



ORINDAQUALETTER

Issue 9 - May 24, 2020



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Happy Birthday Coach Donnie and Coach Ronnie



Note from Donnie & Ronnie

We would like to extend a very sincere note of thanks to the team and to all who participated in the birthday message (and trivia and dinner). We are so incredibly blessed to live the life we do; with health, family, friends, and notably, to have our daily activities driven by an unparalleled group of athletes, young adults, parents, and coaches, such as this. A birthday is a good opportunity to reflect on blessings and you are all at the top of the list. We thank you again for the gift of the evening ~~æ~~ of the relationships. We also want to thank our extraordinary delivery crews for the great dinners and desserts! And we cannot begin to thank Coach Kati for painstakingly organizing a birthday surprise that we will never forget. **Thanks Kati!**

Donnie & Ronnie

Facility Update From the Board

We wanted to update everyone on our plans to get back in the water. There have been many positive developments over the last month in creating guidelines to allow swimmers to begin training again, including those from USA swimming to member clubs outlining a safe return to the pool. We have monitored closely the information from the Contra Costa County Health Department to formulate protocols to adhere to safe distancing, cleaning, sharing of equipment, restrictions on locker room use and other guidelines.

The health department has allowed for “camps” of 12 or less to use swim facilities under a variety of restrictions, and some groups have begun to use this exemption to begin swimming. We are in communication with the county to expand the use of swim facilities to more directly allow for swim practice that adheres to all USA swimming and county health safety requirements. Lisa Blackwell has been instrumental in leading this effort. She has written a letter that we encourage all members to read and independently reach out directly to the county health department to advocate for allowing safe and responsible use of swim facilities (contact information below).

We are also working with the Acalanes School District to address the same safety guidelines to allow for use of the Soda Center Pool. Currently, the facilities are closed for all use. The District has indicated that they are in active study on how to safely reopen facilities. They have said that it is possible the pool could reopen in early to mid-June, given that users address all safety and liability concerns. We are monitoring this situation closely and are in dialogue with all parties.

At this point, we are hopeful that we will receive approval to begin using Soda again at some point in June. Undoubtedly, there will be a variety of changes, restrictions and requirements when we resume. The coaches are actively formulating plans to meet the requirements of fewer swimmers in the pool as well as a host of other changes. We unfortunately do not control the decision timeline, but we are working to comprehensively and responsibly develop protocols and plans to adhere to all best practices and requirements of USA swimming, County Health, and the Acalanes School District.

Please look for a questionnaire from the staff in the coming week and be sure to respond. We will keep you updated as we

learn more about when and how we can resume practice. Please do not hesitate to reach out to a coach or board member with any questions.

The Orinda Aquatics Board of Directors

[Previous 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



Dr. Lisa Blackwell Working on Behalf of Swimming

Note from Lisa to Team:

Dr. Lisa Blackwell is currently working on behalf of swimming. She is a board member of the Orinda Aquatics Board of Directors and is currently working on behalf of swimming. She is a board member of the Orinda Aquatics Board of Directors and is currently working on behalf of swimming. She is a board member of the Orinda Aquatics Board of Directors and is currently working on behalf of swimming.

Randy Sawyer Randy.Sawyer@cchealth.org - Orinda Aquatics Board of Directors

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Donnie Makes First Presentation by an American Coach to Coaches in Iran via Skype on Age-Group Development

Don't miss the awesome presentation by Donnie [link](#)Á



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 with Jill Jones. It was such a pleasure to have Jill with us and to share her life experiences. Jill joined OA at 9 yrs old. ----->
 She was a leader in the Junior Group and the Senior Group. She has been a captain for her high school team, for OA and for her college team, Cal Poly. Jill represents the best of what Orinda Aquatics stands for - character, integrity, leadership and perseverance. If you didn't have the chance to be on the Zoom call, we would recommend that you watch it. Jill's journey has been inspiring.
[Jill Jones Zoom Presentation link](#) [Jill Jones Notes link](#)



