



Orinda Aquatics



PACIFIC
SWIMMING



**“Human greatness does not lie in wealth or power,
but in character and goodness.”** Anne Frank

August 2021

Hello Orinda Aquatics Families!

After a challenging period for everyone, we concluded the 2021 season with a very positive Senior meet in Clovis and one of the most successful meets in the past decade at Sectionals in Roseville, with the team finishing third. We also held an inspiring “send-off” for our twenty-one graduating seniors at the Buckleys’ home. As we move into the 2021-2022 season, we are anxious to meet our new swimmers and parents and to see our returning members, all in a more typical setting, as we hope and expect to resume the traditional practices of the team.

We are looking forward to returning to a full competition calendar, including the five to seven meets that Orinda Aquatics has typically hosted. Another critical aspect of the team culture is the various activities that have always been significant to the overall experience of the athletes and the team. These have been largely put on-hold for the past 18 months, but as we begin to roll them out again, we will be tapping into the many talents within our parent group for leadership and support.

We are very proud of our team and the Orinda Aquatics organization, and we are excited to have you all as members. This is a very personal, “high character” environment, and we are confident that you will find value, both in and out of the pool. Our goal at Orinda Aquatics is to create a program based on character and integrity, that simply put, would be the premier youth sports organization in the area and a model for all swim programs. Our underlying philosophy is that this experience should be far more than simply a sport or an activity but more an endeavor that helps develop the whole person through the life lessons offered from the sport of swimming. Through this, we hope to develop great athletes who place a premium on virtues such as discipline, work ethic, leadership, team commitment, perseverance, and character, and who will develop life skills which can be applied in college, careers, and life.

Thank you for your decision to swim with Orinda Aquatics, and thank you in advance for your support. Please review the following information which outlines the team policies for the 2021-2022 swim season, and don’t hesitate to contact either of us or any of the individuals on the contacts list (included) if you have questions.

Donnie & Ronnie

2021-2022 Member Information & Team Policies

Parents' Roles & Obligations

We believe that a swimmer's decision to swim year-round is really a family's decision, and a swimmer's commitment is really a family's commitment. We also know from experience that parents' intentions and expectations with regard to their commitment vary widely, but experience also tells us that long-term objectives for each swimmer and for the team as a whole cannot be achieved with just the efforts of coaches and swimmers. Orinda Aquatics' success also requires extraordinary commitment on the part of parents in three main areas: **Meet Support, Team Support, and Financial Support.**

Meet Support

Hosted Meets

As a United States Swimming team and a member of Pacific Swimming, Orinda Aquatics is obligated, as are all teams, to provide competitive opportunities for our swimmers. Hosting a meet is significant in that it is:

- 1) a necessary revenue source for Orinda Aquatics,
- 2) a responsibility to Pacific Swimming and to the athletes of member clubs,
- 3) an opportunity for parents to be involved in the competitive process, and
- 4) an opportunity for our swimmers to compete in their own pool with no travel.

We ask that parents not only attend the meets and fulfill their volunteer commitments, but that they fully engage in the meets we host and do their part to maintain the high standards for which Orinda Aquatics meets are known.

Schedule:

Orinda Aquatics Host Meets, 2021-2022	
<u>Date</u>	<u>Meet Type</u>
• October 23-24	OA Senior Open (all 13+ eligible; 11-12 with qualifying times)
• October 20-31	OA C/B/BB+ (all eligible)
• January 22-23	OA Senior Open (all 13+ eligible; 11-12 with qualifying times)
• June 11-12	C/B/BB+ (all eligible)
• June 25-26	OA Senior Open (all 13+ eligible; 11-12 with qualifying times)

Volunteer Guidelines:

- **Participants** – Hosting meets is an organizational responsibility. Due to the demands of hosting a large meet, **all team families are required to work regardless of participation in the meet or temporary absence due to travel, injury, or other activity.** The only exception is during the Fall when water polo families will be required to work only if their children are entered in the meet. Families of college swimmers registered with the team are not exempt from the host meet job requirements.
- **Sign-ups** – Families make their volunteer selections through an online form in TeamUnify. An email notification will go out the week before the meet with a link and instructions on how many jobs are required of each family. Certain jobs tend to fill very shortly after sign-ups open!
- **Shifts** – Host meet volunteer obligations can vary but are typically two three-hour shifts per two-day meet. All families are asked to sign-up for the specified number of shifts – no more and no less. If a family



signs-up for too many, the Volunteer Coordinator will delete any overage. If a family does not sign-up to work a home meet, the Volunteer Coordinator will assign jobs and notify the family of their assignments.

