



ORINDAQUALETTER

Issue 7 - May 10, 2020

In this Issue

- ★ **Happy Mother's Day!**
- ★ **Facility Update (PLEASE READ)**
- ★ **Safe Sport Training for Parents (PLEASE SUPPORT)**
 - Parent Course
 - Athlete Education
- ★ **THE MASKED SWIMMER - find out who is under the mask? [Watch Here - The Masked Swimmer Video...](#)**
- ★ **Welcome OA College Swimmers**
- ★ **OA in Action**
 - Eukel's in Print
 - Blackwell Food Drive
- ★ **Character Corner**
 - Ethical Coaching
 - Athlete Accountability
 - Two Sides of a Coin
- ★ **OA Face Masks**
- ★ **Activities**
- ★ **Senior Group Message - Note from Ronnie**
- ★ **Technically Speaking**
- ★ **Health, Diet, Nutrition**
- ★ **Get to Know Your Team**
 - Happy Birthdays
 - Meet Junior Group Swimmers
- ★ **Junior Group Specific - see email from Coach Matt (AKA, the ...)**
- ★ **Senior Group Specific**
 - Last week review and this week To-Do's
 - Dryland Tracking - Leaderboard & Highlights
 - GoSwim schedule for the coming week
 - Dryland Program
 - **Captains' Corner**
- ★ **Zoom Meetings**
- ★ **USA Swimming**
 - The 2016 Olympic Finals Video Library
 - The Last Gold
- ★ **College Corner**
 - Essay Workshop coming
 - Replays and ASCA Recruiting Webinar
 - ASCA Recruiting Video

Happy Mother's Day!

Happy Mother's Day to all OA moms! We cannot begin to thank you for your support, and for all that you do to support your children, and our extraordinary Orinda Aquatics athletes. Have a great day!



"Being a full-time mother is one of the highest salaried jobs ... since the payment is pure love." Mildred B. Vermont

"Any mother could perform the jobs of several air-traffic controllers with ease." Lisa Alther

"You sacrificed for us. You're the real MVP." Kevin Durant

Facility (return) Update - for Swimmers and Parents

To Orinda Aquatics Parents and Swimmers,

The following is an update on the pool situation with regard to our return to the Soda Center. We have been in the midst of numerous emails and correspondence regarding allowable pool use in the county. Surrounding these communications, there have also been a number of rumors and a great deal of confusion. The purpose of this message is to provide an update as to what we know and to offer some direction to our course of action.



Let us first say that we truly appreciate your support and kind words over the past two months. We have also thoroughly enjoyed the engagement with the kids during this time. Although far from swimming, it has given us insight in some areas, a greater understanding of some of you, and certainly a greater appreciation for coaching and our daily interaction with all of you.

First, these are the two primary issues. The first is whether or not pools are allowed to open and operate. This has been a source of great confusion, if not frustration. After much back-and-forth, it appears that pools may function in a "camp-like" format (originally suggested for working parents) with a number of restrictions: one coach to twelve athletes, coaches can only work with one group, groups cannot commingle, no use of locker rooms or shared equipment, etc.. In addition, all social distancing protocols would apply at the facility, including movement to and from the premises. The next hurdle is facility/district approval. While the county is allowing limited activity, the AUHSD (school district) and most cities are not opening pools or allowing their use. Private clubs do have the opportunity to consider pool use.

Moving on to our situation and pathway to swimming, we are having an ongoing and productive dialogue with Andrew Morris, Aquatics Director and Facility Manager for the District. For us, Andrew is the go-to person regarding the status of the Soda Center opening. He is in daily contact with the relevant organizations as it relates to facility use and guidance.

What we know at this time *(with the caveat that things could change)*

- Andrew has indicated that nothing will happen until after the date of the AUHSD last day of school/graduation date, at the end of May.
- He feels all parties are moving in the direction of allowing the facilities to open with certain guidelines.
- Pool time is still TBD but he assures us that we will have something comparable to our schedule last summer which is 2-4 hours most days, AM and PM. This is very favorable for us.
- While we are the primary user at the facility, there are a number of other groups who will also be looking for pool time.
- He is planning for all swim workouts to be short-course to allow more athletes in the pool at one time.
- He is assuming the workout structure will be two per lane with swimmers leaving from opposite ends of the pool. If we have all 20 lanes, that is 40 swimmers per session.
- There are many logistical issues to manage including entrance/exit, bathroom use, distancing and equipment. All of these and more will need to be worked out over the next few weeks.

