



ORINDAQUALETTER

Issue 6 - May 3, 2020

"I submit to you that the great arise from the most mundane of places; the great are those who refuse to remain as they are; the great are those who believe in their greatness." unknown

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Steven Stumph - OA Alum Zoom Call

Steven, thank you sooooo much for spending the time with our OA swimmers and parents. You were not only inspiring but you gave valuable advice on training, dealing with adversity, and balancing many activities. Most importantly, you provided our swimmers valuable insight on how to live a healthy, high character life. Below are photos and video links to Steven's Jr Nationals record breaking swim and award ceremony.



Men 200 Breast		Event 32 Heat 3 0.00	
1	Rutter, Jonatha	PCY 7	2:01.61 31.47
2	Hurwitz, Cole	TDPS 4	1:59.47 31.43
3	Ogren, Curtis	PASA 2	1:58.25 31.70
4	Stumph, Steven	OAPB 1	1:58.88 29.61
5	Dunderstadt, Mic	PCST 3	1:59.15 31.57
6	Hatanaka, Nicol	LOVE 6	2:00.23 31.37
7	Whittle, Matthe	DAV 8	2:02.01 32.96
8	Brukkiewicz, Ma	CHSA 5	1:59.54 30.71



[Junior Nationals 200 Breaststroke Finals Record Breaking Swim link](#)
[Awards ceremony with Donnie as the presenter link](#)



Happy 20th Anniversary to Orinda Aquatics Masters!

The Orinda Aquatics Masters program was established in 2000, shortly after the Soda Center was built. Throughout the past two decades, we have been fortunate to have outstanding coaching from some of the best in the country in Dave Schurhoff, Katie Kastes, Steve Haufler, Tiffany Forbes, Bill Aidan, Mike Kaufman, and now Dom Patterson and John Keady (mid-morning). The program has primarily facilitated morning workouts ranging from moderate fitness to aggressive training, and has hosted elite athletes including Olympic Gold Medal/World Record Holder (and former Cal Women's Coach) Karen Humphreys, Cal Swimmer Ramey Stevens, open water elite swimmer Steve Walker (English Channel), and world class open water athlete Ranie Pearce (English Channel and most elite swims). We also thank our many OA parents for their participation. Finally, we have been blessed to have Janet Brady, as the "master" of Master's, as she has graciously volunteered to oversee the program for many years.

Welcome to Our Collegiate Swimmers

One of the greatest assets of the program, and an aspect of the team in which we take great pride, is the collegiate participation, performance, and leadership of our OA graduates. As most of you are home, we invite you to engage with the senior group (as you would in the water) as we navigate this downtime. The staff has created engagement on numerous fronts to support our athletes, from this newsletter, to dryland circuits, videos, Bridge, and tracking, to GoSwim videos, as well as the great presentations from OA Captains and alumni. Please reach out if you have any questions. We wish you the very best as you work through this academic and athlete challenge, and we hope to see you soon.

Running for a Cause

Congratulations to Adriana Smith (14 - Jr 3) for completing a "broken" marathon run (**13x2 miles at one hour intervals**) yesterday to raise money for the Contra Costa Food Bank. What an amazing achievement and a generous act of support. We are very proud of you.



Game Night

Thanks to Christine Mlynek for organizing the first **Swimming Trivia Game Night** for the Junior Group, and to Kati for hosting the event. It was a great deal of fun. Katie Kostolansky pulled a last minute win on the girls side, while the boys results are still under review. **Junior boys, you still have 48 hours to submit your theory on the identity of the two “mysterious game night guests”, all submissions will be considered.** Note: Donnie had technical difficulties, or he would have easily won.....so the story goes!! One thing we do know for sure...“Matt-ilda” is *definitely* better at Hopscotch!

This Week's Game Night Schedule:

 *Wednesday-5p Junior Groups*

 *Thursday- 4p and 5p Senior Groups*

Next Week-Orinda Aquatics Virtual Scavenger Hunt- Check your messages daily, you never know where a hint, a clue, maybe even an answer may pop up and be useful on game day!

A Swimming Joke

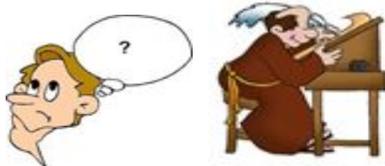
Last night I had a dream that I was swimming in an ocean of orange soda. I guess it was just a Fanta-sea!