- **Penalties** – Families who repeatedly fail to sign-up may incur a \$175 fine per shift. The no-show penalty for a scheduled job is \$300 per shift. These fees will be processed through the family's TeamUnify account in the month following the host meet.
- **Subs** – For some meets, a substitute (minimum age of 16) may be hired, but only for those jobs designated as sub-approved in the job notes on the online sign-up form. Families are responsible for contacting, hiring, and making payment arrangements with their sub. The name, cell number, and email address of the sub must be included in the notes section of the signup, and the Volunteer Coordinator must be notified.
- **Changes** – Families are welcome to swap assignments with another family, but the Volunteer Coordinator must be notified of such changes.
- **Questions** – Contact the Volunteer Coordinator.
- **Note** – *Parents should not have their swimmers work for them in lieu of swimming in a meet.*

In addition to those positions available for volunteer sign-ups for each meet, there are various essential meet support jobs which require a minimum year-long term and a greater commitment of time throughout the year. These positions include Meet Director, Volunteer Jobs Coordinator, Official, Head Marshal, Hospitality Chair, Snack Shack Chair, Photography Chair, and Computer Operator (Meet Manager software). If you are interested in learning more about any of these, please contact the Orinda Aquatics Meet Director or Volunteer Jobs Coordinator.

Away Meets

Orinda Aquatics is obligated to provide Timers to cover shifts assigned to our team by the meet host. Parents of swimmers participating in away meets are required to share in the timing responsibility, even for those swimmers who drive themselves to the meet. An email for timing shift sign-ups is sent to the team during the week before the meet, and it indicates if more than one shift is required per family.

Each participating team is also required to provide Officials at away meets. The number of Officials we are expected to contribute is correlated to the number of Orinda Aquatics swimmers entered, and our team is fined if we fall short. The Meet Officials Coordinator for Orinda Aquatics keeps our list of team parents who are USA Swimming certified Officials apprised of upcoming meet obligations.

Team Support

As a part of our big picture philosophy, we want to create the best overall swim team *experience* for our swimmers. We realize that the majority of the experience will come from daily training, swimmer development, friends, and the coach/swimmer relationship, but positive social activities certainly enhance the cohesion and enthusiasm of the team. Examples of events held in the past include teambuilding activities, theme weeks, rafting trip, team breakfasts, holiday get-togethers, parent socials, and a year-end banquet.

Prior to the restrictions imposed by COVID, we had opened in August the job sign-ups for all social events planned for the year. This time, due to the lingering uncertainty surrounding gatherings (both outdoors and in), we will be opening sign-ups as needed, throughout the year. Initially, we will ask for parental support for these Fall events: **Senior Group Team-building, Junior Group Team-building, Parent Social, Fall Jamboree, and See's Candies sales**. You will receive an email notification when these sign-ups are scheduled to open. As the next set of events solidifies, we will send out another request for volunteers. We cannot hold these events without a full complement of volunteers, so please assume that you will need to fill at least one job during the course of the year. There is no buy-out option nor is it appropriate to hire subs for social jobs. The jobs are varied and (mostly considered) fun, and they offer a great way to meet other parents on the

team. We will be keeping track of the families as they fulfill this obligation, so as soon as you see a job that appeals and works with your schedule, sign-up!

Financial Support

Orinda Aquatics members will be charged an annual family fee, as well as monthly dues per swimmer. Member payments (annual and monthly) cover coaches' salaries, pool costs, and team administrative expenses. Additional team revenues are obtained from hosted meets and fundraising. Fundraising efforts at Orinda Aquatics are kept to a minimum and are comprised primarily of **See's Candies** sales in November and **eScrip** (part of registration) and Amazon Smile, which each family is required to support.