OA Alum, Derek Ludwig Wins Leadership Honor at Willamette

Willamette University men's swimmer **Derek Ludwig** (Sr., Moraga, CA/Campolindo HS) has been chosen as the J.H. Booth Award winner for 2019-20. The J.H. Booth Award is presented annually to the senior men's student-athlete who most excelled in all areas of their career at Willamette by exemplifying and demonstrating outstanding leadership, scholarship and athleticism. From Derek's mother, "It reflects well on the Orinda Aquatics. Thank you so much for your character first philosophy and the positive influence that you had on Derek's development as an athlete and as a young man."

Here is the link to the article and video: [Derek Ludwig link](#)

If you scroll down through the article, there is also a video that repeats the text of the article accompanied by swim photos, and at the end a video thank you from Derek.

The Cultural Headwind [link](#)

ASCA World Clinic presentation by Donnie

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 **"Self-Talk"**:

- Question: Poor self-talk can come from focusing on THINGS WE PERCEIVE AS OUR WEAKNESSES. For example, "I'm a bad IMer so this post warm up set is going to be ugly." Give a brief example of poor self-talk related to a weakness you have in workout.
 - On off stroke days, I walk onto the pool deck more negatively than I do on other days, and I tell myself that it is going to be bad. I tell myself that it is going to be super hard and I probably won't get anything out of it.
 - Sometimes I think, "my butterfly stroke is bad and inconsistent, so I won't be able to work on it or hold a good stroke in the main set."
- Question: Poor self-talk can come from FOCUSING TOO HEAVILY ON THE RESULT. For example, "I have to get a best time." Give a brief example of poor self-talk related to focusing on the result.
 - I tend to focus heavily on the results at peak meets. For example, at my peak this year my main goal was to go a certain time in the 200 Fly. My entire mentality was focused on that goal because I had been close for a really long time and I felt my training had gotten better in the months leading up to the meet. However, I ended up putting so much pressure on myself that when I got really close, I broke down and wasn't able to focus on all the positives of that race.
 - Before a big race, I focus too much on the time I want to achieve and not enough on the technique I want to have in the race.

Health/Diet

~[Sparkling Iced Tea with Lemon, Cucumber, and Mint](#)

~[Tomato and White Bean Salad](#)

~[Vegetarian Refried Beans](#)

~[Marinated Shiitake Mushroom and Cucumber Salad](#)

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

Technically Speaking

Please watch your [Argo](#) video, 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 24- Donnie and Ronnie (59)** – 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: Kayden Page, age 12, lives in Lafayette and is finishing up 7th grade at Stanley Middle School. Her favorite subject is Math. Before joining Orinda Aquatics this year, Kayden's rec club was Springbrook and her favorite stroke is breaststroke. In workout, she likes to work on her breaststroke doing the Separation Drill. One of her lasting memories was when she was 8, her relay made a bet with their coach and when they won the bet, the coach had to get an air-sprayed tattoo of Dora (I'm more of a Tico fan). Kayden and her brother Landon (10) share a dog named Belle. One of her hobbies is baking (waiting for some brownies) and her favorite food is Fruit Loops. Kayden looks up to her friends because they are super supportive and are there to help her whenever she needs it. "I like Orinda Aquatics because I now have made some new friends and I get to swim all year." (hopefully we will be back soon!)

Junior 2: Natalie Bove, soon to be 14 (May 30th), is finishing up the 8th grade. She enjoys her Science class at Stanley Middle School in Lafayette. This is Natalie's second year in the Junior Group on Orinda Aquatics. Before joining, she swam for LMYA and Aquabears. She likes the backstroke, especially the drill Double Arm Backstroke. One of her favorite swim moments was swimming the IM at the County Meet and all her friends were in stands cheering her on. Natalie has a sister Cate (10), a pet dog named Emma and a Cat named Orangey (I wonder what color her cat is?). Her "fav" foods are pasta or fruit. She enjoys doing art and hanging with her friends. Natalie looks up to her parents and her friends because they always encourage her to be her best and to never give up! "The best part of Orinda Aquatics is having GREAT coaches and making new friends." (Thanks, my friend Natalie B – the check is in the mail!)

