis to be on efficiency and those things that promote a healthy long-term swimming career. The *time* that a swimmer achieves only provides a glimpse of what is really happening. It does not reveal work ethic, efficiency, team commitment, a desire to pursue the sport, or a willingness to persevere in challenging times (which there will be). Be vigilant for these things and even be willing to abandon (early) success for the virtues and life lessons which can be obtained on a daily basis. In sum, keep the focus on effort and attitude, on teammates and team success, and your child will succeed on a level that will be much more profound than a swim, a meet, a season, or an award.

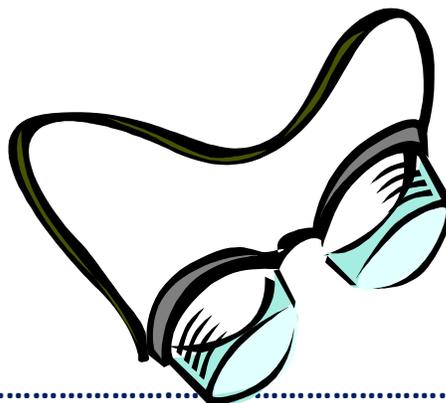
From a character perspective, we tell athletes of all ages, that they are *all* leaders. If someone watches, listens, or follows them, they lead. The question is in which direction are they leading. We hope that all young swimmers embrace the realization that they can in fact be a leader and have a positive influence on their peers.

And finally, we would summarize the keys to success as; top-down goal setting, beginning with effort, attitude, and attendance, efficiency and technique to support a long-term career, emphasizing the *race* over the time, and making your child’s driving purpose to team commitment and to “making a difference”.

Thank you very much for choosing Orinda Aquatics

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**“Wise men, though all the laws were abolished,  
would live the same lives.”** Aristophanes

# Orinda Aquatics Mission Statement



1. We believe the team should support swimmers of all abilities to pursue their long-term goals in the sport of swimming.
2. We believe the team should provide serious athletes with the opportunity to develop into competitive high school, collegiate, and national level swimmers.
3. We believe in an equal partnership between swimmers and coaches. The swimmers should make a commitment the process, the team, and the coaches, and they should act with the highest level of integrity, character, and respect. The coaches should commit to provide the best in technique and training that the sport has to offer. Additionally they should support the athletes in other areas such as personal growth and college pursuits. They should be role models in every capacity.
4. We believe above all that every member of the team should learn the lessons that sports has to offer; discipline, commitment, personal responsibility, accountability, sacrifice, goal setting, humility, as well as challenge and adversity.
5. We believe that every member of the team should be treated as people (individuals) first, and athletes second.
6. We believe strongly in a true team environment. The “team” includes swimmers, coaches, and parents. No one should be differentiated by ability or any other characteristic. Everyone contributes and is valuable to the process, the environment, and the experience.
7. We believe in a positive, open relationship between coaches and parents.
8. We believe that as the community supports our sport and our team, we should in turn be positive and contributing members of the community and help those in need.
9. We believe that the team should support, and follow, the policies and guidelines of our Zone, LSC, and the governing body of United States Swimming.
- 10. We firmly believe in a Character First environment, and adhere to it daily.**

# Organizational Overview

- **Orinda Aquatics Year-round swimming**
    - 150 members, twentieth year
  - **Orinda Aquatics Polar Bear Fall Swimming Program (two sites)**
    - 425 swimmers, twenty-ninth year
  - **Orinda Aquatics Masters**
    - 70 Members
  - **Orinda Aquatics High School Pre-season swimming**
    - 100 swimmers
  - **Orinda Aquatics Character Camp**
    - 40 Campers
  - **Orinda Aquatics Spring Clinics**
    - 100 swimmers
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- **Orinda Aquatics employs twelve full and part-time coaches**
  - **Orinda Aquatics supports local school fundraising**
  - **Orinda Aquatics is supporting the swimming efforts in Swaziland, Africa Orinda Aquatics coaches volunteer in assisting local teams with program and staff development**
  - **Orinda Aquatics coaches speak at local, national, and international clinics on character and team-building**
  - **Orinda Aquatics coaches published a 350 page character guidebook for the American Swimming Coaches Association, asked to run the first ASCA Life Skills course for coaches**
  - **Orinda Aquatics is regarded nationally for developing high-character, student-athletes and for preparing swimmers for successful and healthy collegiate careers**

## Objectives of Orinda Aquatics

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- **To serve the various needs of the swimming community**
- **To be a model program nationally in terms of athletic and character development**
- **To create collegiate opportunities for all swimmers**
- **To be the best youth sports program in the area**
- **To continue to develop national and college level swimmers, and leaders**
- **To be the best overall USA Swimming program in the country**

*“Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.” Vince Lombardi*



## Fall Swimming Overview



*“Prepare the child for the path, not the path  
for the child.”*

## Program Overview

Orinda Aquatics is a true community program, with 150 year-round swimmers, 30 college swimmers, 400 Fall (summer-recreational) swimmers, 100 high school pre-season swimmers, and swimmers who participate in our spring clinics and Character Camp. In addition, we have a Master's program for adults ages 19 and up.

The Polar Bear Program is the Fall Swimming program of Orinda Aquatics and was the origin of Orinda Aquatics. It was founded twenty-nine years ago by Ron and Don Heidary, current Head Coaches of Orinda Aquatics and Campolindo and Miramonte. It was created to provide local recreational swimmers with additional training and strokework beyond the summer season. The program has served thousands of swimmers from over twenty summer teams and is staffed with the finest rec coaches in the area. While our workouts will be challenging, the emphasis will be on the development of proper technique in all aspects of the race, rather than repetitive yardage. Additionally, we will emphasize workout discipline and training principals/education. We try to take the focus away from racing and time and keep it on technique and training development.

It has always been exciting for our coaching staff to meet and work with swimmers from various teams. We feel that this is a positive way for swimmers to train and interact with swimmers from other programs and backgrounds.

In this handbook you will find some general information on technique, attitude, goal-setting, competition, year-round swimming, quotes, and articles. We have included some of the team's achievements. We are very proud of the team, its character, and our swimming success. These are all children whose swimming careers began with many of your clubs. They continued their training with Polar Bears, went on to compete with their high school teams, and many are now training with collegiate teams across the country. And not only have these impressive young men and women gone on to college swimming, but many of our swimmers have become team captains and extraordinary leaders. We encourage you to read the letters in the back of this handbook. They depict extraordinary people, athletes, and swimmers.

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***"Character is doing what's right when nobody's looking." J.C. Watts***

***"The whole is the sum of the parts, so be a good part." Nate McConnell***

***"My life is my message." Gandhi***

***"A person with passion is better than forty who are merely interested." Connellan***

***"The happiness of your life depends on the quality of your thoughts." M. Antonius***

***"The pessimist complains about the wind, the optimist expects it to change, the realist adjusts the sails." William Ward***

***"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance." Bruce Barton***

# Workout Objectives

*These are general guidelines and objectives that we feel are not only important but critical for developing a productive rec swimming career and for successful long-term swimming at all levels.*

## 8 & Under Group

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- Introduce stroke drills for all strokes as well as kicking drills and body position
- Learn the streamline position off walls for all strokes
- Develop breath control (a breathing pattern) in free and fly
- Develop proper, efficient, technique in all strokes
- Learn to “feel” distance per stroke
- Develop an aggressive kick
- Develop the I.M.
- Improve dives and finishes
- Introduce “high-character” athlete principles

## 9-11 Group

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- Develop proper, efficient, technique in all strokes and try to **break bad habits**
- Learn how to swim a proper race with disciplined breathing patterns in free and fly
- Introduce and develop proper technique for all turns
- Develop distance per stroke
- Improve dives and finishes
- Introduce training principles and stroke rates
- Improve workout focus and discipline
- Develop the I.M.
- Reinforce high-character athlete principles

## 12 & up Group

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- Develop efficient technique in all strokes and try to **break bad habits**
- Strengthen the kick/leg drive in all strokes
- Develop a disciplined breathing pattern in free and fly (for training and competition)
- Develop proper technique and speed for all turns
- Improve dives and finishes
- Continue to develop distance per stroke
- Work on stroke rates
- Work on secondary strokes
- Train for the (200) I.M.
- Increase disciplined training
- Exposure to high school events
- Introduce leadership principles

# The Orinda Aquatics Coaching Staff

We cannot talk about character at Orinda Aquatics without talking about our coaching staff, because they go hand in hand. Our staff is comprised of the highest character individuals and best coaches in the area. They are coaching at Orinda Aquatics for their love of the sport and adhere to the highest standards of coaching. Virtually every coach grew up swimming in the community, participated in the Polar Bear Program, and has a long history with Ronnie, Donnie, or Matt. We are very proud of them as individuals and coaches and equally proud to have them on the pool deck working with your children. A brief background of the coaches at each site:

## **Don & Ron Heidary – Program Founders**

- Level 5 ASCA (American Swim Coaches Association) for USS and High School
- Head Coaches of Miramonte High School and Campolindo High School respectively
- Have won a combined 18 North Coast Section Championships and coached over 150 All-Americans
- Have won a combined nine County Championships and fifteen OMPA Championships

## **Matt Ehrenberger - Program Director (Sleepy Hollow Head Coach)**

- An ASCA (American Swimming Coaches Association) Level 3 Coach
- Head Coach and Swim Team Director at Sleepy Hollow Swim & Tennis Club
- Head Junior Coach at Orinda Aquatics
- Matt was the Assistant Head Coach with the Pinole Seals where they won seven County Championships

## **Marc Cavallero – Soda Head Coach**

- Head Coach of LMYA and Acalanes and Assistant Coach at Orinda Aquatics
- While at Springbrook, Marc coached the team to two second place County finishes

## **Other coaches:**

- Tony Ravnik – Sleepy Hollow Senior Coach, former Campolindo High Coach
- Christina Risso – Aquatics Director of Campolindo Cabana Club, Learn-to-swim instructor
- Peg Shasky – Lesson Coordinator, Soda Center, former OA Board President
- Allison Shasky – Teacher, former OA Junior National swimmer and UOP swimmer
- Kathryn Chen – Instructor, The Soda Center

Coaches are certified in First Aid, CPR, and Water Safety Training, and are registered with United States Swimming. The coaching staff has extensive experience, strong ties to the community, and operates with the highest levels of professionalism and integrity.

## Coaching/Training Philosophy - "Technically" Speaking

A "hard" workout is not necessarily the best workout. *This is one of the biggest myths in swimming.* We focus more on changing strokes and developing good habits. This cannot be accomplished if swimmers are too fatigued to concentrate. Therefore, the majority of our preparation involves quality 25 and 50 yard repeats. The ultimate goal is to create a *perfect race* including the dive, turn, stroke, breathing pattern and finish with good conditioning.

We believe that the development of an efficient stroke is the easiest way to improve. To this end, we emphasize the most effective teaching techniques and training drills. We have seen that if swimmers do just the basic things reasonably well, they can perform measurably better.

In each stroke there are certain *critical things* that must be done in order to improve. If these things are not done, swimmers' times often level or plateau and they become frustrated. YOUR STROKE MUST CONTINUE TO IMPROVE AND BECOME MORE EFFICIENT IF YOU WANT TO HAVE SUCCESS AT HIGHER LEVELS. The question really is not how fast you are now, but how fast you can ultimately be with the stroke you have?