Dues

Dues are collected monthly through TeamUnify, using a credit or debit card, and will be paid on a **twelve-month basis**. The August payment is still due for graduating Seniors unless they are ending training completely. The 2021-2022 dues schedule is as follows:

GROUP	MONTHLY BILLING	ANNUAL FAMILY FEE, all groups <i>(includes T-Shirts, suit, mesh bag, two caps)</i>
Junior 1&2	\$205	\$175 per family + \$125 per swimmer
Junior 3	\$240	
Senior 2	\$255	
Senior 3	\$275	
Senior 4	\$295	
Discount for additional siblings: \$25/month		
College Full-time:	\$450: entire year – Senior 4 \$350: entire year – Senior 2,3	All swimmers <u>must</u> also be registered with USA Swimming and Orinda Aquatics. Swimmers must take care of both registrations.
College Part-time:	\$100: non-summer training	

Monthly fees may be adjusted during the course of the year, with 30-day notice. Families who join after December will be charged a prorated amount of the Annual Family Fee, as follows:

Annual Dues Proration (family/additional swimmer):

January - \$200/\$75	February - \$175/\$65	March - \$ 150/\$55	April - \$125/\$45
May - \$100/\$35	June - \$75/\$25	July - \$50/\$15	August - \$0/\$0

Dues Reduction for high school water polo players

For returning swimmers who are playing high school water polo, dues will be reduced to \$100/month for September and October. The team encourages those athletes to come to practice when possible and to participate in any meetings, dry land, meets, or activities if their schedule allows. Please email Matt at Matt2coach@comcast.net if your child is playing high school water polo. **This discount only applies to high school water polo in the Fall and no other sports or activities.** Parents of those swimmers playing water polo will only be expected to work at a Fall meet if their children are entered in the meet.

Leaves of Absence & Termination

The only allowable 'leave of absence' is for long-term medical conditions – not for vacations. For swimmers on a long-term medical leave, not able to attend practices, the monthly fee is reduced to \$25. For termination from the team, 30-day notice is required to cancel automatic billing.



See's Candies Fundraising

Participation in Orinda Aquatics' annual See's Candies sales fundraiser is required of each family, though families may choose to fulfill their obligation by paying the buy-out amount. Minimum sales requirements and buy-out options are as follows:

	Family with one swimmer	Family with multiple swimmers
Minimum sales amount	\$325	\$500
Buy-out amount	\$225	\$275

For partial sales, the required buy-out is calculated at 65% or 2/3 of the difference between the amount sold and the required amount (example: a swimmer sells \$150 of candy, \$175 less than the minimum, and will owe an additional \$115, or 65% of \$175). Please note that a buy-out is not tax deductible, per IRS rules.

Registration & Safe Sport

Registration with Orinda Aquatics

All returning senior and junior group swimmers should register for their previous group (unless otherwise notified) before Wednesday, September 1st on the [Orinda Aquatics website](#). Junior group swimmers moving to the senior group should register for the Senior 2 Group unless otherwise notified. You will receive an email with a link to the registration page once it goes live.

Registration with Pacific Swimming/USA Swimming

All swimmers are required to be registered with United States Swimming. This provides liability insurance for the swimmers as they train, compete, and participate in sanctioned team events. USA Swimming also governs competitions, keeps a database of all swim times, and provides athletes with educational materials and information about the sport.

- **Returning swimmers:** Orinda Aquatics will re-register all returning swimmers in December (not in September) and will bill your account.
- **New swimmers, once approved for membership:** To register a swimmer who is new to year-round swimming, please complete the 2021-2022 **Year-Round Athlete Registration Application**, and mail the form and check to the address on the form. The form can be found on the [PacSwim.org website](#) and is also linked from the Orinda Aquatics website. There is not an online payment option, and only the current version of the form (2021-2022) will be accepted.
- **Transfer swimmers:** Any swimmer joining Orinda Aquatics from another USA Swimming team will need to submit an **Athlete Transfer/Change Form** and mail it to the address on the form. There may be a charge for transferring affiliation. The form can be found on the [PacSwim.org website](#) and is also linked from the Orinda Aquatics website.

Safe Sport

All adult members of USA Swimming over the age of 18 are required to take USA Swimming's online Athlete Protection Training (APT) course and pass the test. Before each meet, Pacific Swimming Officials provide the meet host with a list of entered swimmers who have not passed the APT test and will not permit them to compete until they are cleared. There is no grace period – this requirement goes into effect starting on the

swimmer's 18th birthday. The course and additional information can be found on the [USASwimming.org website](https://www.usaswimming.org).