Orinda Aquatics Face Mask [link](#)

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

Character Corner



Thinking – Shallow or Deep [link](#)

How do you think about the situations and circumstances in your life; about your values and priorities; about effort, peer pressure, and compassion (team commitment)? It is believed that 90% of teenage athletes grossly underperform their potential, and never really learn or understand the life-changing benefits of sport. It *may be* the result of those who think deeply about what they do vs. those who don't, and those who choose that path *most* resistance vs. the path of least resistance. “Think” about it.

[Cassidy Fuller link](#)

Imagine an OA swimmer as one of the most positive and dedicated in the teams' history; never missing workout (always early or the first to arrive), always positive, and focused like a coach in the water. Now imagine that swimmer losing nearly three years of her high school career, and remaining unconditionally positive and dedicated. And then, within two years at college, swimming far better than her lifetime best times, winning conference events, and swimming at the Division III National Championships. Considering Aidan Vollmar's talk,

and experience, this is a must read.

Inspirations from Robin Sharma, [The Monk Who Sold His Ferrari](#)

*“Your life is a treasure and you are so much more than you know. The life you live today doesn’t have to be the life you lead tomorrow. Make a choice. Take a leap. **Rise above your circumstances to your next level of greatness.**”*

*“If you really want to improve your outer world, you must first improve your inner world. The most effective way to do this is through the practice of continuous self-improvement. **Self-mastery is the DNA of life mastery. Greatness is an inside game.**”*

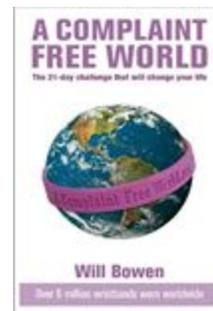
*“All remarkable creations begin with energy and commitment. **Resolve to be extraordinary in all that you do.**”*

Character Slides/Reminder (from OA Presentation) [link](#)

Book Recommendation - [A Complaint Free World](#)

A 21-day challenge that will change your life ...

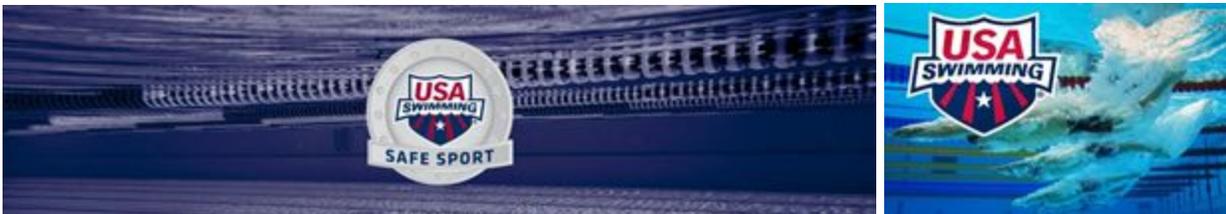
Explains the philosophy of staying 'complaint-free' and demonstrates how, with time and determination, readers can achieve a positive attitude that will improve their life.



Think Up - an app to help with Affirmations

Following the mental training session, some of you asked about this. Think Up allows you to record your own voice and affirmations and set them to music.

Athlete Protection - USA Swimming Safe Sport for Minors



We are going to hold a [Safe Sport Zoom Meeting next Wednesday at 4:00](#). The call will be for all minor athletes age 12-17 (18-year-olds must take the adult course). Safe Sport is USA Swimming's abuse prevention program. “Safe Sport exists to keep athletes safe in the relationships they form through swimming by establishing and protecting good boundaries.” The program will last approximately thirty minutes and will cover positive team culture, personal boundaries, and what to do if someone is crossing your personal boundaries. We are asking all swimmers to attend as there is not a more important topic in sports or life than child safety. Please make every effort to attend.

Note: we will be forwarding information shortly on a parent’s presentation as well.

USA Swimming Facility Re-Opening Guidelines

USA Swimming has put out their guidelines for re-opening facilities. We are in the process of determining what we need to do to prepare for, and be compliant with, our facility guidelines. USA Swimming's version is very detailed and comprehensive. We will have to find out if this coincides with the county and AUHSD guidelines. Regardless, it might be helpful for swimmers and parents to become familiar with this document. We know that the general perspectives on COVID-19 vary widely. Whatever your view is, when the time comes to begin practices, we will proceed with the safest measures and will expect all swimmers and parents to follow them precisely. The most important responsibility of the coaches is the safety and well being of our swimmers and we will not compromise that in any way. [link](#)

Note from Ronnie to the Senior Group

The coaches would like all senior swimmers to respond to the Google Forms for the [Conquer The Pool](#) readings and the [Dryland Tracking](#).