Our situation

- We are looking at pool use for workouts for up to 140 swimmers (our team) as opposed to a small group of 12, which appears to be what some teams are doing. Whatever we (Orinda Aquatics) do, it will be to accommodate **all swimmers**, not a select few.
- As we learn the guidelines, we will err on the side of safety and be very strict in that regard.
- With regard to dryland, we have discussed this at length with the staff and feel that given the resources we have provided, from Bridge to circuit training, test sets, videos, as well as the great work the kids are doing on this front, we have decided to not pursue group dryland. We would need to find an acceptable location, again be limited to twelve athletes at a time, be in fixed groups, and have no access to commonly used equipment. Once we begin training in the pool, we will immediately incorporate dry land per the guidelines required.
- Bigger picture
 - Our obvious and first priority is the safety of our swimmers and families.
 - Additionally, we have to assume that if there is an outbreak at the facility, everything will be shut down and we will be back to the beginning. So, it is in everyone's best interest to be extremely cautious and careful once we do return.

In conclusion, we will continue to update you as we gain new information and we will remain in regular dialogue with Andrew Morris, who will be in constant contact with the county and the district office. Andrew fully supports facility use and will accommodate us and the other users and soon as permitted. Again, we expect to be offered our regular training schedule and we will make every effort to efficiently manage the pool space and workout time.

Thank you again for your support, patience, and inspiration during this time.

Ronnie & Donnie

[FYI - USA Swimming Facility Re-Opening Guidelines link](#)



Athlete Protection - USA Swimming Safe Sport Training for Parents
PARENTS PLEASE READ AND SUPPORT

Orinda Aquatics has been committed to providing a positive, nurturing, and most importantly, a safe environment for all of our members. We have worked diligently to this end through the culture that we have pursued, through healthy and supportive relationships with athletes, strict travel procedures, and the fostering of character as a foundation to the culture.

We are now attempting to complete the **[Safe Sport Certification from USA Swimming](#)**. All teams in USA Swimming are obligated to not only protect their athletes (under the Safe Sport guidelines) but to become Safe Sport certified as well. This period of downtime has allowed the opportunity to catch up on this much-needed program. One of the final items needed is the Parent Education side of this process. Ideally, we would like every parent to take this short course to fully understand the goal of Safe Sport and athlete safety, and fully understand the resources available. The following link will access the presentation. You will need to register to begin the course, which allows USA Swimming to track those who take the course. You can find the course at the following link: <https://www.usaswimming.org/utility/landing-pages/safe-sport/learn>

Athletes and parents can also attend a live training session conducted by the USA Swimming Safe Sport staff via Zoom.

[USA Swimming Safe Sport Zoom Trainings:](#)

~ Parents: Every Wednesday 3:00-4:00 pm EST

<https://zoom.us/j/93724361466?pwd=OVF4RFJNZFpaMHHqSEVVRGwzbmpQUT09>

~Athletes (age 12-18): Every Thursday 3:00-4:00pm EST

<https://zoom.us/j/97633664936?pwd=YnpXZmljME5PcldacW9ZQ0w5YTFIZz09>

With regard to the ultimate beneficiaries, Kelly Schott, Safe Sport Coordinator for Pacific Swimming, gave a presentation to the OA swimmers on Wednesday, in which she outlined the various boundaries and situations that athletes need to be aware of. She also talked about identifying those individuals that a child can reach out, be it a peer, parent, coach, or USA Swimming representative. We would suggest that you follow up with your child about the presentation. For those who missed the session, it can be viewed on the USA Swimming website under Safe Sport.

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.

OA in Action



Eukel's in Print!

