



# Orinda Aquatics

**2017 Swimmer Meeting**  
September 1, 2017



*It's time to ...*

# Cornerstones of Orinda Aquatics



At the Norcal Kids Triathlon, the OA kids saw there was one last 6 year old tackling the pool on her own, and this was their response without any adult prompting them. Proud of these kids!

## Organizational Overview

Orinda Aquatics published Character Book

Appreciate Your Parents – a different viewpoint

Coach Contact Information

General Notes

*schedules, attendance, bathroom, equipment, decorum*

Senior Group Focus

*2016-2017 review, 2017 expectations, early season emphasis, workout notes, goals*

Get Tough

**“On personal integrity hangs humanity’s fate.”**

*Buckminster Fuller*

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# *Orinda Aquatics Themes*



## **The Cornerstones of Orinda Aquatics and the “High-Character Athlete”**

### *Character*

- “Character is that which reveals moral purpose, exposing the class of things a man chooses or avoids.” Aristotle
- “Character is the basis of happiness, and happiness the sanction of character.” Santayana

### *Humility*

- “Humility is not thinking less of yourself, it is thinking of yourself less.” Rick Warren
- “Humility is the necessary veil to all other graces.” William Gurnall

### *Leadership*

- “When he took the time to help the man up the mountain, lo, he scaled it himself.” Proverb
- “When it is all over, it’s not who you were. It is whether you made a difference.” Unknown

### *Discipline*

- “Followers see the hard work they must endure to climb the mountain of success, while leaders see the success of climbing the mountain of hard work.” Unknown

### *Academics*

- “All of your scholarship, all of your study...would be in vain if at the same time you did not build your character and attain mastery over your thoughts and your actions.” Gandhi

# *Organizational Overview*

- **Orinda Aquatics Year-round swimming**
    - 150 members, 22nd year
  - **Orinda Aquatics/Polar Bear Fall Swimming Program**
    - 300 swimmers, thirtieth year
  - **Orinda Aquatics Masters**
    - 100 Members
  - **Orinda Aquatics High School Pre-season swimming**
    - 100 swimmers
  - **Orinda Aquatics Character Camp**
    - 35 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 a sponsor/partner of the NorCal Kids Triathlon and the Orinda Foundation
- 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 is regarded nationally for developing high-character, student-athletes, and for preparing swimmers for successful and healthy collegiate careers

# *Objectives of Orinda Aquatics*

- 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

# ***ASCA Publishes OA Character Guidebook***

## ***Developing High-Character Athletes and High-Character Teams***

Character First! reads items attached to Orinda Aquatics (Calif.) coached by brothers Don and Ron Heidary: from caps and shirts to license plate frames. At Orinda, they don't just talk about character, they live and build it every day. This manual is based on material the brothers have presented at ASCA clinics both in the U.S. and internationally. In over 360 pages, it goes through a team-based system to build character in your swimmers.

The brothers have presented material about developing character that they use daily at clinics run by ASCA both in the USA and internationally. They are hugely popular clinics because they "make real" what many of us "talk about" every day as a goal in our programs. Now, for the first time, Coaches Heidary have put together a written and illustrated manual and made it available exclusively through ASCA:

***"Character is the sum total of a person's choices."*** P.B. Fitzwater

**"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

**"Wise men, though all the laws were abolished, would live the same lives."**

Aristophanes

**From the article; Why is it so Hard to Become a better Person,**

**"The sad irony is that while goodness is the thing that we most want from everyone else, few want it most for themselves."**

**"Know who you are, and be it. Know what you want, and go out and get it!"**

[Carroll Bryant](#)

**"I don't know what your destiny will be, but one thing I know: the ones among you will truly be happy are those who will have sought and found how to serve." Albert Schweitzer**



# Appreciate your parents

a different viewpoint



# Coach Contact Info

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## General Notes

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### Welcome to everyone

- Please read the **letters from the graduating seniors (2017)**. These letters show the quality of the previous senior class and demonstrate the high expectations we have for our entire senior group.
- **Freshmen and New Swimmers** - It is important that you review the team policies and expectations for all new swimmers.
- You should receive weekly email updates – **please read them.**

### Schedules General

- **Know the meets you should attend**
- Know the workout and dryland times for your group.
- Conflicts - *let us know in advance and be honest.*

### Meets (see Meet Protocol)

- **Enter all meets that you should attend.** The email updates typically provide information on upcoming meets and entry deadlines. If you have any questions, please ask your coach.

### Attendance

- Keeping disciplined attendance is a growth process which is important.
- You are responsible for dealing with your attendance – not your parents. *“My parents didn’t wake me up on time” is not a valid excuse.*
- AM workouts are an important part of your training and development. You should make every effort to be at morning workouts.
- Homework is your responsibility to manage efficiently.
- TIME MANAGEMENT and DISCIPLINE are the keys to maintaining your attendance.

## Bathroom

- **You cannot leave your backpacks in the bathrooms during the day.**
- Please take your clothes/bags outside during workout as **there are occasional thefts**. You can also ask to store valuables in the coach's office.
- **You cannot use your cell phone in the bathrooms.**
- **Bathroom Decorum**
  - Behave maturely. Respect others' use: peers, younger kids and adults.
  - **During AM workouts, be respectful of the Masters swimmers in terms of bench use and showers.**

## Equipment

- **You should have an equipment bag with the necessary equipment with you every day.** Fins, snorkel, paddles are required - other equipment is optional. Team provides pacers, kickboards, pull buoys, parachutes, etc
- **HAVE A WATER BOTTLE WITH YOU EVERY DAY.**
- **DO NOT TAKE EQUIPMENT FROM SOMEONE ELSE'S BAG.**
- **PUT YOUR EQUIPMENT BAG AWAY ON THE HOOK. DO NOT THROW THE BAGS ON THE DECK OR THE GRASS. The alternative is worse.** (example: a dad's parenting of 8 yr old)
- Please take **better care of the training and dryland equipment**. Put everything away properly.

## General Decorum

- **Swim suits: Wear them tastefully and respectfully at all times**
- **Language: Use proper language, especially in the locker room, on the deck and in the pool.**
- **Behavior: Behave maturely and respectfully. Earn the respect you would like.**
- **Driving/Parking lot: Drive safely, in particular in the Soda Center parking lot. Shane's phone call.**

## Senior Group Focus

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### Last year review – short course & long course

- In many ways, it was outstanding.
- Developed a strong and fast senior group.
- This could be the best senior group in OA history (note: I didn't say that last year)
- The group is much more prepared, collectively and individually, to improve significantly.
- We had many breakout swimmers, and new many Sectional, Futures and Junior National swimmers.
- **highlight - some swimmers of the year:**
  - Spencer, Harry, Margaux, Maddie (Maddie & Margaux 400 mtr IM at FW – 5:10 & 5:11)
  - North Coast – boys 100 Fly had 5 OA swimmers in the top 8
- **Ups, Downs, More Downs, Big Up: Margaux – good SC Fall, poor spring, poor HS season, outstanding summer**
- **Highlight - some swims of the year:**
  - **Spencer Daily** 100 mtr Fly 55.9 (from 58.8); **Mason Thompson** 100 mtr Fly 56.4 (from 1:00.3 – remember **Husky Invite**), **Tony Moore** 100 mtr Breast 1:05.1 to win Futures; **Harry Flanders** 200 yd Fly 1:50.8 (from 1:59), 400 yd IM 4:01 (from 4:19); **Sam Ayers** 100 mtr Free 52.9; **Lizzy Follmer** 200 mtr Back 2:22.9 (from 2:26.8); **Margaux McDonald** 200 mtr Fly 2:22 (from 2:33), 200 mtr IM 2:24 (from 2:31); **Maddie Smith** 200 mtr Back 2:25 (from 2:35), 500 yd Free 5:00 (from 5:36); **Donavon Ballot** 200 yd Fly 2:03 (from 2:14); **Christian Markey** 200 mtr Fly 2://12 (from 2:22); **Arman Saghafi** 200 yd IM 2:01 (from 2:08); **Taylor Thomas** 200 yd Fly 2:14 (from 2:22); **Camille Valvur** 100 yd Fly 58.8 (from 1:07); **Olivia Tague** 100 yd Back 1:00 (from 1:05); **Ashleigh Loney** 200 yd Free 2:04 (from 2:14)

## For 2017-2018

### • **Be better in every way**

- **Be responsible and accountable (take ownership) for your swimming career.** Everyone can be better, and your increased effort to work harder and improve technique every day can transform your swimming career. (Emily Ward example)
  - **Better technical development – PERFECTION IS THE GOAL**
    - Everything has to be better
    - Dive technique - example flat dive; turn technique - example tucking chin
    - one example in every stroke – **1 inch in the catch can make a difference**
  - **Better Training**
    - More aggressive training
    - Better at matching up and competing with teammates in workout
    - Train aggressive to negative split, but not like Sam
    - Better Stroke Rate (using pacer) and Stroke Count training (Steven Stumph Bt set & OT)
  - **Better Dryland**
    - **Big picture on dryland** – the swimmers' long term plan, competing with your peers and how to balance it.
    - Generally, **dryland needs to be better because** it is a vital part of your overall training and it is an important part of injury prevention.
    - **You must be fully committed or you will not participate**
    - **Bridge**
      - You must **use the program consistently** by logging in, following the plan, and recording the data.
      - Bridge's general **benefit – whole body**
      - Do the exercises with max effort and good technique even if they are “easy”.
      - We will **incorporate a more strength/body weight** component to the dryland
      - Purchased 3 pull up/push up/dip bars – will add those exercises regularly
      - Would like to **record** pull ups, push ups, dips, sit ups, squats
  - **Better training commitment – two ways to look at this ...**
    - 1) You are casual and it is a positive activity.
    - 2) You make a full commitment and it becomes life changing. Make a full commitment in terms of attendance, work ethic, dryland, focus and intensity. *Examples: Tim Loew (banquet story); Andrea Ward senior year at UCSB; Emily Ward 8<sup>th</sup> grade times: 100 yd Back – 1:12 in season, 1:08 peak meet, Jr year HS 56 Jr National time.*
- **OA WORKOUT & TRAINING FOCUS** (see handout below)

## Early Season Emphasis

- **Get to know new swimmers and the swimmers in each group**
- **Learn and perfect drills in all strokes – Drill Sheets are attached**
- **Work underwater speed and conditioning**
  - Freestyle 2-3 dolphin kicks underwater
  - Backstroke 6-8 dolphin kicks underwater or 4-5 black lines

- Butterfly 6-8 dolphin kicks underwater or 4-5 black lines
- Breaststroke 4+ black lines on the pull down
- **Emphasize technique and distance per stroke (DPS) in all strokes**
  - Get familiar with an efficient stroke count for Freestyle and Breaststroke
  - Work on off-strokes for all IM swimmers
- **Kicking:** We want to improve the quality of our kicking in all strokes. Discuss fast kicking vs effort.
  - Improve kick speed and power
  - **50 Fly Kick without a board**, ex :35, :30, :26 – ex Emily Ward 100 Back
  - **25 UW timed kick – Fly, Back or Breast**

## General Workout Guidelines (see Beyond Attendance)

- **Be on time. Get in on time:** On time is 15 minutes early to be in the water when workout starts.
- **Warm Up:** Don't stop, play or talk. Work on your strokes and loosen up for a good workout. You can benefit from warm up.
- **Recovery** (between sets): Leave right away and do the recovery swims. If not, get on the deck.
- **Warm Down:** Do not stop or talk. Use it to allow your body to recover for the next day's workout.