### ***Technique vs. Training (an example)***

As we mentioned, Polar Bears was established to provide additional technique to summer swimmers beyond the rec season. It was not designed for repetitive yardage but rather repetitive technical development. There are many misconceptions about technique-oriented programs and training-oriented programs. We are asked often about the difference between training and technical emphasis with younger swimmers. Should you begin developing a young athlete from a training or a technical base? Of course we believe that efficiency in the water is critical, but it does not have to exclude a training or an endurance element. Both training and technique can be achieved without sacrificing one or the other. Occasionally we hear parents and swimmers say things like, "they just do drills", or "they just swim laps". The key is not the emphasis but the objective. Some people think that doing 25's and stroke drills will not add to endurance and strength in the water. The swimmer may look good but will not swim fast or finish strong.

So how can both objectives, technical efficiency and endurance, be accomplished? This is what we emphasize in the program and view as efficient and controlled training. Let's take a set of 20x25 "catch-up" freestyle on an easy interval. Here, there is no aerobic or hypoxic benefit. The only potential benefit is technical. In this set, it is critical that the swimmer does everything exactly as instructed or the entire set and time allotted is wasted. Now, assuming the swimmer focuses on the drill emphasis, we can introduce "efficient" training. Let's start with the streamline. All swimmers must push off the wall as hard as possible (explode off the wall) and hold their tight streamlined position through the flags (five yards). Additionally, they must kick hard and fast while under water. We have now introduced leg strengthening (20 squats), foot speed, some hypoxic work, AND three great habits. To make it more difficult and introduce the TEAM concept, we will repeat the lap if anyone does not do this correctly, thus the set could easily become thirty or more, and a team challenge. We sell this as "another opportunity to improve!" Once the swimmer "breaks out" or approaches the surface, we can ask him/her to hold a strong kick throughout the lap (not easy by the way). Again, if not done by all, it doesn't count. To create stroke efficiency, we will give a stroke count per lap (could range from 2 to 10). To add a hypoxic element, we can assign a breathing pattern (from 0 to 3 breaths). Any deviation from the instructions results in another 25. To increase intensity, we can reduce the interval. A sample set might be 20x25 catch-up freestyle, all-out leg drive, breathing 2 times on a 25-second interval. This "drill set" has become a challenging endurance set (even for national level swimmers) maintaining a fairly high heart rate for up to fifteen minutes (depending on how many we do "over"). Everything is controlled: streamline, distance under water, foot speed, leg drive, number of strokes, number of breaths, rest, focus, AND team commitment! So in training it is important not to make assumptions about what is being done, but to understand how it should be done. Drills do not guarantee stroke improvement and "laps" don't necessarily lead to poor technique. ***A hard workout is not necessarily a good workout.*** The key is that in anything you do, you not only need to understand the set, but you need to know the objectives of the set as well. You can have both, technique and training.

## ***Additional Thoughts/concepts***

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- *Perfect practice makes perfect!*
- *Training hard vs. training smart*
- *No set or lap should be a waste of time.*
- *Technical focus should be EVERY workout, EVERY set, EVERY lap, EVERY STROKE!*
- *Technique is like ironing the wrinkles out of a beautiful shirt.*
- *Take pride in technique as an individual and as a team.*
- *A disciplined swimmer will care about technique.*
- *Strokes change (for better or worse) under fatigue, not by merely doing drills.*



## ***Other factors that affect age-group development*** *(from ASCA World Clinic talk)*

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• <b><i>Skill Development</i></b></li><li>• <b><i>Race development</i></b></li><li>• <b><i>Athletic maturity</i></b></li><li>• <b><i>Perseverance</i></b></li><li>• <b><i>Leadership orientation</i></b></li><li>• <b><i>Team Commitment</i></b></li><li>• <b><i>Parent-swimmer relationships</i></b></li><li>• <b><i>Injury prevention</i></b></li><li>• <b><i>Coaching philosophy</i></b></li><li>• <b><i>Coaching continuity/fluidity</i></b></li><li>• <b><i>Knowledge/competence</i></b></li><li>• <b><i>Coaches (prior) experience</i></b></li><li>• <b><i>Equipment</i></b></li><li>• <b><i>Group progression policy/criteria</i></b></li><li>• <b><i>Academic focus</i></b></li><li>• <b><i>Efficient training</i></b></li><li>• <b><i>Fun/activities</i></b></li></ul> | <ul style="list-style-type: none"><li>• <b><i>Time frame (horizon)</i></b></li><li>• <b><i>Compassion</i></b></li><li>• <b><i>Parent Education</i></b></li><li>• <b><i>Culture</i></b></li><li>• <b><i>Integrity</i></b></li><li>• <b><i>Discipline philosophy</i></b></li><li>• <b><i>Workout presentation</i></b></li><li>• <b><i>Planning</i></b></li><li>• <b><i>Goals setting process</i></b></li><li>• <b><i>Connection to kids</i></b></li><li>• <b><i>Daily monitoring of activity</i></b></li><li>• <b><i>Swimmer interaction</i></b></li><li>• <b><i>Value creation</i></b></li><li>• <b><i>Passion and perspective</i></b></li><li>• <b><i>Flexibility</i></b></li><li>• <b><i>Vision</i></b></li><li>• <b><i>Role models</i></b></li><li>• <b><i>Ego management</i></b></li></ul> |
|---|---|

# Goal Setting and Competition:

*"If you don't know where you are going, any path will do." unknown*

Goals are critical to maintaining focus and direction, but goal-setting should only be a **positive** aspect to sports and not introduce negative or self-defeating implications.

**1) Always begin with Big Picture Goals. They are the most significant part of goal setting and should include:**

- Attending practice and being on time
- Putting in extra time
- Training hard
- Training smart
- Being positive (even in challenging times)
- Being enthusiastic
- Supporting your teammates in achieving their goals
- Acting with integrity



**2) Once you feel you have accomplished these goals, move on to more specific goals:**

- Work on starts
- Work on streamlines
- Work on turns (always legal)
- Speed under water
- Work on breathing patterns
- Know race strategies

**3) After you feel you have been successful with the broader goals, and are willing to commit to specific goals, you should then:**

- Assess your realistic potential
- Talk to your coach
- Set goal times (use time standards as guidance)

## ***BIG picture***

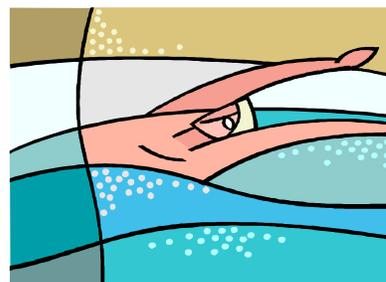
*Remember, whether or not you achieve a goal/time will have virtually nothing to do with your ultimate success as a swimmer and will pale in comparison to your ability to be successful in achieving the bigger picture goals. The latter will earn the respect of your coaches and teammates, while the former may earn you a medal. Stay focused on the big picture. Do the things necessary to promote a positive, long-term career. Learn the lessons of teamwork, hard work, focus, spirit, and enthusiasm. Many swimmers have gotten lost in the pursuit of times and records and missed the extraordinary benefits of youth sports. They focus on a random time, a time standard, a record, or another person. Attitude and effort fuel your career, your team, the sport, and your life – not one swim, or even one record. We, as coaches, have seen everything imaginable over the years, National swimmers that weren't swimming at 10 years of age, and county champions at 10 that weren't swimming at 14. There is no guarantee!*

# Competition

## Meet Checklist

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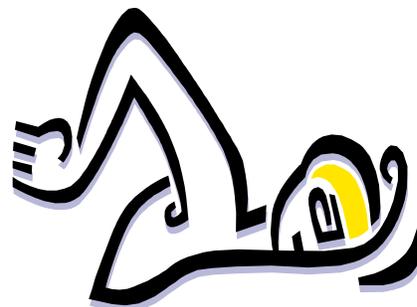
- Prepare the night before
- Bring: 2 pairs of goggles, 2 caps, team suit, team warm-ups, and a positive attitude
- Be there on time/early
- Wear (proudly) team attire
- Warm up with the team
- Do a good job in warm-up! Focus on technique and turns!
- Get to know the pool – wall, cross, flags, blocks, vision, etc.
- Be at the team meeting on time
- Be the loudest one during the team cheer
- Eat healthy
- Stay warm (or cool) and off legs
- Stay in the team area
- Know what events you are swimming
- Check in with your coach before and after you swim
- Cheer for your teammates
- Stay to the end of the meet
- Always be positive!



## Race Checklist

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- Check in with your coach
- Mentally focus and relax
- Stretch out/stay loose and warm
- Be balanced and relaxed on the blocks (at the start)
- Quick reaction
- Clean entry (minimum resistance)
- Tight streamline under water
- Speed underwater (foot speed)
- Well-timed break out (approach to surface)
- Know race strategy
- Have a breathing pattern (free and fly)
- Enter the turn with speed at extension (know stroke count for backstroke)
- Be legal on ALL turns (in and out)
- Rotate fast through all turns
- Streamline off the wall to the breakout stroke
- Finish fast (no breath for free and fly)
- Finish legally
- Warm down or stretch out
- Check in with coach/evaluate your race
- Find the value (positive) in every swim



**Backstroke Tip!** Use the colored flag that is in the center of your lane at each end to help guide you in and out of the walls during a race during a race.

## Be Careful Out There! Some “Safety Tips”

### ⇒ Starts:

Most false starts occur for one of two reasons. First, when swimmers “take their marks”, they come down with too much weight shifted forward. This sounds like an over simplification, but it is true. A safe start is one in which the swimmer comes down slowly and relaxed with their weight **balanced** evenly. The second most common reason for false starts occurs when swimmers come down tense with muscles tight, rather than relaxed, and anticipate the start. The body, especially the arms, should be **relaxed** and the swimmer should be patient and ready. Finding good balance and staying relaxed should eliminate **ALL** false starts.

### ⇒ Turns:

First, swimmers must understand what is illegal for a particular turn. Second, legal turns must be practiced every day, every turn. We ask the kids after a turn in practice, “would you put that turn in your “peak meet” race?” Another thing we ask the kids to do is to imagine a Stroke and Turn official at each end of their lane closely watching them as they swim in and out of each turn. An illegal turn in practice should be just as significant as one in a meet.

A false start or a DQ is not just an individual concern but a team issue as well. It can affect a team score, a relay, as well as the individual. A mature swimmers goal should always be to have no false starts or DQ’s during the season (including workout), and these tips should help.

## Make the “Bottom” the “Top”

Another misconception among many swimmers and parents is the “bottom of the age-group/top of the age group” scenario. Swimmers and parents tend to focus on the “up” year and neglect the “down” year. A more positive and productive approach would be to make the “down” year the critical year. Act as if it is your “up” year. Have a sense of urgency. Much of the work done in your “down” year will pay off the following summer. Keep attendance and focus high and stay in lessons. It will not only benefit you in the current summer and the following “up” year, but it will make the team, your peers, and relays, that much better.

## Swimming and Water Polo *(BE AQUATIC!)*

The swimming/water polo tradeoff can be a challenging combination. Should you choose one or balance the two? Split your time evenly or roll with the seasons? Which will ultimately be a “better” sport for you? Which sport do you enjoy more? These are tough questions, but should all be answered at some point.

For some, water polo is their primary sport and swimming supports their goal of playing water polo in college. These individuals should strive to be the best “aquatic” athletes possible and additional training will add to their endurance, speed, and efficiency. For others, they enjoy the sport of water polo and choose to participate in their high school program, but maintain their focus on swimming, and their objective of swimming in college. The Orinda Aquatics coaches have water polo backgrounds as players and as coaches and have tremendous respect and support for the game. We have played a very supportive role for our swimmer/water polo players and allow them to gravitate to the commitment level that best suits their desires and potential.





