



ORINDAQUALETTER

Issue 4 - April 19 2020



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What did the ocean say to the swimmer? *Nothing. It just waved.*

Character Corner



“The happiest people I know are those who find purpose and meaning pursuing a grander vision of a good measured life in terms of worthiness, not net worth. Virtue is not a tactic. It is a life philosophy.” Michael Josephson

- *What would a “grander vision of a good measured life in terms of worthiness” mean as an athlete and teammate? Think of Tay’s talk and how you could make a powerful impact on your group and on the team.*

What Would *You* Do? [link](#)

Toxic Olympic [link](#)

Character can break down at the highest level. See why cultural development at a young age is critical for later leadership and in life. This was a once-in-a-lifetime opportunity that was destroyed by immaturity and the absence of character and leadership.

The Butterfly Effect [link](#)

...“every decision or action that you make - no matter how small – could potentially dramatically alter the course of your life” (or your swimming career).

Note from Ronnie to the Senior Group

The coaches really appreciate the senior swimmers' participation with the feedback forms and Zoom meetings. We are learning quite a lot about you. A few things to note:

1) **Dryland** - It is important to do something every day. You have the options to follow the dryland weekly plan, utilize videos for yoga, aerobics, circuits, etc, or do your own sets. Also, we want you to do the tracking exercises as best as you can and submit the weekly **Dryland Tracking Form** (link in Senior Group Section). **We have posted the top 3 results for each exercise for girls and boys.** Please do the exercises properly with good technique. There are also a number of **other challenging and creative exercises your teammates have done which we listed** as well.

2) Please read the **Conquer The Pool** sections we recommend each week and submit your answers to the review questions. It is important that you work on your mental strength as well as your physical strength.

3) **Interaction** - In the **Swimmer Questions Form** we sent last week, we asked what the senior swimmers wanted specifically. The answers were helpful in guiding the coaches to understand what communication is desired not just for the senior group but for the entire team. The senior swimmers wanted, overwhelmingly, to connect with the Junior Group swimmers and their buddies. This is what makes the Senior Group so special and what makes our team like a family. With the swimmers' input, we will work to facilitate this communication.

Thank you to all of you who joined the Zoom Captains' Meetings and thank you to Margaux & Taylor. We were enlightened and inspired by your messages of work ethic, discipline and leadership. It seems that every time I hear your words of wisdom I am inspired to be a better person.

Margaux's Presentation [link](#)

Taylor's Presentation [link](#)

Technically Speaking - Breaststroke



Breaststroke Drill Sheet [link](#)

Stroke Keys/Queues (work the motions and visualize - one full cycle)

1. lunge and lock (hide head), slide through a tunnel or tube
2. open the elevator doors (full extension on the out-sweep),
3. round and catch - with high/anchored elbows
4. keep hips high (slide forward on the in-sweep)
5. hand-speed through the pull
6. foot speed (up and back), kick in an oval not a circle

Breaststroke video to watch – 200 Breaststroke, Rio 2016

- [YOUTUBE VIDEO-BREASTSTROKE link](#)
- What to watch for –
 - o Pull down – streamline, body line, strong catch & pull
 - o Stroke – body lunges into streamline – head in line, elbows locked out

SAH (stay at home) Breaststroke! Practice pull-down on land (also see GoSwim video)

1. Stand in a tight streamline (on toes – reach for sky) – tighter!
2. Be as rigid as possible through the abs/core
3. Press hands out SLIGHTLY (open elevator doors – as you reach up)
4. Flex elbows and point or face hands to the floor – as if pulling yourself out of a HIGH pool deck
5. Push hands in a straight-line past hips and snap through the thighs
6. Shrug shoulders to ears
7. Sneak hands up – cross at stomach close to body and extend to streamline (hands side by side at extension – not overlapping)

GO SWIM

Please make sure you are signed up with GO SWIM.