## Goals

- Goals and expectations are important
- There are **Positive and Negative** aspects to goals and expectations
  - Positive – something to work towards, to help create focus and motivation
  - Negative – can create pressure and stress which results in poor performance and unhappiness
- There are Short-term and long-term goals
- There are Workout and development goals vs. time goals
  - **Development goals may be the most important. They can include:**
    - **Attendance goals** – making a certain number of workouts per week
    - **Training harder** and more intensely than you have previously
    - **Technical improvement** - Improving turns and streamlines, more focus on stroke development, better underwater speed

**Without a commitment to training and technical improvement – time goals are difficult, if not impossible, to achieve.**

**Our hope for the Orinda Aquatics Senior Group is that we create from the workouts, meets, social activities and relationships, a positive social atmosphere that will, to a certain degree, limit the need to pursue additional, outside social activities. In other words, this program can and should be a safe and healthy social outlet, and create long-term friendship bonds**

# Get Tough

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## Allow the coaches to help you (reasonably) become stronger and tougher mentally and physically

- Learn to deal with issues, fears, discomfort and disappointment
- One important reason is for us to prepare the swimmer for the highest level of college swimming of which they are capable – example below of swimmer who struggled in college

## The Butterfly

A man found a cocoon of a butterfly  
One day a small opening appeared  
He 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.*

### Ron Heidary

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**From:** [REDACTED]  
**To:** <coach\_ron@msn.com>  
**Sent:** Monday, October 18, 2004 11:46 AM  
**Subject:** check in

hey coach,  
its jill, just wanted to check in again and sorry it has been so long. Last week [REDACTED] told me to call you and tell u that my freestyle is really improving. That was about the highlight of the week, I really dont know if I can do this. Everything hurts and I feel like I am really out of place on this team. At first it was fun trying to swim with these girls, but after a month and a half its a little demoralizing. Every workout I feel like I bring them down because I come in so far behind. Dont get me wrong im very close to the girls in my class and they encourage me to keep going/that I am doing a good job, but I dont know. Maybe I just chose the wrong place. I try and stop and think if my heart is really into it anymore, but its hard when I dread practice every afternoon. Its starting to effect my schoolwork too, I cant stay awake in class and at night fall asleep in my books. I think I would have motivation if I knew the team needed me, but with nicollette and two others girls swimming way in front of me I know Im not necessary and probably will not travel (especially since the fastest highschool breastroker in the nation is probably going to sign this fall ). I really dont know what to do, and I havent told anyone about this, not even my parents or maggie. Its hard because I have never quit anything in my entire life and almost always been able to push through my problems in the past. On the other hand, just being apart of the athletic department is beyond amazing, and I feel so privileged to be associated with this team. Im so sorry to dump this on you, but I want your honest opinion and help, I hope your well and thanks for listening

[REDACTED]  
[REDACTED] our first meet is on Saturday

Group Structure

Meet Schedule

Meet Protocol

Workout Schedule

Criteria To Move Up

Beyond Attendance

The High Character Athlete at Workout

Drill Progression

Training Focus

email from college coach & Kim V Goal Sheet

IMX & Deck Pass

Supplements



# ORINDA AQUATICS - GROUP STRUCTURE



The groups (Junior & Senior) are divided by **age/grade, training ability, time standards, attendance, maturity, and performance.**  
The coaches will make the decision on the most appropriate group for each swimmer.



GROUP	WORKOUT	CATEGORY	OBJECTIVES
<b>JUNIOR 1</b> Focus Ages Technical Training Other Attend	<b>JO Development</b> Introductory 9-12 70% 30% skill focused/fun flexible	Standard Strokework Training Goal Sets Objective Workouts	-should be motivated to train beyond the summer season and meet minimum, competitive standards determined by the coaches; <u>legal in all strokes and be able to dive</u> -emphasis will be stroke technique, distance per stroke, starts, turns, and streamlining -training will be mild at 2,500-4,000 yards per workout; learn to feel and move through the water; prepare for 100 stroke, 200 IM and 200 Free; learn all the key skills -15x50 Free, 10x100 IM, 10x50 Stroke, 1,000 Free or Stroke with fins -improve/learn stroke technique; introduce training principals; work towards JO+ times -swimmers are encouraged to attend 3 to 5 workouts per week
<b>JUNIOR 2</b> Focus Ages Technical Training Other Attend	<b>JO/Far Western</b> development 10-14 50% 50% training education 70% (flexible)	Standard Strokework Training Goal Sets Objective Workouts	-should be self-motivated and meet minimum standards, ex. 5x100 Free @ 1:30 -improve technique, stroke balance, distance per stroke, starts, turns, and streamlines -training will be moderate at 3,500-5,000 yards per workout; prepare for 200 stroke, 400 IM and 500 Free; learn training principles and race strategy -10x100 Free @ 1:20, 10x100 IM @ 1:30, 1,500 Free or Stroke with fins -improve technique and conditioning to build training base; work toward FW times -swimmers should to attend 4 to 6 workouts per week
<b>JUNIOR 3</b> Focus Ages Technical Training Other Attend	<b>Far West-Sectionals</b> Senior develop. 11-14 40% 60% Leadership/dryland 80%+	Standard Strokework Training Goal Sets Objective Workouts	-should be motivated, committed, competitive at or near the Far Western level and pursue Sectional to Futures times -fine tune technique to develop stroke balance; improve pacing and race strategy -more aggressive training at 4,000-6,500 yds per workout; prepare for 200 stroke, 400 IM and 500 Free to the mile -15x100 Free @ 1:15, 15x100 IM @ 1:25, 10x100 Stroke on aggressive interval -develop mature training/racing habits and play a strong leadership role within the group -swimmers should attend 5 to 7 workouts per week (1 AM may be recommended)
<b>SENIOR 2</b> Focus Ages Technical Training Other Attend	<b>Western Zone +</b> competitive devel 9 <sup>th</sup> grade & up 40% 60% focused dryland 65%+	Standard Strokework Training Goal Sets Objective Workouts	-should be dedicated, goal oriented and positive -improve technique, turns and underwater speed; learn pacing and race strategy -4,000-5,500 yards per workout; prepare for 200 stroke, 400 IM and 500 or 1,000 Free -15x100 Free @ 1:15, 10x100 IM at 1:25 -work towards Western Zone times and Sectional level swimming; prepare for college swimming -swimmers should attend 5 to 8 workouts per week and ALL team meets
<b>SENIOR 3</b> Focus Ages Technical Training Other Attend	<b>Sectionals/Futures</b> training/leadership 9 <sup>th</sup> grade & up 30% 70% aggressive dryland 75%+	Standard Strokework Training Goal Sets Objective Workouts	-should be fully committed to swimming and goal oriented; consistent attendance is required to be in the group; swimmers will be accountable to leadership -perfect technique, turns and underwater speed; develop pacing and race strategy -must be able to train aggressively at 5,000-7,000 yards per workout; develop stroke 200's, 400 IM, and distance Free -15x100 Free @ 1:10/15, 15x100 IM @ 1:20 -work towards Sectional & Futures times; prepare for college swimming -swimmers are expected to attend 7 to 8 workouts per week and ALL team meets
<b>SENIOR 4</b> Focus Ages Technical Training Other Attend	<b>Futures/Nationals</b> training/leadership 9 <sup>th</sup> grade & up 20% 80% aggressive dryland 85%+	Standard Strokework Training Goal Sets Objective Workouts	-should be fully committed to competing at a National level and fully accountable in all aspects of leadership -perfect technique, turn speed and underwater speed; perfect pacing and race strategy -train intensely at 5,500-8,000 yards/workout; prepare for 200 stroke, 400 IM, Dist Free -20x100 Free @ 1:10, 15x100 stroke; aggressive stroke rate training -swim at a high level with discipline & maturity; prepare for competitive college swimming -swimmers are expected to attend ALL workouts and ALL team meets

### Group Notes:

All senior swimmers, beyond these guidelines and objectives, are expected to demonstrate the highest level of character and integrity and move toward a leadership role on this and all teams in which they participate. Swimmers who are not at or near the time standard for a group may be considered to move up if they are extraordinary in other areas such as training ability, attendance, maturity and leadership. 8<sup>th</sup> graders may be moved up if they meet the criteria for the senior group. This will be the coaches' decision.

# Orinda Aquatics 2017-18 Senior Meet Schedule

Weekend	Meet	Meet Note	Team Note	Sr 2	Sr 3	Sr 4
2-Sep			<i>optional workouts</i>			
9-Sep			<i>Drill Week</i>			
16-Sep			<i>Skill Week</i>			
23-Sep			<i>Teambuilding</i>			
30-Sep	<b>Marin Senior Open</b>	one day TBD		yes	yes	yes
7-Oct						
14-Oct						
21-Oct	<b>WCAB Senior Open</b>	team meet - DVC		yes	yes	yes
28-Oct		Seniors help at Jamboree				
4-Nov						
10-Nov	<b>Senior Circuit - Sr 2 T/F</b>	Albany host at MIRA		if qual	If qual	Yes
11-Nov	<b>OAPB C/B/BB+</b>	Pacifica CBA+ TBD		TBD	TBD	TBD
18-Nov	<b>TERA Senior Open</b>	Off events/IMX/Distance		TBD	TBD	TBD
25-Nov						
2-Dec						
9-Dec	<b>WCAB Sr 2 / Jr Nat / SRVA CBA</b>	Junior Nationals in Iowa		Jr Nat, WCAB if qual, or SRVA		
16-Dec						
23-Dec						
30-Dec						
6-Jan						
13-Jan		Maybe IMX intersquad				
20-Jan						
27-Jan	<b>Zone 2 / SCSC Senior Open</b>	Zone 2 at Soda Center		Sat - Santa Clara; Sun - Zone 2		
3-Feb		<i>high school season begins Feb 5</i>				
10-Feb						
17-Feb						
24-Feb	<b>Clovis Sr Travel</b>	Senior Peak Meet		if qual	yes	TBD
3-Mar	<b>PLS Sr Open</b>			TBD	TBD	TBD
10-Mar	<b>Sectionals TBD</b>					
17-Mar						
24-Mar		Pacifica CBA+ TBD				
31-Mar						
7-Apr		Far Westerns @ Santa Clara TBD				
14-Apr	<b>OAPB C/B/BB+ LC</b>			yes	yes	yes
21-Apr						
28-Apr						
5-May	<b>High School League Meets</b>					
12-May	<b>North Coast/Walk-on</b>					
19-May	<b>State Meet</b>	Tera CBA+ LC TBD				
26-May						
2-Jun	<b>OAPB Senior LC Open</b>			yes	yes	yes
9-Jun						
16-Jun						
23-Jun			Rafting 6/17 TBD			
30-Jun			Theme Week TBD			
7-Jul	<b>JO's LC @ TERA TBD</b>			TBD	TBD	TBD
14-Jul	<b>WCAB Sr T/F LC</b>	WCAB is Sr 2 + bonus		if qual	yes	yes
21-Jul			Banquet 7/19 TBD			
28-Jul	<b>Far Westerns/WZ Senior</b>	WZ Senior in Roseville		TBD	TBD	TBD
4-Aug	<b>Futures TBD/Summers End</b>	Futures in Santa Clara		TBD	TBD	TBD
11-Aug	<b>Junior Nationals</b>	Jr Nat in Irvine				
Other			NCKT/Tiburon Mile TBD			



## Orinda Aquatics Senior Group Meet Protocol



We ask that all Orinda Aquatics swimmers and parents to support the meet procedures outlined below, as they are critical to maintaining a disciplined and team-oriented competitive culture. Swimmers should treat every meet as a “championship meet” in terms of preparation, focus, attitude, and team commitment, and pursue the highest standards of leadership as a swimmer, athlete, teammate, and person. The following outlines all aspects of competition behavior from arrival to departure.

<i>Arrival</i>	<b>7:15</b>	<ul style="list-style-type: none"> <li>– <b>Being on time is critical</b> to the athletic and team process</li> <li>– <b>Check-in</b> for all events unless otherwise discussed with a coach</li> </ul>
<i>Team attire</i>		<b>Team attire is a strict policy</b> and requires: Navy team warm-up, red team t-shirt, and team backpack. Team attire must be visible to be relevant.
<i>Team stretch</i>		<b>7:20 – Focused, dynamic warm-up</b> led by team captains
<i>Standard warm-up (three phases)</i>	<b>7:40</b>	<ol style="list-style-type: none"> <li>1. Stretch out: 3x300 or 3x400 (900 to 1,200 yards)             <ol style="list-style-type: none"> <li>a. All technique based</li> <li>b. Use drill progressions (kick, scull, stroke)</li> </ol> </li> <li>2. Build up – short sets (if room) to get heart rate up             <ol style="list-style-type: none"> <li>a. Ex. <b>3x4x50</b> – build round, mix kick, drill, swim, speed</li> </ol> </li> <li>3. Race specific             <ol style="list-style-type: none"> <li>a. <b>Pace</b> for all 200 races and above</li> <li>b. <b>Race starts</b> with focus on: blocks/positioning, entry/depth, UW, breakout, and initial pacing</li> </ol> </li> <li>4. Turn/wall review – vision, entry, flags, etc.</li> <li>5. Swim in the lane you will be racing in (if heats sheets are posted)</li> </ol>
<i>Team meeting</i>	<b>8:40</b>	The coaches or captains will lead a <b>short meeting</b> with reminders, objectives, strategy, etc.
<i>Race prep</i>		Prior to every race, swimmers should spend a few minutes <b>stretching (dynamic), and visualizing their race.</b>
<i>Warm down</i>		<ul style="list-style-type: none"> <li>– <b>Senior warm-down is 1,000 yards, or about fifteen minutes</b> of active recovery. This should include a stretch out and a transition to the next race, in terms of technique work and short pacing.</li> <li>– Warm-down should be done <b>immediately after the race.</b> Splits, race review, and coach dialogue should take place after the warm-down.</li> </ul>
<i>Race evaluation</i>		Swimmers should be mature about performance and evaluate all races qualitatively, in the context of pace, stroke, turns, under waters, etc., and not simply by time.
<i>Team area</i>		<ul style="list-style-type: none"> <li>– Positive dialogue</li> <li>– Keep clean</li> <li>– Meet/get to know teammates</li> </ul>
<i>General attitude</i>		Swimmers (good teammates and leaders) should always be positive and supportive at meets.
<i>Scratching events</i>		Always speak to a coach about scratching an event
<i>Supplements</i>		<b>Strictly prohibited</b>
<i>Departure (away meets)</i>		<b>Check-in prior to leaving the meet. Make sure the team area is clean, and help with shade structures if needed.</b> If you have to leave before the end of a meet, discuss this in advance with a coach.
<i>Departure (home meets)</i>		<b>Meet take-down is required and a part of the meet commitment and time line. All swimmers must account for this and not leave the responsibility to a few.</b>

# Orinda Aquatics Workout Schedule 2017-2018

*note: times are all pool times (arrive 15 minutes prior to workout)*

**Preseason Schedule:** The schedule will be abbreviated during the first three weeks. The following are changes to the regular workout schedule:  
**week of Aug 28:** Optional workouts - Senior Group Mon-Thurs (3:45-5:15), Junior Group Tues-Thurs (5:15-6:15). The swimmer meetings will held on Friday, Sept 1.  
**week of Sept 4:** Monday no workout (Labor Day); **Tuesday: Senior PM only (no Junior), Parent Meeting at 6:30. Regular Wed-Fri PM. NO AM. No Dryland. No Sat.**  
**week of Sept 11:** Regular PM Monday-Friday and Fri meeting; regular dryland; regular Sat; **no weekday AM workouts.**  
**week of Sept 18:** Regular schedule as shown below.