## Fall Swimming Specifics and Policies



*“It is good to have an end to journey towards, but it is the journey that matters, in the end.”* Le guin

# U.S.A. Swimming - General

## ***Rec. Eligibility and U.S.A. Swimming***

The rule regarding “rec” swimming eligibility is very specific and strictly enforced. If a swimmer, who is in 8th grade or younger, trains with a U.S.S. team on or after January 1, he or she is ineligible for the following summer “rec” season\*. U.S.S. training must end by December 31. However, he or she may participate in lessons or clinics (not training workouts) defined by County rules. **High school swimmers** are allowed to train with a U.S.S. team until **February 1st** and remain eligible to rejoin their “rec” team the following summer. Our program will not jeopardize your summer “rec” eligibility in any way.

## ***\*OMPA Exemption***

Please find the specifics of the OMPA “Exemption” on the following page

## ***United States of America Swimming (U.S.A. Swimming)***

### **Website: [usaswimming.org](http://usaswimming.org)**

This is the national governing body for the sport and the organization, which registers athletes, sanctions events, and conducts local, regional, and national competitions.

## ***Pacific Swimming (PC)***

### **Website: [pacswim.org](http://pacswim.org)**

This is the Local Swimming Committee (LSC) which is an administrative division within United States of America Swimming. The general boundaries include a broad area in Northern California above Monterey. It also reaches parts of Nevada. Pacific Swimming is the second largest LSC in the nation.

## ***Swimmer Registration (U.S.A. Swimming Number)***

Every swimmer who participates in a workout for a sanctioned U.S.A.S. team or competes in a sanctioned U.S.S. meet must be a registered member of U.S.A. Swimming and have a registration number. This includes **all** Polar Bear Fall swimmers. This fee is **included** in your membership fee. The U.S.S. Registration cards will be distributed at each pool when they arrive.

## ***U.S.A. Swimming Insurance***

**Team:** U.S.S. sanctioned teams are provided with a general liability insurance policy covering U.S.S. activities such as approved meets, practices and other team events.

**Swimmer:** As an athlete-member of U.S.A. Swimming, swimmers are provided secondary accident medical protection.



## ORINDA-MORAGA POOL ASSOCIATION

### Year-Round Exemption *(has been extended)*

Date: December 10, 2007  
To: OMPA Member Pools  
From: OMPA Board of Directors  
Re: Temporary Addendum to Rules and Regulations Effective January 1, 2008

This is to notify all OMPA member pools that the OMPA Board of Directors has voted to temporarily modify its Rules and Regulations to allow a swimmer a one-time exemption to train with and compete for a USA Swim team from January 1st through the last day of competition of the Far Western Short Course Championship swim meet (usually the last weekend in March or the first weekend in April) of that same calendar year.

This addendum only applies to those swimmers that will be competing in the 11&12 and the 13&14 age groups for the same calendar year's OMPA swim season (i.e. a swimmer who is 14 years old through this exemption period but turns 15 before June 15th of the same calendar year would not be eligible.) These swimmers may not have previously trained with or competed for a USA swim team during any period of time from January 1st through August 15th.

Swimmers that elect to exercise this one-time exemption will retain their OMPA eligibility for that calendar year swim season but will not be eligible for County. The Exemption will be considered "used" for any swimmer that continues to train with a USA Swim team during the period regardless of the length of time (i.e. one day or 3 months).

**Please note that this addendum is intended to allow swimmers who are seriously interested in swimming year round a "one-time" opportunity to try USA Swimming for up to 6 or 7 months to see if that type of program is right for the swimmer without having to give up their OMPA team if it is not. It is not intended to be used for additional training opportunity for swimmers competing in the OMPA with no serious interest in swimming for a USA Swim team.**

***NOTE: Swimmers must begin with the year-round team in September, and not join in December or January.***

The OMPA Board of Directors requests that any swimmer considering using this one-time exemption have a meeting with the parents, the Rec coach, and the USS coach to discuss what is best for the swimmer. This addendum does not permit or allow any OMPA member club to organize and/or offer any workout during this Exemption Period, as this would violate Section 1.01(d).

This addendum precludes any OMPA member club from organizing their own (or jointly organizing) USA Swim Club to offer training for their member swimmers. As with all OMPA Rules and Regulations, it is the responsibility of the OMPA member club coaching staff and the OMPA families to make sure all swimmer eligibility rules are complied with.

Please notify your team members of this addendum to the OMPA Rules and Regulations. Any questions can be addressed to the OMPA Board through your team representative.

## Policies/Miscellaneous

**Attendance:** There is no attendance requirement. If your participation is strong, your chances of improving increase dramatically. However, if you can only come a few days a week, you can also improve if you concentrate and work hard. The key is focused repetition – improving everyday in some way.

**On time:** We realize that children are involved in many activities, but we would appreciate the parents' help in getting the swimmers to practice **on time**. It makes the workout run smoother and more efficiently. Also, we expect the swimmers to be quiet and attentive during the workouts.

**Communication:** Please encourage your children to communicate to us any questions, concerns, or needs they may have.

**Information:** We will use email as our primary form of communication. Please look for OA updates for workout and meet information.

### Phone Numbers:

Soda Center	<b>Pool office</b>	<b>925-280-3928 (rarely answered)</b>
Soda Center	<b>Marc's cell</b>	<b>925-899-2010 (emergencies only)</b>

**Questions:** Please use the website to contact a coach

**Emails:** We will send out emails with relevant/meet information as needed

**Rain Policy:** We will practice in light rain, but not if there is heavy rain or **lightning**.

**Parking:** Please drive carefully in and out of the parking lots, especially at night and when children are present.

**Facility Use:** Please do not leave valuables in the locker room.

**Fundraiser:** Each Fall Orinda Aquatics holds a **See's Candy** Fundraiser. Orinda Aquatics fundraises to supplement its budget and to ensure the continuation of all its programs. See's Candy offers great holiday gifts at reasonable prices. We offer prizes to top sellers and appreciate your support in helping the team with this fundraiser.

**6 & unders:** **All 6 & under swimmers should be able to swim one lap of Freestyle (with side breathing) at around 30 seconds and sound Backstroke**

**Team Attire** Team attire is available through NorCal Swim Shop in Walnut Creek. There is a merchandise form on the website (look for "optional" items).

# Meet Information

We generally attend two to three U.S.S. meets and host one inter-squad meet. The U.S.S. meets are designated “C/B/A+” (open to everyone), with the exception of the JO’s. Meets are not mandatory, however, we encourage swimmers to attend and enter a variety of events and distances.

**Entries:** If you plan on entering a meet, do it as soon as possible. Meets are sometimes restricted to a limited number of swimmers and late entries are not accepted. Please use the **on-line entry** format. Again, we also encourage swimmers to try new events (strokes and distances)

## **On-Line Meet Entry:**

Swim Meets are entered through an **On-Line Meet Entry** process with **Swim Connection**. Entering online makes entering meets easier and gives instant confirmation that your entry has been received. You do not need to be a member of swim connection to use the online entry.

## **Entering Meets Online:**

- Go to the **Pacific Swimming Website** ([pacswwim.org](http://pacswwim.org))
- Click the **Meet Schedule** tab and scroll down to the desired meet.
- Next to the meet, you will see **[meet sheet]** and **[online entry]**.
- **[Meet sheet]** is a copy of the meet information. It is a good idea to print out a copy for your own information. **[Online entry]** takes you directly to the swim connection online entry page. Simply follow the directions to enter the meet.
- You will need to know that our **Club Code is OAPB** and you need to know **your correct USA Registration number**. If you have not received your USA number yet – **simply click the Reg. No Pending Box**. Follow the rest of the directions to enter the meet.
- Most meets don’t allow for “No Time” entries. If you are entering an event that you do not have a time, simply estimate the time (be conservative – see below). Many meets are capped by a timeline or by number of entries allowed. Be sure to enter early to insure getting into the meet.

## **Entry Times:**

For first time 50-yard events, we recommend that you double the 25 yd. time and add 7 seconds. For first time 100 yd. races, we recommend that you double your 50 yd. time and add 14 seconds. For first time 200 yd. races, please see us. Be conservative when entering 200 yd. events.

**\*Timing:** It is mandatory that parents time at least one shift per day at meets. Shifts usually are broken down into 2-hour blocks. Do not sign up for meets if you are not willing to fulfill your timing obligation.



## Orinda Aquatics: Overview, Success, History



*“Come to the edge, He said. They said, we are afraid.  
Come to the edge he said. They came.  
He pushed them, and they flew.”* Apollinaire

## Year-round Swimming and Orinda Aquatics

It is the sincere desire of Orinda Aquatics that participation in year-round swimming be a positive experience for each swimmer and that swimmers join for the right reasons. The environment at Orinda Aquatics is a smaller, more intimate setting and we expect all members to be positive, team-oriented individuals. As such, the coaching staff will meet with each prospective member and a parent to discuss the nature of the program and the reasons for joining. After that meeting, swimmers are offered a two-week tryout (please find the **Try-Out form** in the documents section of the website) to experience the schedule, the commute, the workouts, the team, and the coaches. After that period, if both parties feel that it is the right decision, the family will register.

Because of the prevalence of summer league swimming, and the Orinda Aquatics Fall program, we generally do not encourage swimmers under the age of nine to train year-round. Through rec and Fall swimming, younger swimmers can experience a very positive, social, team environment while learning proper technique and developing an understanding and comfort with competition. In terms of progression in the sport, the coaches have extensive experience in guiding swimmers through the progression of summer league, Fall Swimming, year-round swimming, into high school programs, and on to collegiate swimming.

Regarding "who" should swim year-round, there are many myths (see below). Year-round swimming is not strictly for "stars". To the contrary, it is less about ability and more about desire. The vast majority of Orinda Aquatics swimmers, and USA swimmers across the country, begin from a novice or intermediate background. And because of their desire to swim, most develop to higher levels. While summer league swimming is the best introduction to the sport, there are many swimmers that need other things. Advanced swimmers may need to move on to higher levels of training and competition, while some swimmers may be more "distance" oriented as apposed to the sprint nature of rec swimming. Additionally, swimming has been a compliment to the sport of Water Polo for many athletes. Year-round swimming adds conditioning, speed, and technique, all valuable for serious water polo players. Feel free to contact a coach through email to discuss year-round swimming. And, again, OMPA swimmers may consider using the "Exemption".

