



# Orinda Aquatics

**2016 Swimmer Meeting**  
September 2, 2016



***... When you feel connected to everything, you also feel responsible for everything. And you cannot turn away. Your destiny is bound with the destinies of others.***

*Andrew Boyd*

# Cornerstones of Orinda Aquatics

## Organizational Overview

### Orinda Aquatics published Character Book

#### Reminders ... with photos

#### Coach Contact Information

#### Meeting Notes

### Group Focus and Early Season Emphasis

#### Goals

#### Groups Structure

#### Get Tough

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

*Buckminster Fuller*

---

# *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, nineteenth year
  - **Orinda Aquatics/Polar Bear Fall Swimming Program**
    - 350 swimmers, twenty-ninth year
  - **Orinda Aquatics Masters**
    - 75 Members
  - **Orinda Aquatics High School Pre-season swimming**
    - 100 swimmers
  - **Orinda Aquatics Character Camp**
    - 35 Campers
  - **Orinda Aquatics Spring Clinics**
    - 100 swimmers
- 
- 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**

# Important Reminders ...

ALWAYS STAY FOCUSED



EVEN THOUGH WE ARE DIFFERENT, WE CAN ALL GET ALONG



SENIOR SWIMMERS TAKE CARE OF THE YOUNGER SWIMMERS





## Appreciate your parents



They do so much for you and provide you with incredible opportunities – social, athletic, academic, and life experience opportunities. They will love and support you your whole life. Please consider the time, energy, cost and sacrifice that your parents must give to support your athletic career. They are not obligated to do it or, for that matter, anything.

**They do it because they love you!**



## Coach Contact Info

Coach	E-Mail	Phone	Address
Donnie	<a href="mailto:Don@orindaaquatics.org">Don@orindaaquatics.org</a>	(510) 410-7946 (c) (925) 377-7946 (h)	1813 St. Andrews Dr. Moraga, Ca 94556
Ronnie	<a href="mailto:Ron@orindaaquatics.org">Ron@orindaaquatics.org</a> <a href="mailto:coach_ron@msn.com">coach_ron@msn.com</a>	(510) 508-7966 (c) (925) 939-7966 (h)	456 Beacon Ridge Lane Walnut Creek, Ca 94597
Matt E	<a href="mailto:Matt2coach@comcast.net">Matt2coach@comcast.net</a>	(510) 375-1870 (c)	
Marc	<a href="mailto:mrcavallero@gmail.com">mrcavallero@gmail.com</a>	(925) 899-2010 (c)	
Jill Jones	<a href="mailto:Jilljones92@gmail.com">Jilljones92@gmail.com</a>	(925) 212-4371	
Matt Armanini	<a href="mailto:m_armanini@hotmail.com">m_armanini@hotmail.com</a>	(925) 899-5328	

## MEETING NOTES

### General

#### Welcome to everyone

- Please read the **letters from the graduating seniors (2016)**. These letters show the quality of previous senior classes 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.

#### Senior Group Admin

- You should receive weekly email updates – **please read them**.
- Let us know if you will have extended absences.

#### Schedules General

- **Know the meets you should attend**
- Know the workout and dryland times for your group.
- Conflicts
  - Let us know in advance
  - We very much respect swimmers' (reasonable) involvement in other (healthy and productive) activities. **We feel it is important and valuable for students to have a greater vision of the world beyond their typical teenage academic and social pressures.**

#### Meets General (see Meet Protocol)

- **Enter all meets that you should attend**  
The email updates typically provide information on upcoming meets and entry deadlines.

## Attendance Comments

- Keeping disciplined attendance is a growth process which is important.
- You are responsible for dealing with your attendance – not your parents.
- Homework is your responsibility to manage efficiently.
- TIME MANAGEMENT and DISCIPLINE are the keys to maintaining your attendance.