		Monday	Tuesday	Wed	Thursday	Friday	Saturday
<b>Senior 4</b> <i>Ron/Don</i> 27	AM	5:30-7:15 D CA		5:30-7:15 R CAB		5:30-7:15 R CAB	7:15-10:00 R CA
	PM	3:10-5:00 R CAB	3:10-5:00 R CAB	none	3:10-5:20 R CAB	3:30-4:45 R CAB	
	DL	5:00-5:45 Br	5:10-5:30 R		5:20-6:00 R		10:00-10:45 Br
	MTG					4:45-5:15 R	
<b>Senior 3</b> <i>Matt</i> 30	AM	5:30-7:15 MA CB		5:30-7:15 MA		TBD	7:15-9:30 M lap
	PM	4:45-6:15 MA CA	4:45-6:15 M,D CB	3:45-5:30 MA CA	none	4:45-6:00 M/J CAB	
	DL	4:10-4:45 Br		5:30-6:10 M/J			9:30-10:15 Br
	MTG					4:15-4:45 M/J	
<b>Senior 2</b> <i>Jill</i> 30	AM	5:30-7:15 J lap				5:30-7:15 J CAB	7:15-9:30 J CB
	PM	5:00-6:25 J/R CB	5:00-6:25 J CA	4:20-6:15 J CB	none	4:45-6:00 J/M CAB	
	DL	4:20-4:55 Br		3:45-4:20 M/J			9:30-10:15 Br
	MTG					4:15-4:45 J/M	
<b>Junior 3</b> <i>Don</i> 15	AM					TBD	8:15-10:00 D CH
	PM	6:15-7:45 D CB	6:15-7:45 D CB	6:15-7:45 D CA	5:45-7:45 D CA	6:00-7:30	
	DL	5:45-6:15 Br		5:45-6:15			10:00-10:45
	MTG	5:15 meeting D					
<b>Junior 2</b> <i>Matt</i> 25	PM/Sat	6:25-7:45 ME CA	6:25-7:45 ME CA	6:25-7:45 ME CB	6:15-7:45 ME CB	6:00-7:30	8:15-10:00 ME CH
	DL	6:00-6:25 ME		6:00-6:25			7:45-8:15
	MTG	5:15 meeting optional					
<b>Junior 1</b> <i>Marc</i> 20	PM/Sat	6:25-7:45 MC CA	6:25-7:45 MC CA	6:25-7:45 MC CB	6:15-7:45 MC CB	6:00-7:30	8:15-10:00 MC CH
	DL	6:00-6:25 ME		6:00-6:25			
	MTG	5:15 meeting optional					

**Important workout notes:**

- => **Senior Group one afternoon off during the week** - It should be used for homework, relax, family time ... no bad TV
- => **Varied start times for swimming and dryland** - Some days' swim and dryland have different start and end times.
- => **Dryland and meetings** are expected as part of the regular training schedule (with the exception of the Monday meetings for Jr 2 & 1 which are optional).

# Orinda Aquatics Group Criteria – Considerations & Comments



## **Group Selection Comments:**

- Group movement is made after collective input from the staff and is based on an evaluation of the previous and current seasons.
- The decision will always be based on what is fair and best for the swimmer and fair in relation to the group.
- A swimmer who meets all the criteria below would most likely move up.
- A swimmer meets four or five of the criteria, **may** be moved up if they are **exceptional** in those areas.
- **It is imperative that parents and swimmers allow the coaches to make group placement decisions based on the coaches' experience and their familiarity with the swimmers.**

## **Times, Ability, & Potential**

- Current times should be at or near the standard for the group. Please note that performance is one of *many* considerations.
- If the times are less than the standard, the swimmer should have the ability and potential to improve quickly.

## **Training ability**

- Ability to swim through the workout well including the more challenging sets and intervals, as well as aggressive kicking sets and under water training.
- The ability to train with focus and discipline, including dryland.

## **Technique**

- Stroke technique should be relatively efficient to allow for training at higher levels.
- Stroke concerns which could lead to shoulder soreness or injury are always a consideration.

## **Maturity**

- Maturity as a person and athlete includes responsibility, discipline, accountability, and integrity. A swimmer moving up should be a positive influence on the group. *Note: With regard to the Senior 4 group and maturity issues, in the past Olympic Trials swimmers were moved down and Jr National swimmers were not moved up.*

## **Attendance**

- Attendance should be at least at the standard for the group or higher and should additionally include consistent morning workout (if relevant) and dryland attendance.

## **Team & Meet Commitment**

- Fully committed to the meet process and follow team guidelines, including on-time arrival, attire, warm-up, warm-down, race maturity, etc.

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## **Additional Notes on Group Movement**

- Swimmers in a particular group, who feel they should be in the higher group, should be outstanding and demonstrate clearly that they are dominant in their training group.
- The best course of action, if there is a question, is to ask the coach where improvement or growth is needed.
- Swimmers are moved up regularly.
- There may be capacity issues within each group which may not allow all swimmers who are in consideration to move up.
- Reasons which are NOT valid to want to move to a higher group are friends, social, convenience, status, etc.
- Valid reasons for starting in a lower group would be acclimation to higher attendance requirements, morning workout obligations, the opportunity to improve training habits or technique (i.e., injury prone)

# Beyond Attendance



Swimmers and parents often think that attending practice fulfills a complete commitment to the team, the coaches and to the sport. Actually, “attending” practice is only the beginning of making a serious commitment. The following are aspects of participation **beyond** just “showing up” that are at the heart of an athlete making a true commitment. Doing most or all of these will help the swimmer develop and make the team better.

- ✓ **Have a water bottle with you every day.**
- ✓ **The “1” in the lane is responsible for the workouts being thrown away.**
- ✓ **Everyone else in the lane is responsible for putting away the extra equipment.**
- ✓ **ALL BAGS MUST BE HUNG ON THE HOOK – NOT THROWN ON THE GRASS.**
- ✓ **HAVE ALL REQUIRED EQUIPMENT AT EVERY WORKOUT.**
- ✓ **DO ALL LAPS ON ALL SETS. DO NOT STOP UNLESS THE COACH STOPS YOU.**
- ✓ **Arrive on time – which usually means early**
- ✓ **Help with the pool covers and lane lines** (if needed)
- ✓ **Get in on time, without having to be told**
- ✓ **Warm-up with a focus, without stopping or talking**
- ✓ Know the sets and do them correctly (by paying attention)
- ✓ Watch the pace clock (**know the send offs and your repeat times**)
- ✓ Monitor your **stroke count** & stroke rate when needed during a set
- ✓ Do all turns legally and with good technique
- ✓ Do not ask to use the restroom in the middle of a main set
- ✓ Know the drills and stroke “keys” to improve
- ✓ Be healthy – swimmers shouldn’t “not feel well” too often
- ✓ **Have integrity about doing EVERYTHING asked and be honest with the coaches – ex Jillian**

## Dry Land

- ✓ **Be at dryland – it is a part of the workout**
- ✓ Plan to be on time and not leave early
- ✓ Wear proper clothing (athletic clothes and tennis shoes)
- ✓ Be quiet and focused - no social talking
- ✓ Do the exercises correctly – always emphasize proper technique
- ✓ **Work hard – push yourself and your partner**

## Meets

- ✓ **Arrive on time**
- ✓ **Wear the team shirt and warm-up or sweatshirt and bring your team cap.**
- ✓ Stretch with the team
- ✓ NEVER scratch events without checking with a coach
- ✓ Get in to warm up on time **and do the team warm up** (with the team)
- ✓ After warm up, check with a coach
- ✓ Before races, **give the coaches your heat and lane** and check in
- ✓ Support and cheer for teammates - **examples**
- ✓ Swim relays when asked and/or needed
- ✓ Give 100% effort in all races, especially relays
- ✓ **Warm down appropriately after EVERY event, minimum 500 & up to 1,000**
- ✓ **Enter ALL team meets**

# The High Character Athlete at Workout



*Rank 1-5. 1 is very little or not nearly enough. 5 is near perfect or all the time. (Can write comments below the item).*



- \_\_\_ Arrives on-time/early
- \_\_\_ Arrives with a positive attitude
- \_\_\_ Welcomes teammates
- \_\_\_ Reaches out to a teammate every day
- \_\_\_ Helps set up pool
- \_\_\_ Positive in the locker room – ALWAYS
- \_\_\_ Early out of the locker room
- \_\_\_ Has proper equipment at the beginning of workout
- \_\_\_ In the pool right away
- \_\_\_ Wears team cap
- \_\_\_ Swims warm-up non-stop with focus and concentration
- \_\_\_ Leaves wall on time (on intervals)
- \_\_\_ Knows repeat times (watches the clock)
- \_\_\_ Counts all laps and repeats
- \_\_\_ Doesn't stop until finished or the coach stops you
- \_\_\_ Knows each set's objectives
- \_\_\_ Swims with focus and purpose, following the set instructions
- \_\_\_ Works on technique during difficult sets
- \_\_\_ Works on turn technique and speed during sets
- \_\_\_ Works on streamline and UW speed and distance
- \_\_\_ Generally works through challenging sets
- \_\_\_ Remains positive during and after challenging sets
- \_\_\_ Positive in the locker room after tough workouts (appreciates growth)
- \_\_\_ General conversation is mature, intelligent and positive
- \_\_\_ Communicates with coach in a mature manner (not "Sup Ful")

# Orinda Aquatics Freestyle Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>Scull/"Feel" Progression</b> (can use pads)
1 UW Streamline (SL, footspeed - bullet)	1 Front Scull (figure 8's/feel - entry)
2 HU Streamline (hyperext., upkick)	2 Shoulder Scull (wipers/insweep)
3 Right Side (can scull/catch) chin down	3 Hip Scull (finish/exit)
4 Left Side (can scull/catch) chin down	4 Side Kick Finishes (catch/finish)
5 Log Roll (rotation) - balance/10 kicks	5 Full Pull Dog Paddle (pull rope-rotate)

<b>"Single Stroke" Progression</b> (on side)	<b>"Full Stroke" Progression</b>
1 Finishes ( <i>5 kicks between all stops</i> )	1 CU - fingertip drag (elbow to sky/side)
2 Finish, Pocket (relaxed/low recovery)	2 5-Count Freeze (shark fin/shake)
3 Finish, Pocket, Fin/Shake (drop)	3 Right/Left variations ("show" shoulder)
4 Finish, Pocket, Fin/Shake, Head, <b>Sail</b>	4 1-2-3 Strokes/Slide on Side - 10 kicks
5 CU - 5 point (above) stop 5 w/ counts	5 X Strokes per lap

<b>"Build Legs" Progression</b>	<b>"Build Stroke" Progression</b>
1 Glue Feet/drag - NO kick, feel roll	1 Side Kick (body position)
2 HU Free/Dolphin Kick (2 beat feel)	2 Full Pull Scull/Dog Paddle (rotate, feel)
3 Free - 2 Beat Kick (kick per opp. catch)	3 5 point CU
4 Free - 6 Beat Kick (through breath)	4 5-Count Fin Freeze/Shake or 1,2,3 slide
5 Free - HAMMER down kick	5 1/2 CU, CU, or DPS/Build legs

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt.hands) Fins Paddles Snorkel Partner Pull Mix up Breathing SL half way UW Tennis Ball (for CU) Vary Speeds	20x25 "KICK" Progression by lap 10x50 1-5 "SINGLE ARM", 6-10 "STROKE" 8x125 odd "BUILD STROKE", even "BUILD LEGS" 1x750 ALL Drills 5x5x125 "FULL" at 1:40 (lose 5) - by round... Glue, Reg, Pads, Pads/Fins, Pads/Fins FAST 30x50 ALL drills - roll by lap 30x25 OA Scramble 25x100 Free - Roll a drill through each 100