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 and highlighted some exceptional performances.** 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 some answers to last week's questions on "Habits":

- [Give examples of good habits you want to develop in your PERSONAL life:](#)
 - I will play at least one board game every weekend with my family
 - Going to bed at a reasonable time. Working out in the morning as soon as I wake up.
 - Make sure I get in a very good workout every day. I can do this by planning my day around my workout
 - when homework is assigned, I will do it right away
 - have optimism: always think of the best possible solution and be a positive voice in the world
 - when I get ready for bed, then I will do a 10 minute meditation.
 - put down my phone and starting genuine, meaningful conversations with people
- [Give examples of good habits you want to develop in your TRAINING and when you would schedule them.](#)
 - more intense dry land training-working harder every day in dry land and doing dry land exercises at home
 - racing the heat - every time I do a set I will race with the people next to me
 - when I return I would like my main focus to be on underwater swimming: every day on the way to practice I can visualize myself during the sets
 - when I get tired during a set, then I will focus on swimming with a good stroke
 - when I push off of the wall, I will do five underwater kicks
 - when I get tired, frustrated, overwhelmed, I will break the practice down so I think about only a segment at a time

- win the mental game-review my swims and think techniques wise what I can fix out of the water
- continue building my strength so the transition back to workout will not be as difficult
- What "Not To Do List" things will you commit to NOT doing?
 - I will not waste my time watching YouTube while doing homework.
 - I will not wait for my parents to remind me to do my chores.
 - I will not spend countless hours doing nothing on my phone.
 - I will not lie.
 - I will not eat too many processed sugars or carbs.
 - I will not allow myself to have a bad sleeping schedule.
 - I will not go about my day without first making my bed and cleaning my room.
 - I will not let a bad day I have ruin my family's day or my relationship with them.

Captains' Zoom Calls

Thank you to all who joined the Zoom Captains' Meetings and thank you to Zach & Aidan.

Zach gave an excellent framework for creating a routine for meet preparation and race focus. It is clear that developing those skills are an important part of a swimmer's performance. He also talked about training and developing underwater conditioning and speed. He pointed out that, although it can be painful and taxing, over months and years it can make a dramatic difference in your races. ([Zach's presentation link](#))

Aidan has been through a great deal with his shoulder injury. He shared how to manage it well from the beginning, the do's and don'ts, and he talked about the importance of being positive and strong mentally. He also impressed upon us how important it is to not only value your teammates but try to help each other and give back, even when dealing with adversity. ([Aidan's Presentation, link available later in the week](#))

Technically Speaking - The Open Turn

Open turns: Keys/Queues

The main objective of a successful turn is to come out of the wall with as much speed going into the wall

1. Last stroke going into the wall should be fully extended completing the whole stroke cycle before touching the wall
 2. Keep the head in a neutral position to maintain a good bodyline while approaching the wall without losing speed
 3. First action to take place after touching the wall (WITH 2 HANDS!!) is bringing the knees up quickly towards the chest into a tucked position
 4. Once the knees begin to pass the hips, the elbow of the turning side is pulled back towards the hips
 5. Head rolls back staying in neutral position along with opposite arm and hand staying low behind the head into the water maintaining the body line
 6. Once the body is fully submerged, begin to initiate the rotation pushing off the wall and extending the arms into a streamline position onto your stomach before continuing underwater kicks/pull-down
- open turn video link

What to look for: body line, head and hand position

SWIMSWAM

~ First Female Swimmer at Naval Academy [link](#)

~CAELEB DRESSEL HAS 3 DIFFERENT FREESTYLE STROKES [link](#)

Health - Diet - Nutrition

~Citrus Salad with Ginger Lime Dressing ([link](#))

~White Beans, Wild Rice and Mushrooms ([link](#))

~Lemongrass Marinated Chicken Breast with Olive Couscous ([link](#))

Orinda Aquatics Playlist - Part 1 (Coaches)

🎧 Isabel - Il Divo (Donnie)

🎧 Adels's Hello - Donnie

🎧 Rock the Bells-LL Cool J (Kati)

🎧 Per Te - Il Volo (Donnie)

🎧 Cowboy-Kid Rock (Kati)

🎧 Beastie Boys-License to Ill (Kati)

🎧 Boyz II Men Legacy (Kati)

🎧 As it Seems-Lily Kershaw (Kati)

🎧 Don't Speak-No Doubt (Kati)

🎧 Bad Romance Lady Gaga (Kati)

🎧 Guns N Roses-Appetite for Destruction

🎧 Hope in Front of Me - Danny Gokey (Donnie)

🎧 Luna - The Candaian Tenors (Donnie)

🎧 Naturaleza Munerta - Jose Maria Cano/Sarah Brightman (Donnie)

🎧 Levels-Avicii (Marc)

Get to Know Your Team

Happy MAY Birthday to YOU!