Olivia Eukel has written a heartwarming children's book, [SUPERHEROES FROM HOME](#), to support the little ones who don't understand or are struggling with the situation we are in. Great job Olivia! [link](#)

For those that didn't see it, there was a great article on our own [Linus Eukel, in the East Bay Times](#) this past week. In the humble nature that Linus lives, when asked what he would like his professional legacy as the Executive Director of the John Muir Land Trust to be, his response was, *"The work should speak for itself. I am simply a part of the continuity of time... I am much more concerned that I be remembered as a good husband, a good father, and a good citizen."* [link](#)

Blackwell Food Drive

Maddie Blackwell is supporting Contra Costa County families with food donations. Anyone that would like to help can drop off donations in the Campo parking lot this Wednesday from 1:00-3:00 PM or drop off at the Blackwell's at 349 Shady Glen Road, Walnut Creek by the morning of May 19th.

Items requested are (non-perishable): peanut butter, pasta and pasta sauce, rice and beans, mac and cheese (boxed), any boxed food, snack bars and snacks, canned fruit, canned vegetable, snack cups - fruit or pudding.

Thank you Maddie!



Character Corner

Ethical Coaching

ASCA article written by Donnie and Ronnie [link](#)

-Values by which a team and culture should be driven

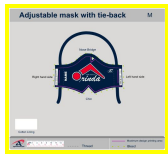
Athlete Accountability [link](#)

- An article from the ASCA Parent Newsletter on swimmer accountability and the parent role in that process

Two Sides of the Same Coin [link](#)

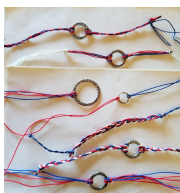
- A character comparison - resume vs. values

Question from James Clear: **“How would the person I wish to be, act today?”**



Orinda Aquatics Face Mask [link](#)

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



Activities~



Thank you again to Christine Mlynek for organizing the **OA Game Nights**.



Thank you to the Senior girls who hosted **“Group Buddy Hour”**. Friday a group of Senior girls invited their Junior Buddies to play games and hang out-virtually!

This Week's Game Nights:



Junior Game Night -Wednesday



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!

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 option 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.

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 **"How To Suffer Like A Champion"**:

- An experiment with a group of water polo players demonstrated that they performed better (on a swim and shooting test) after going without sleep for 24 hours than they did rested. What did it prove?
 - Our bodies are more ready for hard work than we give them credit for.
 - It proved that our perception of readiness and our body's ability to perform are very different and that our bodies can often perform at a higher level than we think they can.

- What we expect of our bodies and what they are capable of are not usually aligned.
- We are much tougher than we think we are.
- **What did you learn from the reading that can help you with training or racing?**
 - I do notice in sets the more that I am losing the more I give up and the less enjoyable the set is. For me I could do the same set and if I'm racing and winning I feel, and likely perform, exponentially better than if I am getting beat. When I try my hardest on a round of a set and still get beat I get discouraged and then I keep losing more and more and start trying less and less and am suffering more and more. I need to figure out some kind of way I can get over this hurdle so that I can perform 100% in every workout. This section gave me some ideas on how to do that such as focusing on my technique more or having specific goals for myself that aren't related to how other people around me are swimming. I need to make it so my success is based on something I can control while at the same time being able to race others and push myself.
 - Pain is perception (when it isn't injury pain). When I get back in the water, I plan to ignore fatigue pain, focus on my stroke and my pace, and not let tiredness get in the way of training hard and well.
 - I think knowing that my performance has very little or nothing to do with how I feel or how I think I will perform can help with the nerves I often feel at meets. Of course, the mental aspect of swimming absolutely impacts training and racing. However, I often second guess myself and my abilities once something doesn't go according to plan. If I'm not able to get a long warm up or warm down in, if I have to rush to get behind the blocks on time, or if I forget my suit in the team area, I immediately think that it will have a negative impact on my swim. In this sense, I am setting limits on my swimming without even giving myself a chance. I think it will help my swimming to know that my body's performance can be separated from all of the mental doubts I feel.
 - I tend to get extremely nervous before a race, especially a 200 fly or a 400 IM, because I remember how much it hurts when I swim it as fast as I can at the correct pace and my brain doesn't want me to experience that pain again. I end up not going out fast enough and being really disappointed with my race because the subconscious part of my brain forced me to hold back to avoid the pain. If I can change my outlook on pain to make it subjective and realize that the pain doesn't last very long and that it is well worth it to have a well-paced race, I can improve my ability to pace correctly in races and decrease the anxiety before it.