## Bathroom

- General
  - **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.**
- **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.**

## Senior Group Focus

- Be better in every way
- Group Continuity, Development and Transition
  - Better skill and drill development from Jr 1 through Sr 4
  - Better training and test set continuity
  - Better dryland development with Junior and from Junior through Senior
- Better technical development - everything has to be better - examples
  - **Attached - OA WORKOUT & TRAINING FOCUS**
  - What we care capable of
  - dive technique - example flat dive
  - turn technique - example tucking chin
  - one example in every stroke
- Swimmer connection and relationships
  - **Attached – SWIMMER GOAL SHEET, MEET PLAN & DATA**
  - Goal meetings by mid-October (see goal/data sheet)
  - Meet Plan and events to enter
  - Consistent tracking of swimmer development
  - Groups meetings on or off-site to discuss progress and goals
- Attendance, work ethic and accountability
  - Have a more connected relationship & ask for a greater commitment to the team and process
  - Be accountable to (reasonably) consistent attendance

## Early Season Emphasis

- **Learn and perfect drills in all strokes**
- Improve kick speed and power in all strokes
- **Work underwater speed and conditioning**
  - Freestyle 2-3 dolphin kicks underwater
  - Backstroke 4-6 dolphin kicks underwater or 3-4 black lines

- Butterfly 4-6 dolphin kicks underwater or 3-4 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, Breaststroke and Butterfly
- Work on off-strokes for all IM swimmers
- **Get to know new swimmers and the swimmers in each group**

### **General Workout Guidelines (see Beyond Attendance)**

- Be on time - It supports the whole group when EVERYONE is on time  
On time is typically 15 minutes early so we can be in the water when workouts starts
- Warm Up (practice)
  - Don't stop, play or talk
  - Work on your strokes and loosen up for a good workout. You can benefit from warm up.
- Warm Down (**practice**) Do not stop or talk. Use it to allow your body to recover for the next day's workout (usually 300-500).
- Kicking - We want to improve the quality of our kicking in all strokes
  - 100 Free Kick for time and 100/200 Stroke Kick for time
  - **50 Fly Kick without a board, ex :35, :30, :26**
  - **25 UW timed kick**
- Streamlines
  - Be more disciplined to work streamlines off EVERY wall and for a certain distance (3-5 black lines)
  - Develop more speed underwater with streamlines and kicking
  - Improved streamlines MUST be conditioned
- Count laps in every set INCLUDING WARM UP
  - Do not stop until you finish the set - Have integrity about your training (example)
  - If others are finished before you, don't stop until you are finished or a coach stops you
- Stopping during sets
  - **Generally - you should not stop**
  - If you have pain or discomfort – **talk to a coach immediately**
  - If you need to rest - ask first
- Equipment
  - **You should have an equipment bag with the necessary equipment with you every day**
    - Fins, snorkel, paddles, 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.**
- Bathroom
  - Our preference is that you do not go during a main set
  - **ALWAYS ask to get out if you need to use the bathroom (a safety issue)**

## Goals in General

- 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.**

## Group Structure and Group Movement

- 6 criteria to determine groups and group move up or down
  - **Attendance** – consistent with group expectations
  - **Times** - level of achievement
  - **Training** - ability to swim through sets and maturity/attitude about training hard
  - **Technique - 1) efficient enough to allow hard training and 2) manage issues related to current or potential shoulder problems** – examples Free
  - **Maturity**
    - As an athlete - positive, embrace training, good teammate
    - Coachable - takes and applies instruction
    - Positive in the locker room and socially making good choices
  - **Team and Meet Commitment** - Committed to the meet process and follows team guidelines
- **Reasons NOT to change groups**
  - **Friends/social, convenience, status**
- **Reasons for starting in a lower group**
  - Attendance or morning workout attendance has been poor, demonstrate the commitment first.
  - If a swimmer has had poor work habits, starting in higher group generally doesn't change the swimmer.
  - **Note - starting down is not giving up but maybe saving swimmer's career**

Calvin and Hobbes by Bill Watterson

April 10, 2015



Our hope for the Orinda Aquatics Senior Group is that we create from the workouts, meets and social activities, 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 be a safe and healthy social outlet.

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

- Learn to deal with issues, fears, discomfort and disappointment
- One potentially 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**

---

**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]ld 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 withthese 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 inthe 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 athetic department is beyond amazing, and I feel so privilged 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

Workout Schedule

Meet Schedule

Meet Protocol

Training Focus

Goals Sheet

Drill Progression

Criteria To Move Up

Beyond Attendance

The High Character Athlete at Workout

IMX & Deck Pass

Email from college coach

Supplements

## Orinda Aquatics Workout Schedule 2016-2017

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

**Preseason Schedule:** The schedule will be abbreviated during the first two weeks. The following are changes to the regular workout schedule:  
**week of Sept 5:** No Monday workout (Labor Day); regular PM Tuesday-Friday and meeting; **NO AM Monday-Friday; NO Saturday; NO dryland.**  
**week of Sept 12:** Regular PM Monday-Friday and meeting; regular dryland; regular Saturday; **NO AM Monday-Friday.**  
**week of Sept 19:** Regular schedule as shown below.  
**Jr Group Friday PM workouts will start Friday, September 23.**