Junior Group: May 3 – Delaney Joyce (14); May 6 – SiSi Roggensack (13); May 9 – Gabriel Hoffman (12); May 12 – Allie Castro (14); May 14 – Emilia Barck (14); (17); May 18 – Maddie Blackwell (14); May 25 – Sammie Lederle (14) & Sophie Lederle (14); May 30 – Natalie Bove (14)

Senior Group: May 16 – Vincent Castillo; May 20 – Jeromy Chang (17); May 21 – Makena Luby (15); May 26 – Owen Lewis (17); May 28 – Gabby Moon (15)

Meet Your Junior Group Teammates:

Junior 1: Nia Ho, age 14, is an 8th grade student at Stanley Middle School where she enjoys Math and Physical Education. She has an older brother, Ian (16), and a dog named Windsor. This is Nia's third year on Orinda Aquatics, previously she swam for LMYA. Her favorite stroke is breaststroke and she enjoys any drill that has to do with breaststroke. Her fondest memory was swimming in her first swim meet. Nia's favorite food is fruit. Outside of school and swimming, Nia loves to run! Nia looks up to her Mom because her move motivates her to be better than her best. "What I like best about Orinda Aquatics, is meeting new people every year."

Junior 2: Whitney Wilkalis, age 14, lives in Moraga and is an 8th grader at JM. Le gusta la clase de Espanol (She enjoys Spanish). Whitney has two brothers, Dylan (16) and her twin, Drew (14). Whitney joined us this year after swimming for Coach Marc at Moraga Ranch. Her favorite stroke is butterfly and her favorite drill is ½ Angel Wing Butterfly (Arms with Free Kick). One of her best memories is swimming on a 15-18 relay when she was only 9 years old. Whitney has two dogs, Rocky and Sam, and 16 chickens. Her favorite food is fruit. Her hobbies are hiking and playing with her dogs (the chickens get no love). She looks up to her cousin, Lindsay Hemming who swims in the Senior 4 group because she helped Whitney become familiar with year-round swimming and what to expect on Orinda Aquatics. "I love Orinda Aquatics because everyone is always positive and encouraging."

Junior 3: Robby Brents, age 14, lives in Danville and attends Charlotte Wood Middle School. He is in 8th grade and his favorite class is P.E. Previously, Robby swam for WCAB and this is his 2nd year on Orinda Aquatics. His favorite stroke is butterfly and he likes the one-arm butterfly drill. His favorite swimming memory is making the Far Western Finals in the 50 Fly. Robby has two older brothers, Jimmy (19) and Johnny (17). He has two dogs, Rosie and Sandy, two cats, Jolly and Taylor, a guinea pig named Peppa, and Victoria the snake (he has a small zoo). Robby enjoys fantasy football, collecting baseball cards, playing basketball and video games. His favorite food is Dino Nuggets. Robby's Dad is somebody he looks up to because he takes really good care of Robby and teaches him a lot about life and life lessons. "The best thing about Orinda Aquatics is the swimmers and team are very connected."

Junior Group Specific

- Junior Group Zoom Meeting Monday at 4:00 - **A "Complaint Free" Group!**
- Dryland Week #6: Stay the Course!
- GoSwim Video Focus - Open Turns and Open Turn Strokes
- Tracking is growing - Keep it up!
- Chore Challenge - Be a team player around the house!

Senior Group Specific

Senior Group To-Do's

this last week

- ❑ **Conquer the Pool** - review last week's section **"How To Suffer Like A Champion" (pages 125-131)** and submit the Google form [link](#)
- ❑ **Dryland Test Sets** - The exercises are in the Dryland Workout Plan. Do as many of the test sets as you can and submit the Google form. **Dryland Tracking Form link**
- ❑ **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 section "Perfectionitis (pages 139-152). We will send a Google form in the newsletter on 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](#)) Marc & Dom
- ❑ **OA Exercise Library** - a collection of exercises for stretching, legs, abs, bodyweight, aerobic and circuits ([link](#))
- ❑ **Exercise Video Library** - recommended exercise **new videos added** ([link](#))
- ❑ **Challenge Set** - look for in the workout plan
- ❑ **Test & Tracking Exercises** (these should be done later in the week).