- The APT course is free of charge and, upon successful completion, should update in your USA Swimming membership record within 24 hours.
- This training must be renewed annually.
- Coaches, Officials, chaperones, Meet Directors, and adult athletes are included in this requirement.
- Questions should be directed to Orinda Aquatics' Safe Sport Coordinator.

Merchandise

Orinda Aquatics swimmers are expected to arrive at workouts with all the gear necessary to optimize their time in the water. At meets, they should appear as a cohesive team, all wearing the team-logo'd apparel specified by the coaches. This has always been an important component of the Orinda Aquatics culture.

Policies regarding team apparel

- All new and returning swimmers will receive a new team suit, team T-shirts (3), latex team caps (2), and a mesh gear bag. Before the team T-shirts are ordered, families will be asked for their swimmer's size.
- Senior group swimmers will be able to resume storing their mesh gear bags at the pool.
- Team attire – OA suit, team t-shirt, team jacket, team backpack – is mandatory and must be visible for both senior and junior group swimmers at all meets.
- The Orinda Aquatics staff will designate which color T-shirt will be worn each day.
- Team caps are required at all workouts and meets. Orinda Aquatics places bulk orders for team logo'd silicone caps, 2-3x/year. Families will be asked for their order quantity and personalization, and their TeamUnify account will be billed.
- ***All female and male swimmers are expected to wear their swimsuits in a respectable manner, always.***
- Two-piece swimsuits for females are not permitted at meets or workouts.
- Tie-back swimsuits are not permitted in any sanctioned competition, per USA Swimming rules. PacSwim Officials will enforce this and remove a swimmer from the blocks before her race.
- Orinda Aquatics logo'd 'spirit wear' is not considered appropriate for swimmers to wear during meets.

Purchasing Guidelines

- Orinda Aquatics is a Speedo-sponsored team, and Speedo provides the team with thousands of dollars in training equipment each year. We ask that all members honor our sponsorship by purchasing only Speedo suits and products, including 'tech suits' or 'fast suits' worn in peak meets throughout the year.
- To facilitate gear and apparel acquisitions for Orinda Aquatics families, a team store has been set-up on the website of our selected vendor, Conejo Swimworks (www.conejowimworks.com). It is linked [here](#), as well as through our website (Year-Round / Merchandise). See the list of required and optional equipment for the 2021-2022 year below.
- A separate team store will be set-up to offer spirit wear to swimmers and their families, typically two times each year.



Item	Junior Group		Senior Group	Notes
	J1/J2	J3	S2/S3/S4	
Team swimsuit	I	I	I	<i>Order directly thru Conejo store at \$0</i>
Team mesh bag	I	I	I	Will be distributed to swimmers
Team caps, latex (2)	I	I	I	Not personalized; will be distributed
Team t-shirt (3)	I	I	I	Team order; will be asked for size
Team backpack	R	R	R	Speedo, OA logo, can be personalized
Team warm-up jacket	R	R	R	Speedo, OA logo, can be personalized
Team warm-up pants	R	R	R	Speedo, OA logo, can be personalized
Team red sweatshirt	R	R	R	Speedo, OA logo, can be personalized
Team shorts	O	O	O	Speedo, OA logo, can be personalized
Team parka	O	O	O	Speedo, OA logo, can be personalized
Team caps, silicone	O	O	O	Team order; can be personalized
Fins	R	R	R	See Conejo team store
Snorkel	R	R	R	See Conejo team store
Kickboard	R	R	R	See Conejo team store
Paddles	R	R	R	See Conejo team store
Parachute	R	R	R	Finis, 8" red; available on team store
Tempo Trainer	-	R	R	Finis; available on team store

I: Included with annual family fee

R: Required of all swimmers

O: Optional

Group Structure Overview

The criteria used in placing swimmers in their respective groups is as follows:

- Performance level/development history/potential
- Attendance/workout commitment (reviewed from the previous short course and long course seasons)
- Ability to train at full capacity; training discipline and focus
- Technique
- Personal and athletic maturity
- Meet commitment
- Team support

See additional information on the Orinda Aquatics website, Year-Round Registration information.