		Monday	Tuesday	Wed	Thursday	Friday	Saturday
<i>Senior 4</i>	AM	5:30-7:15		5:30-7:15		5:30-7:15	7:15-10:00
	PM	3:15-5:00	3:15-5:00	none	3:15-5:30	3:15-4:45	
	DL	5:10-5:30	5:10-6:00		5:30-6:00		10:00-10:45
	MTG					4:50-5:20	
<i>Senior 3</i>	AM		5:30-7:15		5:30-7:15		7:15-10:00
	PM	4:45-6:15	4:45-6:15	4:30-6:15	none	4:45-6:00	
	DL	4:00-4:40		3:45-4:30			10:00-10:45
	MTG					4:15-4:45	
<i>Senior 2</i>	AM		5:30-7:15		5:30-7:15		7:15-9:30
	PM	5:00-6:25	5:00-6:25	4:30-6:15	none	4:45-6:00	
	DL	4:20-5:00		3:45-4:30			9:40-10:20
	MTG					4:15-4:45	
<i>Sr 1/Varsity</i>	AM						
	PM *	3:35-4:50	3:35-4:50	3:35-4:50	3:35-4:50	3:35-4:50	
		Monday	Tuesday	Wed	Thursday	Friday	Saturday
<i>Junior 3</i>	AM			AM TBD		5:30-7:15	8:15-10:00
	PM	6:15-7:45	6:15-7:45	6:15-7:45	5:45-7:45	6:00-7:30 (optional)	
	DL	5:45-6:15		5:45-6:15			10:00-10:45
	MTG	5:15 meeting					
<i>Junior 2</i>	PM/Sat	6:25-7:45	6:25-7:45	6:25-7:45	6:15-7:45	6:00-7:30	8:15-10:00
	DL	6:00-6:25		6:00-6:25			7:45-8:15
	MTG	5:15 meeting optional					
<i>Junior 1</i>	PM/Sat	6:25-7:45	6:25-7:45	6:25-7:45	6:15-7:45	6:00-7:30	8:15-10:00
	DL	6:00-6:25		6:00-6:25			
	MTG	5:15 meeting optional					

**Please note some important workout requirements and changes from last years' schedule:**

- => **one afternoon off during the week** - Each group will have one afternoon off each 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).*
- => **Senior 1/Varsity workout times** in February **may** change to later depending on pool availability.

## Orinda Aquatics 2016-17 Senior Meet Schedule

Weekend	Primary Meet	comment	additional meet or activity	Team Note
Sept 11	--		<b>Tiburon Mile</b> <i>(open water optional)</i>	Drill Week
Sept 17	--			Skill Week
Sept 23-25	--		<b>Dr G UW Filming</b> <i>(recommended)</i>	
Oct 1-2	<b>OA Host C/B/BB+</b>	team meet - enter both days		
Oct 8	--			
Oct 15-16	--			
Oct 22-23	<b>OA Host Senior Open</b>	team meet - enter both days		
Oct 29-30				
Nov 4-6	<b>PLS Senior Circuit T/F</b>	fast suits		
Nov 12-13	<b>OA Fall Jamboree</b>	senior swimmers (non PLS) TBD		
Nov 19-20	<b>TERA Senior Open</b>	team meet - enter both days		
Nov 26	--			
Dec 2-4	<b>WCAB Sr 2 T/F</b>	short rest, fast suits	<b>JO's for Sr Group 14&amp;U</b>	
Dec 7-11	<b>Winter Junior Nationals</b>	College Station, Texas	<b>SRVA C/B/BB+</b> <i>if not qualified for WCAB Sr T/F</i>	
17-Dec	--			
24-Dec	--	Christmas break		
31-Dec	--	New Years break		
Jan 7	--		<i>Pacific All Star Meet - for swimmers who qualify</i>	
Jan 14-15	ONDA C/B/BB+ 1 day			
Jan 21	--			
Jan 28-29	<b>SCSC Sr Open SAT ONLY, Zone 2 SUN ONLY</b>			
Feb 4	--			HS starts Feb 6
Feb 10-12	--		<b>Neptune Invite for Jr Group</b>	
Feb 18	--			
Feb 24-26	<b>Clovis Sr Travel Meet</b>	Senior Travel/Peak Meet		
Mar 2-4	<b>Sectionals @ LaMirada</b>	Senior Travel/Peak Meet for swimmers who qualify		
Mar 10-12	<b>JO's (TERA) TBD</b>	Option to reshuffle		
Mar 18-19	<b>Hills C/B/BB+ @ Soda</b>			
Mar 25	--			
Apr 1	--		<b>Far Westerns TBD</b>	Jr Travel TBD
Apr 8	--			
Apr 15	--			
Apr 22-23	<b>OA Host Sr Open LC</b>			
Apr 29	TERA Distance TBD			
May 5-7	<b>High School League Meets</b>			
May 12-14	<b>North Coast/Walk-on</b>			
May 19-20	<b>State Meet</b>	Fresno		