Junior 3: Siena Santos, age 12, lives in Walnut Creek where she is finishing the 6th grade at St. Mary's. Her favorite subject is Writing. Siena previously swam for Valley Vista, Scottsdale and Aquabears. Her favorite stroke is the butterfly and her favorite fly drill is One-Arm. One of the best things about swimming is travel meets and hanging with her teammates. Siena has three sisters: Shaila (16), Shelby (15) and Skye (7). Joining them on "TEAM S Squared" is their dog Sammy and three cats: Snowflake, Midnight and Cuda (shouldn't that be Smidnight and Scuda?). Siena's favorite food is pasta. Outside of the pool she likes to hoop it up on the basketball courts and also enjoys painting. She really looks up to her sisters and knows they are always there for her. "My favorite part of Orinda Aquatics is knowing so many people will support me and want to help me."

Junior Group Specific

- Junior Group's Monday Zoom Meeting has been moved to **WEDNESDAY** at 4:00 p
- Junior Game Night - Following Wednesday 4p Meeting
- Dryland Week #9: Back to Basics
- GoSwim Video Theme - IM Order
- Keep on Tracking your Dryland!
- Chore Challenge - The Good Deed Challenge

Senior Group Specific

Senior Group To-Do's

this last week

- a **Conquer the Pool** - review last week's section "**Sleepy Time**" (pages 215-222)" and submit the Google form [link](#)
- a **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](#)
- a **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

- a **Conquer the Pool** - read the section "**Visualization**" (pages 186-194). 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.
- a **Zoom Meetings** - be aware of the Zoom Meetings scheduled for the week (see below)
- a **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, bodyweight, aerobic and circuits **link**

- a **Exercise Video Library** - recommended exercise **link**
- a **Challenge Set** - look for in the workout plan
- a **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

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Dryland Highlights

Notable: miles run - Sydney 24, Margaux 23

Improved Push-Ups

Girls: Maren 37 to 51, Maddie 30 to 48, Lydia 21 to 35, Regan 29 to 44, Emma 25 to 42

Boys: George 48 to 66, Tucker 45-59, Nate 35 to 48, Tanner 12 to 35

Submitted 5 weeks of exercise tracking:

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

Submitted 6 weeks of exercise tracking:

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

GoSwim Video Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
) UHVMQI) LQV«	' UOQ«	%DFNWRNH6VQV«	' UOQ«) UHVMQI' UQ) UHVMQ«	' UOQ«
) LWR2 SH«	6VQWU6TXDW«		7RZH5RZV«) LQJ«	6ZIPPIQJ ZUV«	5HDJ) RRW
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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 **R} q / q a U} q /** swimmers. The link is: <https://www.strava.com/clubs/oapb> Questions can be directed to Vincent Castillo or Maggie Buckley.

Zoom Meetings this week:

- Ū Monday (5/25) - **No meeting. Happy Memorial Day.**
- Ū Tuesday (5/26) 4:00 pm - **Senior All Meeting - Dr. G - Stroke Technique & UW**
- Ū Wednesday (5/27) 4:00 pm - **Junior Meeting + Game Night**
- Ū Thursday (5/28) 4:00 pm - Captains Host **Senior Game Night**
- Ū Friday (5/29) 4:00 pm - **Senior (ALL) Group Meeting**
- Saturday (5/30) 10:00 am - TBD

Activities~

7KLV: HNV * DPH 1 LKW -

- XQRU * DPH 1 LKW : HGQMGD DI WU - XQRU 0 HMQJ # SP -

6HQRU * DPH 1 LKW 7KXUGD # SP &DSVQLQ + RWHG -

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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

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