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<p style="text-align: center;"><b>Progressive Learning - Drill the Drill, Build the Stroke</b></p> <p style="text-align: center;">PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges  <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i></p>
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<b>Language</b>	Effortless/Slippery Swimming, Ride the Glide/Swim on Side (1 arm SL) Work from the Core out, DPS
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<b>Body</b>	<p style="text-align: center;">Relaxed/Set Head, Good Lines (top/side), Lean on Chest</p> <p style="text-align: center;">Trunk/Core Rotation (side on side) Balance, Rotate into Catch - Rotate out for Finish/Exit - Torque</p> <p style="text-align: center;"><b>SHOW STOMACH TO SIDE WALL!</b></p>
<b>Stroke</b>	<p style="text-align: center;">Relaxed Low Hand Recovery, Train Track Entry - Forefinger/45 degree angle, (Slight Hand Pitch Out)</p> <p style="text-align: center;">No air, Reach/Press OVER the Barrel, Anchor the Elbow, Rotate past the Catch, Hand Speed Through</p> <p style="text-align: center;"><b>Elbow - High and to the Sky - High and to the Side</b></p>
<b>Breath</b>	<p style="text-align: center;">Through extension (1 arm SL), Roll back prior to catch, Keep low goggle in water</p>
<b>Kick</b>	<p style="text-align: center;">Relaxed, Narrow, Straight, 2 beat OR 6 beat (DO NOT CROSS), Kick at Surface</p>
<b>SC/SL</b>	<p style="text-align: center;">Know SR's &amp; Stroke Count (per lap) at 3 speeds - EN1 aerobic, EN2 endurance., 100 pace/SL 3 lines!</p>

# Orinda Aquatics Backstroke Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>"Feel" Progression</b>
1 UW Dolphin Kick (SL, good line, speed)	1 Right Side Scull (catch and exit)
2 SL Kick (body/head position)	2 Left Side Scull (catch and exit)
3 Right SIDE Kick	3 Head First Hip Scull (feel finish-NO kick)
4 Left SIDE Kick	4 Feet First Above the Head (feel entry)
5 Log Roll (balance/10 kicks)	5 Scull Catch (lean on hand-opp. arm up)

<b>"Single Stroke" Progression</b> (on side)	<b>"Full Stroke" Progression</b>
1 Lift-Check-Drop (arm asleep/rot. hand)	1 Double Arm (face dry, clap, check, slice)
2 Left Arm (pause mid pull/recovery)	2 CU - Vert. or Horiz. (hand speed)
3 Right Arm (pause mid pull/recovery)	3 10 Count (on side) - lift then switch
4 1R/2L/3R...(show shoulder-arm wrestle)	4 1-2-3 Slide on Side (10 kicks)
5 Single Arm at 100/200 Stroke Rate	5 Sky/Bottom (exaggerate rec./catch)

<b>"Stroke Rate" Progression</b>	<b>"Build Stroke" Progression</b>
1 SLOW Motion	1 Side Kick/Scull
2 Build Rate to 200 SR	2 One Arm (alt.)
3 200 Stroke Rate	3 Double Arm or CU
4 100 Stroke Rate	4 10 Count or 1-2-3 Slide
5 Spin Drill (head up - rev up))	5 Race SR into Spin or visa versa

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist	20x25 "KICK" Progression by lap 10x50 1-5 "SINGLE ARM", 6-10 "STROKE" 8x125 odd "BUILD STROKE", even "BUILD RATE" 1x750 ALL Drills 30x50 ALL drills - roll by lap 25x25 OA Scramble 25x100 Back - Roll a drill through each 100
Fins	
Paddles	
Vary Stroke Rates	
25's with Starts	
SL half way UW	
Goggles on Forehead	

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<b>Language</b>	<b>Effortless/Slippery Swimming, Ride the Glide (1 Arm SL), Work from the Core out, DPS</b>
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<b>Body</b>	Relaxed/Set Head (in a vice), Good Lines (top/side), Chin up-head back (ears in) Trunk/Core Rotation (show stomach to side wall) Balance, Rotate into Catch/Rotate out for Finish/Exit <b>SWIM ON YOUR SIDE!</b>
<b>Stroke</b>	Relaxed arm/Thumb lead recovery, shoulder brush chin, gun barrel, slice/clean entry 4 Sweeps: 1) down/out (8-18 inches to CATCH, 2) up/in, 3) push down/out, 4) up to recover - an "S" Anchor elbow (points to bottom), "Arm Wrestle" over the top
<b>Breath</b>	Inhale on entry/Exhale on exit of same arm
<b>Kick</b>	From thighs, knees stay below surface, boil water/kick ball - BUILD Legs through race!

<b>SR/Turns</b>	<b>Know 100 and 200 Stroke Rates/ 5 dolphin kicks off all walls in WO/ATTACK turns</b>
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# Orinda Aquatics Breaststroke Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b> (also vert. & wall Kicking)	<b>Scull/"Feel" Progression</b> (can use pads)
1 Egg BTR or Cycle - into alt. Rt/Lt. Foot	1 Front Scull (figure 8's/feel outswEEP)
2 UW Knee Down to Whip Kick (PB opt)	2 Shoulder Scull (wipers/insweep)
3 On Back (1/2 in SL, 1/2 hands-hips)	3 Sitting Scull (work "catch")
4 On Stomach ( " ) - Brth/Kick/Glide	4 Hip Scull (on back-feet first, work catch)
5 SL Kick UW (can go HU SL part of lap)	5 Pull Down (UW - fast free kick)

<b>"Body Rotation" Progression-Short Axis</b>	<b>"Pull" Progression</b>
1 Pulse - Arms at side (breath 3rd-blend)	1 Pull Head Up (fast, compact - fly kick on rec)
2 Pulse - Arms in Front ( " )	2 Pull w/ Flutter Kick
3 2 Pulse-"Slide" to Corners (as you press)	3 Pull with Dolphin Kick
4 2 Pulse/Slide/Pull (start small and build)	4 Alt. rt/lt/2 FULL with FR, FL, or BT kick
5 2 Pulse/Slide/Pull - with Kick	5 Pull - alt Fly/BT kick

<b>"Full Stroke" Progression</b>	<b>"Build Stroke" Progression</b>
1 Pulse/Pulse-slide/Pulse-side-Pull/pspk	1 UW Kick into Pulses
2 2 Pulls HU/1 Kick and Glide	2 HU Pull
3 2 Kicks UW/1 Pull and Glide	3 Pull Dolphin Kick
4 1 stroke per black line	4 1 Pull/2 Kicks
5 100 SR Swim	5 RP Breaststroke

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt. hands)	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "Scull/Pull", 6-10 "Kick/Full"
Paddles	8x125 odd "FULL STROKE", even "BUILD STROKE"
Vary Speeds	1x750 ALL Drills
Alt Bt/Fly combo's	5x5x125 "FULL" at 2:15 lose 5 sec./round
Partner Pull	reg/fin/fin/fin, pad/fin, pad fast
2 Pull downs	30x50 ALL drills - roll by lap
PD half way	30x25 OA Scramble
Drill at race SR's	25x100 Free - Roll a BT drill through each 100

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<b>Language</b>	<b>Effortless/Slippery Swimming, Ride the Glide/Work from the Core out, SHORT AXIS, swim the LINE</b>
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<b>Body</b>	Good line, stay LOW to the water, slide hips forward (on pull) - lunge body FORWARD on recov. Channel energy <b>forward</b> throughout stroke - not up/down, Lean on chest/Hips high
<b>Stroke</b>	Slide (sweep out) to corners (eyes down), "Anchor" elbows (KEEP HIGH), Forearms plane surface Pull compact, fast, strong - squeeze and "shrug", Thumbs <b>graze</b> surface on recovery, <b>Palms down</b> SL Head in Biceps on Streamline glide - AT/NEAR the surface (not deep), eyes down, min. resistance
<b>Breath</b>	<b>Head IN LINE with spine (tennis ball) - eyes on water, STAY LOW, Breathe with body line!</b>
<b>Kick</b>	Narrow, Fast, "Sneak" heels up, "Grab" water and "squeeze" out, "CLAP" feet (Hands ext. prior to kick)
<b>P.D.</b>	Light bulb, high elbows, hand speed, finish, sneak up, "stair-step", B.O. with speed/Measure PD for dist.

# Orinda Aquatics *Butterfly* Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>Scull/"Feel" Progression</b> (can use pads)
1 UW SL (bullet)	1 Front Scull - Figure 8's (outsweep)
2 Right Side - 1 arm SL or arms X	2 Shoulder Scull - wiprs (insweep)
3 Left Side	3 Hip Scull (on stomach or back)
4 On Back - SL	4 UW Fly Pulls - narrow lightbulbs
5 Vert. SL or Cork Screw	5 Sitting Scull - work catch

<b>"Body Rotation" Progression</b>	<b>"Full Stroke" Progression</b>
1 Pulse - Arms at side (breath 3rd-blend)	1 Stroke Float (shake - NO splash hands)
2 Pulse - Arms in Front ( " )	2 Stoke/Hips (use pulse-no kick)
3 2 Pulse-"Slide" to Corners (as you press)	3 Single Arm Combo (Opp.-side/front)
4 2 Pulse/Slide/Pull (recover UW)	4 Down/Up Combo (3 kicks UW/2 strokes)
5 Stone Skipper	5 EZ Fly - build legs

<b>"Breathing" Progression</b>	<b>"Build Stroke" Progression</b>
1 No Breath	1 UW SL Kick
2 2 Down/2 UP	2 Stone Skipper/Pulsing
3 1 Up/1 Down	3 Single Arm Combo
4 Breathe Every Stroke - hold rhythm	4 Down/Up Combo
5 Race BP/SR - 200or 100	5 Race BP/SR

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt.hands)	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "SINGLE ARM", 6-10 "BREATH"
Paddles	8x125 odd "BUILD STROKE", even "
Snorkel	1x750 ALL Drills
Partner Pull	5x5x125 "FULL" - swim odd/drill even
Mix up Breathing	20x25 with fins - change breathing
SL half way UW	30x50 ALL drills - roll by lap
Vary Speeds	30x25 OA Scramble
Breast/Fly Combo's	25x100 Free - Roll a Fly drill through each 100

### Philosophy, Language, Stroke Keys

<i>Philosophy</i>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<i>Language</i>	Effortless (NO struggle)/Slippery Swimming/Work from the Core out, SHORT AXIS, swim the LINE
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<i>Body</i>	Swim the Line of the surface, Stay Low and Long, Channel effort FORWARD- NOT up/down Low Breath, Spine in line
<i>Stroke</i>	Relaxed low recovery, NO splash hands, "Set" in front of shoulders, slight pitch out Slight outsweep, high elbow catch (anchor at corners), Push through and "Slice" out
<i>Breath</i>	Keep head in line with spine, eyes down, stay low (tennis ball) "push-breathe"
<i>Kick</i>	Work Power 2 bt Kick (kick hands in-kick hands out), 5 kicks off wall in WO and 100, 3 in 200
<b>BP</b>	Know BP for 100 and 200 Fly

# Orinda Aquatics Team & Senior Group Focus Areas

Focus on the following. Work on and improve every day. Become dominant in these phases of technique and training.

