



# Orinda Aquatics

**2021 Swimmer Meeting**  
September 3, 2021

It is the nature of man to rise to greatness  
if greatness is expected of him.

John Steinbeck



*What is your vision for yourself ...  
as a person, an athlete, a student, a family member, a teammate, a leader...*

# *Section 1*

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- Orinda Aquatics published Character Book
- General Notes and Day 1 Important Reminders
- Review 2020-2021 and Major Meet Qualifiers
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- Be Physically and Mentally Tough
- Workout Schedule (2021-2022) & Meet Schedule Fall 2021
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- Criteria To Move Up
- Beyond Attendance
- The High Character Athlete at Workout
- Stroke Photos & Notes
- Drill Progression
- Training Focus
- Some OA History – Good Swims & Overcoming Adversity

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## *Organizational Overview*

- **Orinda Aquatics Year-round swimming**
  - 150 swimmers, 27th year
- **Orinda Aquatics/Polar Bear Fall Swimming Program**
  - 200+ swimmers, 34th year
- **Orinda Aquatics Masters**
  - 75+ members
- **Orinda Aquatics High School Pre-season swimming**
  - 100+ swimmers
- **Orinda Aquatics Spring Clinics**
  - 100+ swimmers

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- Orinda Aquatics employs twelve full and part-time coaches
  - Orinda Aquatics is a sponsor/partner of the NorCal Kids Triathlon
  - Orinda Aquatics is supporting the swimming efforts in Swaziland, Africa
  - Orinda Aquatics coaches assist local teams with program and staff development
  - Orinda Aquatics is regarded nationally for developing high-character, student-athletes, and for preparing swimmers for successful and healthy collegiate careers

## *Objectives of Orinda Aquatics*

- To serve the various needs of the swimming community
- To be a model program nationally in terms of athletic and character development
- To create collegiate opportunities for all swimmers
- To be the best youth sports program in the area
- To continue to develop national and college level swimmers, and leaders

**“On personal integrity hangs humanity’s fate.”**

*Buckminster Fuller*

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## **The Cornerstones of Orinda Aquatics and the “High-Character Athlete”**



### *Character*

“Character is the basis of happiness, and happiness the sanction of character.” Santayana

### *Humility*

“Humility is the necessary veil to all other graces.” William Gurnall

### *Leadership*

“When it is all over, it’s not who you were. It is whether you made a difference.” Unknown

### *Discipline*

“Followers see the hard work they must endure to climb the mountain of success, while leaders see the success of climbing the mountain of hard work.” Unknown

### *Academics*

“All of your scholarship, all of your study...would be in vain if at the same time you did not build your character and attain mastery over your thoughts and your actions.” Gandhi

### *Appreciation*

“Unblessed is he who thinks himself unblessed.” Seneca

# **ASCA Publishes OA Character Guidebook**

## **Developing High-Character Athletes and High-Character Teams**

Character First! reads items attached to Orinda Aquatics (Calif.) coached by brothers Don and Ron Heidary: from caps and shirts to license plate frames. At Orinda, they don't just talk about character, they live and build it every day. This manual is based on material the brothers have presented at ASCA clinics both in the U.S. and internationally. In over 360 pages, it goes through a team-based system to build character in your swimmers.

The brothers have presented material about developing character that they use daily at clinics run by ASCA both in the USA and internationally. They are hugely popular clinics because they "make real" what many of us "talk about" every day as a goal in our programs. Now, for the first time, Coaches Heidary have put together a written and illustrated manual and made it available exclusively through ASCA:

***"Character is the sum total of a person's choices."*** P.B. Fitzwater

**"Try not to become a man of success, but rather try to become a man of value."**

Albert Einstein

**"Success is always temporary. When all is said and done, the only thing you'll have left is your character."** Vince Gill

**"Wise men, though all the laws were abolished, would live the same lives."**

Aristophanes

**From the article, Why is it so Hard to Become a better Person,**

**"The sad irony is that while goodness is the thing that we most want from everyone else, few want it most for themselves."**

**"Know who you are, and be it. Know what you want, and go out and get it!"**

Carroll Bryant

**"I don't know what your destiny will be, but one thing I know: the ones among you will truly be happy are those who will have sought and found how to serve." Albert Schweitzer**

## General Notes

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### Welcome to everyone

- **Regarding this meeting handout, we would like you to print it out and have it as a reference.**
- Please read the **letters from the graduating seniors (2021)**. These letters show the quality of the previous senior class and demonstrate the high expectations we have for our entire senior group.
- **Freshmen and New Swimmers** - It is important that you review the team policies and expectations.
- You will receive weekly email updates – **please read them.**

### IMPORTANT DAY 1 REMINDERS

- **Facility Safety Policy**
  - On Deck – masks are optional.
  - Locker Rooms – The locker room policy will likely evolve over the coming weeks and months. But whatever it is, we need to adhere to it precisely.
  - Currently – there is a limit of 5 people in the locker room at a time and MASKS ARE REQUIRED.
  - Use of the locker room for changing and AM workouts is still to be determined.
- **Equipment**
  - You will be provided an equipment bag, t-shirts and caps
  - You are expected to **have all your equipment in your bag every day** including: **kickboard, pull buoy, fins, paddles, parachute and tempo trainer.**
  - You may leave your equipment bag at the pool on the hooks along the fence, but **you must hang your bag on a hook** and not leave it on the grass.
  - **Have a water bottle with you every day. Hydration is VERY important.**
  - We will have specialty equipment on the deck such as belts, resistance devices and stroke paddles.
- **Suit Decorum**
  - All suits, boys and girls, **must be worn respectfully.** The suit cut or fit is not an excuse for it fitting inappropriately.

### Schedules General

- Know the workout and dryland times for your group.
- The PM workout off (Wed or Thurs) should be used productively. With the Wed/Thur workout off, missing workouts except for extraordinary circumstances should be rare.
- Conflicts - *let us know in advance.*

### Meets (see Meet Protocol)

- **Know the meets you should attend and enter those meets ASAP.**
- The email updates typically provide information on upcoming meets and entry deadlines. If you have any questions, please ask your coach.

### Attendance

- **Keeping disciplined attendance is a growth process which is important.**
- **Your goal should be to make all workouts.**
- You are responsible for dealing with your attendance – not your parents.
- AM workouts are an important part of your training and development.
- Homework is your responsibility to manage efficiently.
- **TIME MANAGEMENT and DISCIPLINE are the keys** to maintaining attendance and good academics.

## Workout Good Habits

- **For send offs, DROP on the 4 or 9 so you can push on the 0 or 5. Do not leave early.** When you leave early, you don't get accurate repeat times and it does frustrate the other swimmers.
- **Kicking with a board** – approaching the wall, push the board down and reach for the wall. Do not take arm strokes into the wall.
- **Kicking on your back** – approaching the wall to turn, take **1 pull and 1 cross stroke**.
- **Sculling** - always start sculling **before** the flags, and scull all the way to the wall.
- **Free taking double breaths into the wall** – do not take the extra, double breath into the turns. If you breathe and have one more stroke, hold your breath on that stroke.

## Bathroom

- **You cannot use your cell phone in the bathrooms.**
- Bathroom Decorum: Behave maturely. Respect others' use: peers, younger kids and adults.
- Wear masks if they are required.

## Equipment

- You should have an equipment bag with all the necessary equipment (noted above) with you every day. **Please put your name on your bag.**
- Do not take equipment from someone else's bag.

## Music

- Organization – we should have a group of kids in charge of organizing the music – the speakers and song mixes. **Let the coaches know if you need help with organizing this.**
- Speakers – if we need to get speakers, let the coaches know.
- **Song mix** – all songs should be positive and cover a broad range of tastes.
- **Absolutely no bad language or negative lyrics.**

## General Decorum

- Language: Use proper language in the locker rooms, on the deck, and in the pool.
- Behavior: Behave maturely and respectfully. Earn the respect you would like to receive.
- Driving/Parking lot: Drive safely, in particular in the Soda Center parking lot. **Shane's phone call.**

## *Review Last year*

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### Last year review

- It was outstanding. We had a number of breakout swimmers, and many new Sectional, Futures and Junior National swimmers.
- The group was impressive in terms of dealing with all the issues that came up last year.
- It was one of the hardest years of coaching for me, but also one of the most rewarding.
- The main theme was: be responsible for your swimming career.
- **Who is responsible: swimmers or coaches?** ... and what I see from many other teams
- **Leadership:** We had 20 seniors graduate and I know that we are missing a lot of leadership in the pool, on the deck and in the locker room. But with their departure, the opportunity is there for new leaders and role models who will take this team to the next level.