Below are the links to join the Junior group and the Senior Group. **If you are under 18, a parent must set up the account. Please contact Coach Kati with any questions.**

JUNIOR <https://www.goswim.tv/groups/junior-group>

SENIOR <https://www.goswim.tv/groups/senior>

Health - Diet - Nutrition



Recipes link

- [*Blueberry Lemon Tarts*](#)
- [*Snickerdoodle Bars*](#)
- [*Black Lentil Salad*](#)
- [*Grilled Shrimp Salad & Mango Salad*](#)
- [*Buffalo Chicken Pizza*](#)

Some of Your Favorite Peak Meet Moments ...

CLOVIS

💧 One of my favorite was cheering for Tanner in his 1000 on Thursday and then taking the photo with all of us pointing at him afterwards. Even though everyone still had all their main, stressful events coming up and nerves were high, we still came together as a team and we cheered on an amazing performance, regardless of our own anxieties about the coming meet. I think distance swimmers sometimes feel a little left out because their events are often on a different day than everyone else's, and I think we've done a great job of combatting that.

💧 I liked getting to know everybody better through the meet process and the bus rides.

💧 My favorite moment from Clovis was dinner every night. My same group would always sit together and talk about our lives, make jokes, and act like we were a family. It made me feel so welcome as I was the newest member. It made me so happy and feel so welcome!

💧 Seeing Lauren dropping 5ish seconds in backstroke - now we can train together! Also swimming without pain and splitting well in the 400 free relay :)

💧 Becoming closer with my teammates

💧 The team picture at the end of the meet with everyone in the warm down pool.

💧 My favorite moment at Clovis was swimming next to Audrey in finals for the 200 free. I couldn't even believe that I made finals in an off event and I was really happy that I was swimming next to a friend.

💧 My favorite moment was dinner on the first night

SECTIONALS

💧 My favorite moment was probably watching Issac get his first junior national cut! I don't think I will ever forget how happy him or Ronnie looked. Another great moment was when Lexi and I found out we were going to be in the same room.

💧 The entire last night of the meet

Question of the Week

RACE DAY RITUALS, SUPERSTITIONS, ROUTINES ...

Certain snacks, a special piece of clothing, a personalized routine.

Swimmers have their own special thing that makes them unique and unstoppable. Superstitions are part of sports and empower athletes to find what makes them feel the most comfortable and confident. Some people may ask, "Why does it matter?" and the response to that question revolves around a drive for success. All athletes want to perform to the best of their abilities, and to do that is just as much mental as it is physical. Believing in positive vibes and being confident that success will come are crucial to an athlete's strong mental game, and superstitions contribute to this.

Whether it is lucky goggles, a certain pre-race meal, or a special towel, swimmers are prone to developing superstitious habits.

Superstitions do not fade with age or experience. Although certain habits may change, there is almost always a comfort routine that a swimmer has to help them prepare for meets and racing. Here are some examples:

- Watching the same movie the night before a big race.
- Eating the same meal
- Hitting specific race pace times in warm-up
- Same stretch routine in - the ready room/on deck/behind the blocks
- Taste the water
- Fix goggles
- Same # of deep breathes
- And of course, the all important noise canceling headphones, listening to a playlist carefully perfected over time.**

DO YOU HAVE A RITUAL, ROUTINE, SUPERSTITION? [Link](#)

Note: be sure to watch Zach Le-Nguyen's Zoom talk next week

Get to Know Your Team

Happy April Birthday to YOU

April 4 - Drew Ebner (15); April 5 - Luke VandenBerghe (18) & Zach Hoffman (15); April 6 - Henrik Barck (16); April 8 - Jalen Evans (17); April 10 - Theo Holtzman (14); April 17 - Lily Struempf (14); April 24 – Whitney Wilkalis (14); April 26 – Nate Levy (15); April 27 – Cole Griscavage (17); April 29 – Olivia Woo (15)

Meet Your Junior Group Teammates:

Junior 1: Lena Espiritu, age 13, is in the 8th grade at Stanley Middle School in Lafayette. Her favorite subject in school is Math. She has a little brother named Luke (8 years old). This is Lena's 2nd year on Orinda Aquatics, her favorite stroke is the butterfly and her favorite drill is one-arm butterfly. Previously, she swam for the LMYA dolphins. One of her favorite swim memories is her last race at the County meet where she swam in a relay with all her friends. Lena's favorite food is Sushi and her hobbies include playing the ukulele and piano, reading and writing for fun. Lena looks up to swimmer, Dana Vollmer because she was able to keep growing in her swim career while maintaining really good grades. **"My favorite part of Orinda Aquatics is that everyone is genuine and nice. It's like having one big family that you always know will be there for you."**