## Swimmer Development

rank	Personal	rate	status
A	connect with each swimmer		
B	check in with regarding personal life, family, activities, academics (grades, pressure)		
C	know attendance and if poor discuss - what is the reason		
D	get a sense of their overall well-being		
rank	Goals	rate	status
A	talk about times or time standards for main events		
B	discuss general peak meet focus		
C	discuss development/improvement of the swimmers weaker training-long course or short course		
D	talk about the year development and possibilities		
rank	Training	rate	status
A	swimmers should know at least 3 <b>things they are working on</b> in their main strokes, turns & UW		
B	talk about <b>UW</b> in their main stroke - they should know the technique & training expectations		
C	talk to about <b>goal sets for main stroke</b> - ie threshold Free, FPSO Free & main stroke		
D	look to develop off strokes for the IM (if applicable)		

## Training

stroke	Stroke Focus	rate	status
<b>General - focus on a few very important things - watch and develop every day</b>			
Free	1) head still and in line, 2) even, balanced rotation <u>esp off the breath</u> , 3) low recovery, deep catch, 4) breathe 3rd; 5) stay balanced (extended) on breath		
Back	1) head still, 2) even rotation, 3) in line recovery, 4) clean entry palm out - not behind head, 5) tight catch pushing water towards feet		
Breast	1) stay long, 2) outswEEP w a quick scull out and keep pull in front, 3) high elbows on the catch & insweep, 4) breathe later (on the insweep), 4) aggressive recovery to a streamline with hips high (good body position), 5)streamline palms down w thumbs together		
Fly	1) head position relaxed and in line (no tucking chin when holding breath), 2) low, relaxed recovery - lead with back of hand (not the thumb), 3) clean entry & catch - no bending of wrists, 4) teach to feel the timing of a 2-beat kick, 5) stay long (in front of shoulders while hips roll)		
stroke	Training Focus	rate	status
<b>General - train with efficiency, distance per stroke and uw speed as priorities</b>			
Free	1) train efficiently with good body balance, rotation & recovery, 2) train distance per stroke on everything, kids should know their stroke count; 3) train fast AND tired with a stroke count, good technique, and good turns & breakout strokes		
Back	1) train with stoke balance (head position, rotation, recovery), 2) train at a stroke rate, 3) train UW 3-4 bl in all sets w good timing on the breakout stroke		
Breast	1) develop a power stroke, 2) hold stroke count on longer and speed sets, 3) <b>train power pull downs</b> to 4+ bl - teach proper timing using back lines (see example in Turns Section)		
Fly	1) train with stroke balance - watch closely for flaws during fatigue and correct, 2) train at SR 52 (1.43) generally, 3) develop a <u>power 2-beat kick</u> , 4) train everything UW 3-4 bl w good turns		
stroke	Shoulder Concerns - each stroke	rate	status
<b>Watch for potential shoulder issues from stroke flaws</b>			
Free	1) high recovery - hand above elbow, 2) on entry hand rises above shoulder especially opposite the breath - look for the hand higher than the elbow at the start of the pull, 3) recovery high opposite breath with poor rotation		
Back	1) entry behind the head, 2) a wide and deep pull with a straight arm		
Breast	1) glide and outswEEP above the shoulders, 2) catch starting with straight arms then pressing wide and deep		
Fly	1) high recovery (above shoulders) especially when holding breath and <u>chin tucks</u> , 2) starting the pull above the shoulders, 3) a palm out entry high and inside the shoulders		

Turns & Underwater			
area	Underwater	rate	status
<b>power</b>	for all turns, practice slow turn, push & glide AFAP - should be 4 bl		
<b>SL</b>	technique - tight streamline; <b>chin neutral</b> (don't tuck); upper body and arms still through the dolphin kicks		
<b>kick</b>	Kicking - <b>initiate the kick with the hips and build dolphin kick speed</b> to the surface from bigger, stronger kicks to tighter, faster kicks - ex 2 bl power kicks, 2 bl build kick speed		
<b>train</b>	Training - MIN 3-4 blw on Fly & Back, 4 bl for Breast pull downs; 2-3 Fly Kicks for Free UW (if faster)		
<b>Bt pull down</b>	Breast pull downs 4 bl minimum - use black lines for each part - ex glide w speed to 2.5 bl, kick & pull with speed to 4 bl, breakout with speed to 4 1/2		
<b>bo</b>	teach kids to <b>time the breakouts</b> in all strokes, esp Back		
area	Free & Back Turns	rate	status
<b>flip</b>	Free & Back - head leads the turn, hips follow, <b>feet do not lead the turn</b> , if they do the head will drop below the hips and the body will be out of balance		
<b>flip</b>	Free & Back - the spin should be compact; <b>the hands should be tight behind the head when the feet hit the wall</b>		
<b>on wall</b>	Free & Back - Balance on wall with <u>feet, hips and head in line</u> - CHECK BODY POSITION		
<b>Bk cross</b>	Back - work on tight, <b>fast cross stroke</b> , maintain speed on cross stroke and spin - on both sides; balance on both pulls into wall - hips must rotate to horizontal		
area	Breast & Fly Turns	rate	status
<b>legs</b>	knees come up under the hips so the legs stay under the body and not swing wide.		
<b>arm</b>	<b>arm sliding back should drop to the hip and then move behind the head or by the ear - not a wide swing</b>		
<b>on wall</b>	Balance - when the feet touch the wall, the swimmer should be <b>balanced with hands behind the head and in line</b> - feet, hips, shoulders, head		
<b>chin</b>	<b>the chin cannot tuck</b> as the swimmer brings legs up, head should roll back and stay in line with eyes looking to the sky		
<b>arm</b>	the hand comes over the top between the eyes or near the ear, the turn should be compact		
<b>uw</b>	UW - the push off should be straight - use the back line to judge		

Dryland			
rank	Senior Group	rate	status
<b>A</b>	increase overall intensity		
<b>B</b>	utilize Bridge - kids should be registered and log in for all workouts		
<b>C</b>	utilize TRX		
<b>D</b>	do bands regularly with better technique - kids can have a partner to watch and correct		
<b>E</b>	finalize test sets & schedule 4x throughout the year		
rank	Junior Group	rate	status
<b>A</b>	increase overall intensity with Jr 2 & 3		
<b>B</b>	utilize Bridge - kids should be registered and log in for all workouts		
<b>C</b>	do bands regularly with better technique		
<b>D</b>	introduce med ball & body weight exercises - ALWAYS FOCUS ON TECHNIQUE & SAFETY		
<b>E</b>	consider testing for push ups, sit ups & squats		

# email from a college coach

“... your kids consistently seem to improve in college and they are so well prepared. I have read articles on your team, how you are able to travel with no chaperones, and about the quality of your training and technique, and just being familiar with the program. What a class organization it is. I think our programs are similar in what we think is important.  
Thanks again.”

## Kim Vandenberg Goal Sheet ORINDA AQUATICS

*Senior 1 Group: 1999 Short Course Goal Sheet*

KIM VANDENBERG

### MAJOR SHORT COURSE MEETS

Meet	Date	Comments
State Championships	Feb	shave for new JN times
Jr Nationals	March	Top 8 or 16 in 50 Free, 100 Free
North Coast	May	Top 8 in 50 Free and 100 Free

### Workout Commitment

### Workout Expectations

days	Mon	Tues	Wed	Thur	Fri	Sat		AM	per week
AM		swim		optional	swim	swim	Senior 1	1 to 2	7 to 8
PM	swim	swim	swim	swim	swim		Senior 2	2 to 3	8 to 9

Reason you have to miss. NONE

### SEASON GOALS / EXPECTATIONS

Event	Goal Meet	current time	goal time	best OA time	What do you need to work on?
50 Free	NCS/Jr Nationals	24.5	23.99	23.08	dive, UW kicking, turn, finish, power
100 Free	NCS/Jr Nationals	53.1	52 low	49.4	dive, UW kicking, turn, finish, power
200 Free	Jr Nationals TT	1:57	1:54.19	1:48.1	conditioning, DPS, stroke balance
100 Fly	Jr Nationals TT	58.8	57.99	54.0	entry, catch, low breath, power kick
200 Fly	State Champ	2:16	2:12.+	1:58.9	conditioning, pace, uw speed
200 IM	State Champ	2:14	2:12.+	2:02.0	improve Back & Breast, all underwaters

### Swimmer's Comments

To improve main strokes:

To improve general Training:

**Coaches Comments:**

**Attendance:** You need to be at practice 9 times a week for rest of the year.

**Attitude:** Stay focused and be more aggressive in practice. Race people in Free & Fly.  
Work all 100 and 200 Free sets.

**Training:** You are much improved. You are **becoming a great workout swimmer.**  
Be a workout animal in all Free sets. **Work ALL UW fly kicking.**

**Goal Sets:** 30x100 Free @ 1:15 / 20x100 Free @ 1:10 ave 1:02, 14 spl / 5x100 @ 1:05 ave 1:00

**Main Strokes:**

<b>Free:</b>	recover with low hand close to body, better rotation.
<b>Fly:</b>	smooth catch, low breath, improve legs.
<b>UW:</b>	dominate ALL underwaters. Work off every wall.

# IMX & Deck Pass

- *Do you know your IMX Score?*
- *Do you want to see how your score is ranked – nationally, in your LSC and in the Zone?*
- *Do you want to have easy access to your best times?*
- *Do you want to connect to and follow your friend's progress in the pool?*
- *Do you want to earn virtual patches for every achievement?*



***Download USA Swimming's App - Deck Pass – to any device and get updated right away!***

Deck Pass is a program created and promoted by USA swimming to give swimmers a tool to track their swimming progress, connect with friends, and to award and encourage swimmers to try different events through a comprehensive reward system. Deck Pass can be found in the App store or on USA swimming's website, [www.usaswimming.org](http://www.usaswimming.org). New users will be asked to create an account with USA Swimming, which can be done directly through the App.

## **SCOREBOARD**

1. Patches- swimmers can earn patches by competing in different events ie first ever 200 fly, 400 IM, etc. There are literally hundreds of patches swimmers can earn with many different challenges.
2. IMX- Swimmers can track their IMX points here and see where they are ranked nationally, LSC and in the Zone.
3. Times- A place to track season/lifetime best times
4. Goals- Swimmers can input goal times and compare to their current best times
5. Meets are automatically uploaded into each swimmer's database as long as the competition is sanctioned by USA swimming.

## **LOGBOOK**

The Log Book is used to create a seasonal swim schedule and also a tool for swimmers to track their times if they compete in a competition that is not sanctioned by USA Swimming (ie OMPA)

## **GOALS**

Swimmers can create goal times for ALL events SCY and LCM- the goal tracker is a great tool that shows how close the swimmers are to their goal times plus their seasonal best times.

## **FRIENDS**

This is a great tool for the athletes to connect with their teammates and new friends. This allows swimmers to share their best times, goals, patches earned and lots more

## **TIME SEARCH**

A great tool for swimmers and coaches to quickly find USA swimming rankings

# Stimulants: C-4

Webinar with USA Swimming/United States Anti-Doping Agency (USADA)

## Supplements vs. Stimulants

- Supplements support nutrition
- Stimulants are caffeine-based - marketed to body builders

Owner of CRAZE went to jail for poor practices

## Risks/side-effects

- Manufacturers practices (NOT FDA APPROVED OR REVIEWED)
- Dosage risk
- Quality of ingredients
- Rapid/erratic heartbeat (arrhythmia)
- Potential kidney issues
- Affects sleep (see below)
- Nausea
- Headaches
- Jittery

## Cellucor C4 Review - Does This Workout Supplement Really Work?

**PUBLISHED:** 04/29/2016 | **BY:** SUMMER BANKS, SENIOR REVIEWER

The results of my research into Cellucor C4 were somewhat interesting. We did an extensive review, examining the side effects, ingredients, clinical support and overall customer service of this company. Furthermore, we took the time to sort through hundreds of comments from user posted online. Lastly, we summarized and condensed all of the facts and feedback to give you with the information you need.

### *Is C4 preworkout safe?*

I don't think people are aware of the potential risks involved. You certainly won't find all of them written on the product's label.

**C4 has 3 ingredients that all serve to dramatically increase dopamine in the brain.** The other ingredient, Vitamin B6, is used as a cofactor to convert L-Dopa straight into dopamine in the brain. Vitamin C serves the purpose of converting dopamine into norepinephrine. Norepinephrine is the stress hormone that stimulates heart rate and is the cause of the fight-or-flight syndrome. **It is never a good idea to mess with your brain's delicate balance of neurotransmitters.** Your brain and your body always strive for BALANCE. They call this balance homeostasis. What happens when you take caffeine, tyrosine, mucuna, and these cofactors? You raise your dopamine levels beyond normal levels. Taking this much dopamine causes levels of your other important neurotransmitter, serotonin, to drop. One sign of waning serotonin levels is if you find yourself having a harder and harder time falling asleep. Not only should you be concerned about your serotonin, but what do you think is going to happen once you stop taking this product that jacks up your dopamine levels? Do you think you will feel normal? Probably not. The longer you boost dopamine, the longer the "hangover" period will be once you stop. What makes it worse that we have no idea how much of these substances you are actually ingesting when you take C4. **There is also a chance you could use it for one week and completely screw over your brain's balance.**

### To Sum It All Up:

*Is C4 Preworkout Safe? – Not Quite. Matt Colby*

1. If you swim well – you are motivated to take more
2. If you don't swim well, you are motivated to take more
3. When and how will you stop?

Bottom line: If you can't find enough things on the previous list to naturally improve your swimming, you have no business being a swimmer.

## The Things That REALLY Affect the Race

Area	Time affect
Start position	?
Start reaction	?
Start exit line/head position	?
Start entry (angle/position)	?
Streamline position/rigidity	?
Speed under water	?
Timed breakout (at race speed)	?
Body position at breakout	?
Initial race tempo	?
Initial pace	?
Breathing pattern	?
Breathing technique/timing (times the number of breaths)	?
Kick/leg drive – efficiency	?
Kick/leg drive pace	?
Critical technical focus – 1 (times stroke count)	?
Critical technical focus – 2 (times stroke count)	?
General stroke efficiency (DPS)	?
Acceleration into turn (times turns count)	?
Stroke entry into turn (times turn count)	?
Turn speed (times turn count)	?
Turn exit/power (times turn count)	?
Streamline/speed (times turn cont)	?
Breakout (time turn count)	?
When to build into finish	?
Breathing into finish	?
Stroke cycles into finish	?
Race legality – ALL (start, turns, stroke, finish)	?
Proper warm-up (best for racing)	?
Resting (off legs) during meet	?
Proper hydration	?
Proper nutrition	?
Proper sleep	?
Warm-down from previous race	?
Pre-race prep (in water)	?
Pre-race prep (mental)	?
Understanding race strategy	?
General attitude	?
Mental resilience at end of race	?
Physical resilience at end of race	?
Prior (six months to one year) attendance	?
Prior effort (daily)	?
Prior focus - technique	?
Prior attitude	?
Prior support/team commitment	?