### ***Objectives of Orinda Aquatics***

- To serve the swimming needs of the community through various programs
- To be a model program nationally
- To develop high-character athletes
- To develop a positive, high character team environment
- To create collegiate opportunities for all swimmers
- To provide the best coaching available anywhere
- To assist local teams and parents in developing summer programs and staffs

### ***Orinda Aquatics Themes***

- "It is good to have an end to journey toward, but it is the journey that matters, in the end." Le guin
- "Prepare the child for the path not the path for the child."
- ***Character first***

# Myths of Year-Round Swimming

## **You have to be "fast"**

*Over one half of OA swimmers are at the novice to intermediate level*

## **It is too hard**

*Our program is based on technique and "efficient" training for the long term, and not yardage. Our objective is to develop swimmers in a positive environment and not "burn them out".*

## **It is too serious/It is not fun**

*We want this to be a positive life experience. We try to position every aspect of the program with that in mind. However, discipline does breed very positive byproducts and life skills. Most of our swimmers view their teammates as family, and greatly value being a part of a positive, high-character, athletic group.*

## **The coaches only care about the "fast" swimmers**

*The coaches care about everyone that is sincere and cares about the team and the integrity of the program. Times have nothing to do with it.*

## **I am a water polo player**

*Many OA swimmers have played water polo. Elite athletes like Peter Varellas (MTSC, Campo, Stanford, Olympic Team) and Michael Sharf (OPP, Miramonte, CAL, US National Team), Max Parrague (SH, MHS, UC Irvine), and now Tor Jensen found year-round swimming and OA a positive and constructive addition to their training. We encourage water polo players to consider themselves as "aquatic athletes".*

## **I am not fast enough to swim in college**

*There is a college team for virtually every swimmer. From Division I to Division III, we have helped 90% of our graduating swimmers find great academic and swimming fits. Please see the College tab on the website for a listed of school/teams that OA swimmers have been a part of.*

## **If you're not a successful rec swimmer, you cannot have a successful swimming career (speed vs. endurance, talent vs. training)**

*We have had many "mid-level" rec swimmers develop into very complete high school and college swimmers. Some were not suited for the speed orientation of rec. swimming but adapted well to mid-distance races.*

## **Year-round swimming is too time consuming/takes time away from academics**

*To the contrary, year-round swimming has proven to enhance academic performance through the self-discipline, time management, and collegiate focus that swimmers develop.*

# Orinda Aquatics Accomplishments 2012-13

*(from a team of 150 swimmers)*

Ten National level swimmers

Over thirty (non-college) Sectional Qualifiers

Over seventy-five Far Western Qualifiers

OA placed 5<sup>th</sup> at Sectionals in December (Belmont Plaza)

Steven Stumph placed 10<sup>th</sup> at World Championship Trials and breaks Junior National Record – 200 Breast, 1:55.88

## Pacific Swimming Records!

- *Sven Campbell 17-18 100 Back 47.65, 200 Back 1:43.88*
- *Steven Stumph 17-18 200 Breast 1:55.88, 100 Breast (2012) 54.06*

## High School Success:

### Steven Stumph Breaks 13-year-old National High School Record held by Brendan Hansen! 53.39

North Coast Records broken or held by OA swimmers

- *200 Medley Relay: 1:30.52 - Campbell, Stumph, Ratchford, Sivesind*
- *200 IM: 1:47.52 - Stumph*
- *50 Free: 20.23 - Campbell*
- *100 Fly: 47.88 - Stumph*
- *100 Free: 44.22 – Campbell*
- *200 Free Relay: 1:23.35 – 2011(Strausser, Campbell, Zolintakis, Ashby)*
- *100 Back: 47.65 - Campbell*
- *100 Breast: 53.39 - Stumph*
- *400 Free Relay: 3:01.70 – Sivesind, Stumph, Ratchford, Campbell*
- *Sven, Steven, and Mary Ashby are named East Bay Athletes of the Year*
- *17 Swimmers make All-American consideration*
- *Ron Heidary is named East Bay Boys Coach of the Year*
- *50 NCS Qualifiers*
- *20 NCS Finalists*

USA Swimming Club Excellence: Silver Medal Team

USA Swimming Club Recognition: Level 4 (only ten on the west coast)

One of the best “small” teams in the nation (by USA Swimming Virtual Club Championships).

*For all teams in the U.S. (over 3,000):*

- *Ranked 5th in Pacific Swimming*
- *Ranked 11th in California*
- *Ranked 20th in Western Zone*
- *Ranked 83rd in the United States*

For teams under 150 members, we are at or near #1

Four USA Swimming Scholastic All-Americans



Donnie was elected to American Swimming Coaches Association Board of Directors (September) OA hosted 2013 Long Course Junior Olympics (750 swimmers) and did a GREAT job! Team finished 2<sup>nd</sup>.

World Ranked Paralympic swimmer, Megan Liang makes USA Emerging Team

Twenty open-water swimmers (Tiburon Mile, Lake Del Valle)

## ***Orinda Aquatics National Team***

- |                   |                                 |
|-------------------|---------------------------------|
| ✓ Steven Stumph   | <i>World Trials 2013</i>        |
| ✓ Sven Campbell   | <i>World Trials 2013</i>        |
| ✓ JD Ratchford    | <i>Nationals Short Course</i>   |
| ✓ Albert Miao     | <i>Nationals Short Course</i>   |
| ✓ Mary Ashby      | <i>Nationals Short Course</i>   |
| ✓ Hannah Grubbs   | <i>Nationals Short Course</i>   |
| ✓ Allison Stevens | <i>Nationals Short Course</i>   |
| ✓ Talbot Jacobs   | <i>Jr National Long Course</i>  |
| ✓ Gabe Ostler     | <i>Jr National Short Course</i> |
| ✓ Grant Sivesind  | <i>Jr National Short Course</i> |
| ✓ Megan Liang     | <i>U.S. Emerging Team</i>       |

**“Try not to become a man of success, but rather try to become a man of value.” *Albert Einstein***

**“Success is always temporary. When all is said and done, the only thing you'll have left is your character.” *Vince Gill***



## A Strong History of National Development and Academic Success

### Olympians

1. **Kim Vandenberg**—UCLA/Campo/MTSC (800 Free Relay, 2008-Bronze Medal)
2. **Peter Varellas**—Stanford/Campo/MTSC (Men's Water Polo, 2008-Silver Medal)

### Olympic Trial Qualifiers

1. Amy Thurman – UCLA/Meadow
2. Scott Lathrope – Stanford/MCC
3. Heather White – CAL/Miramonte HS
4. Tyler Angelo – Notre Dame/WC
5. Kristen Lewis – UCLA (current Cal asst)/MCC
6. Katie Arnold – UCLA/Springbrook
7. McCall Dorr – SMU/Las Lomas
8. Lauren Beaudreau – Richmond/Springbrook
9. John Dorr – USC Post-grad/Las Lomas
10. Lindsay Hart – Harvard/WC
11. Artemis Daphnis – Arizona/Sleepy Hollow
12. Katie Ure – UCSB/Sleepy Hollow
13. Lindsey Sharp – Washington/Sleepy Hollow
14. Zach Disbrow – West Point/Sleepy Hollow
15. Steven Stumph – OA current/Danville
16. Andrea Ward – UCSB, San Leandro
17. Sven Campbell – OA/Montclair
18. Chris Leon – Cal/Walnut Creek
19. Chris Peterson – UCSB/Pinole



### National Qualifiers

- |   |   |
|---|---|
| 1. Justin Chiles – Princeton/MTSC         | 13. Talbot Jacobs – Sleepy Hollow         |
| 2. Scott Metcalf – Harvard/MTSC           | 14. Mary Ashby – MCC (SC)                 |
| 3. Jillian Ochs – UCLA/Las Trompas        | 15. Hannah Grubbs – Campo Cabana (SC)     |
| 4. Jessie Krompier – Stanford/WC          | 16. Allison Stevens – MCC (SC)            |
| 5. Bob Stinson – Arizona/Dewing Park      | 17. Albert Miao – MVP (SC)                |
| 6. Tyler Schlenker – USC/Miramonte rec    | 18. JD Ratchford – (SC)                   |
| 7. Matt Lyon – CAL/Oakland                | 19. Jeffrey Strausser – Brown/Springbrook |
| 8. Taylor Dahl – UCLA/Springbrook         |   |
| 9. Aphrodite Daphnis – UCLA/Sleepy Hollow |   |
| 10. Quinn Fitzgerald – Yale/Oakland       |   |
| 11. Megan Baumgartner – Stanford/Marin    |   |
| 12. Elyse Corwin – Maryland/MCC           |   |

### US Open Qualifiers

- |  |   |
|--|---|
| 1. Maggie Bever – Washington/Montclair | 5. Chelsea Pfohl – NYU/Miramonte rec      |
| 2. Hope Thurman – UCLA/Meadow          | 6. Sarah Heath – Tufts/Springbrook        |
| 3. Kelsey Lewis – UCSB/WC              | 7. Dustin Luchini – UC Irvine/Davis/Rodeo |
| 4. Marisa Chang – Washington/OPP       |   |

### Junior National Qualifiers

- |                                    |  |
|------------------------------------|--|
| 1. Eric Tang – Columbia/Mira rec   | 19. Andrew Schneider – USC/Las Trompas     |
| 2. Darren Pagan – Columbia/Oakland | 20. Sophy Levy – UCSD/Oakland              |
| 3. Joe Unruh – Naval Academy/SHST  | 21. Lindsey Vance – UCSB/MCC               |
| 4. Shane Tutass – Columbia         | 22. Suzy Bagg – UCSB/MCC                   |
| 5. Kellen Ranahan – Cal Poly       | 23. Peter Conte – CAL (WP)/Meadow          |
| 6. Peter Varellas – Stanford (WP)  | 24. Bryan Zenoni – DVC/MTSC                |
| 7. Allison Shasky – UOP/Rancho     | 25. Dani Lachowicz – Dartmouth/Meadow      |
| 8. Marc Cavallero – UCSB/MTSC      | 26. Heather Prince – Colorado/MVP          |
| 9. Megan Kelly – Pepperdine/SHST   | 27. James McLaughlin – W. Point/Marin      |
| 10. Jenny Lyons – UCSB/SHST        | 28. Jessica Ivry – Emory/Meadow            |
| 11. Mark Shveyd – DVC/SHST         | 29. Max Parrague – UC Irvine/Sleepy Hollow |
| 12. Tanner Burke – Penn/LMYA       | 30. Kris Kao – UC San Diego/OPP            |
| 13. Alex Stuart – Ohio State/MCC   | 31. Sean Hauffer – OA/OCC                  |
| 14. Caroline Lukins – OA/OCC       | 32. Chris Chuck – OA/Las Trampas           |
| 15. Jill Jones – OA                | 33. Shelbi Luchini – OA/Rodeo              |
| 16. Andrea Ward – OA/San Leandro   | 34. Tommy Dowley – Cal/Rancho              |
| 17. Courtney White – OA current    | 35. Clay Sanders – OA current/Moraga Ranch |
| 18. Robbie Ashby – OA Current/MCC  |  |

### Collegiate Team Captains (so far)

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 1. Justin Chiles – Princeton          | 11. Zach Disbrow – West Point      |
| 2. Kristen Lewis – UCLA               | 12. Peter Varellas – Stanford (WP) |
| 3. Annie Reding – Columbia/OPP        | 13. Marc Cavallero – UCSB          |
| 4. Suzy Bagg – UCSB                   | 14. Becca Reingold – Middlebury    |
| 5. Maggie Bever – Washington          | 15. Colin Scott – Boston College   |
| 6. Lindsay Hart – Harvard             | 16. Dustin Luchini – UC Irvine     |
| 7. Kent Holland – Brown (WP)          | 17. Megan Lynn – Carleton          |
| 8. Jill Jones – Cal Poly              | 18. Isa Guardalabene – Dartmouth   |
| 9. Aly Levine – Williams              | 19. Caroline Lukins – Columbia     |
| 10. Shelbi Luchini – Washington State |                                    |

# OA Graduating Class of 2013

Average GPA – 3.7

Name/HS	Beginning !	College	Mascot !	Notes
<b>Steven</b> <u>Stumph</u> Campolindo		<b><u>USC</u></b> <b>Swimming</b>		OA Team Captain Perry Inspirational Award Five NCS records National High School Record 100 Breast 53.3/Jr Nat'l Record 200 Breast 1:55.88; Nat'l Junior Team
<b>Sven</b> <u>Campbell</u> Campolindo		<b><u>Cal</u></b> <b>Swimming</b>		Olympic Trials/Jr Nat Final Six NCS records 3 Pacific Records National Select Camp Scholastic All-American
<b>Megan</b> <u>Fuqua</u> Carondolet		<b><u>Boston College</u></b> <b>Swimming</b>		OA/High School Team Captain (2 years each) Hall Inspirational Award Sectional Qualifier Academic All-American
<b>Albert</b> <u>Miao</u> Miramonte		<b><u>UC Santa Barbara</u></b> <b>Swimming</b>		High School Team Captain All-American swimming NCS 2 <sup>nd</sup> /School Record National SC Qualifier
<b>Megan</b> <u>Howard</u> Miramonte	<b><u>US Naval Academy</u></b> <b>Swimming</b>			High School Team Captain Integrity in Aquatics Award High School All-American Scholastic All-American
<b>Megan</b> <u>Liang</u> Campolindo		<b><u>Franklin &amp; Marshall</u></b> <b>Swimming</b>		USA Emerging Team & Paralympic finalist Hall Inspirational Winner Pacific Swim Inspirational Award Winner
<b>Meghan</b> <u>Bicomong</u> Campolindo		<b><u>UC Santa Barbara</u></b> <b>Swimming</b>		HS Inspirational Award HS All-American/NCS final Grand Prix Qualifier Sectional Finalist Coach's Award

