



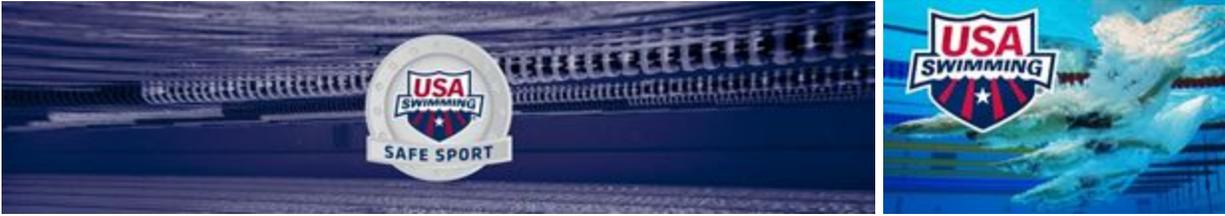
ORINDAQUALETTER

Issue 8 - May 17, 2020

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Facility (return) Update for Swimmers and Parents - links from last week's newsletter [Letter to the team link](#) [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/articles-landing-page/2017/02/16/safe-sport-for-parents>

OA in Action



Blackwell Food

Drive (through Monday!)

Maddie Blackwell is supporting Contra Costa County families with food donations. Anyone that would like to help can drop off donations 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!



Orinda Aquatics Face Mask link

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



Character Corner

Zoom Call: We want to thank Brooke Woodward. Brooke was simply awesome. She was, as Donnie put it, a world-class leader and teammate. I officiated her wedding this past September and, in it, I called her an angel. That was clearly evident in the call as she was poised, articulate, open, vulnerable, and completely willing to be of service to OA swimmers. As successful as she was as a student/athlete, she talked openly about dealing with social issues, peer pressure related to alcohol and drugs, health and injury issues, and her struggles with perfectionism. She gave insight into what many kids in middle and high school are dealing with. She also showed how, in spite of one's struggles, you can come out on the other side better, stronger, and more resilient. If you haven't watched the Zoom Call, I would say it is a must. She is truly an inspiration.

Brooke Woodward Zoom Presentation link

Attachments: Outline Notes link Miramonte Integrity Award link Brooke Senior Letter link

~Jesse Krompier Banquet Speech link

"A little about me: I'm 28 years old. I learned to swim when I was 5, and I began swimming in a year-round program when I was 10. When I was 15, I joined Orinda Aquatics. But, I didn't just "join." I had to pass the test first with Ronnie, who asked me about my background, what I hoped to achieve by joining Orinda Aquatics, and what I thought I could contribute. Ronnie talked about the "character first" philosophy, and I remember nodding and thinking in the back of my mind, "Yeah, sure, sounds great, I'll put character first, second, third, wherever you want me to put it as long it helps me swim fast and get into a good school." - continued in link

~Collin English Letter to Team link

Big shoes to fill...

~ASCA Executive Director Comments on OA Presentation - [New Coaches What Do They Really Need 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 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 and noted some of the improved swimmers.** 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 "**Perfectionitis**":

- Question: Perfectionism causes us pain by stopping us from being able to enjoy what?
 - Any kind of success or improvement (because we feel like it's never good enough) and the sport itself (because we feel like we're not improving)
- Question: What Perfectionism Looks Like - give an example "black & white". As an example, "if my workout is bad, then I will never reach my goal."
 - If I don't swim a best time, I am a failure.
 - If I can't improve at this peak meet after all this hard work, then it's impossible for me to get better.
 - If I don't improve my junior year, then I will never swim in college.
- Question: The Perfectionitis Symptoms List involves: Exceptionally High Standards; Control; High Standards For Others; Handle Mistakes Poorly; Never Good Enough; Lack of Satisfaction. Briefly, do you have any of these symptoms in a workout or at a competition?
 - Small times in small amounts I miss ridiculous expectations and am somehow disappointed I didn't reach them, but usually looking back on the seasons training I can figure where I went wrong and how to change that next season.
 - Yes, I think I handle mistakes poorly and feel as if I am never good enough. I feel this during a workout and after a bad meet.
 - Absolutely. I have experienced all of these. I remember a specific example from rec swimming when I dropped two seconds in the 100 IM but my goal was to be faster than that.
- Question: How might you look at a challenging set using the 3 degrees of achievability?
 - Think more in terms of baby steps.
 - You might set three different goals. One that is very achievable; one that would be surprisingly good; and one that is the dream goal that will take work and time to achieve.
 - I will try to hit the "best" category but I will understand that there is a process and it will help me mentally break down the possible outcomes of enduring a challenging set. Ex: 10x 100 Free on 1:10. Good: hold consistent 1:02s. Better: hold 1:02s but last 3 descend to under 1:00. Best: Start at 1:00 and last 3 descend 59,58,56.

