



ORINDAQUALETTER

Issue 5 - April 26 2020

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How do pirates measure the distance they swim?

in YAAAAARds



[Orinda Aquatics Face Mask link](#)

Thanks to the Santos family, Agon can produce custom Orinda Aquatics masks. Click the link to order.

Character Corner

 <p>LIVE YOUR LIFE WITH INTEGRITY</p>	<p><i>From an article: Life in Perspective, Contra Costa Times</i></p> <p>“Today's teenagers are the future leaders in business and politics. People in such positions of authority encounter ethical dilemmas on an even grander scale. It is imperative for teens to learn about ethics and wise decision-making today in order to equip themselves for tomorrow.”</p>
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[Steven Stumph - The Best “Servant-Leader” in OA History link](#)

All Kids Lie (!!) -

On a recent Family Feud game show (Wednesday), a question was posed, “**What percent of children lie?**”. And the number one answer was ... 100%. These trends first become cultural, and then unfortunately, acceptable.

So here is [your Character Challenge](#) – get a monthly calendar with a goal of going one day without telling a lie or mistruth. And then to continue for the next thirty days. Be a person who only speaks the truth (regardless of the consequences) and a person of impeccable integrity.

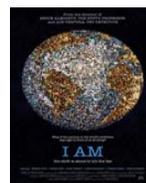
Letter from Eric Tang link

Eric was an OMPA swimmer who swam for Orinda Aquatics and Campolindo High School. He went on to Columbia to swim four years while majoring in engineering and pre-med, did research at UCSF, went to medical school, and is now an Emergency Room Physician in Brooklyn, New York. Eric wrote one of the most powerful letters we have received on the “team” aspect of swimming and on sheer resilience. It is a **must read** for any athlete wanting to reach for higher levels of discipline and team commitment.

Recommended Documentary – “I Am”, by Tom Shadyac

We have shown this to the senior group in the past. It is outstanding.

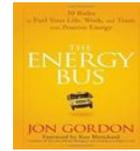
I Am is a 2010 American documentary film written, directed, and narrated by Tom Shadyac. The film asks the question: "What is wrong with the world, and what can we do about it?", and explores Shadyac's personal journey after a bicycle accident in 2007 which led him to the answers "the nature of humanity", "the world's ever-growing addiction to materialism", and "human connections"



Book Recommendation – The Energy Bus, by Jon Gordon

10 rules to fuel your life, work, and team with positive energy. This widely acclaimed book and message is used by many teams and organizations.

See the Ten Keys [link](#)



Swimmer/Self-Reliance - Swimming World article [link](#)

Dr. Wayne Goldsmith is the leading sports psychologist in the world. This article appeared in the April edition of Swimming World and suggests things a parent *shouldn't* do.

Note from Ronnie to the Senior Group

The coaches would like all senior swimmers to respond to questionnaires regarding: Conquer The Pool, Dryland Tracking, and general feedback.

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, some of which are listed:** 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, Murph Circuit - 1 mile run, 100 pull ups, 200 push ups, 300 squats, 1 mile run.

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. Answering the questions honestly and thoughtfully helps the coaches know you better and it helps you bring to the surface mental aspects of your swimming which can be improved.

Below are two answers which reveal how important these questions can be to help our mental training:

- *Within the pool, I notice that I haven't been giving the process much thought rather focusing mostly on my goals and the outcome I want. After reading this chapter, I have noticed a lot where I need to improve. At practices I am often disappointed with myself when I finish behind my other teammates when I match up. I think that competition and the constant need to compare myself to others has really gotten into my head. I am more concerned about my teammates next to me than I am about my own stroke technique and balance. I have also noticed that when I am particularly stressed out about a race I tend to perform poorly; some of these races being peak meets where I add over a second. On the other hand when I race just for fun without worrying about how I do, I tend to swim*

really well. Overall, my process needs to change a lot. While I don't believe that I shouldn't care about my times or races, I certainly need to improve more on the way I view my training and my competitions. I need to worry less about other swimmers and begin worrying more about myself and where I can improve. **The last few weeks in quarantine has given me time to reflect on how I can improve myself as a swimmer specifically in the pool. Turning my attention towards the process of my training rather than the outcome of my training is definitely something that I have begun doing with my dryland and I certainly will be doing when I get back in the pool.**

- *I want to never miss a workout. I will stay in late and work on stroke/turns. I will re-do any laps I do not think were good enough. I need to have the discipline to put in 100% effort and focus into whatever we are doing. Instead of a specific time frame, and because of all this looming uncertainty for the long course season, **my "goal" I wrote down in the book is to enjoy every single workout, have fun, and not take a day for granted.***