*There are many more.*

# Bay Area high school football player collapses, dies after practice

**ASSOCIATED PRESS**

BY ASSOCIATED PRESS | May 19, 2016, 7:51AM

Officials say a 15-year-old high school student collapsed after football practice and later died at a San Francisco Bay Area hospital.

Giovanni Pulido had just finished doing conditioning drills at Alameda's Encinal Junior and Senior High School when he collapsed Tuesday.

Team captain Makel Hale tells San Francisco television station KGO-TV that the team was waiting to go home after working out in high temperatures, which were in the 80s, when Pulido collapsed.

Principal Kirsten Zazo says help was summoned immediately after it appeared the teenager was having a medical emergency.

Grief counselors and school administrators visited each of Pulido's classes Wednesday.

Officials say a cause of death will not be available for up to 12 weeks.

# Making A Difference

Good Samaritan takes robber to dinner  
Man saves dog from rough bay waters  
Family leaves waitress \$400 tip, then an even bigger surprise  
College football star eats lunch with autistic boy  
Story – One At A Time (how to make a difference)

## Letters

Collin English – Escape Mediocrity  
Peter Varalles – High Character Student/Athlete  
Zach Disbrow – Demonstrates leadership  
Nader Massarweh – Being a good teammate  
Courtney Whyte – Impactful female

## Social Media

Humorous & Not So Good

## Drive Safely & Ride Safely

## Be Healthy

## Relationships & Self Worth

## Making a Difference - Faith In Humanity – Can you “be” this person

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### Good Samaritan Takes Robber To Dinner



Julio Diaz has a daily routine. Every night, the 31-year-old social worker ends his hour-long subway commute to the Bronx one stop early, just so he can eat at his favorite diner.

But one night last month, as Diaz stepped off the No. 6 train and onto a nearly empty platform, his evening took an unexpected turn.

He was walking toward the stairs when a teenage boy approached and pulled out a knife.

"He wants my money, so I just gave him my wallet and told him, 'Here you go,'" Diaz says.

As the teen began to walk away, Diaz told him, "Hey, wait a minute. You forgot something. If you're going to be robbing people for the rest of the night, you might as well take my coat to keep you warm."

The would-be robber looked at his would-be victim, "like what's going on here?" Diaz says. "He asked me, 'Why are you doing this?'"

Diaz replied: "If you're willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner and if you really want to join me ... hey, you're more than welcome."

"You know, I just felt maybe he really needs help," Diaz says.

Diaz says he and the teen went into the diner and sat in a booth.

"The manager comes by, the dishwashers come by, the waiters come by to say hi," Diaz says. "The kid was like, 'You know everybody here. Do you own this place?'"

"No, I just eat here a lot," Diaz says he told the teen. "He says, 'But you're even nice to the dishwasher.'"

Diaz replied, "Well, haven't you been taught you should be nice to everybody?"

"Yea, but I didn't think people actually behaved that way," the teen said.

Diaz asked him what he wanted out of life. "He just had almost a sad face," Diaz says.

The teen couldn't answer Diaz — or he didn't want to.

When the bill arrived, Diaz told the teen, "Look, I guess you're going to have to pay for this bill 'cause you have my money and I can't pay for this. So if you give me my wallet back, I'll gladly treat you."

The teen "didn't even think about it" and returned the wallet, Diaz says. "I gave him \$20 ... I figure maybe it'll help him. I don't know."

Diaz says he asked for something in return — the teen's knife — "and he gave it to me."

Afterward, when Diaz told his mother what happened, she said, "You're the type of kid that if someone asked you for the time, you gave them your watch."

"I figure, you know, if you treat people right, you can only hope that they treat you right. It's as simple as it gets in this complicated world."

**This woman's dog was blown into the bay by a heavy gust of wind.**

# HUMANITY AT ITS FINEST

Not a word is needed.

SHARE    ...







## Strangers leave waitress a \$400 tip, then an even bigger surprise.

For months, Cayla Chandara has been a waitress at two different restaurants, pulling double shifts just to make ends meet. The 21-year-old moved to Waikiki, Hawaii, from Santa Rosa, California, for school. But with student loans and the high cost of living, Chandara didn't want to slip into debt.

Instead of continuing her education, Chandara decided to take a step back. She accepted a job at a nearby Cheesecake Factory and Noi Thai Cuisine, hoping to save up enough money so she could return to school one day. Little did she know, a group of strangers would make that happen faster than she could have ever imagined.

Chandara was serving two "life-long friends" and a 10-year-old girl visiting from Australia at Noi Thai Cuisine last week. They struck up a conversation, asking Chandara why she moved to Hawaii. Chandara told them about school and her dreams for the future.

The waitress thought the customers were just being polite. But as she cleared their table and collected their \$200 tab at the end of the night her jaw-dropped. **They had left her a \$400 tip.** "I was then at a loss for words and all I wanted to do was hug them."

Chandara recalled where the couple said they were staying, and decided **she would swing by after her shift to thank them properly.** "I genuinely wanted to say thank you," Chandara said. "I wrote a thank you letter saying how much it meant to me." She left it at the hotel's front desk and slipped out - never expecting to see the tourists ever again.

The next night, **the woman and the little girl returned to the restaurant. They told Chandara they would like to give her \$10,000 to pay off her student loans** and to contribute to her continuing her college education. Chandara was at a loss for words. "I initially told them I couldn't take that offer, but they insisted that it would be just as great for them to do it for me," Chandara said.

With their help, Chandara told **the generous tourists, who wish to remain anonymous,** that she will go back to school in the fall to study business. She asked how she could ever repay them. "**They told me the best way to thank them is to be my best possible self, dream big and strive for my goals,**" Chandara said.

**"They have truly changed my life, not only financially but in the way I look at things.** They are the most beautiful and kind-hearted people I've come across and I really look up to them and I can't wait until they watch me graduate," Chandara said.

She hopes the story of their generosity reminds others that there are still good people in the world. "Always be genuine. You will get it right back. Good things happen," Chandara said.

The 21-year-old wants to thank the couple for not only helping her fulfill her dream of graduating college, but also for teaching her a valuable lesson.



## Florida State receiver Travis Rudolph brightened up the day of a boy with autism, so much so he made the boy's mother cry.

Rudolph and some other Seminoles were visiting a middle school Tuesday afternoon when Rudolph noticed a boy eating his lunch alone. Rudolph decided he would give the boy company and join him for lunch with a couple slices of pizza. The boy's mother, Leah Paske, found out about the gesture, and was incredibly moved.



Paske wrote a lengthy Facebook post describing the encounter, which she said brought her to tears:

Here is the full text of Paske's post:

*Several times lately I have **tried to remember my time in middle school**, did I like all my teachers, do I even remember them? **Did I have many friends? Did I sit with anyone at lunch? Just how mean were kids really?** I remember one kid on the bus called me "Tammy Fay Baker" bc I started awkwardly wearing eye liner in the sixth grade, I remember being tough and calling him a silly name back, but when he couldn't see me anymore I cried. I do remember middle school being scary, and hard.*

*Now that I have a child starting middle school, I have feelings of anxiety for him, and they can be overwhelming if I let them. Sometimes I'm grateful for his autism. That may sound like a terrible thing to say, but in some ways I think, I hope, it shields him. He doesn't seem to notice when people stare at him when he flaps his hands. He doesn't seem to notice that he doesn't get invited to birthday parties anymore.*

***And he doesn't seem to mind if he eats lunch alone. It's one of my daily questions for him.** Was there a time today you felt sad? Who did you eat lunch with today? Sometimes the answer is a classmate, but **most days it's nobody.** Those are the days I feel sad for him, but he doesn't seem to mind. He is a super sweet child, who always has a smile and hug for everyone he meets.*

*A friend of mine sent this beautiful picture to me today and when I saw it with the caption "Travis Rudolph is eating lunch with your son" I replied "who is that?" He said "FSU football player", then I had tears streaming down my face. Travis Rudolph, a wide receiver at Florida State, and several other FSU players visited my son's school today. I'm not sure what exactly made this incredibly kind man share a lunch table with my son, but I'm happy to say that it will not soon be forgotten. This is one day I didn't have to worry if my sweet boy ate lunch alone, because he sat across from someone who is a hero in many eyes. Travis Rudolph thank you so much, you made this momma exceedingly happy, and have made us fans for life!*

Rudolph said he himself teared up when reading Paske's post. Whatever Rudolph does on the field this season won't be as important as what he did Tuesday.

## **One at A Time, from Chicken Soup For The Soul**

A friend of ours was walking down a deserted Mexican beach at sunset. As he walked along, he began to see another man in the distance. As he grew nearer, he noticed that the local native kept leaning down, picking something up and throwing it out into the water. Time and time he kept hurling things out into the ocean.

As our friend approached even closer, he noticed that the man was picking up starfish that had been washed up on the beach and, one at a time, he was throwing them back into the water.

Our friend was puzzled. He approached the man and said, “Good evening, friend. I was wondering what you are doing.”

“I’m throwing these starfish back into the ocean. You see, it’s low tide right now and all of these starfish have washed up onto the shore. If I don’t throw them back into the sea, they’ll die up here from lack of oxygen.”

“I understand,” my friend replied, “but there must be thousands of starfish on this beach. You can’t possibly get to all of them. There are simply too many. And don’t you realize this is probably happening on hundreds of beaches all up and down this coast. Can’t you see that you can’t possibly make a difference?”

The local native smiled, bent down and picked up yet another starfish, and as he threw it back into the sea, he replied, “Made a difference to that one!”

## Senior Letter – Collin English

### *Collin English, Johns Hopkins*

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There was a moment, four years ago, that I have always remembered. It was one of my first Saturday morning practices as a senior swimmer, and under the grim grey sky, I had a conversation with Ronnie Heidary. There are few things about that conversation that I remember, other than a discussion on those spectacular Berean High School swimmers that had come before me, such as **Jill Jones and Chris Leon**. In my memory, it is clear as crystal, the moment when Ronnie turned to leave and said as an ending remark: "**You have big shoes to fill**". I have tried to fill those shoes ever since.

There was a moment, four years ago, that I have always remembered. It was under the burning sun of a summer practice that Donnie Heidary pulled me aside. Into my hands he put the workout from that day, and, before he walked away, told me to read the quote on the bottom. With slight confusion, I looked down: "*Only the mediocre are always at their best*". **I have struggled to not be mediocre ever since.**

To the mindset of a headstrong freshman, these were comments and quotes that were meant to facilitate my athleticism. It was my dream to one day be as fast as Chris or Jill, and **it was my goal to push my body beyond the point of mediocrity**. I wanted to be stronger and faster; I wanted to be the best. But as my four years passed, my mind mellowed and became less headstrong, my dreams were not achieved and I began to question, and in this new situation **I began to understand** what Donnie and Ronnie had really meant.

**Chris Leon had been more than a fast swimmer; he had been uncompromisingly dedicated, loyal, humorous, a friend, and a mentor. Jill Jones had been more than an athlete; she had been dedicated, kind, and the pinnacle of leadership.** For a long time, I had only seen the swim cap, but I had forgotten to read what had been written on it all along: "Character First". It is true that mediocrity can be found in athletics, but it is even truer that it can be found in character.

So, to my coaches, Ronnie and Donnie, and to my fellow teammates, thank you for making me a better swimmer, but I thank you more for the lessons that will last me beyond the short limits of my swimming career; whether it be the work ethic that comes from finishing a threshold set, the discipline that comes from waking up early for morning practice, the social skills necessary to be positive that early, or the ability to accept defeat and better myself from it.

**I am not the one to judge whether I have filled someone's shoes, and I am not the one to decide whether I have somehow escaped the bounds of mediocrity. But there is one thing I have firmly determined: that this team has made me a better person,** and as I depart after four years, I cannot help but feel grateful. Collin

## 2002 CIF Scholar Athlete of the Year: Letter of Recommendation for Peter Varellas

*I have had the pleasure of coaching Peter Varellas for the past three seasons as a varsity swimmer at Campolindo High School. I also coach Peter as a member of Orinda Aquatics, a competitive year-round swim team in Moraga, California.*

I have coached thousands of successful, high school student-athletes over my twenty-five year coaching career. These include highly talented swimmers who have competed in the United States Olympic Trials and the US National Championships. They include many, outstanding swimmers who have gone on to such prestigious colleges as Harvard, Princeton, Yale, Stanford, UCLA, Cal and many others.