Health/Diet

Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Of all the foods we eat, fruit contributes the least amount of sodium to the average American's diet, yet most Americans fall short of the goal of eating three or more servings of fruit a day. One strategy for incorporating more fruit into your diet is to eat fruit for dessert or to create desserts that are mostly fruit. **Strawberry Rhubarb Crisp, listed below** is an example of this strategy. Each serving of this dessert provides a full serving of fruit. The addition of whole grains, nuts, and olive oil make this a very satisfying dessert your family and guests will enjoy.

Vegetables and Fruit Article (Important Health Benefits) link

Recipes:

Strawberry Rhubarb Crisp link

Arugula, watermelon, feta, and mint salad with balsamic Vinaigrette link

Butternut Squash Soup link

Technically Speaking

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

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); 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: Cassidy Woo, age 12, joined Orinda Aquatics in the fall, after graduating from the Montclair Swim Team. Her older sister, Olivia (15) swims in the Senior Group. Cassidy lives in Moraga and is in 6th grade at JM. Her favorite subject is Math. Her favorite stroke is backstroke and her favorite drill is head up scull. One of her best swim memories is actually joining Orinda Aquatics. She loves steak and when not swimming she enjoys sleeping and playing board games with her family. Cassidy lists her sister as somebody she looks up to because she is a great swimmer and a great sister. [“The best part of Orinda Aquatics is everyone is friendly, and the team helps me focus on my stroke so I can become a better swimmer and also a better person.”](#)

Junior 2: Sophie Lederle, age 14, is in 8th grade at Joaquin Moraga and her favorite subject is Math. This is her first year on Orinda Aquatics after swimming seven years for Moraga Ranch. Her favorite stroke is freestyle, but her favorite drill is one-arm butterfly. Her favorite swimming memory is achieving a gold time at the OMPA Championships in a lane next to her friend. Sophie has a twin sister, Sammie (14) and a dog named Max. Her favorite food is pasta and vegetables. Aside from swimming, she likes running and biking. Sophie looks up to her parents because they always support her. [“The best part of Orinda Aquatics is everyone is very supportive and positive.”](#)

Junior 2: Sammie Lederle, age 14, is in 8th grade at Joaquin Moraga and her favorite subject is Math. This is her first year on Orinda Aquatics after swimming seven years for Moraga Ranch (You are not seeing double; she is the identical twin to Sophie). Sammie likes the backstroke and her favorite drill is double-arm backstroke. Her favorite memory is the team caravan to the OMPA pre-meet warm-ups. She shares her dog, Max with her sister. Her favorite food is pasta (must be a twin thing) and beside swimming she enjoys playing basketball and hanging out with her friends. She looks up to her mom because she is hardworking and very supportive. [“The favorite part of Orinda Aquatics is being able to train in such a positive environment with supportive teammates.”](#)

Junior 3: Ben Graham, age 13, lives in Walnut Creek. He is in 8th grade at St. Mary School where his favorite subject is Science. Ben joined us this year after swimming for the Scottsdale Swim Team. His favorite stroke is breaststroke and IM and his favorite swim drill is breaststroke pull with dolphin kick. One of his best swim memories is breaking the 50 breaststroke record at the city meet. Ben has three siblings; Will (15), Henry (6) and Elizabeth (5). He also has a pet German Shepherd named Duke. He loves any kind of Italian food. Outside the pool, Ben likes to mountain bike and run and he also likes to travel. He looks up to swimmer Adam Peaty because even though he is the best breastroker in the world, he remains very humble. [“I really like the team culture and the coaching at Orinda Aquatics.”](#)

Junior Group Specific

- Junior Group Zoom Meeting Monday at 4:00 - Self-Image, Stroke Analysis, Brooke Meeting Review
- Dryland Week #8: Intervals
- GoSwim Video Focus - Breaststroke
- Keep on Tracking your Dryland!

- Chore Challenge - Three Square! (send your pictures)

Senior Group Specific

Senior Group To-Do's

this last week

- ❑ **Conquer the Pool** - review last week's section "**Self-Talk**" (pages 165-174) 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 "Sleepy Time" \(pages 215-222\)](#). 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, 46, 44	63, 59, 56	72, 72, 70	12,12, 11	310, 296, 292	410, 307, 249	24, 20 20	105, 60, 59,	26, 26, 25
boys	68, 66, 65	77, 63, 62	75, 74, 73	31, 30, 28	345, 314, 313	743, 375 356	30, 26, 22	212, 100, 75	25, 24, 24

Dryland Highlights

Most Improved - Lindsay, Maren, Margaux, Lydia, Regan, Jalen, George

Submitted 4 weeks of exercise tracking:

- Girls: Lindsay, Natalie, Jenna, Olivia, Paige
- Boys: Nick, Jalen, George, Evan

Submitted 5 weeks of exercise tracking:

- Girls: Emmie, Maddie, Lydia, Regan, Emma, Sydney Z
- Boys: Henrik, Zach L, Zach H, Tanner

GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Single Leg Squat to Chair	Free Pull w Axis PB at ankles	Dryland Single-leg RDL ISO	Breaststroke Full Stroke 4x25 Focus on timing	Dryland Squat Jumps (hands on hips)	Butterfly Turns (this is very good)	Backstroke - Free Pull on your back

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.

Zoom Meetings this week:

- Monday (5/18) 4:00 pm - **Junior Group**
- Tuesday (5/19) 4:00 pm - **Senior All Meeting - Conquer The Pool Review**
- Wednesday (5/20) 5:00 pm - **Junior Game Night**
- Thursday (5/21) 4:00 pm - Captains Host **Senior Game Night**
- Friday (5/22) 4:00 pm - **Senior (ALL) Group Meeting**
- Saturday (5/23) 10:00 am - **Jill Jones** - OA Alum, OA Team Captain & Inspirational Award, Cal Poly Swimming (4 years, team captain), prior OA coach, current Women's Coach for Westmont College (see article link under College).

Activities~🎯

This Week's Game Nights:

- 🎲 **Junior Game Night - Wednesday @ 5 pm**
- 🎲 **Senior Game Night - Thursday @ 4 pm (Captain Hosted)**

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](#)

College Corner

- **Channing Hanley Commits to Texas! Congratulations Channing!**
- **Margaux McDonald Highlighted in the Lamorinda Weekly** [Article link](#)

Westmont College - Season Recap

"Ronnie & Donnie, I Just wanted to share the season recap, and thank you both SO much for mentoring me and paving the way for me to be a part of Westmont swimming. I can't imagine my life without being a part of OA. Thank you for sacrificing so much to support me!" Jill Jones, OA alum, Head Coach, Westmont College

CCAA SUSPENDS ALL INTERCOLLEGIATE ATHLETICS COMPETITION FOR FALL 2020

The California Collegiate Athletic Association (CCAA) has suspended all of its NCAA competition for the fall semester of 2020. The announcement comes in lock-step with an announcement by the chancellor of the California State University campus that campuses will remain closed with most instruction moved online through the fall semester.

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

“Now behold, ye have taken a great work upon yourselves; which is to raise up these little ones according to your highest light.”

—Oahspe



MAKE THIS YOUR BEST WEEK ...WE'LL
ASK WHY EITHER IN THE NEWSLETTER OR
IN YOUR WEEKLY GROUP MEETING!