# Orinda Aquatics National/Development Team 2021

Olympic Trial Qualifiers 2021			
	Event/Time	Note	
1	Harry Flanders	100 mtr Fly - 54.0 (qualified in 2018)	CA State Champion
2	Spencer Daily	100 mtr Fly - 53.9, 50mtr free	CA State Champion
3	Mackenzie Duarte	200 mtr Bt - 2:32.83	Washington State Captain
4	Tony Moore	100 mtr Bt - 1:03.2 (1:02.6 split)	Futures Champion
5	Margaux McDonald	100 mtr Back - 1:02.1	Swimming at Princeton
6	Cole Stevens	100 mtr Back - 55.7	Columbia Team Captain
7	Ben Hayes*	400m IM - 4:25.85	Brown Team Captain
Juniors Nationals			
	Event/Time	Note	
8	Channing Hanley - summer	100 Breast 1:01.89, 200 Breast 2:16.6	will swim at Texas
9	Zach Le-Nguyen - summer	100 Back 48.7, 200 Back 1:46.05	Junior National Consol
10	Tommy Roder - summer	200 Back 1:47.77, 200m Back 2:08.90	on team two years
11	Adriana Smith - summer	100m Back 1:04.29	1:59.0 - 200 bk, OA Team Record
12	Maggie Buckley	200 Back 1:59.6, LC 2:19.6	Western Zone Champion
13	Isaac Kim	1,000 Free 9:24.21	Sectional Finalist
14	Connor Ormsby*	100 Bt 57.55, 200 Bt 2:04.3	on team two years
15	Sydney Griscavage	50 Free 23.38	NCS final (freshman)
16	Andrew Hallett	50m Free 24.14, 100m Free 53.32	first year on team
17	George Flanders*	200 Fly 1:51.16	Western Zone Select Camp
18	Jalen Evans	100m Fly 56.58	will swim at MIT
19	Mac Follmer	200m Fly 2:07.36	Sectional Finalist
20	Emilia Barck	100 Back 1:59.9, 100 Back 55.6	freshman
21	Jasmine Fok*	100 Fly 55.18, 100m Fly 1:03.23	freshman
22	Jenna Ravarino	50m Free 26.61	second year on team
23	Emmie Appl	200 Breast 2:17.75	swimming at Pomona
Futures Qualifiers			
	Event/Time	Note	
24	Amber van Meines	100 Free 51.2, 50 Free 23.6	Junior National Relay (49.9 split)
25	Nicky Glenn	50 Free 21.17	Sectionals Bonus
26	Cole Griscavage	100 Breast 58.33	will swim at Swarthmore
27	Maren McDonald	100 Fly 57.21, 100m Fly 1:04.88	Sectionals Bonus
28	Maddie Blackwell	100 Fly 56.64	freshman
29	Nate Levy	100 Breast 58.64, 200 Breast 2:09.89	
30	Henrik Barck	400 IM 4:06	
31	Theo Yvuzer-Jud	100 Breast 58.56	first year on team
32	Lily Struempf	500 free 5:00.7, 57.15 100 Back	Sectional finalist
33	Sophie Lurie	100 Breast 1:05.8	NCS consol
34	Natalie Ung	100 Breast 1:05.7, 100 Breast 2:21.1	NCS consol
Sectional Qualifiers			
	Event/Time	Note	
35	Lindsay Hemming	100 Back 59.2, 200 Back 2:07.13	NCS consol
36	Lexi Fok	100 Free 52.7 (51+ split), 200 Free 1:54.0	NCS consol (freshman)
37	Lydia Osborn	100 Fly 58.9, LC 1:07.5	
38	Audrey Le-Nguyen	50 Free 52.1, 100 Back 57.4	Far Western Finalist
39	Zach Hoffman	200 Fly 1:57.30, 100 Fly 52.98	
40	Mollie Appl	100m Fly 1:05.98	
41	Nick Chang	200 Back 1:55.44, 200 IM 1:58.25	
42	Miranda Stevenson	50 Free 24.74/50m Free 28.03	freshman
43	Lauren Etnyer	50m Free 27.94	playing WP at Indiana
44	Devin Purewal	100 Fly 52.11, 200 Fly 1:58.71	
45	Natalie Aiken	100 Fly 59.13, 100 Back 58.82	Freshman
46	Ben Kang	50m Free 25.87	

## For 2021-2022

### Be better in every way

- **Be responsible and accountable (take ownership) for your swimming career.** Everyone can be better, and your increased effort to work harder and improve technique every day can transform your swimming career.
- **Better technical development – PERFECTION IS THE GOAL**
- Better dive technique - example flat dive
- Better turn technique - example tucking chin
- Better at **matching up and competing** with teammates in workout
- Better training to aggressively **even or negative split races**
- Better Stroke Rate (using tempo trainer) and Stroke Count training

*“Gentlemen, we will chase perfection, and we will chase it relentlessly, knowing all the while we can never attain it. But along the way, we shall catch excellence.”*  
— Vince Lombardi

### Better Dryland

- **Dryland needs to be better. Strength and power** are vital parts of your overall training and it is an important part of injury prevention.
- **You must be fully committed or you will not participate**
- **We may have 3 group** - 1) no participation, 2) 80%, 3) 100% w added strength component
- **Bridge**
  - Bridge’s general **benefit – whole body**
  - Do the exercises with max effort and good technique even if they are “easy”.
  - We will **incorporate a more strength/body weight** component to the dryland
  - Would like to **record** pull ups, push ups, dips, sit ups, squats

“But I want you guys to know this, and I talked to Kyle and John a little about it last night: Bill Walsh said something, ‘Champions behave like champions before they’re champions.’ This team is going to be a champion.”

## Early Season Emphasis

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- **Get to know new swimmers and the swimmers in each group**
- **Learn and perfect drills in all strokes – Drill Sheets are attached**
- **Condition underwater speed and distance**
  - Freestyle 2-3 dolphin kicks underwater
  - Backstroke 6-8 dolphin kicks underwater or 4-5 black lines
  - Butterfly 6-8 dolphin kicks underwater or 4-5 black lines
  - Breaststroke 4+ black lines on the pull down
- **Emphasize technique and distance per stroke (DPS) in all strokes**
  - Get familiar with an efficient **stroke count for Freestyle and Breaststroke**
  - Work on off-strokes for all IM swimmers
- **Kicking: We want to improve the quality of our kicking in all strokes.** Discuss fast kicking vs effort.
  - Improve kick speed and power. We will **test** and you should know your times for the following:
    - 200 Stroke Kick, 100 Stroke Kick, 50 Fly Kick without a board, examples, 25 UW timed kick

## General Workout Guidelines (see also Beyond Attendance)

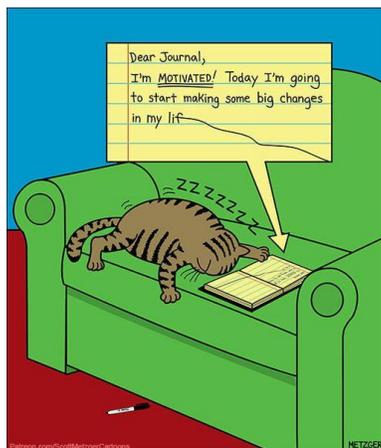
- **Be on time. Get in on time:** On time is 10-15 minutes early to help set up if necessary.
- **Warm Up:** Don't stop, play or talk. Work on your strokes and loosen up for a good workout. You can benefit from a quality warm up.
- **Recovery (between sets):** Leave right away (on time) and do all the recovery swims.
- **Warm Down:** Do not stop or talk. Use the warm down to recover for the next day's workout.

## Goals

- Goals and expectations are important
- There are **Positive and Negative** aspects to goals and expectations
  - Positive – something to work towards, to help create focus and motivation
  - Negative – can create pressure and stress which results in poor performance and unhappiness
- There are Short-term and long-term goals
- There are workout and development goals vs. time goals
  - **Development goals may be the most important. They can include:**
    - **Attendance goals** – making a certain number of workouts per week
    - **Training harder** and more intensely than you have previously
    - **Technical improvement** – Improving turns and streamlines, more focus on stroke development, better underwater speed

**Without a commitment to training and technical improvement – time goals are difficult, if not impossible, to achieve.**

## How to not reach your goals ...



## How to reach your goals ...



## ***Be Physically and Mentally Tough***

**Allow the coaches to help you (reasonably) become stronger and tougher mentally and physically**

- Learn to deal with issues, fears, discomfort, and disappointment
- This process will prepare you for the highest level of club swimming and/or college swimming.

