

Orinda Aquatics College Training



Welcome home and welcome back to OA. As we have stated repeatedly, we could not be more proud of you and what you have represented as an Orinda Aquatics student-athlete. The following information is being passed on from the Board of Directors and Donnie and Ronnie for liability purposes and to help manage athlete training. Moving forward, all swimmers must:

Registration:

1. Register with USA Swimming/Pacific Swimming

- This is required by USA Swimming and the Orinda Aquatics Board of Director for insurance and liability purposes (reg form on the website at REGISTRATION/COLLEGE)

2. Register with Orinda Aquatics

- This can be done on-line (on the website under **REGISTRATION/COLLEGE**). Options are:
 - Senior 4 – summer and all breaks for the year: \$450
This option is only for swimmers who will be competing and shaving with the group
 - Senior 1-3 - summer and all breaks for the year: \$350
Part-time swimmers who may or may not be competing will train in one of these groups
 - Group TBD: Non-summer breaks for the year: \$100

Training options:

To maintain training consistency and allow the coaches to manage groups, college swimmers will train in the group that matches their summer commitment and training ability. Coaches will place swimmers in one of the three groups:

- Senior 4: Full-time commitment, will shave down, and can train at a high level
- Senior 3: Consistent attendance, will compete, and can train at a fairly high level
- Senior 1-2: Part-time attendance, may not compete, training is flexible

Please note: we ask that any conflicts be communicated in advance.

Possible Competition (for 19&Over) – see OA Meet Schedule on the website

- OA CBA (if hosting)
- Senior Meets
- JO's
- Futures (qualifying times are in glass case)
- Western Zone (**19&U only**)/Far Westerns

Schedules:

- The workout and meet schedules (PDF's) are posted on the website under SCHEDULES.

Please return this form to Ronnie or Donnie with your planned workout and meet participation outlined on the back (or page 2 if printed from the website).

Contact Matt Ehrenberger with any registration questions, or and Ronnie with training questions. Matt can be reached at: matt2coach@comcast.net and Ronnie at: Ron@OrindaAquatics.org.

Name:

Group notes (coaches will assign):

General training commitment/schedule:

Meet plan:

Summer goals/objectives:

Other notes: