

Orinda Aquatics

- ✓ Training
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A Long-Term (healthy) Approach

with examples of improvement



In competitive swimming, there are dramatically different if not conflicting views on developing age-group swimmers. While long-term development and health and well-being seem logical, mainstream approaches to athlete development tend to work counter to these concepts. In reality, there is a true dividing line between short-term success and long-term development and we have seen this play out in our twenty plus years with the team. In a highly competitive landscape and a society oriented toward immediate gratification, short-term success is most commonly pursued by *all* interested parties; coaches, parents, and swimmers. We see this in the sprint (win) orientation of summer-league swimming, to the pursuit of national rankings by club coaches, to scholarships and college admissions by parents. It is often ironic that in most cases, everyone feels that they are acting in the athletes' best interest. It is increasingly rare to see anyone take a broad view of development from a technical, training, racing, emotional, and career perspective; to be patient. While immediate results are enticing to parents, many simply cannot envision a longer-term perspective (i.e. 6-8 years into the future) or plan as to what is best for their kids. It is also assumed that "fast" times at a young age are equated to high-level coaching, proper training, and continued improvement when the opposite may be true.

The quote, "begin with the end in mind" does not always apply to the development of age-group swimming. If the "end" is competing in college, training at a high level, swimming at one's true potential, swimming at a proficient technical level, loving the sport, and possibly leading the team as a captain, one would most likely shift the emphasis from high volumes or training intensity, to systematic efficiency-based training and emotional engagement. Too often, in the heat of the "battle" (every meet) though, these concepts lose any validity, relevance, and luster. Let's be clear, swimmers have success in every model but the critical analysis is where does the majority (not simply the talented) fall in terms of career longevity and at what point/age do they enjoy their greatest success?

From a training perspective, the most commonly used model is training or developing an "aerobic base" in the "aerobic window" of growth (11-13 for girls and 12-14 for boys). While this model is good from an aerobic, endurance, or fitness perspective, higher levels of volume and aggressive repetition can easily lead to stroke inefficiencies, mental and physical degradation, a plateauing of development, and potential injury (see Dr. Genadijus Sokolovas's article, *Too Much Too Soon* on the website). A second training philosophy, and one gaining in popularity among younger coaches, centers on speed and "race-pace" training, and virtually omits aerobic/endurance work and, most importantly, technical development. In the short-term, this type of training can significantly benefit swimmers who have good technique and stroke length (and natural ability). While this method has seen iterations over the past fifty years, there is no long-term data or consistency to suggest that it is either the best or only way to train. It should however be a critical training component in every program.

Training a swimmer aggressively with shorter, faster strokes (seen in many rec programs) in most cases is going to create a ceiling of improvement. If the training doesn't increase in intensity and strength isn't improved each year, the times will plateau. As much as a coach thinks he/she can make the stroke changes later, realistically it is difficult if not impossible. We have witnessed many national-level swimmers at 13-15 years old quit during high school and/or never improve in college, not to mention lose their desire and drive to train and to be an athlete. Swimming is even harder emotionally than it is physically, and endurance *or* speed- oriented training needs to consider the long-term implications from a technical and an emotional perspective. As mentioned earlier, ideally, training, efficiency, and emotional engagement escalate with age.

The philosophy of developing stroke length and balance early in a child's swimming career and building training *into* the stroke efficiency was and is the core of the OA program, and in our view, the single most critical aspect of athletic development. For younger swimmers in particular (even new swimmers in high school), the early training focus should be on stroke balance, length, efficiency, technical discipline (stroke counts, drill progressions, etc.), underwater technique and speed, as well as on turn technique and speed, and dive technique. This methodology has been at the heart of individual success (some outlined here), and team championships from the OMPA, County, North Coast, and Junior Nationals. Additionally, Orinda Aquatics has been the highest performing team in USA Swimming in our size range (under 150 swimmers), over the past fifteen years in USA Swimming's Virtual Club Championships. Additionally, our percent per capita of Sectional to National level swimming development and college participation is as high as any club.

While we want younger swimmers to be competitive, the focus shouldn't be to train aggressively to "swim fast now". It should be to **have a long-term development approach, to improve every day, and to have a plan to intelligently and systematically improve over many years.** Three reasons as to why we came to embrace this philosophy are: 1) from ourselves having been in a yardage-based program absent of technical development, and as a result, leaving the sport far too early, 2) watching many local and national club teams over-train young swimmers and seeing them burn out both physically and emotionally, and 3) being witness to OA swimmers' countless positive developments, experiences, and reflections over careers, *and* in retrospect, in life.

Anecdote: Fifteen years ago we were at a US Open meet at Auburn University with a group of about ten kids. **David Marsh** (at that time was the Auburn University Head Coach and winner of multiple NCAA Championships, and now the U.S.A Women's Olympic Coach) approached us to tell us how much he enjoyed watching our kids swim. We shared with him our training philosophy and focus and his response was, **"Most coaches just don't understand that it is easier to speed up a long stroke than it is to lengthen a short stroke."**

In sum, the philosophy that we strictly employ is a balanced, healthy, long-term approach to development which includes a gradual increase in training, and an emphasis on stroke **length, balance, timing, and efficiency.** Our view is that regardless of speed or endurance, if a stroke is not efficient, balanced, *and* lengthened, then neither speed nor endurance will matter when the athlete reaches full physical maturity. Endurance training without technical focus and discipline will often lead to technique breakdown, burnout, and potential injury. **This is explained in detail in our "National Development Plan" on the website.**

We feel our philosophy has been extraordinarily successful over the last twenty years and has proven to be **what is in the best interest of the kids** both athletically and emotionally. The large majority of our swimmers improve through high school and college. OA typically has near 90% of graduating high school swimmers competing in college, with a high percentage of swimmers continuing to compete and improve three to four years into college. Ultimately, the point is not to sacrifice long-term development for immediate success, with the hope of maximizing a career in terms of performance and experience.

To put all this into perspective, valuable insight came from a coach voted ASCA Age-group Coach of the Year, Beth Winkowski from Dynamo Swim Club, a very large and successful club from Atlanta. She said, "Our philosophy is teach before you train." She said young swimmers should develop in all strokes and the coaches should NOT look to place kids on national top ten lists." Her assumption, as is ours, is that kids should continue to improve, train at higher levels, and look to swim in college. The physical, technical, and emotional base which is developed with age-group swimmers will either create a tailwind or a headwind for their progress.

A coach gave us a negative interpretation on this many years ago when we asked why coaches of young swimmers (age-group and even high school) seem to aggressively over train their swimmers, knowing these kids most likely still have four more years of college swimming after high school. He told us matter of factly, "If they swim fast when they are young, the club coach gets the credit. If they swim fast in college, the college coach gets the credit." People call these coaches "resume coaches". And it is actually ironic that they often justify their methods by blaming the college coach if the swimmer doesn't improve or burns out, and if the swimmer does do well in spite of the overtraining, they take credit for providing the proper foundation.

Finally, all swimmers should have:

- 🚦 General awareness, maturity, and discipline about stroke technique
- 🚦 A "penny in the piggy back" (an *every stroke matters*) mentality & pride in technique
- 🚦 Physical and mental discipline to focus (and improve) technique when fatigued
- 🚦 An awareness of stroke counts, stroke rates and under water kick counts/distance under water
- 🚦 An understanding of their inefficiencies or stroke flaws
- 🚦 Knowledge of drill progressions to "build the stroke" from kick to scull to stroke isolation to swimming

Also see: National Team Overview, Orinda Aquatics National History, and Stroke Development Summary Sheets

Ideally, the plan is three years and **assumes good attendance**: Year 1) develop stroke efficiency and balance, teach turn technique, train UW technique and conditioning; Year 2) build on technique specifics with efficient training, Year 3) train aggressively and fine-tune technique.

Example of proper progression for a Freestyle set for a boy and a girl over a three-year time frame: 10x100 Free

	General emphasis	Girls' Sets	Boys' Sets
Year 1 - girl 7 th grade - boy 8 th grade	moderate interval, swim best average with good technique, <u>holding a stroke count</u> and with good turns. It is not best average period. It is best average WITH 1) technique, 2) distance per stroke (stroke count), 3) good turns. Stroke count would most likely be 14-15.	10x100 Free @ 1:20, hold 14-15 strokes per lap (spl), work on technique and turns, ave 1:07	10x100 Free at 1:15-1:20, hold 14 spl, work on technique and turns, ave 1:04
Year 2 - girl 8 th grade - boy 9 th grade	same but tighter interval, holding a better average - stroke count may decrease by one.	10x100 Free @ 1:15, 14 spl, ave 1:05	10x100 Free @ 1:15, 13-14 spl, ave 1:01
Year 3 - girl 9 th grade - boy 10 th grade	set should be near "all out" with a long stroke and power kick, average is determined by the coach	* 10x100 Free @ 1:15, 13-14 spl, ave 1:02	* 10x100 Free @ 1:10, 11-12 spl, ave 58

* These types of sets typically can't be done well unless the swimmer has stroke length & efficiency and good walls.

Example of proper technique and training progression for Fly, Back and Breast

7 th grade	Fly	Back	Breast
Stroke emphasis – teach and develop	- proper head position, balanced and in line, DON'T TUCK CHIN - relaxed recovery – low and back of the hand lead - clean entry and catch in front of shoulder - timing of the 2-beat kick	- head position still - even rotation with head still - in line recovery (above shoulder) - clean, palm out entry - tight catch at or before the shoulders and parallel to the body	- streamline on everything - pulling, kick drills and swimming - timing of the breath on insweep – not on the glide or start of outstroke - keep pull in front - do all sets with a stroke count
Sample Sets	- 75s (by 25) kick fast, 1A, Swim - 50s 1A/Swim 4 black lines uw fast off each wall; focus on turns, uw, stroke balance	- 25s med speed with perfect head position, rotation, recovery, entry - 25s and 50s 38-40 stroke rate with good technique and 4 BLUW	- 50s 6-7 strokes per lap with good technique - 75s – 25 6 SPL med, 25 7 SPL med, 25 7 spl fast
8th grade	<p>Technique</p> <ul style="list-style-type: none"> - continue to develop technique - reinforce technique during moderate to aggressive training when fatigued, and during speed sets <p>Underwater Training General</p> <ul style="list-style-type: none"> - focus on underwater technique and speed during all sets - train underwater technique, speed and distance during all sets, including warm-up, warm-down, distance <p>Underwater Training Specific</p> <ul style="list-style-type: none"> - Fly & Back Training – 3 black lines min. (or kick counts) - Fly & Back Speed – 4 black lines min. - Breaststroke – all sets 4 black lines min. 		
9th grade	Fly	Back	Breast
Stroke emphasis	- teach proper head position, balanced and in line - teach relaxed recovery and clean catch	- head position still - even rotation with head still - in line recovery (above shoulder) - clean, palm out catch just outside of shoulders	- pull with flutter kick, always hold streamline, breath later, keep pull in front - 3 kicks pull & breathe – 3 kicks in a streamline - hold SL through kick
Sample Sets with training and technique expectations	8x25 @ :25 - 200 pace with good technique, stroke rate 4x50 @ :35 - hold stroke technique, good turns and UW 10x100 @ 1:30 1 Arm, Kick, 1 Arm, Swim – 1A breathe every other, uw 3-4 black line off each wall	Conditioning sets - 150s with medium stroke 34 SR and working all turns & uw 4+ bl - 100s at threshold interval holding technique and SC (36 SR) Speed Sets - 25s at 48 SR with good technique	Goal Sets - Girls 4x100 at 1:20 with 6-7 SPL - Boys 4x100 at 1:15 with 5-6 SPL

The examples below highlight many OA swimmers' dramatic improvement from age-group to the national level.

- **Heather White** came to our team at 10 years old as a very good swimmer but with short strokes and very high stroke rates. At 13, we made the decision to rework her strokes and train her more distance per stroke (DPS). Her 200 Back improved from 2:10 at age 12 with a stroke rate (SR) of close to 60, to 1:59.0 at age 16 with a SR of 40. She made **Olympic Trials** in the 200 mtr Back (2:17), 100 mtr Back (1:04.7), 200 mtr IM and 400 mtr IM.
- **Steven Stumph** swam with Donnie in 8th and 9th grade. He lengthened Steven's breaststroke, making him train at 5 strokes per lap and improved his turn technique and pull downs. Steven made Olympic Trials in the 200 mtr Breast as a freshman swimming in the Senior 2 Group and training distance per stroke. When Steven entered the Senior 3 group, it was very easy to continue build on the training. He eventually broke two Pacific Swimming Records in the 200 Breast, broke the **Junior National Record** in the 200 Breast (1:55.9), and set the National High School Record in the 100 Breast (53.3). Steven is currently a junior at USC and has broken the USC school record in the 200 Breast at 1:52.5 and won the Pac 12 Champs.
- **Kim Vandenberg** came to OA at 12 as a pure sprinter. We trained her Freestyle DPS, made her train at 14 spl, worked on stroke balance (low in-line recovery, balance on the breath), and made her swim and train for the 200 Free. Even though she won the 50 Free her freshman year at the North Coast Championship Meet and broke the 15-16 Pacific Swimming Record in the 50 mtr Free (26.3), her best freestyle event became the 200 Free (1:48.1 in high school). For Fly, we changed her flat, sprint stroke to a more efficient, rolling stroke with 1- beat kick to help feel the rhythm for the 200 Fly. Then we built the 2-beat kick into that stroke. The 200 Fly was her best event (1:58.9 SC in high school, 1:54 in college). During her college years at UCLA, Kim continued to improve. At the World Championships in 2007, she swam a 2:06.8 in the 200 mtr Fly which, at that time, was the second fastest time in US history. Her 200 Free long course became very competitive and at the 2008 Olympic Trials qualified fifth in the 200 mtr Free to make the **Olympic Team** for the 800 Free Relay.
- **Justin Chiles** came to OA at 12 from MTSC as a fast, talented OMPA high point. As primarily a sprint freestyler, we chose to slow him down and lengthen his stroke, which made him slower before he got faster. One Far Westerns meet when Justin was 14 during the 500 Free (he was not swimming well) his mother came up to us during the race and asked/begged if we would speed up his stroke. It can be frustrating to watch the other kids swimming much more aggressively (and inefficiently) and faster. However, three years later Justin won North Coast in the 200 Free (1:39) and was second in the 500 Free (4:30) and that was 15 years ago. After high school Justin continued to swim four more years at Princeton where he was **team captain, voted Most Inspirational**, and led the Tigers to the Ivy League Championship.
- **Chris Chuck** came from Las Trampas as a competitive rec swimmer but not a "superstar" by any means. He was a Breaststroker below JO times in the Jr Group. In 9th grade he committed to working on technique, pull downs and turns. He trained at 6 SPL. Entering his freshman year in high school his times were 100 yd Breast 1:07 and 200 yd Breast 2:24 yds. By his junior year he was 58 in the 100, 2:07 in the 200 and his senior year made **Junior Nationals** in the long course 200 Breast.
- **Courtney Whyte** is a perfect example of balanced, consistent improvement. She swam year-round her entire career starting at 6 yrs old. She joined OA at 10. Her time improvements in the 200 Fly (as noted below) are 11-12 2:17, 13-14 2:10, 15-18 2:02, college 1:56. She swam four years at **Notre Dame, was team captain**, and had her fastest time of 1:56 in her Senior year.
- **Katie Arnold** joined OA at 9 yrs old as a top rec swimmer from Springbrook. She swam all the strokes well but was primarily a backstroker. Her summary of development in the 200 Back was: 11-12 not competitive; 200 Bk 13-14 2:06.6; 15-18 2:00; college 1:55. Katie swam four years at UCLA, was All-American, and made **Olympic Trials**. (now works for USA-Swimming)
- **Lauren Beaudreau** joined OA at 12 yrs old as a top rec swimmer from Springbrook. She was primarily a breaststroker and was not strong in the other strokes. Her summary of development in the 200 Breast was: 11-12 not competitive; 13 yrs old 2:33; 14 yrs old 2:26, 15-18 2:15.1, college 2:11. Her summary of development in the 200 IM was: 11-12 not competitive, 13-14 2:13, 15-18 2:02, college 1:58, and qualified for the **Olympic Trials**.
- **Emily Ward:** Possibly the most dramatic improvement has come from Emily Ward. She began swimming summer league in San Leandro at age 7. She joined OA at 11 yrs old. Her only JO time in the Jr Group was in the 50 Free. She was passive in workout and poor underwater. Over the next three years she worked hard, focused on technique, distance per stroke and UW training. The times are from freshman year through senior year are: 100 Fr: 58.1 to 51.9 (split 51.3 in 400 FR), **200 Free: 2:14.0 to 1:50.8**, 500 Free: 5:53 to 5:05 (Dec Sr yr), 100 Back: 1:08.3 to 56.1 (**Junior Nationals**), 1000 Fly: 1:09.3 to 57.0

The following are profiles of additional OA swimmers showing their improvement from 11-12 to 13-14 to 15-18 and well into college. Many of these national level swimmers were not top Far Western Swimmers at 11-12 or 13-14 but through consistent hard work and effective, balanced training became outstanding high school swimmers and even better college swimmers. What this data should show is that there is not an urgency to swim fast at 12 or 13. If the technical training is sound and the swimmer is committed to the process, much greater improvement can come. While this list appears extensive, it is intended to show a history of positive development based on stroke development and controlled training.

Notes: UW = underwater; SC = stroke count; SR = stroke rate; SC = short course; LC = long course; **Yellow** = Jr National level or above

Swimmer (girls)	Event	11-12	13-14	15-18	Event note	Comments
Kim Vandenberg Joined age 12 MTSC UCLA	100 Fr SC	58	53.0	49.4	National HS record	UCLA; swam 4 years; All American; Full Scholarship; College times 200 Fly 1:54 200 Fr 1:47 200 mtr Fly 2:06 200 mtr Fr 1:58 Made Olympic Trials in 7 events
	200 Fr SC	2:05	1:55	1:48.1	Won NCS	
	500 Fr SC	No time	5:09	4:54	Won NCS	
	100 Fly SC	1:03	58	54		
	200 Fly SC	No time	2:14	1:58.9	Jr Nat record	
	200 IM SC	2:18	2:11	2:02	Unshaven	
	400 IM SC	No time	4:45	4:21		
	50 Fr LC	31	27.3	26.3	Pac Swim Record	
	100 Fly LC	No time	1:06.5	1:01.6	B Final Nationals	
	200 Fly LC	No time	2:33	2:16.7	Final at Nationals	
200 IM LC	No time	2:35	2:19.6	B Final Nationals		
<i>Notes: Free: focused on distance per stroke, trained all Free sets at 14 spl w 2-3 fly kicks off each wall, worked on long, balanced stroke; Fly: focused on stroke balance for 200 Fly and timing of 2-beat kick; emphasis on training UW speed for Fly</i>						
Amy Thurman Joined age 10 Meadow UCLA	100 Fr SC	55.3	53.3	50.5		Junior Nationals High Point; UCLA - Swam 4 years, Full Scholarship; made Olympic Trials in 4 events
	200 Fr SC	1:59.6	1:55.8	1:52		
	100 Bt SC	1:09.6	1:04.9	1:03.5		
	200 Bt SC	2:37	2:19.2	2:18.3		
	100 Fly SC	1:01.1	56.9	55.4		
	200 Fly SC	2:28	2:10.9	2:06.0		
200 IM SC	2:18.5	2:06.1	2:03.4			
<i>Focused long, efficient strokes; Free: trained CU 12 spl and regular Free 13-14 spl; Fly focused stroke balance and length; emphasis on training UW speed for Free and Fly</i>						
Katie Arnold Joined age 9 Springbrook UCLA	100 Bk SC	1:04	56.9	55.8		UCLA; All American; Full Scholarship; Improved all times in college; made NCAAs & Olympic Trials – 200 Bk 1:55
	200 Bk SC	2:14	2:06.6	2:00.7		
<i>Backstroke: emphasis on stroke balance, head position and catch; focused on UW speed</i>						
Lindsay Sharp Joined age 12 SHSTC Washington	50 Fr LC	31.9	28.8	26.9		U of Washington; Improved all times in college; 200 Fr 1:47, make Olympic Trials in 50 mtr Free
	100 Fr LC	1:05.6	1:00:3	58.1		
<i>Improved each year in high school. Won North Coast in 50 Free Sr year. Made Pac 12 Finals in 200 Free Sr year in college 1:47.</i>						
Hope Thurman Joined age 9 Meadow UCLA	200 Fr SC	2:06	1:56	1:51.2	Jr Nationals	
	200 Fly SC	2:29	2:13	2:04.4		
<i>Improved each year in high school. Trained all Free DPS at 13-14 SPL</i>						
Jillian Ochs Joined age 11 MTSC UCLA	100 Bt SC	1:13.8	1:06.3	1:03.2	Sr National time	
	200 Bt SC	No swim	2:28.9	2:22.3		
<i>Breaststroke emphasis was dive, turns speed, and pull downs.</i>						

Swimmer (girls)	Event	11-12	13-14	15-18	Event note	Comments
Heather White Joined age 10 Montclair Cal	200 Fr SC 500 Fr SC 100 Bk SC 200 Bk SC 200 IM SC 400 IM SC 100 Bk LC 200 Bk LC 200 IM LC 400 IM LC	2:05 5:23.5 1:01.1 2:10.2 2:12.2 4:42.6 1:13.0 2:41.0 2:35 5:45	1:55.7 5:11.3 58.9 2:06.5 2:07.0 4:30.0 1:09 2:22.8 2:25.9 5:08.2	1:51.3 4:56.7 55.9 1:59.0 2:01.9 4:19.0 1:04.7 2:17.7 2:19.0 4:56.2	Olympic Trials Olympic Trials Olympic Trials Olympic Trials	Cal; swam 4 years; partial scholarship; Improved all times in college; made NCAA – 200 IM 1:58, 400 IM 4:11
<i>Joined OA with all strokes short with very high stroke rates: Free: slowed stroke down, focused on distance per stroke and better recovery; Back: stroke rate was near 60 and swam flat with little rotation, changed stroke to more rotation and deeper catch to hold more water. In HS SR in 200 Back was around 40; trained hard on UW speed and it was a huge benefit for her in all her races.</i>						
Lauren Beaudreau Joined age 12 Springbrook U. of Richmond	100 Bt SC 200 Bt SC 200 IM SC 400 IM SC	1:11 2:36 2:19 4:56	1:06.6 2:26.8 2:11 4:42	1:03.7 2:15.1 2:02.5 4:27.2		U of Richmond; Full Scholarship; made NCAA's – 200 IM 1:58; 200 Breast 2:11
<i>When she joined she was weak in Fly, Back and Free and couldn't train Breast well; we work on stroke balance and DPS; Breast: trained at 6 spl and worked on stroke length and efficiency; heavy emphasis on turns and uw for all stroke which helped the IM.</i>						
Shannon Herman Joined age 9 SRVLA San Diego State	200 Bt SC 400 IM SC	2:42 5:04	2:27.2 4:48	2:19.2 4:26.7		San Diego State; Improved all times in college - 400 IM 4:20; college team captain
<i>Not a strong swimmer physically but had a good kick. We focused on stroke length and efficiency and trained sets at 6 spl. Did set 4x100 Breast @ 1:20 with 6 spl, ave 1:17</i>						
Jill Jones Joined age 11 Terrapins Cal Poly	100 Fr LC 200 IM LC 400 IM LC	1:06 2:45 5:55	1:02.9 2:36 5:35	58.2 2:24.8 5:05.8	Jr Nat time	Cal Poly; Improved all times in college; team captain ; 200 Fr 1:48 SC
<i>Changed Free to a straight arm stroke Jr year in HS. Sr year made Jr Nationals in the 100 mtr Free 58.2 lifetime best time. Developed in 200 Free in HS from 1:59 to 1:53 then dropped to 1:48 in college.</i>						
Courtney White Joined age 10 SRVLA Notre Dame	100 Fly SC 200 Fly SC 200 Fr SC	1:01.8 2:17.8 2:05	59.0 2:10.5 1:57	55.9 2:02. 1:51	College 1:56	Notre Dame; near full scholarship; Team Captain; Improved all times in college; made NCAAs, team captain ; 200 Fly 1:56
<i>Worked hard consistently and was very disciplined. UW was weak when she was younger but was much improved in high school and very competitive in college.</i>						
Caroline Lukins Joined age 12 OCC Columbia	100 Fly SC 200 Fly SC	1:12 2:29	59 2:13	55.3 2:05		Columbia; Team Captain; Improved all times in college; team captain
<i>Had asthma and shoulder issues in high school so we adapted her training. She swam well in high school making Nationals and continued to train and improve through her four years at Columbia.</i>						
Shelbi Luchini Joined age 12 Pleasant Hill rec Washington State	200 Fr SC 200 Bk SC 100 Bk SC	2:09 2:29 1:11.0	2:03.5 2:15 1:07.4	1:51.8 2:02.6 56.3	College – 200 IM – 2:01 200 Back – 1:59	Washington State; Team Captain ; Improved all times in college; team captain;
<i>Was very disciplined and hard working. Joined in the junior group from rec with primary events 50 Fr and 100 IM. In high school made Jr Nationals in 100 & 200 Back. In college swam 200 Back, 200 Fly and 400 IM.</i>						
Andrea Ward Joined age 12 San Leandro rec UCSB	100 Fly sc 500 Fr SC 200 Fly SC 200 IM SC 400 IM SC 100 Fly LC	1:12 6:18 No time 2:29 4:59 No time	1:05.3 5:28 2:14 2:19 4:42 1:16	56.5 4:57.7 2:05.5 2:03.2 4:23.1 1:03.2	At UCSB 4:47 At UCSB 1:55 At UCSB 1:00	UCSB; NCAA Finals; Improved all times in college; 500 Fr 4:47; 100 Fly 51.4, 200 Fly 1:55; made Olympic Trials
<i>Primary training focus in Free was DPS doing all sets at 13-14 SPL with good turns & uw. Trained all strokes with a focus on turn speed and uw speed which was a valuable base for her to continue to improve in college, to possibly the greatest overall swimmer in the history of UC Santa Barbara.</i>						

Swimmer (girls)	Event	11-12	13-14	15-18	Event note	Comments
Hannah Grubbs Joined age 12 CCC UCLA	100 Bk SC 200 Bk SC 100 Bk LC 200 Bk LC	59.8 2:13.2 1:13 2:41	58.4 2:05.3 1:07.5 2:28.5	55.4 2:00.4 1:05.3 2:22.0	Nationals	Swam at UCLA. NCS finals in 100 Bk and 100 Fly.
<i>Improved each year. Trained hard and focused on stroke balance and uw speed.</i>						
Mary Ashby Joined age 10 MCC Columbia	100 Fr SC 200 Fr Sc 100 Bk Sc 200 Bk SC	54.5 2:00.8 58.3 2:13.5	52.2 1:52.8 56.3 2:04.1	50.2 1:50.8 54.8 2:01.4	Nationals	Currently swimming at Columbia
<i>Very long strokes. Could train and sprint Free at 11-12 SPL. Also focused on uw speed in Free and Back. She will continue to improve in college as she builds strength and increases her stroke rates in Free and Back.</i>						
Scott Metcalf Joined age 12 MTSC Harvard	100 Bk SC 200 Bk SC 100 Bk LC 200 Bk LC	58.8 2:18 1:06.2 2:26.2	53.2 1:58.4 1:01.7 2:17.5	50.8 1:49.3 59.2 2:07.2	Won NCS Pac Swim record	Swam at Harvard
<i>Improved in 200 Back from 1:58 to 1:49 in less than two years. Worked on stroke balance, turns & uw and training aggressively with tempo trainer. At age 12 he was not competitive in the 200 Back.</i>						
Justin Chiles Joined age 12 MTSC// Princeton	100 Fr SC 200 Fr SC 500 Fr SC	54.0 2:01 5:19.0	51.0 1:50.00 4:54.9	45.8 1:39.9 4:30.6	Won NCS	Swam at Princeton; team captain; most inspirational
<i>Was very disciplined in training. Worked daily on technique, stroke count and stroke rate. One set he did was 5x100 Free @ 1:20. The criteria was he had to hold a 13.75 split each lap (55.0), hold 13 strokes per lap max, and maintain a 40 stroke rate.</i>						
Zach Disbrow Joined age 10 Sleepy Hollow West Point	100 Fly SC 200 Fly SC	1:09 2:41	1:00 2:11	50.2 1:52.6	West Point 100 Fly – 48.7 200 Fly – 1:48	West Point; team captain; made Olympic Trials in 200 mtr Fly Sr year at WP
<i>Joined OA at 11 and often struggled with the workouts and longer distance races. He worked hard and improved gradually each year. He made Jr Nationals in high school and went on to make Olympic Trials in the 200 meter Fly at West Point.</i>						
Scott Lathrope Joined age 11 Terrapins/MCC Stanford	200 Bk SC 400 IM SC 200 Bk LC 200 IM LC 400 IM LC	2:04 No time No time 2:30.4 No time	1:55.2 4:14.2 2:15.6 2:19.8 4:55.0	1:48.6 3:56.2 2:04.9 2:08.3 4:30.6	Pac Swim Record B Finals at Nat'ls B Finals at Nat'ls	Swam at Stanford 4 years; made Olympic Trials in HS
<i>An example of how stroke balance and efficiency can pay off in the 200 if the swimmer IS NOT powerful enough to be fast in the 100. Scott's best long course time in 100 Back 1:00.1 but did a 2:04.9 in 200 mtr Back and made Olympic Trials and made the National Junior Team. Scott made numerous consol finals at Nationals in the 200 Back and 400 IM. .</i>						
Shane Tutass Joined age 10 Columbia	200 Fly SC	2:36	2:01.88	1:50.8	Jr Nat time	Columbia; Swam 3 years
<i>Started OA at 9 and was not a strong swimmer. Got first Far Western time at age 14. Made Jr Nationals in the 200 yd Fly 1:50.7 at 17. Considering that his est time in 100 Fly was 50.5, the 1:50.8 200 Fly time is very impressive.</i>						
Tyler Schlenker Joined age 11 Miramonte rec USC	100 Bt SC 200 Bt SC 100 Bt LC 200 Bt LC	1:13 2:38 No swim No swim	1:05 2:21 1:15 2:39	57.1 2:03.0 1:06.4 2:24.8		Swam at USC.
<i>Started OA at 11 as a JO level Breaststroker. Improved in high school to make Junior Nationals in the 100 & 200 Breast.</i>						
Tommy Dowley Joined age 14 Campo JV Cal	200 Fr SC 500 Fr SC 200 IM Sc 400 IM SC	Age 15 1:57 5:10 2:12 No time	Age 16 1:44 4:46 2:01 4:19	Age 17 1:40 4:38 1:53 4:01		
<i>Started in high school after freshman year when he swam JV and was goalie on the JV water polo team. Improved to NCS finals and Jr National level. Swam at Cal.</i>						
Robbie Ashby Joined age 12 MCC Texas A&M/UOP	200 Fr Sc 500 Fr SC	No time No time	1:53 No time	1:39.9 4:29.9	Jr Nat time Jr Nat time	
<i>In the Junior Group swam primarily 100 Free and 100 Back. Sophomore year focused on mid dist Free and trained for the 200 and 500. All sets were swum 10, 11 or 12 SPL. Did 8x100 Free at 1:00 w 11-12 SPL. Senior year broke Campo team record in the 500 Fr</i>						