Group	Attendance Expectation	Focus
Junior 1 / 2	70%+	JO/FW, technique, training intro, race development
Junior 3	80%+	Far Western / Sectional-level development, tech/race detail, leadership
Senior 2	60%	Western Zone-level swimming, technique-based, leadership
Senior 3	75%+	Sectional-level swimming, technique, training, leadership
Senior 4	90%+	National-level swimming, full commitment, leadership

Communications & Contacts

Communications

The primary form of communication for Orinda Aquatics is email. Please make sure that we have the proper email address for parents *and swimmers*. The coaching staff will send out weekly updates and other important information. Also, we recommend that parents and swimmers check the website for news and updates regularly. You can also email the coaches via the website “**Contact**” button, or at the email addresses provided.

So that coaches can communicate with senior group swimmers via Text (through TeamUnify’s OnDeck application), **PLEASE “VERIFY” your SMS number in your account on the website**. All Senior swimmers need to verify their cell phone numbers under their member/athlete profile located in their Family account under the swimmer’s name.

Orinda Aquatics’ **Facebook** page and **Team Feed** can be accessed through the website.

Contacts

Area	Name	Contact
Team, General	Donnie Heidary	Don@orindaaquatics.org
Team, Senior Group	Ronnie Heidary	Ron@orindaaquatics.org
Team, Junior Group	Matt Ehrenberger	Matt2Coach@comcast.net
Registration/Billing	Matt Ehrenberger	Matt2Coach@comcast.net
Team Merchandise	Kati McDermott	Katiswim44@gmail.com
Team Gear Vendor	Conejo Swimworks Yvette Grimaldi	www.conejoswimworks.com 805-379-4734
New Families Liaison	Kristin Martindale	kmartindale@tgp.com
Meet Director	Jane Healy Laurel Purewal	janehealy@msn.com , laurelpurewal@sbcglobal.net
Meet Jobs Coordinator	Ginger Stambaugh	frednginger@comcast.net
Social Chair / Jobs Coordinator	June Lim Ruth Kale-Fok	juneleelim1@gmail.com ruthkale@yahoo.com
Masters Swimming Director	Cristina Bensadoun	cristina@bensadoun.com
Safe Sport Coordinator	Jean Follmer	jeanfollmer@yahoo.com
Board Member, Treasurer	Pete Appl	applepete@gmail.com
Board Member, Secretary	Cristina Bensadoun	cristina@bensadoun.com
Board Member, President	Jane Healy	janehealy@msn.com
Board Member, At-large	Jonathan Levy	Jdlevy1@gmail.com
Board Member, At-large	Laurel Purewal	laurelpurewal@sbcglobal.net
Board Member, At-large	Marc Bensadoun	marc@bensadoun.com
Social Media Coordinator	Jean Follmer	jeanfollmer@yahoo.com
Facebook	@orindaaquatics	
Instagram	Orinda_Aquatics	

What to look for in 2021-2022

- Drill Week / Skill Week / Character Week (fall)
- Argo swimmer filming
- Buddies / Mentors
- Intersquad / Red-Blue (TBD)
- Fall team-building (Junior and Senior)
- Zoom meetings / Parent Education
- Parent Social (fall)
- Theme Week (late June)
- Rafting (summer)
- Holiday parties, water slides, team breakfasts
- Team Banquet (July)

What to look for on OrindaAquatics.org

- Team Handbook
- Workout Schedules
- Meet Schedules
- Intersquad / Red-Blue (TBD)
- Junior/Senior Group overview
- Training & Development Philosophy
- Parent Social (fall)
- Banquet re-cap
- Senior letters
- Parent education
- Articles – swimming, college info, character, etc.

Thank you very much for choosing Orinda Aquatics!
Orinda Aquatics Board of Directors & Coaching Staff



Athlete Support



Argo Video – October 9-10

<https://youtu.be/lZo6HBhsuWM>

OA will make available to the team a cutting-edge underwater video company called Argo Swim Video. Google them to learn more. Argo will film each athlete doing a 200 IM. Argo films each athlete with two cameras, from both underwater and overwater perspectives. Argo will deliver a 10-min video review, individually tailored to each athlete, within two weeks of filming. For review, Argo analysts will use Orinda Aquatics talking points and offer voice-over by a team of experienced NCAA coaches and athletes. They are trained by Argo to produce short, effective videos for your swimmer. Through this process, the coaches will be able to reference the videos at any time.