<p><b>Dominic</b> <u>Baldwin</u> Campolindo</p>		<p><b>Diablo Valley</b> <u>College</u> <b>Swimming</b></p>		<p>OA &amp; HS Coach's Award and Most Improved Sectional Qualifier NCS Finalist</p>
<p><b>JD</b> <u>Ratchford</u> Campolindo</p>		<p><b>Cal</b> <b>Water Polo</b></p>		<p>Swimming All-America Scholastic All-American NCS Record Holder National SC Qualifier</p>
<p><b>Colleen</b> <u>O'Brien</u> Campolindo</p>		<p><b>Hamilton</b> <u>College</u> <b>Swimming</b></p>		<p>OA Coaches Award Campo Varsity Inspirational Award Winner</p>
<p><b>Cameron</b> <u>Hoyh</u> Miramonte</p>		<p><b>Rider</b> <u>University</u> <b>Swimming</b></p>		<p>Sectional Qualifier DFAL Champion/NCS Finalist Eagle Scout, Most Improved</p>
<p><b>Mollie</b> <u>Larsen</u> Miramonte</p>		<p><b>Cal Poly</b> <b>Swimming</b></p>		<p>High School Team Captain Sectional Qualifier NCS Qualifier/DFAL Finalist Coach's Award Winner</p>
<p><b>Erica</b> <u>Muller</u> Campolindo</p>		<p><b>Pacific</b> <u>Lutheran</u> <b>Swimming</b></p>		<p>Coaches Award Winner NCS Finalist/2<sup>nd</sup> DFAL Sectional Qualifier</p>
<p><b>Conor</b> <u>Sullivan</u> Miramonte</p>	<p><b>Puget Sound</b> <u>College</u> <b>Swimming</b></p>			<p>Coaches Award Winner NCS Qualifier/DFAL Finalist Far Western Qualifier</p>
<p><b>Emily</b> <u>Giambastini</u> Acalanes</p>		<p><b>New</b> <u>Hampshire</u> <b>Swimming</b></p>		<p>High School Team Captain Scholastic All-American NCS finalist Sectional Qualifier</p>
<p><b>Megan</b> <u>Giambastini</u> Acalanes</p>		<p><b>Indianapolis</b> <b>Swimming</b></p>		<p>High School Team Captain Sectional Qualifier NCS Qualifier/DFAL Final Scholar Athlete</p>
<p><b>Sam</b> <u>Flower</u></p>	<p>Campolindo</p>	<p><b>U.C. Santa</b> <u>Barbara</u> <b>Water Polo</b></p>		<p>HS Inspirational Award All NorCal WP Far Western Qualifier</p>

<b>Jourdan</b> <u>Meltzer</u>	<b>Head Royce</b>	<b><u>Brown</u></b>		Academic All-American Stanford Med School intern JO Qualifier
<b>Lokelani</b> <u>Woolsey</u>	<b>Salesian</b>	<b><u>Hawaii</u></b> <b>Swimming</b>		High School Team Captain League finalist Far Western Qualifier
<b>Andrew</b> <u>Ringquist</u>	<b>Campolindo</b>	<b><u>Gonzaga</u></b>		Scholar Athlete Far Western Qualifier NCS top 8

## *Orinda Aquatics 2013 Collegiate Recap*

Orinda Aquatics had 29 swimmers competing for collegiate teams across the country. They carried on a tradition of excellence in academics, character, leadership (**Jill Jones – Cal Poly, Shelby Luchini – Washington State, Caroline Lukins – Columbia, and Isa Guardalabene - Brown were team captains**), and team commitment, and they continued to develop as both swimmers and athletes. They broke collegiate records (Andrea Ward, Katy Yeh, and Jenny Hu) and competed for teams winning Conference Championships (Brooke Woodward and Megan Freeman: Emory University, Sloan Caldwell: Claremont McKenna College and Chris Leon: University of California, Berkeley)

**National Connection:** Brooke Woodward – Emory University and Aly Levine – Williams College both competed at the NCAA DIII National Championships in Shenandoah, Texas in March. During the season Brooke earned three NCAA D3 Selection Times (200 Breast, 200 IM and 400 IM and Aly earned two D3 cuts (100 fly and 200 fly). Kristen Lewis, an OA Alum and past member of the UCLA Women’s Swim Team, is currently the Associate Head Coach for UC Berkeley’s Women’s Swimming and Diving Team which finished in 2<sup>nd</sup> place in Indianapolis at the NCAA D1 National Championships. Several OA Alumni earned their respective NCAA divisional cut times: Jeffrey Strausser – D1 “B” cuts (50 free and 100 fly), Andrea Ward – D1 “B” cut (100 fly), Hu – D3 “B” cut (100 Breast), Megan Freeman – D3 “B” cut (200 Breast) Congratulations to those swimmers and *all* of our OA alumni.

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### **In 2013 OA Swimmers competed at:**

Pomona	Emory (2)	Notre Dame	Duke
Cal	Middlebury	Fordham	Cal Poly (3)
Tufts (2)	Williams	Brown	Claremont McKenna
Pitzer	San Diego State	UC Santa Barbara	Lewis & Clark
Carleton	Georgetown	Diablo Valley	Grinnell
Washington State	Columbia	Darmouth	Franklin & Marshall

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**“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.” Aristotle**



## The Big Picture



*“It is not the mountain we conquer,  
but ourselves.”*

## Ultimate Success – The Big picture

*The virtues of commitment, spirit, teamwork, attitude, and effort will stay with you forever! Attitude and effort fuel your career, your team, the sport, and your life – not one swim, or even one record. The great lessons of sports and life are right here to be learned and enjoyed by everyone! Commitment to the process and the team, and not the time, has proven to be a shorter and easier path to success - and a path that everyone can walk! Winning is not controllable. Being great is.*



### The Mental Side: Attitude and Inspiration in workout

*This will be the most important aspect of your training and will make the most difference in your ultimate success and fulfillment.*

- BE FOCUSED** Come to practice with a purpose every day and a commitment to improve your strokes. *Strive to be better in some way than you were before.*
- PRIDE** Develop a pride in your effort and workout performance. Strive to be the best workout swimmer in practice or in your lane.
- BE POSITIVE** Help create a positive environment in practice, in the locker room, and at meets. You can make a positive or negative difference. It's your choice.
- AGGRESSIVE** Be aggressive about getting better. Swim and compete with a passion to improve and reach your goals.
- REMEMBER** "Perfect Practice Makes Perfect."
- SUPPORT** Care about your teammates. Don't be selfish. It will make a difference for them, and they will care about you. Go the extra mile:
- BE TOUGH!**
- *"He who is good at making excuses is seldom good at anything else."*
  - *"Don't mistake activity for achievement."*
  - *"Pain is temporary. Pride lasts forever."*
  - *"If you don't find the time to do it right, you will find the time to do it over."*
  - *Work-ethic will not guarantee success but it will guarantee character.*
  - *Without sacrifice, neither success nor failure will matter much.*
  - *Discipline as an athlete carries over into the rest of your life.*

## ***Good vs. Great***

The great ones choose discipline over pleasure.

The great ones don't give back. They just give.

The middle class competes. The world class creates.

The middle class loves comfort. The world class is comfortable being uncomfortable.

The middle class cares about themselves. The world class cares.

The middle class lives in delusion. The world class lives in reality.

The middle class is frustrated. The world class is grateful.

The middle class wants. The world class sacrifices.

The middle class has dreams. The world class has vision.



# CHARACTER CAMP



## *OA hosts leadership camp for young swimmers*

Orinda Aquatics offers its "Character Camp" to swimmers aged 10 to 14. It is run by Ron and Don Heidary, Head Coaches and Founders of Orinda Aquatics and Head Coaches of Campolindo and Miramonte High Schools. The Camp was organized to cover two tracts: one "wet" and one "dry" - a blend of classroom leadership discussion, as well as pool sessions which integrated technique and strategy with high-character training. Held at the Soda Center in Moraga, the camp ran during the afternoons the first week of summer break. In addition to their in-water clinics, there was also classroom time where each participant received motivational materials in addition to a cap and t-shirt.

### **The dry or personal side - covered non-swimming areas critical to swimming, athletics, and personal growth:**

- Putting Character First in Swimming and in Life (Attitude and Effort)
- Goal setting and the Big Picture (plus swimming and water balance)
- Support Networks – Relationships with Parents, Coaches, and Teammates
- The Swimming World and its Role in Your Life: High School, USS, Collegiate Swimming

### **The wet or aquatic track - covered areas critical to swimming development:**

- High-Character Training – Understanding and discipline
- Technical Fundamentals – Short axis and long axis balance and progressions
- Training/Racing Around the Walls – Starts, Turns, Finishes, Streamlining
- Race Strategy – Pace, Breathing

**Net proceeds were donated to support Orinda Aquatics' Charitable Swaziland, Africa Swimming Program.**

## Quotes, Attitude, & Inspiration

*The following quotes and sayings apply to swimming, to sports in general, and to life. We have tried to make these a part of our coaching philosophy and hope that you also find wisdom in them and benefit from them.*



- Never give up on what you really want. The person with big dreams is more powerful than the one with all the facts.
- Become the most positive and enthusiastic person you know.
- Commit yourself to constant self-improvement.
- Don't waste time grieving over mistakes. Learn from them and move on.
- Be a good loser. Be a good winner.
- Be modest. A lot was accomplished before you were born.
- Don't whine.
- Remember that overnight success usually takes several years.
- Improve your performance by improving your attitude.
- Be enthusiastic about the success of others.
- "Thoughts lead to feelings. Feelings lead to actions. Actions lead to results."
- "How you do anything is how you do everything."
- "Where attention goes, energy flows, and result shows."
- "If you are willing to do what is easy, life will be hard. If you are willing to do what is hard, life will be easy."
- "The most pathetic person in the world is the person who has sight but has no vision." Helen Keller
- "Being average means you are just as close to bottom as the top."
- If the going is real easy, beware, you may be headed down hill. – unknown
- The heights by great men reached and kept were not obtained by sudden flight. But they, while their companions slept, were toiling upward in the night. Thomas S. Monson
- Obstacles are those frightful things you see when you take your eyes off your goals. – unknown
- A big shot is a little shot that kept shooting. – unknown
- Problems are only opportunities in work clothes. - Henry J. Kaiser
- No dreamer is ever too small; no dream is ever too big. – unknown
- Failure is only the opportunity to begin again, this time more wisely. – unknown
- Great changes may not happen right away, but with effort even the difficult may become easy. - Bill Blackman
- Don't ask for a light load, but rather ask for a strong back. – unknown
- To reach a port we must sail, sometimes with the wind and sometimes against it. But we must not drift or lie at anchor. - Oliver Wendell Holmes
- He who seeks rest finds boredom. He who seeks work finds rest. – unknown
- Our greatest glory is not in never failing, but in rising up every time we fail. - Emerson

