



# ORINDAQUALETTER

Issue 2 - April 5, 2020

Hi Team,

I just wanted to let you know I am thinking of you. I hope all is well with you and your loved ones. The quietest part of my day is when I take my dog Lulu to an open field and let her run. It is then I have time to reflect on what is happening. While I am still getting to know you ... I do want you all to know I am incredibly grateful to be part of a team that loves and cares about one another so much. You are an amazing group.

Kati

## [Character Corner - Note from Donnie to the Team](#)

With time to reflect, this seems like a good opportunity to take a closer look at some of the values that this team was founded on and the characteristics that we work to foster daily. During the over thirty years we have given out thousands of articles. The following three are among the very best and ones we have tried to use as “theme” messages. We come back to these time and time again as the cornerstones to teach the characteristics we feel will produce great athletes and inspiring teams: (embraced) effort, selfless team commitment, and uncompromising dedication to the daily process.

Imagine an environment in which every athlete truly and sincerely embraces the work, even to the point of positively accepting the lessons learned in the most challenging times: pain, injury, frustration, setback, loss, etc. Imagine an environment where everyone instinctively acts with compassion for *all* teammates, and gives the best of themselves at every turn (the, “who can you help? how can you help?” mindset), or a training environment where *every* aspect of workout and competition is performed with the utmost professionalism and attention to every detail.

Again, these characteristics ultimately define inspirational athletes and teams, and they are what we seek in our swimmers, as well as in ourselves. Please read the following three articles (again, if read before), and think about how fully and sincerely you embrace the foundational concepts of effort, service, and attention to detail, and possibly create action triggers of, “let the butterfly struggle”, “give the better apple”, and “*be* an uncommon professional”.

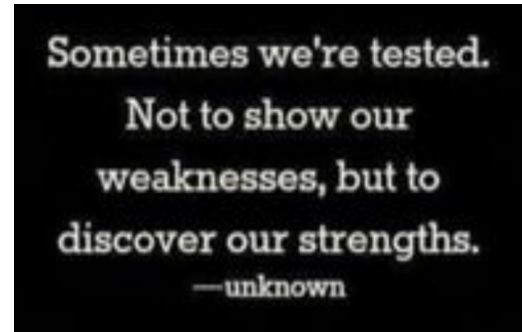
Donnie

[link Articles](#)

## Note from Ronnie to the Senior Group

Most importantly, we hope you are all safe and doing well, staying active, and providing whatever support you can to your family and friends. As we continue with the shelter in place, we want and need you to stay in communication with us. Please make every effort to respond to team-related questions, feedback questionnaires, dryland tracking and participate in the Zoom meetings (*see the Senior Group portion of this newsletter for details*). As we discussed in the first newsletter, continue to be strong during these times and look for opportunities, even in the smallest ways, to be a hero.

*"Who is a hero? People who are motivated to create positive change in a loving and selfless way. These people strive to make a difference, whether they get anything out of it or not." Anonymous*



## Must Watch Videos

**Boomer Phelps challenging Dad Michael Phelps to the SLAP CHALLENGE!**

<https://www.instagram.com/p/B-YHHfTj3IF/?igshid=1hzcs3yclmsqn>

**Tim Walton: Winning Championships. Building People.**

[https://youtu.be/SZcM7\\_it3pM](https://youtu.be/SZcM7_it3pM)

## Technically Speaking

**- Sling-shot Start from the Race Club**

<https://swimswam.com/how-to-master-swimming-starts-with-the-slingshot-video/>

**- Freestyle Drill Sheet**

This sheet offers a summary of freestyle drills and key concepts. Note: we will add a stroke each week.

[link Freestyle Drill Sheet](#)

## Health/Diet/Nutrition (Kati's Kitchen)

We all love competition...This week I want to hear what you are eating for breakfast. Last week I was rotating between my frozen yogurt drink with a crunchie mix on top and a breakfast burrito.

(granola, fresh shredded coconut, raw unsalted pumpkin seeds...)

### Yogurt Drink -

1. Yogurt - I use Greek yogurt (see article on the health benefits and what to avoid in yogurt choice)

<https://www.medicalnewstoday.com/articles/323169>

2. Almond Milk/Soy Milk - I like Vanilla. There are so many choices of milk today. Read this article, you may want to try something new, or rotate! <https://milklife.com/milk-vs-non-dairy-milk-alternatives>

3. Frozen Fruit

1. It is less expensive
2. You can buy in large bags/bulk
3. Lasts longer and will not spoil
4. It provides the ice for a perfect blend!

\*There should only be ONE ingredient in frozen fruit - THE FRUIT!! Always check the ingredients, no additives such as fruit juices, syrups, etc. These choices will often be less expensive, but certainly not healthier.