The Orinda Aquatics dry-land program (all groups)

Bridge Athletic builds high-performance training tools for coaches and athletes who compete at the highest levels. The integrated BridgeAthletic platform leverages the power of technology to revolutionize the way coaches create, deliver, and track athlete progress. With customized training programs delivered directly to their smart phone or tablet, athletes train smarter, power through plateaus, and perform better come game time. Our Performance Team at BridgeAthletic has built and delivered a new program to your account. The program contains exercises that will increase your rotary, leg, and joint stability as well as enhance your range of motion in the pool. This program progresses you toward a series of more complex movements that will improve your Swimming technique. Over this time, you will work through 6 phases and focus on improving your coordination and athleticism. The volume of sets and reps will increase progressively to emphasize adaptation.



“High Performance Mental Training for Swimmers, Finally Made Simple...”

All swimmers new to Orinda Aquatics will receive a copy.





Orinda Aquatics Policy on Behavior



The policy and philosophy of Orinda Aquatics will be viewed in three areas:

- *The mission and guiding principles of Orinda Aquatics*
- *Strict protection of the Orinda Aquatics environment*
- *Inappropriate behavior outside of Orinda Aquatics, including the use of drugs or alcohol*

1 – The Philosophical Backdrop and Mission of Orinda Aquatics

First, and foremost, it is imperative that all members of Orinda Aquatics, swimmers and parents, fully understand and embrace the team’s mission and values. The culture and athletic foundation of Orinda Aquatics is based on a high-character athletic process coupled with an integrity-driven lifestyle. Our core values will be centered on integrity, work ethic, humility, compassion, mutual respect, and team support. This “character-based” philosophy encompasses *all* aspects of behavior, attitude, and interaction. There is no divorcing the swimmer or athlete from the person or teammate. Beyond creating a positive character-based environment, it is the objective of Orinda Aquatics to be a safe-haven for young athletes who choose to walk a socially responsible path. We want to lead the way in this regard and show that it *is* possible to maintain a positive, healthy, environment for young adults. While certain activity may be commonplace in society or acceptable locally, we will not tolerate any activity that compromises the integrity of our team or the organization as a whole.

2 – The “Protection” of Orinda Aquatics

Our philosophy should translate into a positive, healthy, and productive environment that supports all members and protects the environment and culture. Behavioral expectations will encompass every aspect of this program from training, competition and travel, to activities and general personal interaction. Members will be expected to act with the utmost integrity at all times. This is the reason that Orinda Aquatics does not travel with chaperones. As stated above, any action or activity that compromises the integrity of Orinda Aquatics will not be tolerated. Examples would be inappropriate language, improper attire, lack of team support, negativity/apathy, tardiness, being disrespectful to anyone, or clearly engaging in an activity that is inappropriate or illegal. Even the smallest infractions will be addressed, and the coaches will be the ones who evaluate and address behavioral issues.

3 – Behavior “outside” of Orinda Aquatics

While we do not have the desire or intention to monitor or evaluate behavior outside of Orinda Aquatics, we will be steadfast in our effort to protect this team and its culture. Any action or activity that would be unbecoming of a high-character athlete or representative of the ideals of this program will be addressed, regardless of the circumstance or location. Anything that translates into dialogue, focus, or rumor within the team or the community *will* become a team issue, and therefore will be addressed. With regard to the use of drugs or alcohol outside of Orinda Aquatics, those who engage in such activities, do so in direct contradiction to everything this team stands for. These actions betray the trust and commitment of the coaches and swimmers, and they jeopardize the organizational foundation and reputation. Additionally, any *collegiate swimmer* who engages in the use of drugs or alcohol with members of the Orinda Aquatics Senior Group (high school swimmers) will be excused from the team, as this is *not* the leadership or mentorship we are looking for from older swimmers. Orinda Aquatics will *not* need “proof” of such activity to investigate and take action against.

Response to inappropriate actions, or the suspicion of such actions, either within the context of an OA activity or outside, will be addressed by the staff with the team member involved. If necessary, a meeting will be held with the member’s parents and or the Board of Directors. If it is clear that the ideals and philosophies of Orinda Aquatics are not aligned with those of the athlete, we will ask the member/family to leave the team. **Finally, the coaching staff of Orinda Aquatics reserves the right to dismiss any member for actions or attitudes that are counter to the team’s mission and ideals.**