I could easily rank Peter as the most remarkable of all these special athletes. He has such wonderful and rare gifts that are truly unique. He has all the qualities anyone would want in a student-athlete. **He is an outstanding student and places academics as his top priority.** As an athlete, I have to say he is perfect. He has the talent in two sports, swimming and water polo, to not only be the best on the respective varsity teams, but he is at the national level in both. As a swimmer he made the North Coast Championship finals last year and should be one of the top in his event this year. He also qualified for the US Open Swimming Championships, an international meet held in December in Long Island, New York. As a water polo player, he was one of the top recruits in the nation. Peter had the difficult but envious dilemma of choosing which sport to compete in at college. He was recruited to swim at Cal; he was recruited to swim and play water polo at Princeton; and he was recruited to play water polo at Stanford.

**As an example of his dedication to both sports,** on Thursdays he has morning swim practice from 5:30 to 7:30 AM and afternoon swim practice from 3:30-5:45 PM. After the PM practice, he drives to Palo Alto for a 7:00 PM water polo Junior National Team workout. His mother had to ask me if he could get out a little early to get something to eat before the long drive to Palo Alto. Peter never would have asked.

As good as his value is in the water, his **other qualities are even more valuable.** For good reason, Peter is the team captain for the Campolindo Swim Team and for Orinda Aquatics. **His leadership is impeccable.** There is not a single important leadership quality that he does not possess. His work ethic is outstanding. **He is the hardest worker on the team. He sets an example every day in practice for others to perform at his level. And he is never negative or condescending about motivating others. He is always positive, supportive and encouraging.**

**He takes the leadership role very seriously and cares about making a difference. He is the first one on the deck for workout and he is usually the last one out of the pool.** He is the first one to take pool covers off on a cold, rainy morning, usually doing all the covers as the other swimmers just watch. The one time I almost got upset with him was at a recent meet in Las Vegas. We ask the kids to be prompt at all times on travel trips. On the second day of the meet Peter was late coming out of the pool area to the team van. I asked him why he was late. He matter of factly, with no disgust in his voice, let me know that our kids had left the team area a mess and he stayed around (alone) to pick up all the garbage and throw it away.

Peter is a talented, dedicated, **caring and very humble young man.** I could not have asked for a better leader for the Campolindo Swim Team. His only flaw is that he may very well be perfect. Some parents have expressed frustration that, although Peter is a great role model, their kids will never measure up to his level. With all the pressures of high school, being a successful student athlete is not always easy. But at Campolindo, we have the best possible example for our young men and women to follow. With all due respect, given Peter's accomplishments in the pool and in the classroom, and with his impeccable character and leadership, I cannot imagine a better candidate for the Scholar-Athlete of the Year.

If you have any questions about Peter, please don't hesitate to call me at (510) 508-7966. Thank you for your consideration.

Sincerely,

Ron Heidary - Head Coach, Campolindo Varsity Swim Team

**Peter went on to win an NCAA Championship in water polo at Stanford. He was voted Male Athlete Of The Year at Stanford for all sports. He made two Olympic Teams and won Silver Medal. He went on to get an MBA at Stanford.**

## **Recommendation for Zachary Disbrow**

*I have known Zach for approximately ten years. I am currently his varsity swim coach at Campolindo High School and his year-round swim coach on Orinda Aquatics. I have coached competitive swimming for more than twenty-five years and have worked with thousands of athletes. Zach is one of the most outstanding young men I have ever coached.*

My introduction to Zach came when he was eight years old. He was on another team but decided to take swim lessons from me. After 30 minutes of me telling him he was doing everything wrong, he didn't come back for the rest of the classes. I thought he was too mentally weak to be competitive so I let it go. A year later his mom called me and asked if Zach could join our team. Over the last nine years, Zach has grown into an outstanding swimmer, a team leader, and a young man with impeccable character.

You obviously get thousands of applicants that are the best of the best in the world. How do you distinguish one from another? You certainly have your criteria but you ask us to write these letters to learn something special about them. The something special about Zach is his character and unwavering sense to do the right thing. One of my favorite quotes from all my years' of coaching came from the wall of business executive. It simply says, "Do the right thing." Zach is the epitome of this quote.

Zach is everything I would want an athlete to be. He has a relentless work ethic. He is a consummate team person. He is positive. And he cares. An example of his leadership and character (one of many) came at the end of a workout one day. We had four groups doing different main sets. As the first group finished, they were allowed to get out and they did. Zach was in that group but stayed in and kept swimming. The second group finished and got out. Zach kept swimming. The third group finished and got out. The fourth group, which had a harder set, finally finished with Zach swimming side by side with them. I thought I knew why he stayed in but I wasn't sure. Maybe he needed a longer warm-down? The next day on the deck, I asked him why he stayed in until the last group finished. He matter of factly stated that he did not think it was right for him to get out, even though he finished his workout, while his teammates were still swimming. I told Zach that I appreciated that and, with our young team, I needed him to continue to do leadership things like that. He looked at me and said, "If I ever don't, will you tell me?"

I have never had to tell him to do leadership things. He does them naturally. Zach just has a sense what is right and he is secure enough with himself and what he stands for to stay the course. I don't have to worry about him straying in any way. Is he a kid that comes along once every few years? He actually may be a type of kid that I will never see the likes of again. I believe he would be a very positive addition to your outstanding university.

**Respectfully,**

**Ron Heidary**

*Campolindo High School, Varsity Swim Coach  
Orinda Aquatics, Head Coach*

**Zach went to West Point. He swam four years and was voted team captain his junior and senior year. He was the first underclassman team captain in West Point History. After four years of hard training, Zach made Olympic Trials in the 200 mtr Fly his senior year.**

## 1996 CIF ARCO Scholar-Athlete of the Year Recommendation

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### *NADER MASSARWEH*

My name is Ron Heidary. I have been a competitive swim coach for eighteen years and am currently the varsity swimming coach for Campolindo High School. I have had the opportunity to coach Nader Massarweh for almost two high school swim seasons.

As a high school coach for more than ten years, I have been asked to write numerous letters of recommendation. I have to say that when Nader asked me to write this letter, I felt excited about the chance to express some heartfelt feelings for a truly amazing young man. While I have known Nader for less than two years, I feel as if I have known him for a decade and I am already experiencing some sadness in realizing that this is my last season with him.

When I think about Nader, I have to reflect back to last season, my first at Campolindo. I didn't know anyone on the team. The first week's practices were demanding and the swimmers seemed motivated to work hard to impress me. I would often call out swimmers' names to acknowledge their efforts. After a few days, Nader got out of the pool after practice and approached me. He was working hard and I was sure he wanted some feedback about his efforts. Maybe I hadn't acknowledged him and he wanted to know why.

He started by saying "I don't know if you've noticed ..." I was right; he wanted feedback. But he concluded his sentence with "... Marc has been working very hard and you haven't mentioned his name. It would mean a lot if you could acknowledge him." He was making sure I was aware of his teammate's effort. He said it quietly, making sure no one heard. I assured him that I had been watching Marc and would acknowledge him soon. As Nader walked away I stood there absorbing what had happened. Could this guy be for real?

I had never seen anything like this. He was for real! Three days later Nader came to me after practice. With great anticipation, I couldn't wait to hear this. He said, "Have you noticed Bryan in practice. I think he has a lot of potential but he's never been pushed. If you push him he might become a top swimmer." I assured him that I had noticed Bryan and recognized his potential and I would be pushing him. I watched Nader walk back to the locker room and felt so excited about the opportunity to get to know this young man. Nader's interest and concern for these two teammates proved somewhat prophetic.

Marc was indeed one of the hardest working swimmers on the team and I chose him as our Most Inspirational swimmer at the end of the season. Bryan became the most improved male swimmer on the team and broke into the elite level of top high school swimmers. While I consider these observations by Nader somewhat extraordinary, the most remarkable thing is that they are not for Nader. That's just the way Nader is. In Nader's world, you just care about other people. You look out for your teammates. You go out of your way for others. I'm sure he would think, "What's the big deal? Isn't that the way it's supposed to be?" I have coached many athletes with the highest character, but I have to say that I have not known anyone who has genuinely cared so much for the success of others. The following quote by William Wordsworth is one of my favorites and exemplifies Nader's personality closely. "The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love."

Nader is a rare young man. He is bright but not the slightest bit arrogant. He is a successful athlete but extremely hard working and disciplined. He is successful in everything but always respectful and appreciative. He is highly motivated but always looking out for others first. Coaching Nader is not just enjoyable, it is a privilege and it's what makes coaching so rewarding

To say that Nader is an outstanding scholar/athlete is an understatement. More important than his academics and athletics are his qualities and character that make him special. Nader knows that what's important is not as much his GPA or his 100 Butterfly time but who he is, what he stands for and how he lives his life.

While I'm sure you read many letters about outstanding young men, I have to say respectfully that I could not imagine a person more deserving than Nader Massarweh. If you have any questions please don't hesitate to call. (510) 799-7946

Sincerely,  
Ron Heidary  
Varsity Swimming Coach  
Campolindo High School

**Nader went on to med school and is now a doctor in the state of Washington.**

## Courtney Whyte

### Accomplishments:

- Sr National Short Course Qualifier
- OA Virginia Hall Inspirational Award Winner; Campolindo HS Inspirational Award Winner
- Scholastic All American; Swimming All American
- OA Team Captain 2 years; Campolindo Team Captain 2 years

Ranks 2<sup>nd</sup> AT in OA history in 200 Fly behind Kim Vandenberg

### Improvement:

- From the Campolindo Banquet - 9th grade: Butterfly improved from 1:01 to 59.0 to place 6th at DFAL – improved to 55.9
- Since freshman year: 200 Fly from 2:13 to 2:10, to 2:05, to 2:02

The word I would use to describe Courtney's integrity, humility and team focus is **Impeccable**.

Peter Varellas wrote a letter years ago to the team. It was relevant in two ways. First, he talked about the importance of the quality leadership from the upperclassmen which guided him to make good choices.

Secondly, he talked about, with the help of that leadership, making good choices and doing right thing, all the time.

Now Peter would likely have succeeded without that influence but I am sure that it helped him be the best he could be as a person and as an athlete. Those upperclassmen did not know then and probably don't know now how they influenced a young man who had great dreams and was willing to work to achieve them. And Peter subsequently influenced many young men below him.

I would say in a similar way, **you had tremendous role models but you also have been just as outstanding, and you will undoubtedly influence these young women to do great things.** And when they do, in a large way, you will be responsible.

How are you so impeccable?

- Perfect attendance
- Not on time but early
- First to help set up; First one in the water
- Never rest or never miss a lap
- Hardest worker in dryland
- Make perfect social choices
- Have priorities in balance
- **Someone I can count on unconditionally**



**We could not have asked for a better swimmer, person, role model or captain.**

For 30 years I have coached and been a part of the lives of remarkable young women. You are not only as outstanding as any female athlete I have ever coached, **you are as impressive as any person I have ever known.** There are people that, because of who they are, you just know will be successful. How much would I bet that you will be very successful in anything you do ... I would bet my life. And it would be safest bet I ever make. You are tough enough that your frustrations will serve to make you stronger and better. Your swimming career is just beginning.

The Notre Dame program is so lucky to have you.

**Update: Courtney swam 4 years at Notre Dame. There were many challenges with training, the team and the coaching staff. Through it, Courtney persevered and thrived. Her senior year, she was team captain and made the NCAA Championships with a lifetime best 1:56 in the 200 Fly.**

## Social Media - Humorous

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Dad drives grandma crazy with photoshopped pictures of his daughter.



# Social Media – Use it practically

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## Bad behavior is trending online, inspiring it in real life

Young children know that name-calling is wrong. Tweens are taught the perils of online bullying and revenge porn: It's unacceptable and potentially illegal. But celebrities who engage in flagrant attacks on social media are rewarded with worldwide attention. While public interest in bad behavior is nothing new, **social media has created a vast new venue for incivility to be expressed, witnessed and shared. And experts say it's affecting social interactions in real life. "Over time, the attitudes and behaviors that we are concerned with right now in social media will bleed out into the physical world,"** said Karen North, a psychologist and director of the University of Southern California's Digital Social Media Program.

"We're supposed to learn to be polite and civil in society. But what we have right now is a situation where a number of role models are acting the opposite of that ... And by watching it, we vicariously feel it, and our own attitudes and behaviors change as a result."

Catherine Steiner-Adair, a psychologist and author of "The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age," said she's already seeing the effects. She said she's been confronted by **students across the country asking why celebrities and political leaders are allowed to engage in name-calling and other activities for which they would be punished.** "We are normalizing behaviors, and it's affecting some kids," Steiner-Adair said. "And what's affecting kids that is profound is their mistrust of grown-ups who are behaving so badly. Why aren't they stopping this?"

Social media satisfies a human need for connection. Users bond over common interests and establish digital relationships with their favorite public figures, following and commenting on their lives just like they do their friends'.

**Gossip is a bonding activity,** and it doesn't take a Real Housewife to know people love to share dirt about others' perceived misdeeds. **Collective disapproval creates a feeling of community, regardless of which side you're on. Having a common enemy is "one of the strongest bonding factors in human nature,"** North said.