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	45, 44, 43	63, 59, 53	70, 61, 60	12, 11, 6	310, 296, 271	307, 255, 245	24, 20 15	64, 59, 50	24, 23, 22
boys	66, 60, 56	63, 62, 56	75, 73, 73	30, 27, 27	299, 298, 285	743, 314, 309	30, 26, 22	212, 100, 75	25, 23, 23

Dryland Highlights

Submitted 3 weeks of exercise tracking:

- Girls: Emmie, Maddie, Lydia, Regan, Emma, Sydney Z
- Boys: Henrick, Nick C, Jalen, George, Zach L, Zach H, Nate, Evan, Tanner

Highlights:

- Maddie - among the top 3 in most categories
- Carla - jump rope in 2:00 - 310
- Maren - push-ups in 1:00 - 45
- Lydia - improved push-ups each week - 21 to 24 to 31
- Nick - jump rope **743** in a row
- Mac - biking 212 miles
- Cole - running 30 miles
- George - improved push-ups each week - 48 to 53 to 60

GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dryland - EVF Isometric Exercise (make sure you do this without pain)	Fly - Breathe Low and Early (she actually breathes late)	Backstroke Rock-Steady Head (the most important part of Back technique)	What do you focus on during your training? (from on Olympian)	Aggressive extension - Breaststroke pull w strapless paddles	CHATURANGA - an exercise to develop shoulder, back triceps, core	

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 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:

- **Monday - Junior Group** - 5/4 4:00 - **A "Complaint Free" Group!**
- **Tuesday** - 5/5 4:00pm - topic: **The Importance Minor Stroke Changes, Racing in Practice, Dryland & Swimming Slow in Big Meets (Isaac Kim)**
- **Wednesday** - 5/6
 - ◆ 4:00pm - **SafeSport** - all swimmers
 - ◆ 5:00pm - **Junior Group Game Night**
- **Thursday** - 5/7 4:00pm - **Senior Group GAME NIGHT!**
- **Friday** - 5/8
 - ◆ 3:30pm - **Senior 4 Group Meeting**
 - ◆ 4:30pm **Sr 2&3 Group Meeting**
- **Saturday** - 5/9 10:00am - topic: **TBD**

USA Swimming



2016 Rio Olympic Finals Race Videos

The USOPC owns all footage from our Olympic Trials and the Olympic Games and rarely grants blanket access to the library. The USOPC have allowed access to their YouTube channel of 2016 Olympic Finals race footage for our members. You can use the footage to do race analysis, keep your athletes excited about the sport, and other virtual educational opportunities with your team.

2016 Rio Olympic Finals Race Video [link](#)

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

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)

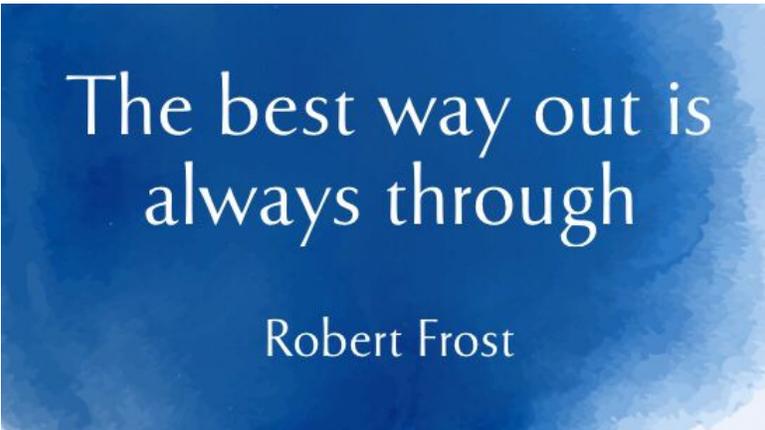
ASCA Live Episode 4: [Recruiting and College Training link](#)

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



The best way out is
always through

Robert Frost

Give perfect effort
from start to finish

Coach Ladouceur

Life is short. So do the things that
make you happy. Be with those who
make you happy.



Holiday Hangout

Look for the good in every day-
Even if some days you have
to look a little harder!

 **HAVE AN AWESOME WEEK**