Captains' Zoom Calls

Thank you to all of you who joined the Zoom Captains' Meetings and thank you to Ryan and Vincent. Ryan, you clearly described how important it is to make stroke changes for long-term improvement even though there will be frustration and impatience along the way. Vincent, you embody everything OA stands for and represent not only the values of our program but the finest character we could want from a young man. **Ryan's Presentation [link](#) Vincent's Presentation [link](#)**

Technically Speaking - Butterfly



OA Butterfly Drill Sheet [link](#)

Stroke Keys/Queues

One of the hardest concepts of butterfly is to minimize physical exertion while maximizing your stroke to swim proficiently. Here are some keys to butterfly:

1. Stay long out in front with the arms fully extended, low hands slightly above the surface of the water, head in a neutral position to the body line
2. Before initiating the pull, elbows come up slightly above the hands setting a catch and then pulling through to the hips
3. Two kicks per stroke cycle: 1st kick happens at the end of the pull when the hands come to the hips, 2nd kick comes at the end of the recovery when the hands land out in front, arms fully extended
4. Every breath should be low, quick, and early
5. Roll the head forward with the breath with the chin barely breaching the surface
6. Towards the end of the recovery, head enters in the water before the hands land in front
7. With every entry hips come up slightly higher than the head on the body line

Butterfly Video to watch – Michael Phelps [link](#)

- What to watch for: 2 kicks per stroke cycle, high elbow low hand catch, head position

SAH (stay at home) Butterfly! Practice recovery/"landing" and timing (also see GoSwim video)

Practice the full fly pull/cycle

1. Stand upright then bend at the waist as if your upper body is in the water
2. Put hands in front as if pulling on resistance bands - keep elbows high and "show a diamond" with arms

3. As hands past waist, push hips through hands
4. "Round " exist with little fingers leading
5. Take recovery stroke with relaxed arms, thumbs down, slight bend in elbows
6. As you extend, PRESS CHEST forward and lay SOFT hands in front of shoulders as you reach to full extension

YES, doing this a lot will create muscle memory and a longer "softer" stroke

SWIMSWAM

OA cheering for the lone 400 IM'er (from another team!) made it into SwimSwam news! See article - [When Swimming Brought Us Together link](#)

CAN COMPETITIVE SWIMMERS TRAIN EFFECTIVELY IN A BACKYARD POOL? link

Health - Diet - Nutrition

- **Healthy Eating - Grocery List link**
- **No Bake Oat Energy Bars link**
- **Crunchy Munchy Granola link**
- **Barley Corn Salad link**
- **Mashed Cauliflower link**

Orinda Aquatics Playlist - Part 1

- 🎧 Can't Stop This Feeling
- 🎧 Mexican Radio
- 🎧 Pac-Man Fever
- 🎧 All I Am - Jess Glynne
- 🎧 Falling by trevor daniel
- 🎧 Rather Be - Clean Bandit
- 🎧 Wow-Post Malone
- 🎧 Animals-Martin Garrix
- 🎧 Kings and Queens-Ava Max
- 🎧 Roses - Imanbek remi
- 🎧 Remember the Name-Fort Minor
- 🎧 Lose Yourself-Eminem
- 🎧 9 to 5-Dolly Parton
- 🎧 Immortals - Fall Out Boy
- 🎧 Hard Times
- 🎧 Walking on Sunshine
- 🎧 Immigrant Song - Led Zeppelin
- 🎧 Follow Me
- 🎧 Kick the Dust Up
- 🎧 Wipe Out the Surfaris
- 🎧 Don't Start Now
- 🎧 Blinding Lights-Dua Lipa

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: Lily Yung, age 10, from Orinda is a 5th grader at Glorietta Elementary School. She enjoys history and social studies. Lily joined Orinda Aquatics after swimming for Meadow. Her favorite stroke is the freestyle and her favorite drill is the corkscrew drill. One of her favorite rec memories is breaking two records and receiving the outstanding relay award with her teammates at the Park Pool Relays. Lily has an older brother, Casey (12), a puppy named Hunter and a hamster named Herbert. Outside of school and swimming, she enjoys reading, drawing and running (maybe a future triathlete). She looks up to swimmer Missy Franklin because she works hard and has a fun and positive attitude. [“I like that there are a lot of nice people on Orinda Aquatics and I like Donnie’s inspiring meetings.”](#)

Junior 2: Sisi Roggensack, age 12, lives in Lafayette. She has two siblings, Clara (14) who swims in the Senior group and Lenie (10) along with a goldendoodle named Fritz. Sisi attends Stanley Middle School where she is finishing the 7th grade. She grew up swimming at Rancho Colorados and one of her favorite memories was breaking a 30-year-old record in the butterfly. Although a natural butterflyer, her favorite drill is breaststroke pull with fins. Her favorite food is Caesar Salad and her hobbies are singing and dancing, hanging out with friends and organizing her room. Sisi looks up to her mother because she always works really hard at her job and always is very supportive. [“My favorite part of Orinda Aquatics is that everyone is so nice.”](#)