Swimmer (boys)	Event	11-12	13-14	15-18	Event note	Comments
Chris Leon Joined age 15 WCST Cal	100 Bt SC 200 Bt SC 200 IM SC		10th grade 1:01 2:09 2:11	12th Grade 55.9 2:02 1:56		USCB & Cal; made Olympic Trials in 200 Mtr Breast ; graduated from Cal–Sr yr lifetime best 200 Bt 1:56
Joined OA in 10 th grade. 100 breaststroke time in rec was 1:01. He was one of the hardest, most disciplined workout swimmers in OA history. He trained all Breast sets at 5 or 6 spl. His improvement was: 11 th grade 57, 12 th grade 55.9. Did most sets 5 or 6 SPL. Made Olympic Trials after freshman yr of college.						
Clay Sanders Joined after 10 th grade Campo JV / Duke	5:00 Fr SC 200 fly	10th grade 5:07 Didn't swim	11th grade 4:53	12th grade 4:38	At Duke: 1:48.0 – 200 Fly 5:34 – 500 Free	Made Jr Nationals in the 800 meter Free.
Joined OA after sophomore yr in HS. Swam JV in high school freshman and sophomore years. Worked hard and trained everything long DPS. Improved 500 Free times 9 th grade 5:15, 10 th grade 5:07, 12 th grade 4:38.						
Albert Miao Joined age 11 Miramonte rec UCSB	200 Bk SC 200 IM SC 400 IM	2:26 2:38 No swim	2:09 2:13 4:31	1:49.8 1:51.9 4:04.1		Swam Back (49.9) on 400 MR that broke the Pacific Swimming record
Joined the OA Junior Group as a mid-level rec swimmer. Improved each year to make Jr Nationals. Was recruited to swim at UCSB and is in his senior year.						
Steven Stumph Joined age 12 Blackhawk USC	100 Bt SC 200 Bt SC 200 IM SC 400 IM SC 100 Fly SC 200 Fly SC 100 Bt LC 200 Bt LC 200 IM LC 400 IM LC	1:05.6 2:19.03 2:09.7 4:40.4 1:02 No time No time No time No time No time	59.2 2:05.1 1:57.7 4:10.7 55.1 No time 1:08.7 2:30.4 2:15.7 4:55.0	53.3 1:55.8 1:46.7 3:50.0 47.7 1:48.8 1:03.3 2:15.2 2:03.9 4:24.3	National HS record Jr National record Won Jr Nationals North Coast Record Olympic Trials Olympic Trials Olympic Trials Olympic Trials	Finished Junior year at USC; won Pac 12 200 Bt sophomore and junior year; 9 th at NCAA's, broke the USC school record in the 200 Breast.
Breast – trained all speed sets at 5 SPL even in 8 th grade; Fly & Back trained UW speed aggressively. Didn't swim Fly as a freshman or sophomore, broke the North Coast Record in 100 Fly as a senior 47.7 mainly because of turn and uw speed.						
Sven Campbell Joined age 12 Montclair Cal	50 Fr SC 100 Fr SC 200 Fr SC 100 Bk SC 200 Bk SC 50 Fr LC 100 Fr LC 200 Fr LC 100 Bk LC 200 Bk LC	> 24.9 > 54.7 > 1:59 > 1:02 > 2:18 > 28.5 > 1:01 > 2:15 > 1:12 No time	22.3 48.0 1:48.2 53.2 1:58.0 24.8 53.8 1:59.3 1:00.7 2:14.6	20.2 44.2 1:38 47.6 1:43.8 23.2 50.9 1:52.6 56.3 2:02.7	NCS record// NCS record NCS record Olympic Trials Olympic Trial Olympic Trials Olympic Trials	Held 3 Pacific Swimming records; during his Jr year owned all or part of 6 of 11 North Coast Records: 50 Fr, 100 Fr, 100 Back, 200 MR, 200 FR, 400 FR. He anchored a 400 Medley Relay with 43.1 split on the Freestyle leg.
One of the most successful swimmers in OA history. Backstroke trained with efficiency at 40 SR and aggressive UW. 200 mtr Back improved from 2:08 to 2:02 in one year. Free trained everything DPS at 11-12 SPL working on recovery and catch. 200 mtr Free improved from 1:58 to 1:52 in less than 2 years. Made Olympic Trials in four events.						
Talbot Jacobs Joined age 10 Sleepy Hollow Brown	200 Fr SC 500 Fr SC 200 Fr LC 400 Fr LC	2:13 6:12 2:29 4:51	1:51 5:00 2:05.8 4:22.7	1:39.3 4:27.9 1:54.1 3:59.05	Jr National time Jr National time Jr National time .5 off Olympic Trials	
After a year of minimal improvement, changed breath side from right to left to help improve catch and stroke balance. Made Jr National times in the 200 and 400 mtr Free. Was .05 off Olympic Trials in the 400 mtr Free – it was one of the best swims in OA history.						
Jolen Griffin Joined age 12 Montclair OA Current	100 Fly SC 200 Fly SC 100 Bk SC 200 Bk SC 100 Fly LC 100 Bk LC	56.3 2:17 58.2 2:21 ? ?	52.8 2:01.6 53.9 2:04 58.9 1:04.7	48.2 1:50.9 48.7 1:52 56.5 59.5	Jr Nat time Jr Nat time NCS champ Jr Nat time Jr Nat time	
Continues to improve technique, turns and uw speed. Will develop more in the 200 Fly and Back and very good in those event in college.						