Junior 2: Ryan Wisk, age 14, lives in Orinda and is a 7th grade student at OIS. His favorite subject in school is math. Ryan joined Orinda Aquatics this fall after swimming at Orinda Country Club. His favorite stroke to swim is butterfly and he likes the drill right-arm, left-arm, both-arms butterfly. One of his best memories from his rec swimming days was camping in Yosemite with his team. Ryan's favorite food is pasta and when he is not in school or swimming, he loves to travel and play video games. His favorite travel destination so far is Machu Picchu in Peru, "the view from the top was really beautiful and there are llamas everywhere which was cool." Somebody that Ryan looks up to is his Mom because she is very hardworking and persistent. "My favorite part of Orinda Aquatics is the team camaraderie."

Junior 3: Ariel Indrisano, age 13, is new to Orinda Aquatics and California. The Indrisano family moved to Lafayette in December relocating from Virginia where she competed for the Hiddenbrook Hurricanes and Snow Swimming. Ariel is a 7th grader at Stanley Middle School where her favorite subject is History. She has a younger sister, Serena (age 9) and a pet dog named Fiona. Her favorite stroke is backstroke, but her favorite drill is a butterfly drill called the Skate Drill. One of her proudest swim memories is breaking her first record. She enjoys reading and writing in her spare time and her favorite food is Dumplings or Drunken Noodles. The people she looks up to most are her mom and dad because, "they are awesome parents." "So far the best part of being on Orinda Aquatics is that everyone is inclusive and kind to one another." Welcome to California and Orinda Aquatics!

Junior Group Specific

- Read, **Conquer the Pool**, Chapter on *Deliberate Practice +*, pages 79-93
- Junior Group Zoom Meeting Monday at 4:00 to discuss (BE READY!)
- Remember the Junior Meeting
 - Take fitness to another level
 - Come back a better athlete, teammate, and person!
 - Grow in one area
 - Be a great family teammate!
 - Chore Challenge!
- Attend the Captain's Zoom Meetings
- Dryland schedule week #4 schedule will be emailed (look for newly added exercises)
- Track all workouts - fill out the tracking sheet (google form)
- Chore Challenge - Keep a Clear View!

Senior Group Specific

NEW Senior Group Sharing doc link

We have created a new Google doc for you to share information with your teammates. Share favorite books, movies, funny or inspirational YouTube videos or new hobbies and activities. Click the link to share and see how and what others are doing.

Senior Group To-Do's

this last week

- ❑ **Conquer the Pool** - review last week's section **Deliberate Practice (pages 79-93)** and submit the Google form **link**
- ❑ **Dryland Test Sets** - do as many of the test sets as you can and submit the Google form **Dryland Tracking Form**
- ❑ **Swimmer Questions** - if you haven't already submitted it, please do so **Swimmer Questions Form Link**

this coming week

- ❑ **Conquer the Pool** - [read the chapter "Habits" \(pages 106-124\)](#). We will send a Google form Sunday asking what you learned from the chapter and how you can apply that to be better when you get back in the water.
- ❑ **Zoom Meetings** - be aware of the Zoom Captain's Meetings scheduled for the week (see below)
- ❑ **Dryland General** - do aggressive dryland either from the information we provide or from what you have. Do more. Challenge yourself.

Dryland Program - will include the following:

- ❑ **Weekly Dryland Workout Plan** [link](#)
- ❑ **OA Exercise Library** - a collection of exercises for stretching, legs, abs, body weight, aerobic and circuits [link Dryland Exercise Library](#)
- ❑ **Videos** - recommended exercise [link video library](#)
- ❑ **Challenge Set** - 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 for the test/track exercises. **The test/track exercises are in the Weekly Dryland plan.**
- ❑ **Dryland Test Sets** - prepare for the Test Sets as we will send a Google form next Sunday to get your results.