### **The Butterfly**

A man found a cocoon of a butterfly  
One day a small opening appeared  
He watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole  
Then it stopped as if it could go no further  
So the man decided to help the butterfly  
He took a pair of scissors and snipped the remaining bits of cocoon  
The butterfly emerged easily but it had a swollen body and shriveled wings  
The man continued to watch it expecting that at any minute the wings would enlarge and expand enough to support the body. Neither happened  
In fact, the butterfly spent the rest of its life crawling around  
It was never able to fly

*What the man in his kindness and haste did not understand:*

*The restricting cocoon and the struggle required the butterfly to get through the opening was a way of forcing fluid from the body into the wings so that it would be ready for flight once that was achieved. Sometimes, struggles are exactly what we need in our lives. Going through life without obstacles would cripple us. We will not be as strong as we could have been and we would never learn to fly.*

**Sometimes we're tested.  
Not to show our  
weaknesses, but to  
discover our strengths.  
—unknown**



# Orinda Aquatics Workout Schedule 2021-2022



*note: times listed are "in the water" times (please arrive 15 minutes prior to workout)*

**Workouts times will adjust during the high school season beginning in February (see below)**

wk of Aug 23 =>	Optional workouts: <b>Senior Mon, Wed, Thur: Sr 4 3:30-5:00, Sr 2/3 5:00-6:20; Jr All Wed &amp; Thur 6:20-7:30</b> ; Tryout Mon 6:00-7:15 Optional workouts for Tuesday: <b>Sr 4 3:30-4:45; Sr 2/3 4:45-6:00; Jr All 6:00-7:00; Tryout 7:00-7:30</b>
wk of Aug 30 =>	Reg PM & Dryland M-TH (no AM or Sat). <b>Group Meetings Friday (Zoom) Senior 4:00-5:15; Junior 6:30-7:30. Parent Meeting Monday</b>
wk of Sept 6 =>	Regular Tuesday-Thursday w dryland. <b>NO WORKOUT: Mon (Labor Day). Fri-Sat (water polo); No weekday AM.</b>
wk of Sept 13 =>	regular schedule as shown below. <b>Suit Fitting &amp; Parent Q&amp;A Saturday TBD.</b>

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior 4</b>	AM	6:00-7:30		6:00-7:30		6:00-7:30 optional	7:30-10:00
	PM	3:40-5:10	3:40-5:10	none	3:40-6:00	3:40-5:10	
	dryland		5:15-5:50		6:00-6:30		10:00-11:00
	meeting					5:15-5:45	
<b>Senior 3</b>	AM	6:00-7:30				6:00-7:30	7:30-9:30
	PM	5:10-6:30	5:10-6:30	3:50-6:10	none	5:10-6:30	
	dryland	4:30-5:10		6:10-6:40			9:30-10:30
	meeting					TBD	
<b>Senior 2</b>	AM					6:00-7:30	7:30-9:30
	PM	5:10-6:30	5:10-6:30	3:50-6:10	none	5:10-6:30	
	dryland	4:30-5:10		6:10-6:40			9:30-10:30
	meeting					TBD	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Junior 3</b>	AM					TBD	8:15-10:00
	PM	6:30-7:45	6:30-7:45	6:10-7:45	6:10-7:45	6:30-7:45	
	DL/MTG		5:50-6:30 DL	5:30-6:10 DL			10:10-10:50
<b>Junior 1&amp;2</b>	PM/SAT	6:30-7:45	6:30-7:45	6:10-7:45	6:10-7:45	6:30-7:45	8:15-10:00
	DL/MTG		5:50-6:30 DL	5:30-6:10 DL			10:10-10:50 (opt)

## Important workout notes

=> **Senior Group has one afternoon off** during the week. The time should be used for homework, family time or relaxing ... no bad TV or social media.

=> **varied start times** for swimming and dryland.

=> **dryland and meetings are expected** as part of the regular training schedule

## Orinda Aquatics 2021-2022 Meet/Event Schedule (subject to change)

DA HOST	rest	shave	event/activity	TBD	High School Season	
Week of:	Junior Meets	Note	Senior Meets	Note	Event	Week of:
23-Aug	optional workouts for returning swimmers; try-out sessions Mon & Tues; see schedule/Parent Letter				Try-out - Mon & Tues	23-Aug
30-Aug	drill week - focus on technical execution; Swimmer Meetings Friday				Parent Meeting Monday	30-Aug
6-Sep	skill week - focus on turns, streamlines, starts, etc.				Mon Labor Day	6-Sep
13-Sep	regular workout schedule with character focus - one theme a day				Sat Suit Fitting & Parent Q&A	13-Sep
20-Sep					Teambuilding - TBD	20-Sep
27-Sep	WCAB Senior	13+ or 11-12 qual	WCAB Senior	Fri/Sat - mile/400 IM	Parent Social Sun-TBD	27-Sep
4-Oct					Argo Video - Sat/Sun	4-Oct
11-Oct						11-Oct
18-Oct	OAPB Senior Open	13+ or 11-12 qual	OAPB Senior Open	swim 4 events/day		18-Oct
25-Oct	OAPB C/B/BB+	team	OAPB C/B/BB+	team - off events		25-Oct
1-Nov			TERA T/F	qualifiers		1-Nov
8-Nov	Jamboree - Sunday	all	Jamboree	support Sunday AM		8-Nov
15-Nov						15-Nov
22-Nov						22-Nov
29-Nov	Junior Olympics	qualifiers - peak	JO's (14&U)	14&U qualifiers		29-Nov
6-Dec	SRVA C/B/BB+	all - re-shave	WCAB T/F, Jr Nationals	SRVA C/B/BB+ TBD		6-Dec
13-Dec					Holiday Parties Sat-Jr/Sr	13-Dec
20-Dec						20-Dec
27-Dec						27-Dec



# Orinda Aquatics Senior Group Meet Protocol



We ask that all Orinda Aquatics swimmers and parents to support the meet procedures outlined below, as they are critical to maintaining a disciplined and team-oriented competitive culture. Swimmers should treat every meet as a “championship meet” in terms of preparation, focus, attitude, and team commitment, and pursue the highest standards of leadership as a swimmer, athlete, teammate, and person. The following outlines all aspects of competition behavior from arrival to departure.

<b>Arrival</b>	<b>7:15</b>	<b>Being on time is critical</b> to the athletic and team process <b>Check-in</b> for all events unless otherwise discussed with a coach
<b>Team attire</b>		<b>Team attire is a strict policy</b> and requires: team warm-up, t-shirt, and team backpack. <b>Team attire must be visible.</b>
<b>Team stretch</b>		<b>7:20 – Focused, dynamic warm-up</b> led by team captains
<b>Standard warm-up (three phases)</b>	<b>7:40</b>	<b>stretch out: 3x300</b> - all technique based (example) 1) Free, 2) Kick/Drill choice, 3) Swim choice - use drill progressions (kick, scull, stroke; and do some speed uw) <b>build up</b> - short sets (if room) to get your heart rate up - ex. <b>3x(4x50)</b> – build round, mix kick, drill, swim, speed <b>race specific</b> - <b>pace</b> for all 200 races and above - <b>race starts</b> with focus on: blocks/positioning, entry/depth, UW, breakouts <b>additional Warm Up prep</b> - turn/wall review – vision, entry, flags, etc. - swim in the lane you will be racing in (if heats sheets are posted)
<b>Team meeting</b>	<b>8:40</b>	The coaches or captains will lead a <b>short meeting</b> with reminders, objectives, strategy, etc.
<b>Race prep</b>		Prior to every race, swimmers should spend a few minutes <b>stretching (dynamic), and visualizing their race.</b>
<b>Warm down</b>		<b>1,000 yards minimum</b> of active recovery <b>immediately after the race.</b> This should include a stretch out and a transition to the next race, in terms of technique work and short pacing. Talking to the coach about the race review should take place <b>after</b> the warm-down.
<b>Race evaluation</b>		Swimmers should be mature about their performance and evaluate all races qualitatively (pace, stroke, turns, under waters, etc) and not simply by time.
<b>Team area</b>		- Positive dialogue, minimal to zero phone use - Keep the area clean - Meet/get to know teammates
<b>General attitude</b>		Swimmers (good teammates and leaders) should always be positive and supportive at meets.
<b>Scratching events</b>		Always speak to a coach about scratching an event
<b>Supplements</b>		<b>Strictly prohibited</b>
<b>Departure (away meets)</b>		<b>Check-in prior to leaving the meet. Make sure the team area is clean, and help with shade structures if needed.</b>
<b>Departure (home meets)</b>		<b>Meet take-down is required and a part of the meet commitment and timeline. All swimmers must account for this and not leave the responsibility to a few.</b>

# Orinda Aquatics Group Criteria – Considerations & Comments



## Group Selection Comments:

- Group movement is made after collective input from the staff and is based on an evaluation of the previous and current seasons.
- The decision will always be based on what is fair and best for the swimmer and fair in relation to the group.
- A swimmer who meets all the criteria below would most likely move up.
- A swimmer meets four or five of the criteria, **may** be moved up if they are **exceptional** in those areas.
- **It is imperative that parents and swimmers allow the coaches to make group placement decisions based on the coaches' experience and their familiarity with the swimmers.**

## Times, Ability, & Potential

- Current times should be at or near the standard for the group. Please note that performance is one of *many* considerations.
- If the times are less than the standard, the swimmer should have the ability and potential to improve quickly.