Captains' Zoom Calls

Thank you to all who joined the Zoom Meetings and thank you to **Isaac**. Isaac gave us valuable insight about training Freestyle and all strokes, racing in practice, working the walls, learning patience while making stroke changes, and dealing with frustration at peak meets. We are so proud of Isaac's progress and excited for his future. [link](#)

We want to also thank Brandon Fischer for his Zoom Meeting on Saturday morning. He is a special young man who has experienced so much in his almost 20 years of swimming: dealing with peer pressure, overcoming injuries and plateaus, and learning how to grow in all facets of the sport to maximize his potential. He has refined his technique and training, fine-tuned his dryland, and completely changed his diet. He has done all of this while working a full-time job. Most importantly, he talked about his discovery of emotional and personal growth which facilitated him to become a resilient, self-reliant, and laser focussed athlete.

***A copy of Brandon's Q&A with Coach Ronnie and Saturday's Zoom presentation will follow the Newsletter.**

Technically Speaking

Please watch the [GoSwim](#) videos AND the [USA Swimming/Olympic finals library](#) (link below)

Health - Diet - Nutrition

~Cranberry and Orange [link](#)

~Shrimp and Chicken [link](#)

~Wild Mushroom Risotto [link](#)

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: Katie Buckley, age 12 is in her 2nd year on Orinda Aquatics. She lives in Alamo, and is in 6th grade at St. Isidore School where she enjoys studying History. Katie's previous team was Del Amigo. She loves all things breaststroke and any drills as long as it does not have to do with backstroke. One of her best swim memories was achieving her first county time in, of course, breaststroke. Her favorite food is Mexican food, she loves reading, playing softball and shell collecting on the beach. Katie has a younger brother, Alex (8). She also has a Westie dog named Winston and Spikey the fish. She looks up to her parents because they always encourage her to try her best. **"I love the motto of Character First and the focus on being a great teammate."**

Junior 2: Chris Seo, age 14, is in 8th grade at Joaquin Moraga and his favorite subject is Math. Chris swam for Miramonte Rec before joining Orinda Aquatics four years ago. Chris loves backstroke, his favorite backstroke drill is double-arm and his favorite memory was earning a county time when he was 10. Chris has an older sister, Noel (16) and two pet dogs, Nugget and Lottie. His favorite food is seafood pasta. Outside of the pool, Chris likes playing board games like Monopoly and Dungeons and Dragons. He looks up to his dad because he is such a hard worker. **"The best part of Orinda Aquatics is having teammates that support you."**

Junior 3: Elsa Hartley, age 14, is an 8th grader at Charlotte Wood Middle School where she lives in Danville. Her favorite subject is Math. Elsa swam for Del Amigo until she was 9, took a break from swimming and then joined Orinda Aquatics. This is her fourth year on the team. Her favorite stroke is backstroke and she also likes the double-arm backstroke drill. One of her best swim memories is the 2018 Arizona meet where she had great swims and how the team really bonded. Elsa has a younger sister, Mikaela (13) and a Bernedoodle named Reggie. Her favorite food is Thai and her favorite hobbies are SURFING, hanging with her friends and traveling. She really looks up to her parents as positive role models in her life, teaching her how to always be gracious and appreciative of the people in their life. **"Besides getting to swim every day, I love the TEAM: the positive culture of Orinda Aquatics and how the swimmers are so open and welcoming."**

Junior Group Specific

- Junior Group Zoom Meeting Monday at 4:00 -
 - Conquer the Pool: The Racer's Mindset (Pages 226-238)
 - Start Video - Kim Vandenberg (OA Alum)
 - Stroke analysis
- Dryland Week #7: The Need For Speed
- GoSwim Video Focus - Backstroke
- Keep on Tracking! [Week #7 Tracking Sheet...](#)
- Chore Challenge - Top to Bottom with a twist (send your pictures)