# 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>– Being on time is critical to the athletic and team process</li> <li>– Check-in for all events unless otherwise discussed with a coach</li> </ul>
<i>Team attire</i>		Team attire is a strict policy 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>		7:20 – Focused, dynamic warm-up 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. 3x4x50 – build round, mix kick, drill, swim, speed</li> </ol> </li> <li>3. Race specific             <ol style="list-style-type: none"> <li>a. Pace for all 200 races and above</li> <li>b. Race starts 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 short meeting with reminders, objectives, strategy, etc.
<i>Race prep</i>		Prior to every race, swimmers should spend a few minutes stretching (dynamic), and visualizing their race.
<i>Warm down</i>		<ul style="list-style-type: none"> <li>– Senior warm-down is 1,000 yards, or about fifteen minutes 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 <u>immediately</u> after the race. 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>		Check-in prior to leaving the meet. Make sure the team area is clean, and help with shade structures if needed. If you have to leave before the end of a meet, discuss this in advance with a coach.
<i>Departure (home meets)</i>		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.

## Orinda Aquatics - Training & Technique Focus

**We need to focus on the following - to work on and improve every day.**

Training - All Groups Senior & Junior			
stroke	Stroke Focus	rate	status
<b>General - focus on a few very important things - watch and develop every day</b>			
<b>Fr</b>	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		
<b>Bk</b>	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		
<b>Bt</b>	1) stay long, 2) outswEEP w a quick scull out and keep pull in front 3) breathe later (on the insweep), 4) aggressive recovery to a streamline with hips high (good body position), 5) streamline palms down w thumbs together		
<b>Fly</b>	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>			
<b>Fr</b>	1) training efficiently with good body balance, rotations & 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		
<b>Bk</b>	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		
<b>Bt</b>	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)		
<b>Fly</b>	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>			
<b>Fr</b>	1) high recovery - above elbow, 2) hand rises above shoulder on entry 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		
<b>Bk</b>	1) entry behind the head, 2) a wide and deep pull with a straight arm		
<b>Bt</b>	1) glide and outswEEP above the shoulders, 2) catch starting with straight arms then pressing wide and deep		
<b>Fly</b>	1) high recovery especially when holding breath and <u>chin tucks</u> - look at hands recovering higher than the shoulders, 2) starting the pull above the shoulders, 3) a palm out entry inside the shoulders		

## Training & Technique Focus

**We need to focus on the following - to work on and improve every day.**

Turns & UW - All Groups Senior & Junior			
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 bluw on Fly & Back, 4 bl for Breast pull downs; 2-3 Fly Kicks for Free UW		
<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		
<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>		
on wall	Free & Back - Balance on wall with <u>feet, hips and head in line</u> - CHECK BODY POSITION		
<b>Bk cross stroke</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 as the swimmer brings legs up, head should roll back and stay in line with eyes looking to the sky</b>		
<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 gauge		

**Sample Goal/Data Sheet – to be filled out by the coaches for each swimmer**

OA Sr 4 Goals Sheet, Meet Plan, Training Notes, Comments	Swimmer
sub group	
specialty / focus	
coach notes current	
<b>Peak Meets</b>	
Dec/Jan Peak Meet	
Spring Peak Meet 1	
Spring Peak Meet 2	
LC Peak Meet	
SC Summary	
LC Summary	
<b>Events, Times, Focus</b>	
event 1 SC	
event 2 SC	
event 3 SC	
event 4 SC	
2017-2018 SC event focus	
event 1 LC	
event 2 LC	
event 3 LC	
event 4 LC	
2016-2017 LC event focus	
<b>Coach Notes</b>	
Attendance	
Training	
Technique	
Personal	
Coach Comments	