Junior 3: Katie Kostolansky, age 13, lives in Walnut Creek and attends St. Perpetua School in Lafayette. She is in 8th grade and her favorite subject is math. After several years attending Orinda Aquatics spring clinics, Katie decided to join the year-round team. Her rec team was LMYA where she was a standout backstroker. Her favorite drill is one-arm backstroke and she really enjoyed competing at the County Meet because it was an opportunity to swim against new competition and to make new friends. She has two older brothers; her favorite food is Sushi and outside of swimming she loves playing basketball and cooking. Katie looks up to her parents because they are hardworking, and they always can find ways to make her laugh. [“The best thing about Orinda Aquatics is the team spirit and how everyone is so helpful.”](#)

Junior Group Specific

- **Junior Group Zoom Meeting Monday at 4:00 - Mental Training**
- **Video** - 7 Olympic swimmers who use visualization [link](#)
 - *Relation*
 - *Affirmation*
 - *Visualization*
 - *Turning negative into positives*
- Dryland Week #5: Challenge Week (each day will be a biathlon of challenges)
- GoSwim Video Focus - Butterfly
- Tracking is growing - Keep it up!
- Chore Challenge Leaderboard for the Week: Keep a Clear View - 1. Emilia Barck (17 Windows) 2. Maddie Blackwell (12 Windows) 3. Lily Struempf (6 Windows).

Senior Group Specific

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 "**Habits**" (pages 106-124) 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](#)
- ❑ **Swimmer Sharing** - if you haven't already submitted it, please do so **Swimmer Questions Form** [link](#)

this coming week

- ❑ **Conquer the Pool** - **read the chapter "How To Suffer Like A Champion" (pages 125-131). 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, 43, 41	63, 58, 50	64, 61, 60	11, 11, 6	310, 289, 183	289, 245, 183	24, 20, 12	59, 50, 48	23, 22, 22
boys	66, 54, 54	63, 62, 56	74, 73, 69	29, 27, 26	299, 271, 263	314, 312, 309	39, 26, 22	150, 100, 75	25, 23, 23

GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Point Your Toes - The Importance of Ankle Flexibility	Turns - Timing Kicks Off The Wall	Butterly - Explaining The 2 Beat Kick	Dryland Bands - High Elbow Catch	Backstroke - Spin Drill	Turns - Flip Turn Drill For Faster Spin	Bands - Breaststroke Catch & Insweep

Juniors in High School

- Please update your **College Planning Google doc** which we (swimmer & coach) will use to help guide you through your college search process. Also see [Ronnie and Donnie's College Zoom Presentation](#) and [Liz La Porte's College Zoom Presentation](#)

- See the [link to the OA Planning page](#) It includes step-by-step instructions for starting the college process.
- The link to [college swimming.com](http://college.swimming.com)

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 - captains & coaches discussing 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 4/28 4:00 - topic: Meet [Meet Preparation and Race Focus](#). [Underwater Training - Improvement From Freshman to Junior year](#) (**Zach Le-Nguyen**)
- Thursday 4/30 4:00 - topic: [Dealing With Injury and Setback](#). [Being A Late Bloomer](#). (**Aidan Vollmar**)
- Saturday 4/25 10:30 am - topic: **TBD**

[Group Meetings](#) (Please look for links in an email)

In addition to the **Captain's meetings**, the coaches will host group meetings at the same time as last week -

- **Junior (all) Monday @ 4:00**
- **Senior 4 Friday @ 3:30 & Sr 2&3 Friday @ 4:30**

USA Swimming Documentary – The Last Gold

USA Swimming is offering the documentary, The Last Gold to all members. Narrated by Emmy-winner Julianna Margulies, The Last Gold is a feature-length documentary film that reveals one of the greatest untold stories in Olympic swimming history, spotlighting the 1976 women's U.S. Olympic Team and the East German doping scandal. The movie can be viewed by visiting: <https://vimeo.com/155310924> **password: lastgold2016**

College Corner

A sincere thank you to Liz LaPorte for the Zoom meeting yesterday. We greatly appreciate the information on college preparation and navigating this new environment. Orinda Aquatics looks forward to a great partnership. Thanks Liz!