***"People make teams. Teams make people."***



**Letters / Articles**



*“The whole is the sum of its parts.  
Be a good part.”*

# A Letter to the Senior Group from Donnie & Ronnie

## **“The Big Picture”**

As time and years go on, we become more convinced that what can and should be gained from sports, is truly invaluable and can be life-changing. For the countless hours committed, the physical, emotional, and financial commitment, and the sacrifices made, there has to be more than a time at the end of this process. Every time we see a youth sports team, from t-ball to collegiate athletics, we wonder what will be the *real* reward from all of this. After thirty years, we have no doubt that sports does have the ability to effect extraordinarily positive changes in an athlete’s life. From a general youth perspective, you can walk through any mall, high school campus, or pool deck for that matter and see foundations of character and integrity slipping away. In swimming, we see too many careers unravel from overzealous parents and kids obsessed with times or ego. Both miss the big picture and they ultimately lose out in the broader areas of personal development and team environment. Energy and effort seems to flow into areas that actually break down a career rather than support its longevity. We see this all too often in rec swimming with the emotional overload and even in USA swimming with training overload. Parents ask their kids who they beat in practice rather than who they helped in practice and seem to care more about their kid’s time and place rather than their effort and attitude. There was an article in a national newspaper recently about the fundamentals in AAU (youth) basketball disintegrating due to the drive to be a “star.” And one of the main reasons cited was the NBA, the pinnacle of basketball. No one wants to be a character role model, let alone fundamentally sound. The process is getting lost and with it, so are the virtues of team commitment, work ethic, sacrifice, and on and on. Regarding respect and discipline, we talk to coaches regularly about how they are “losing the battle” with kids. The pull of apathy, self-indulgement, drugs, alcohol, insecurity, and bravado seem to trump integrity, service, humility, and discipline. Too many sports teams are dominated by ego over humility, selfishness over selflessness, disrespect over respect, and doing the minimum rather than embracing work ethic. It is not simply that there are a few problematic athletes on a team, but rather there may only be a few true character leaders, which brings us to your children and our team.

## **Our Mission as Coaches**

We would first though, like to reiterate our mission, philosophy, and intent, with regard to Orinda Aquatics, our coaching careers, and what we want to be doing with our lives. It is our intention and desire to be more than coaches, but rather partners with our swimmers on their athletic journey, and to a greater extent, partners on their life journey. Our ultimate goal is that four or eight years from now they are swimming at their very best, loving the sport, are leaders on their team, and are better people. And there is no one meet on that path that will define it more than the process reflected in the quote below, *“it is produced in the great manufacture of daily duty.”* We have always wanted this team and the environment to be different and to stand apart from the norm. The best and first way to achieve this is to care “intensely” about people and their well-being first and swimming second. We do not and have never viewed our relationship or support ending when practice ends or when we leave a meet. It is the least we can do for their commitment to swimming, to Orinda Aquatics, and to us. In short, your children have our unconditional support in the pool and out.

## **Our Team**

We would like to attempt to describe the team environment and try to do justice to this group. This has been unequivocally the greatest “character group” we have seen in thirty years. It may sound redundant as we praise them often, but we really do believe that this group sets a standard that is unmatched by any high school athletic group in the country. As we see teen trends drift in troubling directions, this group is doing the opposite. Our swimmers, your children, demonstrate not *some* of the qualities, but *all* of the qualities you would hope to find in the finest person, let alone athlete.

They possess humility rarely seen in young adults, or actually anyone. It is humility almost to a fault, and to a person. Whether new to the group, a four-year veteran, a beginning swimmer or a national qualifier, there is no self-promotion, no spotlight, *no* ego. Attention and praise is always deflected. On too many teams one can tell the

success of a swimmer by the way in which they carry themselves. On Orinda Aquatics, it almost seems to be a race to be the most humble as apposed to being the most celebrated.

As kids today are challenged with academic pressure, social pressure, and athletic demands, your children find balance, find a way to make it work, and succeed. They respect academics and embrace it as a foundation of their life. They are the community example, if not the national example of the quintessential student/athlete. While many can excel in one area, few can have the self-discipline to set an alarm at 4:45 in the morning, take pool covers off in the wind and rain, push themselves physically and emotionally every day (of the year), sacrifice countless opportunities, and simultaneously commit to the highest academic standards. It takes a special person to be a great student, a great athlete, and a great person in this day and yes, in this community.

Additionally, they could not be more respectful, helpful, supportive, and sincere. How many coaches, teachers, administrators, could walk away from fifty teenagers with *complete* confidence that there would be no drop-off in activity, effort, or focus, and that the thought of doing less would not enter anyone's mind? How many coaches can have a fifty meter pool set up for every workout without ever asking anyone to do anything? There is never a "why me" or a "do I have to" attitude. It is incredibly refreshing and a great source of pride to see even the least glamorous parts of swimming treated with such respect, and with a positive attitude. How many coaches can take forty athletes (of any sport) on a four day travel trip and have absolute assurance that their behavior would be impeccable - from everyone? Our team continues to rebuff the notion that kids need to be chaperoned. To the contrary, mature, caring, respectful, young adults do not. Oversight is always a character issue and not an age issue. They clearly prove that. Whether it is an activity at the pool or a cross-country trip, their character does not change and neither does the respect or behavior. We honestly feel sorry for teams, coaches, and parents that do not get to experience this. Most teams look for "leaders" or high character kids with a team captain-like mentality, that special one or two that might improve the environment and make the team better. College coaches want "good, positive, kids". That is our team. Not one, two, or five, but fifty.

A freshman boy climbs out of the pool asking to talk after he struggles through a hard set. Rather than making an excuse or complain because the interval or set was too hard, he apologizes for not doing better and vows to do better next time. A swimmer gives up a relay spot at a championship meet because he is "not at his best" and the relay goes on to win (and he had the fastest time of any swimmer in consideration). A swimmer, who when asked if she wanted to swim in college, replies, "I could not imagine my life without swimming," swimmers stand in the wind and rain for a "meeting" during workout without complaining, swimmers persevere through injury – with a positive attitude, seniors fix broken lanes lines, and swimmers thank *us* everyday for the practice. And the random acts of kindness and respect are too numerous to mention. They are daily occurrences. As an example of self-discipline, earlier this season Ronnie could not be at a few workouts due to a conflict. I asked if he needed me to oversee his group. He said they would be fine and he would email them the workout. I watched in awe everyday at their focus, maturity, and punishing work ethic as they painstakingly went through every detail of the workout, with no "supervision".

And this group rebuffs more myths than teen supervision. In a rec dominated community which that is sure that year-round swimming will only lead to "burn-out" and deficient academics, they again prove the opposite - that by doing something positive that you enjoy can actually be a good thing, and that strength in academics is really more about self-discipline than free time. Your children represent much more than swimming. Regarding "life lessons", they are life lessons and will be life's leaders. They are inspirational stories, individually and collectively. While they will be successful, it will be their humility, character, and work ethic that drive their lives and impact others. We thank them for putting "character (and the team) first" and thank you for sharing them with us and allowing them to represent this team as the pinnacle of youth sports and young adults. And we want to thank you again for your support and hope that you share in the pride of this great organization. **Donnie & Ronnie**

## Letters to the team from Graduating Seniors

### **Brooke Woodward**

To the past, present, and future Orinda Aquatics swimmers and families,

You are so lucky to cross paths with Orinda Aquatics. No quote, story, or video could ever fully explain the feeling and deep connection that this team provides its swimmers. Through commitment to this team we learn pride and purpose, sacrifice and discipline, and love and passion.

It is extremely hard to write this letter because I am not ready to leave the team that has been my backbone through the past six years. Reflecting on my Orinda Aquatics swimming career, I will never remember my times, the grueling sets, or any important meets. Instead, I will always cherish the lifelong relationships that I built over my years on the team and how they have changed me.

In life, we gradually shape our identities through our reactions to the people and environments that surround us, so we truly become that to which we are most exposed. For this reason, every Orinda Aquatics swimmer is incredibly lucky to be influenced by the team's philosophy, have access to the coaches' wisdom, and have the constant support of extraordinary teammates.

Orinda Aquatics is not a regular team. The pool environment is a haven where passion, dedication, unity, and character thrive. Our team truly lives its mission statement. Some outsiders may call it cultish, but it is hard not to be extremely close with those with whom you share morals, goals, and a lifestyle. In a community where drug and alcohol use increasingly threaten teenagers, Orinda Aquatics is a sanctuary that encourages us to pursue athletics, academics, and personal growth at the highest level. When the academic, athletic, and social pressures of high school hit, I found myself splitting my time between studying and training at the pool. Where schoolwork often seemed tedious, swimming became the exact opposite. This team has taught me how to live a life of value and leadership, but as much as I have grown from my years on Orinda Aquatics, it may be an even greater privilege to watch how the team has changed the life of many individual team members.

Ronnie and Donnie: you are blessings to our team, our families, and our community. No amount of description could truly do you justice. You are the cornerstone of the true purpose of athletics. Thank you for passionately showing us life's most important lessons and changing our lives selflessly and humbly. Thank you for teaching us humility, integrity, compassion, respect, honesty, work ethic, and commitment. Although you convey your wisdom through talks, quotes, stories and videos, we learn the most from watching how you live your daily lives. I could not have asked for better mentors, role models, and coaches, and I know my [friendships with you will last forever](#).

As my last summer weeks pass by, it's hard not to wish for a few more days, weeks, or even years to spend with the team. My largest fear as I head off to college is that I will not find a group of people who matches my Orinda Aquatics family. However, I know that the relationships formed on this team are ones which will last a lifetime and my class graduating means another fresh group of swimmers who are lucky enough to spend their high school swimming career with Orinda Aquatics.

To the teams past swimmers: thank you for being the framework for an incredible program and setting the standard for the years to come. To the team's present swimmers: enjoy the time you have left on Orinda Aquatics, soak up the lessons there are to learn, love everything for what it is and how it can help you as a person, and remember that your swimming career is not defined by your time on the scoreboard. To the team's future swimmers: I envy that you are just beginning your Orinda Aquatics journey and I wish you the best, continue to set the standard for the years to come.

Thank you Orinda Aquatics. From the bottom of my heart, my daily life will not be the same without you, but your message will always guide me. I will miss you. *Brooke*

### *Shelbi Luchini*

Now as I start to move into the future and head off to college, I would like to share how Orinda Aquatics has made me a better person and swimmer in every way. The first and most important virtue that OA has taught me is to live with the most impeccable character as possible. Character first is the motto of the team and whenever I am at a swim meet, I always see that character shine through in every OA team member. They are always cheering, encouraging and supporting their fellow team mates. My teammates are much more - they are my best friends. Every day I look forward to seeing them and I will miss them so much when I go to college. I will always cherish the times we spent together and I know we will continue to have amazing experiences in the future.

I have learned to be respectful, humble and to always look at the brighter side of a situation. I am so grateful that Orinda Aquatics has given me something that I never thought I could achieve in my high school career; confidence. This new found confidence that I now have has changed my life completely and I owe that all to this swim program because I can now walk with my head held high and look a person in the eyes without feeling uncomfortable.

The Orinda coaches are truly one of a kind. They are unlike any individuals I have ever met in my life. Donnie is one of the most sincere people I know; he can always help us to see the glass as half full. For example, he is always looking for ways to encourage us, either with articles or his own words of wisdom. Ronnie's friendship is something that I will cherish forever. There have been discussions beyond swimming that have included philosophy, religions, politics and diversity...I could go on forever. These discussions have helped me realize the bigger picture; life beyond swimming. Ronnie and Donnie have held us all to a very high standard throughout our years with Orinda Aquatics, and I believe that it has molded us into better swimmers, better teammates, better students, and most importantly better people, and I thank you from the bottom of my heart. I don't know if I truly understood the journey that I was about to embark on as I entered the OA family, but now as I move forward as a young woman, I realize the impact that this program has had on my life and will continue to have from this point forward. God bless all of you as you continue on your journey with Orinda Aquatics, and know that the OA family is always going to be right behind you every **stroke** of the way.  
*Shelbi Luchini*

### *Sean Haufler*

These past five years on Orinda Aquatics have been an enlightening part of my adolescence. Rather than recounting the details, I'd like to make my final farewell by addressing the swimmers. To the underclassmen: all of you are ready to become leaders.