## Training ability

- Ability to swim through the workout well including the more challenging sets and intervals, as well as aggressive kicking sets and under water training.
- The ability to train with focus and discipline, including dryland.

## Technique

- Stroke technique should be relatively efficient to allow for training at higher levels.
- Stroke concerns which could lead to shoulder soreness or injury are always a consideration.

## Maturity

- Maturity as a person and athlete includes responsibility, discipline, accountability, and integrity. A swimmer moving up should be a positive influence on the group. *Note: With regard to the Senior 4 group and maturity issues, in the past Olympic Trials swimmers were moved down and Jr National swimmers were not moved up.*

## Attendance

- Attendance should be at least at the standard for the group or higher and should additionally include consistent morning workout (if relevant) and dryland attendance.

## Team & Meet Commitment

- Fully committed to the meet process and follow team guidelines, including on-time arrival, attire, warm-up, warm-down, race maturity, etc.

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## Additional Notes on Group Movement

- Swimmers in a particular group, who feel they should be in the higher group, should be outstanding and demonstrate clearly that they are dominant in their training group.
- The best course of action, if there is a question, is to ask the coach where improvement or growth is needed.
- Swimmers are moved up regularly.
- There may be capacity issues within each group which may not allow all swimmers who are in consideration to move up.
- Reasons which are NOT valid to want to move to a higher group are friends, social, convenience, status, etc.
- Valid reasons for starting in a lower group would be acclimation to higher attendance requirements, morning workout obligations, the opportunity to improve training habits or technique (i.e., injury prone)

## Beyond Attendance



Swimmers and parents often think that attending practice fulfills a complete commitment to the team, the coaches and to the sport. Actually, “attending” practice is only the beginning of making a serious commitment. The following are aspects of participation **beyond** just “showing up” that are at the heart of an athlete making a true commitment. Doing most or all of these will help the swimmer develop and make the team better.

### Training

- ✓ **Have a water bottle with you every day.**
- ✓ **The “1” in the lane is responsible for the workouts being thrown away.**
- ✓ **ALL BAGS MUST BE HUNG ON THE HOOK – NOT THROWN ON THE GRASS.**
- ✓ **HAVE ALL REQUIRED EQUIPMENT AT EVERY WORKOUT.**
- ✓ **DO ALL LAPS ON ALL SETS. DO NOT STOP UNLESS THE COACH STOPS YOU.**
- ✓ **Arrive on time – which usually means early**
- ✓ **Help with the pool covers and lane lines** (if needed)
- ✓ **Get in on time, without having to be told**
- ✓ **Warm-up with a focus, without stopping or talking**
- ✓ Know the sets and do them correctly (by paying attention)
- ✓ Watch the pace clock (**know the send offs and your repeat times**)
- ✓ Monitor your **stroke count** & stroke rate when needed during a set
- ✓ Do all turns legally and with good technique
- ✓ Do not ask to use the restroom in the middle of a main set
- ✓ Know the drills and stroke “keys” to improve
- ✓ Be healthy – swimmers shouldn’t “not feel well” too often
- ✓ **Have integrity about doing EVERYTHING asked and be honest with the coaches – ex Jillian**

### Dry Land

- ✓ **Be at dryland – it is a part of the workout**
- ✓ Plan to be on time and not leave early
- ✓ Wear proper clothing (athletic clothes and tennis shoes)
- ✓ Be quiet and focused - no social talking
- ✓ Do the exercises correctly – always emphasize proper technique
- ✓ **Work hard – push yourself and your partner**

### Meets *(see meet protocol for specific meet guidance)*

- ✓ Arrive on time
- ✓ Wear the team shirt and warm-up or sweatshirt and bring your team cap.
- ✓ Support and cheer for teammates - examples
- ✓ Warm down appropriately after EVERY event, minimum 500 & up to 1,000
- ✓ Enter ALL team meets

## The High Character Athlete at Workout



*Rank 1-5. 1 is very little or not nearly enough. 5 is near perfect or all the time. (Can write comments below the item).*



- \_\_\_ Arrives on-time/early
- \_\_\_ Arrives with a positive attitude
- \_\_\_ Welcomes teammates & reaches out to teammates every day
- \_\_\_ Helps set up pool
- \_\_\_ Positive in the locker room – ALWAYS
- \_\_\_ Early out of the locker room
- \_\_\_ Has proper equipment at the beginning of workout
- \_\_\_ In the pool right away
- \_\_\_ Wears team cap
- \_\_\_ Swims warm-up non-stop with focus and concentration
- \_\_\_ Leaves wall on time (on intervals)
- \_\_\_ Knows repeat times (watches the clock)
- \_\_\_ Counts all laps and repeats
- \_\_\_ Doesn't stop until finished or the coach stops you
- \_\_\_ Knows each set's objectives
- \_\_\_ Swims with focus and purpose, following the set instructions
- \_\_\_ Works on technique during difficult sets
- \_\_\_ Works on turn technique and speed during sets
- \_\_\_ Works on streamline and UW speed and distance
- \_\_\_ Generally works through challenging sets
- \_\_\_ Remains positive during and after challenging sets
- \_\_\_ Positive in the locker room after tough workouts (appreciates growth)
- \_\_\_ General conversation is mature, intelligent and positive
- \_\_\_ Communicates with coach in a mature manner (not "Sup Ful")

# Stroke Photos and notes

## BACK

head still & good body/shoulder rotation  
line from top shoulder (rt) to elbow is straight  
pull is 90d arm bend; hand sweeps over the elbow



## FREE

high elbow catch – push elbow over the hand  
CU drag drill w relaxed hand, fingertips in the water



## BREAST

breath – eyes looking slightly down  
pull – elbows squeeze into side, under shoulders  
recovery – thumbs above the surface, forearms parallel to the water



## FLY

Breath – chin forward and **low**, chin **on** the water  
Recovery – **relaxed** hands, low arms (**below** the shoulders)



# Orinda Aquatics Freestyle Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>Scull/"Feel" Progression</b> (can use pads)
1 UW Streamline (SL, footspeed - bullet)	1 Front Scull (figure 8's/feel - entry)
2 HU Streamline (hyperext., upkick)	2 Shoulder Scull (wipers/insweep)
3 Right Side (can scull/catch) chin down	3 Hip Scull (finish/exit)
4 Left Side (can scull/catch) chin down	4 Side Kick Finishes (catch/finish)
5 Log Roll (rotation) - balance/10 kicks	5 Full Pull Dog Paddle (pull rope-rotate)

<b>"Single Stroke" Progression</b> (on side)	<b>"Full Stroke" Progression</b>
1 Finishes ( <i>5 kicks between all stops</i> )	1 CU - fingertip drag (elbow to sky/side)
2 Finish, Pocket (relaxed/low recovery)	2 5-Count Freeze (shark fin/shake)
3 Finish, Pocket, Fin/Shake (drop)	3 Right/Left variations ("show" shoulder)
4 Finish, Pocket, Fin/Shake, Head, <b>Sail</b>	4 1-2-3 Strokes/Slide on Side - 10 kicks
5 CU - 5 point (above) stop 5 w/ counts	5 X Strokes per lap

<b>"Build Legs" Progression</b>	<b>"Build Stroke" Progression</b>
1 Glue Feet/drag - NO kick, feel roll	1 Side Kick (body position)
2 HU Free/Dolphin Kick (2 beat feel)	2 Full Pull Scull/Dog Paddle (rotate, feel)
3 Free - 2 Beat Kick (kick per opp. catch)	3 5 point CU
4 Free - 6 Beat Kick (through breath)	4 5-Count Fin Freeze/Shake or 1,2,3 slide
5 Free - HAMMER down kick	5 1/2 CU, CU, or DPS/Build legs

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt.hands)	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "SINGLE ARM", 6-10 "STROKE"
Paddles	8x125 odd "BUILD STROKE", even "BUILD LEGS"
Snorkel	1x750 ALL Drills
Partner Pull	5x5x125 "FULL" at 1:40 (lose 5) - by round...
Mix up Breathing	Glue, Reg, Pads, Pads/Fins, Pads/Fins FAST
SL half way UW	30x50 ALL drills - roll by lap
Tennis Ball (for CU)	30x25 OA Scramble
Vary Speeds	25x100 Free - Roll a drill through each 100