<b>Meet Plan</b>	<b>Please note this is NOT the actual meet schedule</b>
<b>Oct 1-2 OA HOST CBA+</b>	
<b>Oct 22-23 OA HOST SR OPEN</b>	
Oct 29-30 SRVA	
Nov 4-6 PLS Sr T/F	
<b>Nov 12 OA HOST Fall Jamboree</b>	
Nov 19-20 Tera Sr Open	
Nov 26 no meet	
<b>Dec 2-4 WCAB Sr T/F &amp; JO's</b>	
<b>Dec 7-10 Jr Nationals; Tera CBB+</b>	
Dec 24 no meet (Christmas)	
Dec 31 no meet (New Year's)	
Jan 7 no meet (Pacifica All Star)	
Jan 14-15 ONDA; Pacifica; Grand Prix UT	
Jan 21 no meet	
Jan 28-29 Zone 2; SCSC Sr Open	
Feb 4 no meet	
Feb 11-12 Neptune (Jr)	
Feb 18 no meet	
<b>Feb 24-26 Clovis; PLS Sr Open</b>	
Mar 3-5 WCAB Sr 2?, Grand Prix IU	
Mar 10-12 JOs @ Tera	
Mar 17-19 Sectionals ?; Hills CBB+	
Mar 25 no meet	
Mar 30-Apr 2 Far Westerns @ PLS	
Apr 8 no meet	
<b>Apr 22-23 OA HOST SR OPEN</b>	
Apr 29 Tera Dist Meet	
<b>May 3-5 HS League Meet</b>	
<b>May 12-13 North Coast</b>	
<b>May 14 Walk On Meet</b>	
May 19-20 State Meet; Piedmont CBB+	
May 27 no meet	
Jun 2-4 Santa Clara GP; Montclair Pent	
<b>Jun 10-11 OA HOST CBB+</b>	
Jun 17 ?	
Jun 24 ?	
Jun 26-July 1 Theme Week ?	
<b>Jul 7-9 OA HOST JO's</b>	
Jul 15-16 SRV CBB+	
Jul 22 no meet	
<b>Jul 27-30 FW, WZ @ Clovis TBD</b>	
<b>Aug 3-6 Futures TBD</b>	
<b>Aug 5-6 Summers End Classic</b>	
<b>Aug 10-13 Jr Nationals</b>	

<b>FALL (Sep-Dec)</b>	
1.0 coach notes	
1.1 attendance	
1.2 meet notes	
1.3 technique	
1.4 dives & turns	
1.5 training	
1.6 dryland	
1.7 goal sets	
1.8 good sets	
2.1 personal	
2.2 Illness, Injury or Issue	
2.3 college	
2.4 parents	

<b>Weekly Notes - week of:</b>	
September 5, 2016	
September 12, 2016	
September 19, 2016	
September 26, 2016	
October 3, 2016	
October 10, 2016	
October 17, 2016	
October 24, 2016	
October 31, 2016	
November 7, 2016	
November 14, 2016	
November 21, 2016	
November 28, 2016	
December 5, 2016	
December 12, 2016	
December 19, 2016	
December 26, 2016	
January 2, 2017	

## General Criteria To Move Up (Groups)

### Attendance

- Attendance should be AT LEAST at the expectation for the group.

### Times & Ability

- Current times should be at or near the standard for the group.
- If the times are less than the standard, the swimmer should have the ability to improve quickly.

### Training Ability

- Ability to swim through the workout well including longer Free and IM sets and kicking.
- Ability to train with the group on the hardest sets and most challenging intervals.

### Technique

- efficient enough to allow hard training and
- **manage issues related to current or potential shoulder problems – examples Free**

### Maturity

- Perhaps the most important of the four criteria is maturity including character, responsibility, discipline and integrity.
- A swimmer moving up should be a positive influence on the group and not in any way take away from the group's quality in the pool or the locker room.

### Team & Meet Commitment

- Committed to the meet process and follows team guidelines.