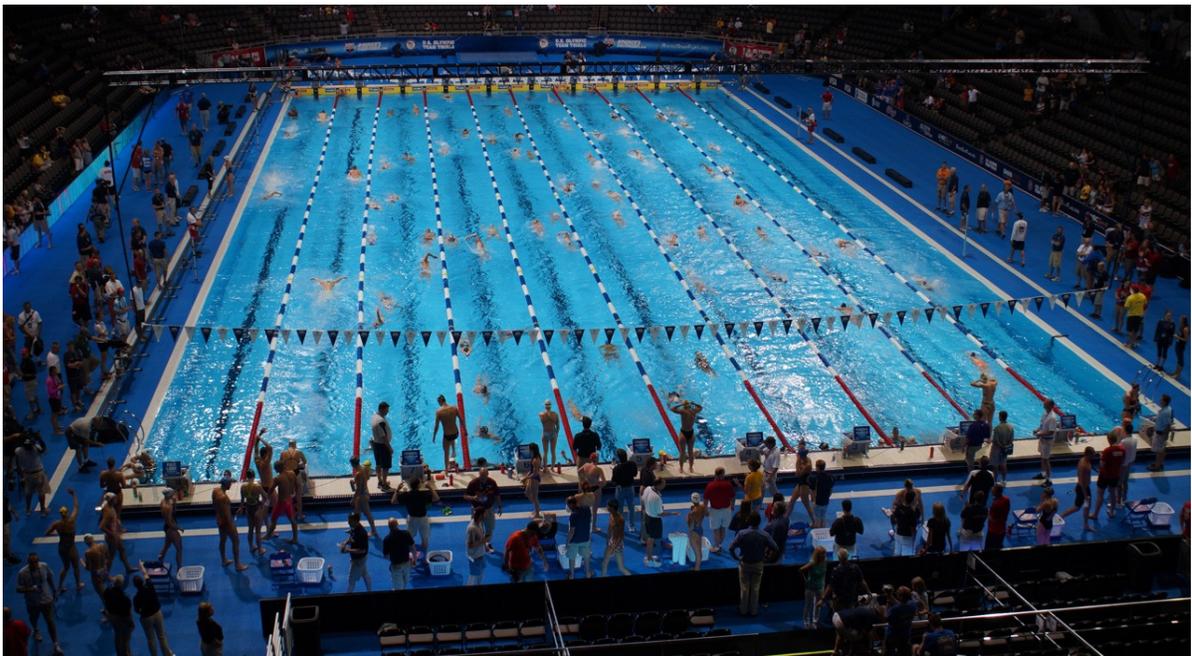
When I was a freshman, I looked up to Kris Kao. I strove to emulate Kris; he was a beast in workout and the nicest guy you could ever meet. Kris drove me to morning workouts my entire freshman year. During the summer, Kris scheduled for us to meet in Orinda at 5:20 for the 6 o'clock workout because he "liked to be early". Every day, for two and a half months, Kris would drive me to the Soda Center and then we would wait in his car for practice to start for about 25 minutes. Neither of us mentioned changing our meeting time so we could glean another few minutes of sleep. Rather, we bonded. We talked about swimming, Giants baseball, and life in general, developing a legitimate friendship. On days when I didn't have a ride home after practice, Kris offered to drive 15 minutes out of his way to bring me home. When I thanked him for his kindness, he

brushed me off. He say, "I'm happy to do it", or "Don't worry about it". I respected Kris's humility, but I still wanted to return the favor to him. Kris was just too generous, and I didn't know how to repay him.

After one particularly arduous swim meet, Kris once again went out of his way to drive me home. Again, I thanked him profusely. He replied, "You don't have to thank me. Just make sure when you're a senior, you give rides to another freshman. Pass it on." That statement stuck with me to this day. For the next three years, whenever someone on the team needed a suit for practice, they could have mine. When someone needed a ride, they got one. I was repaying Kris.

Kris Kao's attitude epitomizes the strength of character possessed by the entire Orinda Aquatics swim team. He put the team's interests ahead of his own. His unselfishness was, and continues to be, contagious. To the team: If I've given you a ride, pass it on. If I've done you a favor, pass it on. If you were on the receiving end of some tough love (\*cough cough\* Robbie Ashby), feel free to pass that on as well.

Finally, the viral proliferation of kindness on Orinda Aquatics is a byproduct of Ronnie and Donnie's coaching. Without their emphasis on integrity and "the big picture", none of this would exist. There is no freshman hazing on Orinda Aquatics, nor are parent chaperones needed on travel trips. The coaches are confident that every swimmer will "do the right thing". Thank you Ronnie, and thank you Donnie. Thank you for the coaching, and thank you for the life lessons. But most importantly, thank you for the team atmosphere of Orinda Aquatics. You created a positive feedback loop; every year, the character of the team gets better and better. Thanks to Matt, Dave, and all the parents and swimmers. See you next summer. [Sean Haufler](#)



**"If a man has any greatness in him, it comes to light, not in one flamboyant hour, but in the ledger of his daily work."**

*Beryl Markham, English adventurer and author (1902-1986)*



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## ETHICAL COACHING

A Character Backdrop and True Success

BY DON & RON HEIDARY, ORINDA AQUATICS

### **“Prepare the child for the path, not the path for the child.” unknown**

What is ethical coaching and why is it important? What role does ethical coaching play in athletic training and youth sports? Aren't coaches recognized for athletic performance? Should there be some dual mandate for coaches? Can't we leave the ethics to the parents? Are we even being paid for this?

### **“The Big Picture” - our View**

As time and years go on, we become more convinced that what can and should be gained from sports is truly invaluable and can be life-changing. For the countless hours committed, the physical, emotional, and financial commitment, and the sacrifices made, there has to be more than a fast time at the end of this process. Every time we see a youth sports team, from T-ball to collegiate athletics, we wonder what will be the real reward from all of this. After thirty years, we have no doubt that sports do have the ability to stimulate extraordinarily positive changes in an athlete's life. Too often in swimming, we see careers stray for the wrong reasons: overzealous parents, coaches with a single-minded focus on winning, kids obsessed with times or ego, and poor role models. Athletes become concerned more about who they beat in practice rather than whom they helped and seem to care more about their time and place rather than their effort and attitude (life skills). Energy and effort can flow into areas that actually break down a career



## The Race, by Dr. D. H. Groberg

Whenever I start to hang my head in front of failure's face, my downward fall is broken by the memory of a race. A children's race, young boys, young men; how I remember well, excitement sure, but also fear, it wasn't hard to tell. They all lined up so full of hope, each thought to win that race or tie for first, or if not that, at least take second place. Their parents watched from off the side, each cheering for their son, and each boy hoped to show his folks that he would be the one.

The whistle blew and off they flew, like chariots of fire, to win, to be the hero there, was each young boy's desire. One boy in particular, whose dad was in the crowd, was running in the lead and thought "My dad will be so proud." But as he speeded down the field and crossed a shallow dip, the little boy who thought he'd win, lost his step and slipped. Trying hard to catch himself, his arms flew everywhere, and amidst the laughter of the crowd he fell flat on his face. As he fell, his hope fell too; he couldn't win it now. Humiliated, he just wished to disappear somehow.

But as he fell his dad stood up and showed his anxious face, which to the boy so clearly said, "Get up and win that race!" He quickly rose, no damage done, behind a bit that's all, and ran with all his mind and might to make up for his fall. So anxious to restore himself, to catch up and to win, his mind went faster than his legs. He slipped and fell again. He wished that he had quit before with only one disgrace. "I'm hopeless as a runner now, I shouldn't try to race."

But through the laughing crowd he searched and found his father's face with a steady look that said again, "Get up and win that race!" So he jumped up to try again, ten yards behind the last. "If I'm to gain those yards," he thought, "I've got to run real fast!" Exceeding everything he had, he regained eight, then ten... but trying hard to catch the lead, he slipped and fell again. Defeat! He lay there silently. A tear dropped from his eye. "There's no sense running anymore! Three strikes I'm out! Why try? I've lost, so what's the use?" he thought. "I'll live with my disgrace." But then he thought about his dad, who soon he'd have to face.

"Get up," an echo sounded low, "you haven't lost at all, for all you have to do to win is rise each time you fall. Get up!" the echo urged him on, "Get up and take your place! You were not meant for failure here! Get up and win that race!" So, up he rose to run once more, refusing to forfeit, and he resolved that win or lose, at least he wouldn't quit. So far behind the others now, the most he'd ever been, still he gave it all he had and ran like he could win. Three times he'd fallen stumbling, three times he rose again. Too far behind to hope to win, he still ran to the end.

They cheered another boy who crossed the line and won first place, head high and proud and happy -- no falling, no disgrace. But, when the fallen youngster crossed the line, in last place, the crowd gave him a greater cheer for finishing the race. And even though he came in last with head bowed low, unproud, you would have thought he'd won the race, to listen to the crowd. And to his dad he sadly said, "I didn't do so well." "To me, you won," his father said. "You rose each time you fell." And now when things seem dark and bleak and difficult to face, the memory of that little boy helps me in my own race. For all of life is like that race, with ups and downs and all. And all you have to do to win is rise each time you fall. And when depression and despair shout loudly in my face, another voice within me says, "Get up and win that race!"

## Garrett McCaffrey - The Secret

I haven't discovered a magical training approach, or a coach who could take me to the levels I never achieved. I've just talked to enough people, and seen enough things to know that I was going about it all wrong. I figured out a secret. You ready for this? *There is no secret. It's all about you.*

I was the swimmer who was always searching for that magic ingredient. A suit, a routine, a pre race snack, whatever I could find that would take me to that next level. But there is no secret, no magic, no coach, no suit, no supplement, no particular training that will make you into an Olympian. The answer isn't external - it's internal.

It's a tough thing to accept. If you really take ownership of your swimming there are no more excuses. You can't blame a coach, a taper, a system, or any situation for your performance and that can be a lonely feeling at times. But when you realize that it's all on you, it can really simplify your swimming.

*I've seen so many successful programs that go at it in so many different ways. There are a million paths to the top of the mountain, and the one common factor at the top of the swimming mountain is the swimmer. Every single swimmer at the top of our sport believes in the program that got them there. You have to trust your coach. That is the imperative foundation to great swimming. You can still have input in your training and racing but it just simplifies your life if you trust in what you're doing. Once you've eliminated any doubt, you can focus on your own approach to getting to the top. Instead of worrying about whether you should be doing a certain set on a certain day, worry about how you're going to make the most of the set. It makes life simpler. But don't get confused between simpler and easier.*

Don't be fooled. You can fool your coach, you can fool your teammates, you can even fool yourself, but you're the only one who loses in the end. It's what makes our sport so pure. You can't hide behind teammates up on the block. There are always reasons not to push yourself in a practice or even a race, but the great ones don't ever think like that. Instead of thinking of reasons why it isn't going well or what else they SHOULD be doing, great swimmers think of how they can better themselves with what they ARE doing. Only you know what's really going on with your training, so only you can find ways to push it to new levels.