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<b>Language</b>	Effortless/Slippery Swimming, Ride the Glide/Swim on Side (1 arm SL) Work from the Core out, DPS
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<b>Body</b>	Relaxed/ <b>Set</b> Head, Good Lines (top/side), Lean on Chest Trunk/Core Rotation (side on side) Balance, Rotate into Catch - Rotate out for Finish/Exit - Torque <b>SHOW STOMACH TO SIDE WALL!</b>
<b>Stroke</b>	Relaxed Low Hand Recovery, Train Track Entry - Forefinger/45 degree angle, (Slight Hand Pitch Out) No air, Reach/Press OVER the Barrel, Anchor the Elbow, Rotate past the Catch, Hand Speed Through <b>Elbow - High and to the Sky - High and to the Side</b>
<b>Breath</b>	Through extension (1 arm SL), Roll back prior to catch, Keep low goggle in water
<b>Kick</b>	Relaxed, Narrow, Straight, 2 beat OR 6 beat (DO NOT CROSS), Kick at Surface
<b>SC/SL</b>	Know SR's & Stroke Count (per lap) at 3 speeds - EN1 aerobic, EN2 endurance., 100 pace/ <b>SL 3 lines!</b>

# Orinda Aquatics Backstroke Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>"Feel" Progression</b>
1 UW Dolphin Kick (SL, good line, speed)	1 Right Side Scull (catch and exit)
2 SL Kick (body/head position)	2 Left Side Scull (catch and exit)
3 Right SIDE Kick	3 Head First Hip Scull (feel finish-NO kick)
4 Left SIDE Kick	4 Feet First Above the Head (feel entry)
5 Log Roll (balance/10 kicks)	5 Scull Catch (lean on hand-opp. arm up)

<b>"Single Stroke" Progression</b> (on side)	<b>"Full Stroke" Progression</b>
1 Lift-Check-Drop (arm asleep/rot. hand)	1 Double Arm (face dry, clap, check, slice)
2 Left Arm (pause mid pull/recovery)	2 CU - Vert. or Horiz. (hand speed)
3 Right Arm (pause mid pull/recovery)	3 10 Count (on side) - lift then switch
4 1R/2L/3R...(show shoulder-arm wrestle)	4 1-2-3 Slide on Side (10 kicks)
5 Single Arm at 100/200 Stroke Rate	5 Sky/Bottom (exaggerate rec./catch)

<b>"Stroke Rate" Progression</b>	<b>"Build Stroke" Progression</b>
1 SLOW Motion	1 Side Kick/Scull
2 Build Rate to 200 SR	2 One Arm (alt.)
3 200 Stroke Rate	3 Double Arm or CU
4 100 Stroke Rate	4 10 Count or 1-2-3 Slide
5 Spin Drill (head up - rev up))	5 Race SR into Spin or visa versa

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "SINGLE ARM", 6-10 "STROKE"
Paddles	8x125 odd "BUILD STROKE", even "BUILD RATE"
Vary Stroke Rates	1x750 ALL Drills
25's with Starts	30x50 ALL drills - roll by lap
SL half way UW	25x25 OA Scramble
Goggles on Forehead	25x100 Back - Roll a drill through each 100

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<b>Language</b>	Effortless/Slippery Swimming, Ride the Glide (1 Arm SL), Work from the Core out, DPS
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<b>Body</b>	Relaxed/Set Head (in a vice), Good Lines (top/side), Chin up-head back (ears in) Trunk/Core Rotation (show stomach to side wall) Balance, Rotate into Catch/Rotate out for Finish/Exit <b>SWIM ON YOUR SIDE!</b>
<b>Stroke</b>	Relaxed arm/Thumb lead recovery, shoulder brush chin, gun barrel, slice/clean entry 4 Sweeps: 1) down/out (8-18 inches to CATCH, 2) up/in, 3) push down/out, 4) up to recover - an "S" Anchor elbow (points to bottom), "Arm Wrestle" over the top
<b>Breath</b>	Inhale on entry/Exhale on exit of same arm
<b>Kick</b>	From thighs, knees stay below surface, boil water/kick ball - BUILD Legs through race!

<b>SR/Turns</b>	Know 100 and 200 Stroke Rates/ 5 dolphin kicks off all walls in WO/ATTACK turns
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# Orinda Aquatics Breaststroke Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b> (also vert. & w all Kicking)	<b>Scull/"Feel" Progression</b> (can use pads)
1 Egg BTR or Cycle - into alt. Rt/Lt. Foot	1 Front Scull (figure 8's/feel outswEEP)
2 UW Knee Down to Whip Kick (PB opt)	2 Shoulder Scull (wipers/insweep)
3 On Back (1/2 in SL, 1/2 hands-hips)	3 Sitting Scull (work "catch")
4 On Stomach ( " ) - Brth/Kick/Glide	4 Hip Scull (on back-feet first, work catch)
5 SL Kick UW (can go HU SL part of lap)	5 Pull Down (UW - fast free kick)

<b>"Body Rotation" Progression-Short Axis</b>	<b>"Pull" Progression</b>
1 Pulse - Arms at side (breath 3rd-blend)	1 Pull Head Up (fast, compact - fly kick on rec)
2 Pulse - Arms in Front ( " )	2 Pull w/ Flutter Kick
3 2 Pulse-"Slide" to Corners (as you press)	3 Pull with Dolphin Kick
4 2 Pulse/Slide/Pull (start small and build)	4 Alt. rt/lt/2 FULL with FR, FL, or BT kick
5 2 Pulse/Slide/Pull - with Kick	5 Pull - alt Fly/BT kick

<b>"Full Stroke" Progression</b>	<b>"Build Stroke" Progression</b>
1 Pulse/Pulse-slide/Pulse-side-Pull/pspk	1 UW Kick into Pulses
2 2 Pulls HU/1 Kick and Glide	2 HU Pull
3 2 Kicks UW/1 Pull and Glide	3 Pull Dolphin Kick
4 1 stroke per black line	4 1 Pull/2 Kicks
5 100 SR Swim	5 RP Breaststroke

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt. hands)	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "Scull/Pull", 6-10 "Kick/Full"
Paddles	8x125 odd "FULL STROKE", even "BUILD STROKE"
Vary Speeds	1x750 ALL Drills
Alt Bt/Fly combo's	5x5x125 "FULL" at 2:15 lose 5 sec./round
Partner Pull	reg/fin/fin/fin, pad/fin, pad fast
2 Pull downs	30x50 ALL drills - roll by lap
PD half way	30x25 OA Scramble
Drill at race SR's	25x100 Free - Roll a BT drill through each 100

### Philosophy, Language, Stroke Keys

<b>Philosophy</b>	<p style="text-align: center;"><b>Progressive Learning - Drill the Drill, Build the Stroke</b></p> <p style="text-align: center;">PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges</p> <p style="text-align: center;"><i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i></p>
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<b>Language</b>	Effortless/Slippery Swimming, Ride the Glide/Work from the Core out, SHORT AXIS, swim the LINE
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<b>Body</b>	<p style="text-align: center;">Good line, stay LOW to the water, slide hips forward (on pull) - lunge body FORWARD on recov.</p> <p style="text-align: center;">Channel energy <b>forward</b> throughout stroke - not up/down, Lean on chest/Hips high</p>
<b>Stroke</b>	<p style="text-align: center;">Slide (sweep out) to corners (eyes down), "Anchor" elbows (KEEP HIGH), Forearms plane surface</p> <p style="text-align: center;">Pull compact, fast, strong - squeeze and "shrug", Thumbs <b>graze</b> surface on recovery, <b>Palms down</b> SL</p> <p style="text-align: center;">Head in Biceps on Streamline glide - AT/NEAR the surface (not deep), eyes down, min. resistance</p>
<b>Breath</b>	<p style="text-align: center;">Head IN LINE with spine (tennis ball) - eyes on water, STAY LOW, Breathe with body line!</p>
<b>Kick</b>	<p style="text-align: center;">Narrow, Fast, "Sneak" heels up, "Grab" water and "squeeze" out, "CLAP" feet (Hands ext. prior to kick)</p>
<b>P.D.</b>	<p style="text-align: center;">Light bulb, high elbows, hand speed, finish, sneak up, "stair-step", B.O. with speed/Measure PD for dist.</p>

# Orinda Aquatics *Butterfly* Drill Progression/Stroke Development

## *Drill the Drill - Build the Stroke*

<b>"Kick" Progression</b>	<b>Scull/"Feel" Progression</b> (can use pads)
1 UW SL (bullet)	1 Front Scull - Figure 8's (outsweep)
2 Right Side - 1 arm SL or arms X	2 Shoulder Scull - wiprs (insweep)
3 Left Side	3 Hip Scull (on stomach or back)
4 On Back - SL	4 UW Fly Pulls - narrow lightbulbs
5 Vert. SL or Cork Screw	5 Sitting Scull - work catch