- 
- *A swimmer who meets five or six criteria would move up.*
  - *If a swimmer meets four or five criteria, they may be moved up if they are exceptional in those areas.*
  - *It is always the coaches' decision. The coaches will in most cases have a meeting and make the decision based on the collective input of the staff.*
  - *The decision should always be based on what is fair for the swimmer in question, fair in relation to the rest of the group, and positive for the group into which the swimmer is moving.*
  - *Reasons NOT to change groups: Friends/social, convenience, status*
  - *Reasons for starting in a lower group:*
    - Attendance or morning workout attendance has been poor, demonstrate the commitment first.
    - If a swimmer has had poor work habits, starting in higher group generally doesn't change the swimmer.

**Note - starting down is not giving up but maybe saving swimmer's career**

# 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.**
- **The “2” in the lane is responsible for all extra equipment being put away.**
- **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
- ✓ Do not stop or rest without asking a coach
- ✓ Know the drills and stroke “keys” to improve
- ✓ Be healthy – swimmers shouldn’t “not feel well” too often
- ✓ Count your laps and repeats and **do them all** – know when you are done with a set
- ✓ **Have integrity about doing EVERYTHING asked and be honest with the coaches**

## Dry Land

- ✓ **Be at dryland – it is a part of the workout**
- ✓ Plan to be on time and not leave early
- ✓ Wear proper clothing
- ✓ 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 getting out of the pool**
- ✓ 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")

## **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.”



## 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 swimmers 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.*

Quotes

Making A Difference

Personal Growth

Health

Letters of Recommendation

# Quotes

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

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

"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

“It's not hard to make decisions when you know what your values are.”

“A wise man does in the beginning, what a foolish man does in the end.”

“I've learned that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.”

“There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results.”

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

James Lane Allen

When the higher flows into the lower, it transforms the nature of the lower into that of the higher.

Meister Eckhart

## **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!”

## 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   







## Ohio teen takes great-grandma to prom



The teen took his great-grandmother to his senior prom because she never got to go when she was in high school.

This brave police officer who handcuffed himself to a suicidal woman and threw away the key to let her know she wouldn't be going alone. The brave act convinced her to change her mind.



This girl in Egypt spends her time teaching a street vendor child how to read and write after exiting the subway every day.



## 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 sons 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.

# 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 and not with people who drag you down.

## 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

## One Way To Be Happier

**Talk less, and when you do talk have noble conversation.**

When you hang out with your friends and loved ones, learn to love the spaces in the conversation. Listen more to their tone as they share rather than thinking about how you are going to respond. Pay attention to what happens to your energy when you talk less, and how much happier you feel as you conserve more energy. Plus, you will love the simple intimacy of your relationships as you increase presence and heart-centered listening, freeing yourself of complications and unwanted dramas.

## The Effect Of Emotions, Thoughts and Words

### DR. MASARU EMOTO'S ICE CRYSTALS

Dr. Emoto exposed music, spoken words, typed words, prayer, videos, and pictures to water to show that human thought affects ice crystal formation. The water's response was magical: for positive words, like "love" and "peace" the ice crystals were beautiful but for negative words like "anger" and "you make me sick" they were twisted and irregular.<sup>2</sup>

# How to Boost Your Self-Esteem

by Khaled Asmri on December 22, 2008

Developing and boosting your self-esteem **will take work—lots of work**. It can be difficult to shake years of bad habits, attitudes and beliefs that have kept you in a pit of low self-esteem, **but it's not impossible**. I'm here to help you navigate your way to a new life- a new way of being, thinking and acting that can change your life for the better.

Many of the factors that contribute to low self-esteem come from childhood issues. That may sound like a cliché, but it's very true. It's during childhood when we start to get impressions of the world around us and ourselves. It's no surprise that the opinions we form during childhood follow us into adulthood.

We take the good and the bad with us into our adolescence and then into our adult years. It's the bad that contributes to self-esteem problems and poses the greatest threat to our self-concepts. We are only what we make of ourselves and if we don't believe in ourselves, we won't get very far.

Here are some of the major components of self-esteem, and how to achieve it...

## **Self-Acceptance –**

One of the first steps in gaining self-esteem is to accept oneself. Nobody is perfect, and therefore, neither will you be perfect. If you can begin to accept yourself, your positive and negatives, this is the first step on the road to self-esteem.

## **Resist Comparing Yourself to Others –**

It's very dangerous to compare yourself to others, because one person can never be like another person. You are unique. If you start to compare yourself to others, you will never be happy or feel good about yourself. You need to realize your uniqueness and your special talents to begin to have self-worth.