This Week's Dryland Tracking Leaderboard

Top 3 for each exercises

exercise	Push Ups 1:00	Full Sit Ups 1:00	Squats 1:00	Pull Ups (if possible)	Jump Rope 1:00	Jump Rope continuous	Running (miles)	Biking (miles)	Challenge - Burpees 3-5 how many min
girls	43, 41, 38	63, 58, 50	59, 55, 55	11, 11, 5	310, 248, 235	245, 183, 55	12, 12, 10	50, 50, 40	23, 22, 22
boys	66, 54, 50	63, 62, 56	68, 67, 63	27, 26, 26	271, 263, 263	314, 312, 309	26,, 22, 15	150, 75, 50	25, 23, 23

Other exercises

Murph - 1 mile run, 100 pull ups, 200 push ups, 300 squats, 1 mile run	Nike Training app	Pull Up Challenge - add 1 pull up a day	Rowing Machine	Swimming w bands in pool	Hill Sprints & Bleachers	Kung Fu 40 min 5x week	Squats & Lunges with Weights	Plank 2:46	Playing fetch with my dog
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GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dryland - Sideways Hops	Back-Breast Roll Turn	Dives - Slingshot start	Dryland Bands Open Turn Drill	Jason Lezak Train for Speed	Bands Freestyle Pull Exercise	Exercises for Better Starts

Juniors in high school

- **IMPORTANT:** You will receive a Google doc which we (swimmer & coach) will use to help guide you through your college search process. We will send a link to the Google doc to your email. When you receive it please fill in as much as you can to help us start the process.

[Ronnie and Donnie's College Zoom Presentation](#)

See the [link to the OA College Planning page](#). [link](#) It includes step-by-step instructions for starting the college process.

The link to [college swimming.com](#) [link](#)

Captains' Corner

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

GroupMe - The **GROUPME** 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** for *Junior and Senior* swimmers. 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 Zoom Meetings during the week in which the captains & coaches will discuss various aspects of swimming, training and personal growth. Please make every effort to join the meetings. The sessions will run for approximately 45 minutes including Q&A. Parents are also welcome to join.

Zoom Meetings this week:

- Tuesday 4/21 4:00 - topic: [Making stroke changes for greater efficiency. Willingness and patience. Short term vs long term, Self-Discipline through fatigue](#) (**Ryan Lenahan**)
- Thursday 4/23 4:00 - topic: - topic: [What It Means To Be A Selfless Teammate and Leader. Managing Academics](#) (**Vincent Castillo**)
- Saturday 4/25 10:30 am - topic: **Liz LaPorte, Academic Advisor**, on **academic planning and navigating this challenging academic time.**

We are excited Liz LaPorte has generously offered to provide important academic information to OA High School athletes.

ABOUT LIZ:

Liz La Porte opened La Porte Education Advising with a vision of helping less traditional students successfully break down and complete the college admission process. Over time, her practice has grown to include students of all backgrounds and levels, from middle school-age to graduate students.

Feel free to reach out to Donnie or Ronnie with any questions.

Group Meetings

In addition to the Captain's meetings, the coaches will host group meetings at the same time as last week - Senior 4 Friday @ 3:30 & Sr 2&3 Friday @ 4:30. Please look for the schedule in an email.

College Corner

Congratulations to **Amelia Vollmar** and **Carla Leone** for their college commitments! Amelia will be studying and swimming at **Chapman University** and Carla will be attending **University of Edinburgh** in Scotland. She will

pursue swimming as well. We are **very** excited for you both!

Juniors in High School, please work on the Google Doc that you should have received by email.

Our condolences -



It is with great sadness that we let you know of the loss of Eleanor Fong, mother of Winston and Jennifer. Mrs. Fong passed away on Tuesday morning after a battle with cancer. The Fong's have been long-time, positive, supportive, and dedicated members of Orinda Aquatics. Our deepest condolences go out to her husband Brian, and to Winston, Jennifer and their entire family. The family has local support with meals, but we are sure the kids would appreciate messages of love and support. Please let us know if you need contact information.