<b>"Body Rotation" Progression</b>	<b>"Full Stroke" Progression</b>
1 Pulse - Arms at side (breath 3rd-blend)	1 Stroke Float (shake - NO splash hands)
2 Pulse - Arms in Front ( " )	2 Stoke/Hips (use pulse-no kick)
3 2 Pulse-"Slide" to Corners (as you press)	3 Single Arm Combo (Opp.-side/front)
4 2 Pulse/Slide/Pull (recover UW)	4 Down/Up Combo (3 kicks UW/2 strokes)
5 Stone Skipper	5 EZ Fly - build legs

<b>"Breathing" Progression</b>	<b>"Build Stroke" Progression</b>
1 No Breath	1 UW SL Kick
2 2 Down/2 UP	2 Stone Skipper/Pulsing
3 1 Up/1 Down	3 Single Arm Combo
4 Breathe Every Stroke - hold rhythm	4 Down/Up Combo
5 Race BP/SR - 200or 100	5 Race BP/SR

<b>Variations (combo's)</b>	<b>Sample Sets</b>
Fist (can alt.hands)	20x25 "KICK" Progression by lap
Fins	10x50 1-5 "SINGLE ARM", 6-10 "BREATH"
Paddles	8x125 odd "BUILD STROKE", even "
Snorkel	1x750 ALL Drills
Partner Pull	5x5x125 "FULL" - swim odd/drill even
Mix up Breathing	20x25 with fins - change breathing
SL half way UW	30x50 ALL drills - roll by lap
Vary Speeds	30x25 OA Scramble
Breast/Fly Combo's	25x100 Free - Roll a Fly drill through each 100

### Philosophy, Language, Stroke Keys

<i>Philosophy</i>	<b>Progressive Learning - Drill the Drill, Build the Stroke</b> PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>
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<i>Language</i>	<b>Effortless (NO struggle)/Slippery Swimming/Work from the Core out, SHORT AXIS, swim the LINE</b>
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<i>Body</i>	Swim the Line of the surface, Stay Low and Long, Channel effort FORWARD- NOT up/down Low Breath, Spine in line
<i>Stroke</i>	Relaxed low recovery, NO splash hands, "Set" in front of shoulders, slight pitch out Slight outsweep, high elbow catch (anchor at corners), Push through and "Slice" out
<i>Breath</i>	Keep head in line with spine, eyes down, stay low (tennis ball) "push-breathe"
<i>Kick</i>	Work Power 2 bt. Kick (kick hands in-kick hands out), 5 kicks off wall in WO and 100, 3 in 200
<b>BP</b>	Know BP for 100 and 200 Fly

# Orinda Aquatics Team & Senior Group Focus Areas

Focus on the following. Work on and improve every day. Become dominant in these phases of technique and training.

## Swimmer Development

rank	Personal	rate	status
A	connect with each swimmer		
B	check in with regarding personal life, family, activities, academics (grades, pressure)		
C	know attendance and if poor discuss - what is the reason		
D	get a sense of their overall well-being		
rank	Goals	rate	status
A	talk about times or time standards for main events		
B	discuss general peak meet focus		
C	discuss development/improvement of the swimmers weaker training-long course or short course		
D	talk about the year development and possibilities		
rank	Training	rate	status
A	swimmers should know at least 3 <b>things they are working on</b> in their main strokes, turns & UW		
B	talk about <b>UW</b> in their main stroke - they should know the technique & training expectations		
C	talk to about <b>goal sets for main stroke</b> - ie threshold Free, FPSO Free & main stroke		
D	look to develop off strokes for the IM (if applicable)		

## Training

stroke	Stroke Focus	rate	status
<b>General - focus on a few very important things - watch and develop every day</b>			
Free	1) head still and in line, 2) even, balanced rotation <u>esp off the breath</u> , 3) low recovery, deep catch, 4) breathe 3rd; 5) stay balanced (extended) on breath		
Back	1) head still, 2) even rotation, 3) in line recovery, 4) clean entry palm out - not behind head, 5) tight catch pushing water towards feet		
Breast	1) stay long, 2) outswEEP w a quick scull out and keep pull in front, 3) high elbows on the catch & insweep, 4) breathe later (on the insweep), 4) aggressive recovery to a streamline with hips high (good body position), 5)streamline palms down w thumbs together		
Fly	1) head position relaxed and in line (no tucking chin when holding breath), 2) low, relaxed recovery - lead with back of hand (not the thumb), 3) clean entry & catch - no bending of wrists, 4) teach to feel the timing of a 2-beat kick, 5) stay long (in front of shoulders while hips roll)		
stroke	Training Focus	rate	status
<b>General - train with efficiency, distance per stroke and uw speed as priorities</b>			
Free	1) train efficiently with good body balance, rotation & recovery, 2) train distance per stroke on everything, kids should know their stroke count; 3) train fast AND tired with a stroke count, good technique, and good turns & breakout strokes		
Back	1) train with stoke balance (head position, rotation, recovery), 2) train at a stroke rate, 3) train UW 3-4 bl in all sets w good timing on the breakout stroke		
Breast	1) develop a power stroke, 2) hold stroke count on longer and speed sets, 3) <b>train power pull downs</b> to 4+ bl - teach proper timing using back lines (see example in Turns Section)		
Fly	1) train with stroke balance - watch closely for flaws during fatigue and correct, 2) train at SR 52 (1.43) generally, 3) develop a <u>power 2-beat kick</u> , 4) train everything UW 3-4 bl w good turns		
stroke	Shoulder Concerns - each stroke	rate	status
<b>Watch for potential shoulder issues from stroke flaws</b>			
Free	1) high recovery - hand above elbow, 2) on entry hand rises above shoulder especially opposite the breath - look for the hand higher than the elbow at the start of the pull, 3) recovery high opposite breath with poor rotation		
Back	1) entry behind the head, 2) a wide and deep pull with a straight arm		
Breast	1) glide and outswEEP above the shoulders, 2) catch starting with straight arms then pressing wide and deep		
Fly	1) high recovery (above shoulders) especially when holding breath and <u>chin tucks</u> , 2) starting the pull above the shoulders, 3) a palm out entry high and inside the shoulders		

Turns & Underwater			
area	Underwater	rate	status
<b>power</b>	for all turns, practice slow turn, push & glide AFAP - should be 4 bl		
<b>SL</b>	technique - tight streamline; <b>chin neutral</b> (don't tuck); upper body and arms still through the dolphin kicks		
<b>kick</b>	Kicking - <b>initiate the kick with the hips and build dolphin kick speed</b> to the surface from bigger, stronger kicks to tighter, faster kicks - ex 2 bl power kicks, 2 bl build kick speed		
<b>train</b>	Training - MIN 3-4 blw on Fly & Back, 4 bl for Breast pull downs; 2-3 Fly Kicks for Free UW (if faster)		
<b>Bt pull down</b>	Breast pull downs 4 bl minimum - use black lines for each part - ex glide w speed to 2.5 bl, kick & pull with speed to 4 bl, breakout with speed to 4 1/2		
<b>bo</b>	teach kids to <b>time the breakouts</b> in all strokes, esp Back		
area	Free & Back Turns	rate	status
<b>flip</b>	Free & Back - head leads the turn, hips follow, <b>feet do not lead the turn</b> , if they do the head will drop below the hips and the body will be out of balance		
<b>flip</b>	Free & Back - the spin should be compact; <b>the hands should be tight behind the head when the feet hit the wall</b>		
<b>on wall</b>	Free & Back - Balance on wall with <u>feet, hips and head in line</u> - CHECK BODY POSITION		
<b>Bk cross</b>	Back - work on tight, <b>fast cross stroke</b> , maintain speed on cross stroke and spin - on both sides; balance on both pulls into wall - hips must rotate to horizontal		
area	Breast & Fly Turns	rate	status
<b>legs</b>	knees come up under the hips so the legs stay under the body and not swing wide.		
<b>arm</b>	<b>arm sliding back should drop to the hip and then move behind the head or by the ear - not a wide swing</b>		
<b>on wall</b>	Balance - when the feet touch the wall, the swimmer should be <b>balanced with hands behind the head and in line</b> - feet, hips, shoulders, head		
<b>chin</b>	<b>the chin cannot tuck</b> as the swimmer brings legs up, head should roll back and stay in line with eyes looking to the sky		
<b>arm</b>	the hand comes over the top between the eyes or near the ear, the turn should be compact		
<b>uw</b>	UW - the push off should be straight - use the back line to judge		