[ASCA Live Episode 4: Recruiting and College training link](#)

Guests:

- Bill Wadley – former Head Coach of Ohio State
- Jimmy Tierney – Head Coach, McKendree University (former Head Coach of Northwestern)
- Greg Earhart – Executive Director of the College Swimming Coaches Association of America

A plea from the Intercollegiate Coach Association Coalition

“Save Our College Sports”

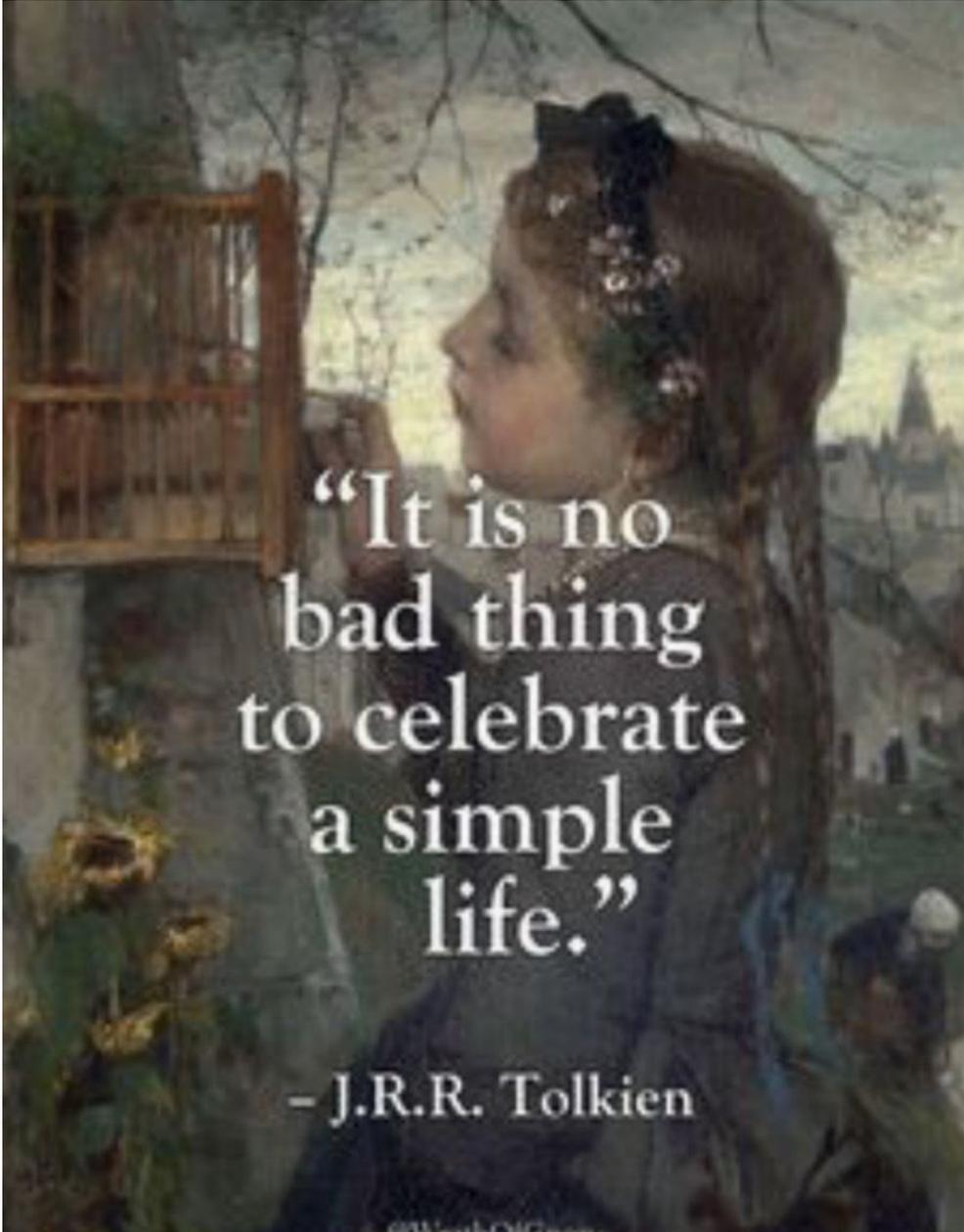
Note from USA Swimming

Several conferences have requested that the NCAA reduce the number of sports needed to maintain Division I status. They're trying to do an end-run around the Division I Council (which meets today and Saturday) and go straight to the NCAA Board which meets on Monday. (Swimming World article [link](#))
www.savecollegesports.com (petition)

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!

Key LINKS:

- Juniors in High School, please work on the Google Doc that you should have received by email.
- See [Ronnie and Donnie's College Zoom Presentation link](#)
- [Liz La Porte's College Zoom Presentation link](#)
- [OA College Planning page link](#) It includes step-by-step instructions for starting the college process.
- [college-swimming.com link](http://college-swimming.com)



“It is no
bad thing
to celebrate
a simple
life.”

- J.R.R. Tolkien