**Studies show that young people who witness aggressive behavior in adults model and expand on that behavior.** She pointed to Stanford University psychologist Albert Bandura's famous "Bobo Doll Experiment," which found that kids who saw adults hit a doll in frustration not only hit the doll as well, but attacked it with weapons.

**Social media is an atmosphere devoid of the social cues that mitigate behavior in real life,** she said. When violating social norms in person, there's immediate feedback from others through body language and tone of voice. No such indicators exist online, and retweets can feel like validation.

**Cruel and humiliating posts often become "an instant hit online,"** Steiner-Adair said. **"It's one of the best ways to become popular."**

Viral posts then get mainstream media attention, spreading digital nastiness into everyday conversation. "When we tolerate leaders — in the popular media like a Kardashian, or a president — behaving in this way, **we are creating a very dangerous petri dish for massive cultural change,**" Steiner-Adair said. Young people, who may be the most plugged in, are getting mixed messages as they form their moral concepts.

**"It behooves us all to question why we are participating in this mob of reactivity,"** Steiner-Adair said, "and what are the character traits we need to model for our children."

### Reader comments:

*I blame reality TV shows more than Twitter. Reality TV shows encourage over-the-top behavior. Makes people think that behaving like this is OK. These shows should come with a disclaimer in big letters: THIS IS ENTERTAINMENT. DO NOT BEHAVE LIKE THIS IN REAL LIFE.*

*This statement from the article just about says it all..."Social media is an atmosphere devoid of the social cues that mitigate behavior in real life". **The collective worldwide civility that existed up until the web went wild, is being obliterated and we will reap the ugly "benefit" of it.***

## Selfies

Nearly two hundred undergrads visited a psychology lab, took a selfie, and then had their photo taken with the same phone by a researcher. The students then rated how they thought they looked in the photos, in terms of attractiveness and likeability. The researchers at the University of Toronto found that **the frequent selfie-takers among the students thought that they looked more attractive and likeable in their selfie than in the photo of them that the researcher took. But when a separate group of raters recruited online looked at the two sets of photos, they made completely the opposite judgment – rating the students as more likeable and attractive in the researcher photos than the selfies.** Perhaps something to bear in mind next time you're about to upload your latest me-shot.



## Drive Safely

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**If you drive, please drive safely.  
If you are a passenger,  
demand that the driver drives carefully.  
You are valuable cargo!**

**“Accidents, and particularly street and highway accidents, do not happen - they are caused.”**

Ernest Greenwood.

MARTINEZ

### **18-year-old in fatal Hwy. 4 crash ID'd**

A crash in wet conditions late Saturday on Highway 4 claimed the life of an 18-year-old Martinez man, the California Highway Patrol said Monday.

Jawad Tawasha Jr. died after crashing a 2006 Dodge into the eastbound center guard rail just east of Alhambra Avenue. His car was hit by a Honda moments later, CHP spokesman Officer Brandon Correia said.

A 63-year-old man drove the Honda that struck the Dodge and was treated for moderate injuries at John Muir Medical Center in Walnut Creek.

Police do not suspect drugs or alcohol were involved, and no arrests have been made, Correia said.

Rainy conditions may have been a factor in the crash, Correia said.

— *Rick Hurd, Staff*

### NO, I DON'T DRINK. YES, I KNOW HOW TO HAVE FUN.

by ANGELA PEREZ SARASA 3/21/2016

No, my religion doesn't forbid it. No, I don't have to drive back home. No, I'm not pregnant, taking medication, or having health issues. No, I'm not a recovering alcoholic or into harder drugs. Yes, all of my family and friends drink. These are only a few of the answers to a question I see myself answering just as often as vegans get asked why they don't eat meat: "So, why don't you drink?"

Growing up in a generation that established binge drinking as a main weekend pastime, being sober has always made me the odd one out. My reasons not to drink are simple: The idea of drinking never appealed to me; I could never stand the taste of alcohol; and I never felt like I needed an extra boost to have fun — or make stupid decisions. Also, coming from someone who finds pleasure in having everything under control, the idea of not being 100 percent in control of myself is more my definition of a nightmare than having fun.

However, I never would have thought that something I personally consider an insignificant part of who I am would have *such a big impact in the way people perceive me*. After setting the record straight that I'm not interested at all in drinking, they usually reply with "I think that's great," but do they? The truth is that if I confess that I don't drink when someone doesn't know me that well, they usually assume they can automatically fit me into the stereotype of the boring Goody Two-shoes. And let me tell you something: No one wants to be best friends with the boring Goody Two-shoes.

A few months ago, I moved to London and started a new job. My colleagues were planning a night out, and one of them was nice enough to suggest that since I was new in town it would be a great chance to show me the nightlife of the big city. However, another colleague was fast to say "but she doesn't even drink," as if the idea of me going out without drinking was ridiculous and getting drunk was the one and only reason why someone would enjoy going out; dancing, socializing, and many of the other things that I have always loved about going out at night were overturned by the fact that I didn't drink. This would only be an anecdote if it were an isolated case — instead, I have lost count of how many times I've heard things like "I would tell you to come, but you won't have fun," or "Yes, let's go out, but let's tell more people because just the two of us will be boring."

That said, I have come to realize with the years that some people dislike the fact that I don't drink merely because they're afraid it means I'm going to judge them if they do. When I used to go out with my ex-boyfriend, he would rarely drink alcohol, and I almost never saw him drunk during the more than two years that our relationship lasted. As a result, when we broke up, I could barely recognize that guy who would get completely wasted every time he went out with his friends.

Fortunately, being different from the majority of the population also has a brighter side, as the people who stay around long enough to discover who I truly am are normally the people who think there's more to life than getting drunk and more to a person than what society decides. Those people know that I don't care if they drink or not as long as I'm not the designated person to hold their hair back if they puke (but that I would do it for them if I had to); that I love going out, and I'm always the last to leave the dance floor; that when I go to concerts — and I go way too often — I'm in my element, and I jump higher and sing louder than anyone around; that they can go out just with me, be the only ones drinking, and still have fun; and that not drinking alcohol is just a life choice, not something that defines who I am. In a society where relying on drugs and alcohol to have fun or get the courage to do things has become the norm, I surprisingly and involuntarily found myself becoming a rebel. Rebellious against society, even for an insignificant reason, made me learn a few things: *It's not worth changing the way you are for anything or anyone*; the more confidence with which you speak about your choices, the less people are going to make a big deal out of them; and there are still always going to be people who will disapprove of your choices and judge you. *But it's better to be a live fish swimming against the current than a dead fish being carried with the flow.*

# TOP 8 REASONS TEENS TRY ALCOHOL AND DRUGS

## Top 8 Reasons why Teens Try Alcohol and Drugs

1. **Other People** — Teenagers see lots of people using various substances. They see their parents and other adults drinking alcohol, smoking, and, sometimes, abusing other substances. Also, the teen social scene often revolves around drinking and smoking pot. Sometimes friends urge one another to try a drink or smoke something, but it's just as common for teens to start using a substance because it's readily available and they see all their friends enjoying it. In their minds, they see drug use as a part of the normal teenage experience.
2. **Popular Media** — Forty-two percent of teens agreed that movies and TV shows make drugs seem like an OK thing to do, according to a 2003 study. Not surprisingly, 12- to 17-year-olds who viewed three or more "R" rated movies per month were seven times more likely to smoke cigarettes, six times more likely to use marijuana, and five times more likely to drink alcohol, compared to those who hadn't watched "R" rated films (Amy Khan 2005).
3. **Escape and Self-Medication** — When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for solace. Depending on what substance they're using, they may feel blissfully oblivious, wonderfully happy, or energized and confident. The often rough teenage years can take an emotional toll on children, sometimes even causing depression, so when teens are given a chance to take something to make them feel better, many can't resist.
4. **Boredom** — Teens who can't tolerate being alone, have trouble keeping themselves occupied, or crave excitement are prime candidates for substance abuse. Not only do alcohol and marijuana give them something to do, but those substances help fill the internal void they feel. Further, they provide a common ground for interacting with like-minded teens, a way to instantly bond with a group of kids.
5. **Rebellion** — Different rebellious teens choose different substances to use based on their personalities. Alcohol is the drug of choice for the angry teenager because it frees him to behave aggressively. Methamphetamine, or meth, also encourage aggressive, violent behavior, and can be far more dangerous and potent than alcohol. Marijuana, on the other hand, often seems to reduce aggression and is more of an avoidance drug. LSD and hallucinogens are also escape drugs, often used by young people who feel misunderstood and may long to escape to a more idealistic, kind world. Smoking cigarettes can be a form of rebellion to flaunt their independence and make their parents angry. The reasons for teenage drug-use are as complex as teenagers themselves.
6. **Instant Gratification** — Drugs and alcohol work quickly. The initial effects feel really good. Teenagers turn to drug use because they see it as a short-term shortcut to happiness.
7. **Lack of Confidence** — Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise. This is part of the appeal of drugs and alcohol even for relatively self-confident teens; you have the courage to dance if you're a bad dancer, or sing at the top of your lungs even if you have a terrible voice, or kiss the girl you're attracted to. And alcohol and other drugs tend not only to loosen your inhibitions but to alleviate social anxiety. Not only do you have something in common with the other people around you, but there's the mentality that if you do anything or say anything stupid, everyone will just think you had too many drinks or smoked too much weed.
8. **Misinformation** — Perhaps the most avoidable cause of substance abuse is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure her that the risks are minimal. Educate your teenager about drug use, so they get the real facts about the dangers of drug use.

**We need to focus on healthy ways to take care of stress, loneliness, and other problems, in order to improve our lives. \***

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity." *W. Clement Stone*

## Brad Pitt opens up on drinking, divorce in GQ interview

In a new interview with GQ, Brad Pitt opens up about a lot of things in the wake of his messy divorce from Angelina Jolie.

Jolie filed for divorce after Pitt reportedly got into an altercation with their 15-year-old son, Maddox, the oldest of their six children. Pitt now acknowledges that he was left in the middle of “an unraveled life, figuring out how to mend it back together.”

Pitt tells GQ that **he had to come to terms with his daily habit of relying on substances, mostly pot or alcohol, to “run from his feelings.”**

“Personally, **I can’t remember a day since I got out of college when I wasn’t boozing or had something.**”

Pitt said he stopped “everything except boozing” when he started his family. But he admits he had over the years become a “professional” drinker.

It’s been six months since his last drink. He’s also got a better relationship with Jolie, with regards to raising their kids. “It’s just very, very jarring for the kids, to suddenly have their family ripped apart. If anyone can make sense of it, we have to with great care and delicacy, building everything around that.”



## Relationships & Self Worth

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We do not attract what we want, but what we are.

James Lane Allen

### Happy People Have Good Relationships

Another way to stay happy is to nurture our relationships. People who have good relationships are said to be happier and more content in their lives than people who don't. Good support networks are essential to feeling capable of dealing with problems and issues and getting through to the other end. Good company can lift us up and positive people can encourage us to reach our potential. Make sure that your relationships are with people who are a positive influence on your life.

**“Never love anyone who treats you like you’re ordinary.”**

Oscar Wilde

**“Loving people live in a loving world. Hostile people live in a hostile world.  
Same world.”**

Wayne Dyer

**“People who want the most approval get the least  
and the people who need approval the least get the most.”**

Wayne Dyer

**"Whoever walks with the wise becomes wise ..."**

Proverbs 13:20

**“Respect yourself enough to walk away from anything that no longer serves you,  
grows you, or makes you happy.”**

Robert Tew

**“We accept the love we think we deserve.”**

Stephen Chbosky, *The Perks of Being a Wallflower*



Most of us are looking for a relation-*ship* that will carry us securely across the seas of separateness and loneliness to the beautiful shores of love, joy, and happiness. Since divorce statistics show that about half the people who begin the journey are abandoning ship, and the popular jokes about male-female relationships indicate that many married couples are not happy together, it may pay off handsomely to increase our skill in making this voyage. So let's begin at the beginning.

If you tell yourself you must have a relationship to be happy, you're already in trouble. If you are presently in a relationship, you may be undermining it in various ways by demanding and clinging. If you take two dominoes and lean them against each other, you have an unstable setup; if one of them moves, the other falls. If you create the experience that you are only half a person, and you need someone to somehow help you fill in the missing half, you're setting yourself up for a dysfunctional relationship.

Your partner cannot make you feel good or guarantee your self-esteem or self-confidence. Count yourself fortunate if your partner can do this for themselves! Author and lecturer John Bradshaw of the Center for Recovering Families in Houston, Texas tells us, "The goal of life is to move from environmental support to self-support. So what we look at then is the possibility of going deeper within ourselves."\*

\* From John Bradshaw's PBS television series. I recommend Bradshaw's revealing book *Bradshaw On: The Family, A Revolutionary Way of Self-Discovery* (Health Communications, Inc., 1988).