**Breakfast burrito** - I make a huge batch, wrap them in saran wrap (for heating up), then foil (to keep fresh in freezer)

1. Entire carton of eggs/egg whites
2. Ground turkey (my last batch I used Mary's Ground Chicken...it was so good!)
3. Mushrooms
4. Tomatoes
5. Fresh parmesan shredded cheese
6. I have tried several different tortilla brands (I used La Tortilla Factory Whole Wheat - 5 per pkg last week, they are SO good)

I'm sure you all have a favorite breakfast. Below is a link to share your favorite recipe. We will try them, vote, and announce the winner:)

<https://docs.google.com/spreadsheets/d/17sLhng0K3joMsK6bA3osjJ7YdVcwqgo5ymmsAzGR38M/edit?usp=sharing>

## **Inspirational Article**

**Mental Toughness - Mike Burton**

[link Mike Burton Article](#)

## **Question of the Week**

**What are your Three Favorite Workout Songs?**

[link Favorite Workout Songs](#)

## **JUNIOR GROUP SPECIFIC**

- Be on the lookout for dryland week #2 schedule (Make sure you mix up your activities).
- Don't forget to fill out the tracking sheet (google form).
- Chore Challenge - New this week - the daily dust!.
- Coming to a phone screen soon - Jr Group Check In #3.

## **SENIOR GROUP SPECIFIC**

**Senior Swimmer Feedback Form** - please fill out the Google Form (Senior Group Swimmer Feedback). We will send this form out every two weeks to help us keep track of how

[https://docs.google.com/forms/d/e/1FAIpQLSeOYVO4LYK7cL3H72hRDI22wi0PqA0dNB0rXMUEYI2raLK FpA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeOYVO4LYK7cL3H72hRDI22wi0PqA0dNB0rXMUEYI2raLK FpA/viewform?usp=sf_link)

**Conquer The Pool** - Please review the section in **Part 2: Practice - pages 43-68**. The **coaches will send a Google Form** later in the week asking you what you learned from the chapter in general and in terms of what you can improve on when we do get back to training.

**Dryland Program** - will include the following:

- **Weekly Dryland Workout Plan** for suggested daily workouts [link Dryland Program Week April 6](#)
- **OA Exercise Library** - a collection of exercises for stretching, legs, abs, body weight, aerobic and circuits [link Dryland Exercise Library](#)
- **Videos** - recommended exercise videos.  
[https://docs.google.com/document/d/1WPLb8D7ntG-IkLmYH2RK\\_njezpPVSu7wBrFE-q3BnME/edit?usp=sharing](https://docs.google.com/document/d/1WPLb8D7ntG-IkLmYH2RK_njezpPVSu7wBrFE-q3BnME/edit?usp=sharing)
- **Monster Set or Circuit** - look for in the workout plan
- **Test & Tracking Exercises** (these should be done later in the week).

**A Google Form will be sent to each swimmer on Sunday**

- The form will ask for your results from the following **test/track exercises**:
  - [Push ups in 1:00](#)
  - [Full Sit Ups in 1:00](#)
  - [Squats in 1:00](#)
  - [Pull Ups in 1:00](#) (optional if you have access to a pull up bar)
  - [Jump Rope in 2:00](#) (how many in 2:00)
  - [Jump Rope Continuous](#) - how many in a row
  - [Burpees in 1:00](#)
- The form will also include the following to track your progress:
  - [Running](#) (how many miles)
  - [Biking](#) (how many miles)
  - Any other exercise you have done regularly

## **Captains' Corner**

**Instagram** - The captains will be posting on INSTAGRAM with updates on dryland, as well as tips and motivation. Questions can be directed to Tay Thomas.

**Group Meet**- The GROUP MEET app link has been sent to all senior swimmers. Please make sure you join the group. Questions can be directed to Maddie Smith.

**Strava** - The captains have set up a dryland group connection through STRAVA. The link is: <https://www.strava.com/clubs/oapb> Questions can be directed to Vincent Castillo or Maggie Buckley.

**Captains' Zoom Meetings** - We will host daily Zoom Meetings in which the captains & coaches will discuss various aspects of swimming & training. Please make every effort to join the meetings. Parents are also welcome to join.

**The first meeting will be Thursday April 9th at 4:00 pm. The topic will be Post Warm Up Sets - Training The Entire Workout (host Maddie Smith). A full schedule will be sent out next week.**

In addition to training-related topics, the captains will also be hosting **Zoom Meetings on College related topics** such as communicating with coaches, recruiting trips, etc.

## **College Corner**

We are excited to announce that **Education Advisor, Liz LaPorte** will become an Orinda Aquatics team partner. Liz has generously offered to provide important academic information to OA High School athletes. We are in discussion about kicking this off with a Zoom meeting for Sophomores and Juniors. We will provide information as soon as we know. Feel free to reach out to Donnie or Ronnie with any questions.

## **Alumni Note**

*The following is an email excerpt from Andrew Devlin (UC Santa Barbara)*

“The one thing from high school that I think about is your advice to make the most of the opportunity to be a student-athlete. The memories made, the people I met, the travel competitions, and the process of working towards a goal, are the things I cherish most from high school.

Additionally, throughout the process of understanding who I am and who I want to be as a person, I am appreciating more and more the values of integrity and goodwill. Perhaps because I grew up with Orinda Aquatics, whose work to promote those values through swimming is more remarkable to me since I have been gone. It is definitely the sort of leadership necessary. When I talk to someone here about swimming, I always feel my experience must have been just a bit more rewarding because of the great people and coaches I had around me. I appreciate everything the team has done.”

Best, Andrew