Dryland			
rank	Senior Group	rate	status
<b>A</b>	increase overall intensity		
<b>B</b>	utilize Bridge - kids should be registered and log in for all workouts		
<b>C</b>	utilize TRX		
<b>D</b>	do bands regularly with better technique - kids can have a partner to watch and correct		
<b>E</b>	finalize test sets & schedule 4x throughout the year		
rank	Junior Group	rate	status
<b>A</b>	increase overall intensity with Jr 2 & 3		
<b>B</b>	utilize Bridge - kids should be registered and log in for all workouts		
<b>C</b>	do bands regularly with better technique		
<b>D</b>	introduce med ball & body weight exercises - ALWAYS FOCUS ON TECHNIQUE & SAFETY		
<b>E</b>	consider testing for push ups, sit ups & squats		

# Some OA History – Good Swims and Overcoming Adversity

## Boys 400 Med Relay Pac Swim Record - Free split 43.1

2012 Walk On Meet - Mens 400 MR

Time	Relay	Swimmer	Time	Time	Notes
51.0		Albert	4:43	50.1	64
54.0	+7	Steven	1:16.0	1:44.8	Steven Bt 54.7
52.0	r 9	JD		2:37.0	
45.0	+4.6	Sven	2:52.7	3:20.1	Sven Free 43.1

## Boys 400 Free Relay 3:01 – ave 45



## Margaux McDonald – Freshman year Nov Peak meet 200 Fly – entered 2:11, Swam 2:20 2 years later 2:02

33	Hamilton, Sarah G	15	OAPB-PC	2:12.32	2:19.11
34	Nagy, Benedict	15	RENO-PC	2:17.18	2:19.40
35	Krafcik, Sophia F	17	TRIV-PC	2:09.49	2:19.81
36	Xiao-Rao, Krystal J	13	TOC-PC	2:16.94	2:20.10
37	McDonald, Margaux E	14	OAPB-PC	2:11.39	2:20.46
38	Schweidery, Emilee-Gleason	16	MR-PC	2:11.96	2:22.04
39	Locala, Naomi M	14	TOC-PC	2:11.23	2:23.85
40	Ellis, Mycah A	18	HEAF-OR	2:27.45	2:24.07
41	Roepke, Tatum E	17	STAS-SN	2:17.82	2:27.64
--	Harrison, Sophia A	16	SCSC-PC	2:06.09	DQ
--	Tujo, Angelica E	17	UCD-SN	2:12.41	DQ

Women 200 Yard IM

## Harry Flanders – Jr year Sectionals peak meet entered 1:51, swam 1:57 The next year at the same meet swam 1:46

POINTS 41 Henry Flanders ☆  
OAPB-PC | 17

Full schedule

EVENT 12	Men 400 Yd Medley Relay	Finals   Completed	3:22.16   Place: 2
EVENT 14	Men 200 Yd Fly	Prelims   Completed	1:57.07   Place: 45
EVENT 20	Men 400 Yd IM	Prelims   Completed	4:12.44   Place: 35

## Emily Ward – entering high school – 100 Bk 1:08 yds Senior year 56.1, Senior year at UCSB 54.1 school record.

Over the 8 years – lots of ups & downs, painful and frustrating sets, tears, exhaustion, dealing with asthma, but she worked every day regardless and was always positive

Times starting 9th grade

Emily Ward (13)			
50 Free	28.32	26.69	new "JO" cut
100 Back	1:12.03	1:08.31	Sr yr 56.1
200 Breast	2:51.31	2:48.18	UCSB 54.1
100 Fly	1:17.66	1:09.64	

# Stimulants: C-4

Webinar with USA Swimming/United States Anti-Doping Agency (USADA)

## Supplements vs. Stimulants

- Supplements support nutrition
- Stimulants are caffeine-based - marketed to body builders

Owner of CRAZE went to jail for poor practices

## Risks/side-effects

- Manufacturers practices (NOT FDA APPROVED OR REVIEWED)
- Dosage risk
- Quality of ingredients
- Rapid/erratic heartbeat (arrhythmia)
- Potential kidney issues
- Affects sleep (see below)
- Nausea
- Headaches
- Jittery

## Cellucor C4 Review - Does This Workout Supplement Really Work?

**PUBLISHED:** 04/29/2016 | **BY:** SUMMER BANKS, SENIOR REVIEWER

The results of my research into Cellucor C4 were somewhat interesting. We did an extensive review, examining the side effects, ingredients, clinical support and overall customer service of this company. Furthermore, we took the time to sort through hundreds of comments from user posted online. Lastly, we summarized and condensed all of the facts and feedback to give you with the information you need.

### *Is C4 preworkout safe?*

I don't think people are aware of the potential risks involved. You certainly won't find all of them written on the product's label.

**C4 has 3 ingredients that all serve to dramatically increase dopamine in the brain.** The other ingredient, Vitamin B6, is used as a cofactor to convert L-Dopa straight into dopamine in the brain. Vitamin C serves the purpose of converting dopamine into norepinephrine. Norepinephrine is the stress hormone that stimulates heart rate and is the cause of the fight-or-flight syndrome. **It is never a good idea to mess with your brain's delicate balance of neurotransmitters.** Your brain and your body always strive for BALANCE. They call this balance homeostasis. What happens when you take caffeine, tyrosine, mucuna, and these cofactors? You raise your dopamine levels beyond normal levels. Taking this much dopamine causes levels of your other important neurotransmitter, serotonin, to drop. One sign of waning serotonin levels is if you find yourself having a harder and harder time falling asleep. Not only should you be concerned about your serotonin, but what do you think is going to happen once you stop taking this product that jacks up your dopamine levels? Do you think you will feel normal? Probably not. The longer you boost dopamine, the longer the "hangover" period will be once you stop. What makes it worse that we have no idea how much of these substances you are actually ingesting when you take C4. **There is also a chance you could use it for one week and completely screw over your brain's balance.**

### To Sum It All Up:

*Is C4 Preworkout Safe? – Not Quite. Matt Colby*

1. If you swim well – you are motivated to take more
2. If you don't swim well, you are motivated to take more
3. When and how will you stop?

Bottom line: If you can't find enough things on the previous list to naturally improve your swimming, you have no business being a swimmer.

## The Things That REALLY Affect the Race

Area	Time affect
Start position	?
Start reaction	?
Start exit line/head position	?
Start entry (angle/position)	?
Streamline position/rigidity	?
Speed under water	?
Timed breakout (at race speed)	?
Body position at breakout	?
Initial race tempo	?
Initial pace	?
Breathing pattern	?
Breathing technique/timing (times the number of breaths)	?
Kick/leg drive – efficiency	?
Kick/leg drive pace	?
Critical technical focus – 1 (times stroke count)	?
Critical technical focus – 2 (times stroke count)	?
General stroke efficiency (DPS)	?
Acceleration into turn (times turns count)	?
Stroke entry into turn (times turn count)	?
Turn speed (times turn count)	?
Turn exit/power (times turn count)	?
Streamline/speed (times turn cont)	?
Breakout (time turn count)	?
When to build into finish	?
Breathing into finish	?
Stroke cycles into finish	?
Race legality – ALL (start, turns, stroke, finish)	?
Proper warm-up (best for racing)	?
Resting (off legs) during meet	?
Proper hydration	?
Proper nutrition	?
Proper sleep	?
Warm-down from previous race	?
Pre-race prep (in water)	?
Pre-race prep (mental)	?
Understanding race strategy	?
General attitude	?
Mental resilience at end of race	?
Physical resilience at end of race	?
Prior (six months to one year) attendance	?
Prior effort (daily)	?
Prior focus – technique	?
Prior attitude	?
Prior support/team commitment	?

*There are many more.*

## *Section 2 - Personal*

- **Making A Difference**
  - Good Samaritan takes robber to dinner
  - College football star eats lunch with a new friend
  - Story – One At A Time (how to make a difference)
  
- **Letters**
  - Collin English – Escape Mediocrity
  - Peter Varalles – High Character Student/Athlete
  - Zach Disbrow – Demonstrates leadership
  - Nader Massarweh – Being a good teammate
  - Courtney Whyte – Impactful female
  
- **Appreciation - Gratitude**
  - Appreciate what you have
  - Never take your education for granted
  
- **Social Media**
  - Article: Bad Behavior Is Trending Online
  - Comments from people who quit
  
- **Make Safe & Healthy Life Choices**
  - Drive Safely
  - Healthy Life Choices
  - Article: I Don't Drink
  - 8 Reason Why Teens Try Alcohol and Drugs
  
- **Positive Relationships**
  
- **Self-Worth – yes ... you are awesome!**
  
- **Life Is A Journey ... of adventure, mystery beauty**

Our hope for the Orinda Aquatics Senior Group is that we create from the workouts, meets, and social activities, a positive environment that will be a safe and healthy social outlet. Your teammates will become good friends who share your values and who genuinely care for you and support your personal growth.

## Making a Difference - Faith In Humanity – Can you “be” this person

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### Good Samaritan Takes Robber To Dinner



Julio Diaz has a daily routine. Every night, the 31-year-old social worker ends his hour-long subway commute to the Bronx one stop early, just so he can eat at his favorite diner.