The bottom line is this. Our sport is an individual sport, and as much as coaches and teammates play a role, it's all about you. *So instead of worrying about what you're doing, worry about how you're doing it. There are no short cuts, there is no secret, but there is a choice.*

# Are Parents Setting Kids Up for Failure by Pushing Too Hard for Success?

By [Lylah M. Alphonse, Senior Editor, Yahoo! Shine](#)



Are parents harming kids by focusing on the wrong definition of success? No matter your socioeconomic status, as parents you want your kids to have a better life than you do. But instead of launching a generation of happy young adults who feel [driven to succeed](#), parents who are [hyper-focused on doing everything "right"](#) have created a country full of kids who are [stressed-out, burned-out, and depressed](#). According to psychologist and author Madeline Levine, "Our current version of success is a failure."

In her new book, ["Teach Your Children Well: Parenting for Authentic Success,"](#) Levine says that parents are preoccupied with "a narrow and shortsighted vision of success," and that we [rely on our kids to provide status and meaning in our own lives.](#) It's a harmful combination, weighing kids down with serious issues -- ["stress, exhaustion, depression, anxiety, poor coping skills, and unhealthy reliance on others for support and direction, and a weak sense of self,"](#) Levine says -- when we should be trying to teach them to be resilient and independent if we really want them to succeed in life.

When people are too caught up in finding the "right" way to parent, they can end up being physically present -- perhaps too much so -- but emotionally disengaged. "While you think you're giving your kids everything, they often think you are bored, pushy, and completely oblivious to their real needs," Levine writes. A child's ability to succeed in life doesn't necessarily correlate to a parent's well-intentioned efforts anyway, says Bryan Caplan.

"Today's typical parents strive to mentally stimulate their children and struggle to protect their brains from being turned to mush by television and video games" pushing them instead to strive for academic success, [he told Yahoo! Shine.](#) "Yet by adulthood, the fruit of parents' labor is practical invisible. Children who grew up in enriched homes are no smarter than they would have been if they'd grown up in average homes." But as parents push kids to succeed -- and try too hard to shield them from failure -- [their kids are soaking up the stress](#) and increasingly unable to do anything without their parents' input.

"In the name of love, we parents have gutted our kids' sense of self-reliance and independence," [David Arthur Code](#), author of ["Kids Pick Up On Everything,"](#) told Yahoo! Shine in an interview. "It's as if we run out in front of our children, removing every obstacle from their path, or else showering them with positive reinforcement if they stumble. Sure, [they feel safe and protected and loved -- for now -- but they never learn how to confront failures in childhood when the stakes are low,](#) so when they become adults, they fold like a house of cards at the first adversity."

The result: A generation of kids and young adults who are afraid of failure, who engage in dangerous behavior in order to cope with stress they don't understand, or who don't know how to navigate life without their parents' guidance.

"The cost of this relentless drive to perform at unrealistically high levels is a generation of kids who resemble nothing so much as trauma victims," Levine writes. "They become preoccupied with events that have passed - obsessing endlessly on a possible wrong answer or a missed opportunity. They are anxious and depressed and often self-medicate with drugs or alcohol. Sleep is difficult and they walk around in a fog of exhaustion. Other kids simply fold their cards and refuse to play."

The solution? Levine suggests that parents step back and reevaluate what's important to them, create a new definition of success, and then focus on fostering resilience in their kids.

"How would you ever know if you were capable or not if you didn't have the opportunity to try, fail, and pick yourself up again?" she asks.

Levine says that parents who want to raise kids who can really succeed in life should focus on teaching them these life skills:

- **Resourcefulness.** Teaching kids how to self-soothe, acknowledging that there may be several ways to solve a problem, and making them search for a solution slightly outside of their comfort zone can help kids learn how to make the most out of the situations in which they find themselves. That, in turn, helps them to be successful regardless of which path they take in life. But be patient -- children have limited resources, and it can take time to figure out what to do. It's tempting to try to rush them or, worse, save time by doing everything for them yourself.
- **Enthusiasm.** "Without enthusiasm, kids are just going through the motions," Levine points out. One major parental pitfall is expecting your kids to automatically admire the same things you do. Instead of pushing your kids toward your own goals, observe their interests and remember that their aspirations don't have to be the same as yours.
- **Creativity.** Academic excellence is all well and good, but some kids just aren't cut out for life on the Dean's list. The skills they learn from creative pursuits can help them learn how to think outside of the box, solve problems, and succeed in non-academic settings. Keep crafts within easy reach, Levine suggests, steer kids toward open-ended activities like reading and building with blocks, and offer plenty of positive feedback.
- **A strong work ethic.** "In addition to focusing on effort, persistence, and discipline, do make sure to notice other components of a good work ethic like integrity or the ability to communicate and collaborate," Levine writes. Make sure that the work your child is expected to do is reasonable -- expecting a kindergartener to perform like a second grader just sets him up for failure and you for disappointment -- and be sure to show them that you can embrace hard work as well.
- **Self-efficacy.** Along with having good self-esteem and self-control, self-efficacy -- the belief that we have a measure of control over what we do with our lives -- is crucial to success. "Don't project your own anxiety as your child moves forward," Levine writes. Doing so prevents kids from pushing past existing boundaries and trying new things, and robs them of their ability to solve problems on their own.

"We do not have to choose between a children's well-being and their success. Both are inside jobs. They are developed when kids are guided and encouraged to build a sense of self internally" Levine writes. "Ultimately, it is only our children themselves who pass judgment on their success, or lack thereof, in their lives."

## Steward: 'Until It Hurts' strikes painful chord for parents

By Carl Steward 04/23/2009

THERE ARE at least a dozen books available on the subject of youth sports and the problems and dangers of adult overindulgence in kids' games. I often wonder how many of them are read, let alone heeded.

Having been a youth sports parent/coach myself for the better part of a decade, I'll be frank: I don't see them having enough impact. More kids than ever are being pushed harder in sports at earlier ages. They're specializing in particular sports before puberty with fathers and mothers meticulously monitoring their development. They are competing year-round on club and travel teams, with parents investing absurd amounts of money in personal coaching and training. Along the way, there's more work and pressure to succeed and a whole lot less fun.

Disturbing, but there's always the hope a book will come along that might sound a more resonant alarm bell, and perhaps it finally has been written. It's called "Until It Hurts: America's Obsession With Youth Sports and How It Harms Our Kids

The mere title of the book may put off many parents and coaches who believe they are overseeing their kids' sports regimens in a proper way. But as a unique approach to a compendium of personal stories and professional observations about adult abuses in youth sports, Hyman interweaves his own guilt. He confesses to abusing his own son's baseball life. Hyman's son Ben was a good young pitcher whose promise tweaked his father just enough that visions of grandeur clouded common sense. As a parent and coach, Hyman overtaxed his son's arm. The result was that Ben developed shoulder problems at age 14 and ultimately required reconstructive elbow surgery at 18.

Hyman ultimately learned the hard way that his son probably wouldn't have been good enough to earn a college athletic scholarship — the carrot that entices and deludes so many families — and wanted to write a book that reached out to otherwise educated, rational and loving parents who might be smitten by the same skewed fantasies.

"I think you're particularly vulnerable when your kids are in that 9-13 age, when you're uncertain what their future in sports might be," Hyman said. "You're particularly ambitious, because you really don't know what the limits are for them. I was in that very vulnerable ambitious period when my son was striking everybody out, and I thought he would always be striking everybody out. It disarmed me."

"I'm not expecting to change the world," he said. "My thought was to write a book that speaks from a parent's perspective to other parents, but also do it as a journalist. I don't believe there are bad parents. Every parent I spoke with loved their children. We're not debating that. We're talking about changing attitudes about what's appropriate for kids, what their physical limits might be and how we can respect that."

Hyman's book offers thought-provoking answers, but it's the personal ones that really hit home.

## **Butterfly**

A man found a cocoon of a butterfly

One day a small opening appeared

He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole

Then it stopped as if it could go no further

So the man decided to help the butterfly

He took a pair of scissors and snipped the remaining bits of cocoon

The butterfly emerged easily but it had a swollen body and shriveled wings

The man continued to watch it expecting that at any minute the wings would enlarge and expand enough to support the body. Neither happened

In fact, the butterfly spent the rest of its life crawling around

It was never able to fly

What the man in his kindness and haste did not understand:

The restricting cocoon and the struggle required the butterfly to get through the opening was a way of forcing fluid from the body into the wings so that it would be ready for flight once that was achieved

Sometimes, struggles are exactly what we need in our lives

Going through life without obstacles would cripple us

We will not be as strong as we could have been and we would never learn to fly

# Polar Bear Goal Sheet

*(Keep this and review often)*

It would be helpful for you to establish some "realistic" goals (see goal setting) for next summer. More importantly, you must be willing to work hard and do all the things necessary to move toward your goals. Please be very careful in establishing goals. At a young age goals can often do more harm than good. Young swimmers tend to make time standards bigger than the sport itself and often lose sight of the larger picture, which is their general development in swimming and personal growth. If you have any questions please talk to us.

**Main stroke:**

**Second stroke:**

**I.M.:**

## WHAT MUST I DO TO ACHIEVE THESE GOALS?

**Main Stroke**

**Second Stroke**

	Main Stroke	Second Stroke
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

**General Goals:**

- 1.
- 2.
- 3.
- 4.

**Training Goals:**

- 1.
- 2.
- 3.
- 4.

**Team Goals:**

- 1.
- 2.
- 3.

# Polar Bear Swimmer Profile

*(Optional to return to your Fall coach)*

**NAME:**

**TEAM:**

AGE GROUP NEXT SUMMER \_\_\_\_\_ TOP/BOTTOM

## BEST TIMES

Free	Breast	Back	Fly	IM

Please give us a BRIEF background of your recent swimming career:

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Please describe what we REASONABLY can do for you:

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# Testimonials

I just wanted to tell you how fantastic of a program OA is. I came to this team from an environment that could not have been more different, and before I made the switch I was thinking about giving up on swimming entirely. Your coaching, and the amazing fellow swimmers I met, helped to remind me why I fell in love with the sport in the first place. I just wanted to thank all of you for giving me the opportunity to enjoy swimming again. I am so glad that I came to OA. The program you have is truly incredible, and I'm grateful for having been a part of it.

OA Graduate

I wanted to once again say how much we appreciate your coaching and leadership. I've shared similar thoughts with you before, but feel that expressions of affirmation and gratitude are always worth repeating. Our child absolutely LOVES swimming...and we can thank you and your program for that! We continue to see confidence grow and the development of strength and skill in the water, as well as the deepening of friendships with her teammates. The team became is a safe haven and that is a tribute to your commitment to truly putting character first. Thank you for making our job as parents so easy in what could otherwise be a turbulent and difficult time - we continue to marvel at the competent and joyful young adult our child has become - THANK YOU!

OA Parent

"Knowing that my son has such a team of caring, professional, and motivating coaches in his life brings me a sense of comfort. It is an honor to be a part of OA, and I believe that I will never find another organization that will have such a positive influence on our family."

OA Parent

Coach Don and Ron (and all OA coaches and swimmers),

I have yet to visit an OA practice but I could envision and appreciate the focus, pride, and strength of character of the OA swimmers in the moment displayed on the magazine cover. I know OA swimmers set a wonderful standard managing, embracing, and ultimately mastering the challenges, expectations and opportunities of being leaders, teammates, and athletes on one of the coolest, character driven and successful swim teams in the United States of America.

USA Swimming Coach

This community knows that in you, we have a treasure. Thank you for your interest, your ethics, and your commitment to the character of our children. Thank you for being an anchor when kids are adrift. Thank you for your kindness and compassion towards my child and the team, whatever community or school they belong too.

Thank you very much. What you do for our kids in terms of helping them develop their sense of character while building their esteem and friendships is remarkable. I believe it is a chapter of their upbringing that our kids truly cherish on their way to becoming young adults, and I know they will take it with them and it will influence them in positive ways their entire life. Parent (of graduate)



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participation and support!**

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