

Orinda Aquatics



Clavis 2013



PACIFIC SWIMMING



7FT Juanita Memorial Meet Champs - Clovis, CA 2/28-3/3, 2013

Many Ashby, Liv Baker, Dominic Baldwin, Tyler Bartis, Meghan Bicomong, Ryan Paul Cane, Mitchell Carlson, Sophie Catalanello, Sean Cavanaugh, Matt Cohen, zie Flath, Sam Flower, Charlene Funai, Megan Fuqua, Emily Giambastini, Megan Grubbs, Michaela Gwynn, Kimi Hata, Cameron Hoyh, Margaret Hunger, Noah Larsen, Tommy Larsen, Tyler Larsen, Katie Lee, Matt Lennon, Megan Liang, Morlock, Alyssa Mueller, Erica Muller, Anya Nugent, Colleen O'Brien, Gabe Reardon, Andrew Ringquist, Erin Schoenfeld, Megan Schussman, Ryan Shaw, Stumph, Conor Sullivan, Claire Therien, Kylie Van De Wyngaerde, Ariana Van Zhang, Coaches: Katie Kastes, Donnie Heidary, Ronnie Heidary

Birdsall, Sarah Boese, Lucia Brammer, Emily Byrne, Sven Campbell, Sarah Cudworth, Collin English, Katie Erickson, Lucy Faust, MacKen-Giambastini, Will Gittings, Elise Goetzl, Jolen Griffin, Hannah Jacobs, Talbot Jacobs, Miles Kalbus, Annie Larsen, Mollie Bryan Liao, Christine Lum, Jaurdan Meltzer, Albert Miao, Natalie Ostler, Jordan Owyong, Alex Paterno, Catherine Rack, Hayley Alex Shiemann, Maddy Spiering, Allison Stevens, Cole Stevens, Steven Ehrenkrack, Emily Ward, Lokelani Woosley, Michael Wright, Alec

Beautiful team picture courtesy of Fred Stumph

Integrity has no need of rules. Albert Camus

People must believe in each other, and feel that it can be done and it must be done; in that way they are enormously strong. Vincent Van Gogh

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” Margaret Mead

We would like to take a minute to recap an extraordinary trip and to acknowledge a unique group. We recently took seventy-five senior swimmers to Clovis for the Juanita Allington Memorial Senior Meet. There were 650 swimmers in the four-day competition, including teams from Northern California, Central and Southern California, as well as teams from Arizona and Utah. We have been traveling in the spring to this meet for a number of years and to San Diego prior to Clovis. This year we took the largest group we have ever taken on a travel trip. While we are used to travelling with very large groups, this year presented increased challenges, as we needed one Charter bus and two fifteen-passenger vans (with every seat accounted for). Additionally, feeding seventy-five teenagers in a timely manner can be a daunting task, but with *Stumph Catering*, the kids had lunch (made to order) delivered, and had a great dinner each night waiting at the hotel (see photo)! One key and very telling element of the trip (and the team) was that thirty-three of the seventy-five swimmers had *never* been on an OA travel trip. While virtually any team would view this as a recipe for disaster, on *our* team it was a flawless trip and a leadership model at its best. No swimmer was ever late (four trips a day), no swimmer was ever out of team attire, and no swimmer was ever out of their room after our post-dinner meeting. And those were issues that we as coaches actually had no concern over. Our concern was how positive and powerful could this group be, with so many new kids? How much leadership could the upper classmen impart, and how much spirit could be created on the deck. It was truly empowering. Our teams' presence was highly visibly, vocal, spirited, positive, and connected. We talked to the kids about the leadership (and growth) opportunity that this trip presented for each of us, and the opportunity to be an example for other teams across the country to show that this can not only be done, but it can be done *extremely well*, highly efficiently, and with an infectiously positive group. We hold true to our belief that travel can and should define not only the athletic process but the character of a team. This is why we pursue it so aggressively in size and scope. In a true character culture, chaperones should not be needed and mature kids should take pride in the respect and trust given to them. Our kids could not have been better. And well beyond behavior, the real power of the group and the trip was the incredible sincerity, friendship, respect, support, and love that they have for one another and it was on display each day (in white shirts) and each night (finals in red shirts) with kids cheering intensely for their teammates and friends, or swimming one of the seventeen ("J" relay for women and a "G" relay for guys) Medley Relays we entered. In conclusion, your kids were a part of something very powerful and very special. It is not only a privilege to coach them but a great pleasure to be friends with them. We could not be more proud of them and we thank you very much for supporting them to travel with us.

As far as the meet goes, we scored 1,457 point to win the meet, 600 points ahead of the second place team. Regarding performance, the team swam incredibly well: swimmers both shaven and unshaven, those new to the team, new to the group, and our experienced upperclassmen. There were breakout meets as well as inspirational swims from Emily Giambastini, achieving many best times after two years of injury-recovery (and intense challenge), and Colleen O'Brien (a daily dose of inspiration) whose milestone swim in the relay elicited even more excitement from her teammates than her.

We again thank Debi Stumph for all of her time and effort, and offer a very sincere thank you to the Jacob's and Giambastini's for keeping the team area, and the team, filled with cold water and fruit throughout the meet. And thank you for team shirt photo clearance from Talbot *and* Wendy, to Hannah for putting together a video recap of the trip, and to Fred Stumph for the beautiful team photo. But, most significantly, thank you to our extraordinary team for being the class of youth sports and for truly setting a character and a team example. ***Please look for: Detailed performance report (attached), Hannah's video, and an 8x10 team photo's compliments of Fred Stumph.***

High School: With about two months left in the high school season, we would like to remind the kids of a few things. While we swim well in the spring, we swim even better in May. The kids need to stay balanced with academics and if possible elevate their training and focus. They also need to manage the high school workout commitment and meet schedule to not lose training focus at OA. And finally, they need to understand as early as possible which events they will be shaving for as those decisions fall within the high school coach and team needs. Our training focus as a team will shift slightly to high school events and we will set up taper schedules for those shaving at league meets and/or NCS. Also, the "walk-on" meet is the day after NCS and we (OA) are hosting the meet. We will run one session short course and one session long course. All swimmers should plan on attending and swimming non-high school events while shaven down.

Clockwise: Bus (2 more vans behind it), dinner (BBQ!), Seniors!, the "white wall" (time trials), finals (in red).



Dear Ron and Don: I want to thank you very much. It is to me a wonderful joy driving and being involved with these kids and both of you. Their aliveness and kindness to each other, and your leadership toward them is an inspiration for me and my job as driver-trainer. It all makes this job great. Craig (the Clovis Bus Driver)