## **Never Put Yourself Down –**

People with low self-esteem tend to put themselves down a lot. They never feel like they are doing the right thing, or are accomplishing things. Once again, no one is perfect. Therefore, everyone will make mistakes. The important thing is that you have done your best at whatever you are trying to accomplish.

## **Surround Yourself with Positive People –**

People who are positive about life can be a great influence on others to think the same way. People who are negative most or all of the time do not make others feel good about things. Positive people do not only bring sunshine where there is rain, but are also in a position to make you feel good about yourself.

## **Remember all of the Positive Things You Do –**

If you are a good person to others, dedicated to your work and home and other around you, you should feel good about yourself and realize your self-esteem. You don't have to be a great scientist or make a lot of money to make an impact in life and on people. So, think about all of the positive, helpful things you have done, and give yourself a pat on the back.

## **Look for Resources about Building Self-Esteem –**

There are numerous books, websites, seminars and other materials that can help you begin to gain self-esteem. Take advantage of these resources. They can only help you move in the right direction.

## 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*

# Letter of Recommendation for Poppy Carlig

Stanford University  
Admissions Office:

*My name is Ron Heidary. I am currently a full-time swim coach employed in the capacity as: head coach of Orinda Aquatics, a competitive year-round swim team, Director at the Sleepy Hollow Swim & Tennis Club (200 swimmers), and head coach of the Campolindo High School Swim Team. I have been involved in coaching and teaching for 25 years.*

*I have known Poppy Carlig since she was nine years old and have had the pleasure of working closely with her over the past nine+ years as her swim coach. I coached her primarily during the summers as a member of Sleepy Hollow.*

Of the thousands of athletes I have coached, Poppy Carlig is one of the most special and possibly the most unique. While Poppy is a good athlete and a very hard worker, it is her character and personality that make her special. One example that I would like to share with you will clearly demonstrate this. And while this happened when she was nine, she still has the same ingenuity, discipline and innocence as she did back then. And I seriously ask you, what nine year old would do it.

When Poppy was eight, she swam on neighboring team and the next season wanted to join our team in Pinole. However, that next summer my coaching staff and I moved to Sleepy Hollow, which is a private swim and tennis club situated in a wealthy area of Orinda, California. Poppy lived in Richmond and desperately wanted to swim for our staff but when we moved from Pinole to Sleepy Hollow it very much out of her reach financially. Her parents were divorced and both were of very limited means.

While Poppy and her mom spoke with me about coming to Sleepy Hollow, there was no getting around the reality that is was too expensive. We could have pursued a scholarship but Poppy did not want to do that.

Then I got a call from Poppy and her mom and they asked me to meet them at the club to discuss a plan that would allow them to join the club. At our meeting Poppy handed me a letter **she wrote** stating that she was going to collect aluminum cans and bottles to raise money to join the club and was asking people for support. I have never seen a nine-year old so determined and creative. What I would learn is that it was typical of her personality. She had no ego about collecting cans to join a rich club. It was simply what she needed to do. I have kept the letter to this day and have retyped it for you below.

*Hi it's Poppy,*

*I want to know if you can save aluminum cans, plastic and glass bottles with a redemption value, and glass beer bottles for me? I'm saving them because I'm trying to get \$2,500 dollers (sic) to get a membership card for Sleepy Hollo (sic) Swim and Tennis team. My grandpa said he will match what ever money I get, and my Mom is helping me gather and recycle. The reson (sic) I want a membership card is because that will put me on the swim team. The reson (sic) why I want to be on the team is because Matt and Ronny (sic) are the best coshis (sic) in the bay area. I hope you can help me.*

*If you can, thank you!!!*

*From Poppy - P.S. If you can help, call me to let me know and for urangments (sic) for us to pick it up. I have until April to get my money.*

Needless to say, Poppy did raise the money and has been an outstanding member of Sleepy Hollow ever since. I hope you consider Poppy for your outstanding university. I know the academic standards of applicants are at the highest level, but I also know you take into account other factors that even more than academics, make up who and what a person really is. Thank you for your consideration. If you have any questions, please don't hesitate to call me at (925) 939-7966.

Sincerely,  
Ron Heidary

**Note: Poppy graduated from Stanford with a major in biology. She went on to dental school. After graduating, she travelled to China to help families in poorer areas who had no access to dental care. She now has her own practice in the bay area.**

## 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.**