Senior Group Specific

Senior Group To-Do's

this last week

- ❑ **Conquer the Pool** - review last week's section "**Perfectionitis (pages 139-152)** 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 "Self-Talk (pages 165-174). 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 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** Marc & Dom ([link](#))

- ❑ **OA Exercise Library** - a collection of exercises for stretching, legs, abs, bodyweight, aerobic and circuits ([link](#))
- ❑ **Exercise Video Library** - recommended exercise([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 exercise)

red = new leader

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	48, 44, 43	63, 59, 53	72, 70, 63	12,12, 11	310, 296, 280	410, 307, 249	24, 20 15	82, 59, 50	25, 24, 23
boys	68, 66, 60	77, 63, 62	75, 73, 73	31, 30, 28	345, 299, 298	743, 356, 314	30, 26, 22	212, 100, 75	25, 24, 232

Dryland Highlights

Ben (beast) Kang - top of the leaderboard in 4 exercises

Submitted 3 weeks of exercise tracking:

- Girls: Lindsay, Maren, Natalie, Gabriella, Olga, Jenna, Olivia, Paige,
- Boys: Nick, Mac, Cole

Submitted 4 weeks of exercise tracking:

- Girls: Emmie, Maddie, Lydia, Regan, Emma, Sydney Z
- Boys: Henrik (5), Jalen, George, Zach L, Zach H, Evan, Tanner

GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scull On Your Back - feet first	Freestyle Kick - consistent 6-beat kick	Breaststroke Pull - big vs small	Butterfly Hands	Backstroke Pull on Lane Line Drill	TBD	Freestyle Spin Drill - only for pure sprinting

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 (5/11) 4:00 pm - **Junior Group**
- Tuesday (5/12) 4:00 pm - **Genadijus Sokolovas (Dr. G) Video Analysis: Starts, Turns, UW**
- Wednesday (5/13) 4:00 pm - TBD
- Thursday (5/14) 4:00 pm - TBD
- Friday (5/15) 4:00 pm - Senior (ALL) Group Meeting
- Saturday (5/16) 10:00 am - topic: OA Alum 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

Essay Guidance - Liz LaPorte has graciously offered to host an Essay Writing zoom meeting. We will let you know as soon as we can schedule it.

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](#)

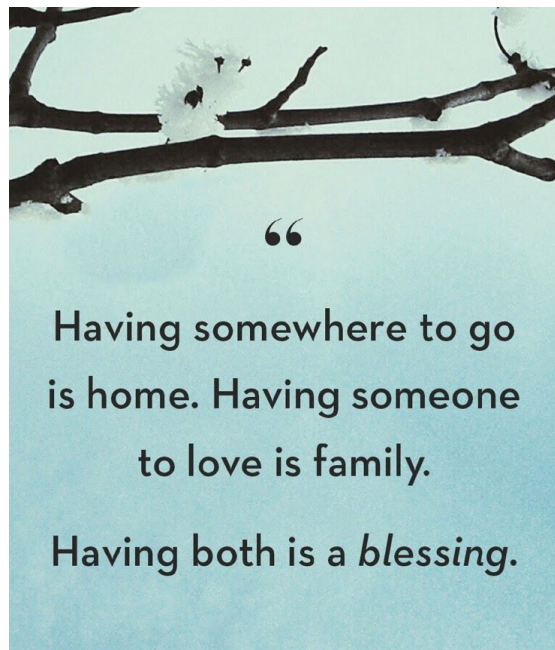
ASCA Live Episode 4: [Recruiting and College Training link](#)

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

Love
doesn't have
to be perfect
it just needs
to be true
and loyal



“


Having somewhere to go
is home. Having someone
to love is family.

Having both is a *blessing*.



“

Families are like
branches on a tree.
We grow in different
directions yet our
roots remain as one.



HAVE AN AWESOME WEEK