But one night last month, as Diaz stepped off the No. 6 train and onto a nearly empty platform, his evening took an unexpected turn.

He was walking toward the stairs when a teenage boy approached and pulled out a knife.

"He wants my money, so I just gave him my wallet and told him, 'Here you go,'" Diaz says.

As the teen began to walk away, Diaz told him, "Hey, wait a minute. You forgot something. If you're going to be robbing people for the rest of the night, you might as well take my coat to keep you warm."

The would-be robber looked at his would-be victim, "like what's going on here?" Diaz says. "He asked me, 'Why are you doing this?'"

Diaz replied: "If you're willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner and if you really want to join me ... hey, you're more than welcome."

"You know, I just felt maybe he really needs help," Diaz says.

Diaz says he and the teen went into the diner and sat in a booth.

"The manager comes by, the dishwashers come by, the waiters come by to say hi," Diaz says. "The kid was like, 'You know everybody here. Do you own this place?'"

"No, I just eat here a lot," Diaz says he told the teen. "He says, 'But you're even nice to the dishwasher.'"

Diaz replied, "Well, haven't you been taught you should be nice to everybody?"

"Yea, but I didn't think people actually behaved that way," the teen said.

Diaz asked him what he wanted out of life. "He just had almost a sad face," Diaz says.

The teen couldn't answer Diaz — or he didn't want to.

When the bill arrived, Diaz told the teen, "Look, I guess you're going to have to pay for this bill 'cause you have my money and I can't pay for this. So if you give me my wallet back, I'll gladly treat you."

The teen "didn't even think about it" and returned the wallet, Diaz says. "I gave him \$20 ... I figure maybe it'll help him. I don't know."

Diaz says he asked for something in return — the teen's knife — "and he gave it to me."

Afterward, when Diaz told his mother what happened, she said, "You're the type of kid that if someone asked you for the time, you gave them your watch."

"I figure, you know, if you treat people right, you can only hope that they treat you right. It's as simple as it gets in this complicated world."

## Florida State receiver Travis Rudolph brightened up the day of a boy with autism, so much so he made the boy's mother cry.

Rudolph and some other Seminoles were visiting a middle school Tuesday afternoon when Rudolph noticed a boy eating his lunch alone. Rudolph decided he would give the boy company and join him for lunch with a couple slices of pizza. The boy's mother, Leah Paske, found out about the gesture, and was incredibly moved.



Paske wrote a lengthy Facebook post describing the encounter, which she said brought her to tears:

Here is the full text of Paske's post:

*Several times lately I have **tried to remember my time in middle school**, did I like all my teachers, do I even remember them? **Did I have many friends? Did I sit with anyone at lunch? Just how mean were kids really?** I remember one kid on the bus called me "Tammy Fay Baker" bc I started awkwardly wearing eye liner in the sixth grade, I remember being tough and calling him a silly name back, but when he couldn't see me anymore I cried. I do remember middle school being scary, and hard.*

*Now that I have a child starting middle school, I have feelings of anxiety for him, and they can be overwhelming if I let them. Sometimes I'm grateful for his autism. That may sound like a terrible thing to say, but in some ways I think, I hope, it shields him. He doesn't seem to notice when people stare at him when he flaps his hands. He doesn't seem to notice that he doesn't get invited to birthday parties anymore.*

***And he doesn't seem to mind if he eats lunch alone. It's one of my daily questions for him.** Was there a time today you felt sad? Who did you eat lunch with today? Sometimes the answer is a classmate, but **most days it's nobody.** Those are the days I feel sad for him, but he doesn't seem to mind. He is a super sweet child, who always has a smile and hug for everyone he meets.*

*A friend of mine sent this beautiful picture to me today and when I saw it with the caption "Travis Rudolph is eating lunch with your son" I replied "who is that?" He said "FSU football player", then I had tears streaming down my face. Travis Rudolph, a wide receiver at Florida State, and several other FSU players visited my son's school today. I'm not sure what exactly made this incredibly kind man share a lunch table with my son, but I'm happy to say that it will not soon be forgotten. This is one day I didn't have to worry if my sweet boy ate lunch alone, because he sat across from someone who is a hero in many eyes. Travis Rudolph thank you so much, you made this momma exceedingly happy, and have made us fans for life!*

Rudolph said he himself teared up when reading Paske's post. Whatever Rudolph does on the field this season won't be as important as what he did Tuesday.

## **One at A Time, from Chicken Soup For The Soul**

A friend of ours was walking down a deserted Mexican beach at sunset. As he walked along, he began to see another man in the distance. As he grew nearer, he noticed that the local native kept leaning down, picking something up and throwing it out into the water. Time and time he kept hurling things out into the ocean.

As our friend approached even closer, he noticed that the man was picking up starfish that had been washed up on the beach and, one at a time, he was throwing them back into the water.

Our friend was puzzled. He approached the man and said, “Good evening, friend. I was wondering what you are doing.”

“I’m throwing these starfish back into the ocean. You see, it’s low tide right now and all of these starfish have washed up onto the shore. If I don’t throw them back into the sea, they’ll die up here from lack of oxygen.”

“I understand,” my friend replied, “but there must be thousands of starfish on this beach. You can’t possibly get to all of them. There are simply too many. And don’t you realize this is probably happening on hundreds of beaches all up and down this coast. Can’t you see that you can’t possibly make a difference?”

The local native smiled, bent down and picked up yet another starfish, and as he threw it back into the sea, he replied, “Made a difference to that one!”

## Senior Letter – Collin English

### *Collin English, Johns Hopkins*

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There was a moment, four years ago, that I have always remembered. It was one of my first Saturday morning practices as a senior swimmer, and under the grim grey sky, I had a conversation with Ronnie Heidary. There are few things about that conversation that I remember, other than a discussion on those spectacular Berean High School swimmers that had come before me, such as **Jill Jones and Chris Leon**. In my memory, it is clear as crystal, the moment when Ronnie turned to leave and said as an ending remark: **"You have big shoes to fill"**. I have tried to fill those shoes ever since.

There was a moment, four years ago, that I have always remembered. It was under the burning sun of a summer practice that Donnie Heidary pulled me aside. Into my hands he put the workout from that day, and, before he walked away, told me to read the quote on the bottom. With slight confusion, I looked down: *"Only the mediocre are always at their best"*. **I have struggled to not be mediocre ever since.**

To the mindset of a headstrong freshman, these were comments and quotes that were meant to facilitate my athleticism. It was my dream to one day be as fast as Chris or Jill, and **it was my goal to push my body beyond the point of mediocrity**. I wanted to be stronger and faster; I wanted to be the best. But as my four years passed, my mind mellowed and became less headstrong, my dreams were not achieved and I began to question, and in this new situation **I began to understand** what Donnie and Ronnie had really meant.

**Chris Leon had been more than a fast swimmer; he had been uncompromisingly dedicated, loyal, humorous, a friend, and a mentor. Jill Jones had been more than an athlete; she had been dedicated, kind, and the pinnacle of leadership.** For a long time, I had only seen the swim cap, but I had forgotten to read what had been written on it all along: "Character First". It is true that mediocrity can be found in athletics, but it is even truer that it can be found in character.

So, to my coaches, Ronnie and Donnie, and to my fellow teammates, thank you for making me a better swimmer, but I thank you more for the lessons that will last me beyond the short limits of my swimming career; whether it be the work ethic that comes from finishing a threshold set, the discipline that comes from waking up early for morning practice, the social skills necessary to be positive that early, or the ability to accept defeat and better myself from it.

**I am not the one to judge whether I have filled someone's shoes, and I am not the one to decide whether I have somehow escaped the bounds of mediocrity. But there is one thing I have firmly determined: that this team has made me a better person,** and as I depart after four years, I cannot help but feel grateful. Collin

## 2002 CIF Scholar Athlete of the Year: Letter of Recommendation for Peter Varellas

I have had the pleasure of coaching Peter Varellas for the past three seasons as a varsity swimmer at Campolindo High School. I also coach Peter as a member of Orinda Aquatics, a competitive year-round swim team in Moraga, California.

I have coached thousands of successful, high school student-athletes over my twenty-five year coaching career. These include highly talented swimmers who have competed in the United States Olympic Trials and the US National Championships.

I could easily rank Peter as the most remarkable of all these special athletes. He has such wonderful and rare gifts that are truly unique. He has all the qualities anyone would want in a student-athlete. **He is an outstanding student and places academics as his top priority.** As an athlete, I have to say he is perfect. He has the talent in two sports, swimming and water polo, to not only be the best on the respective varsity teams, but he is at the national level in both. As a swimmer he made the North Coast Championship finals last year and should be one of the top in his event this year. He also qualified for the US Open Swimming Championships, an international meet held in December in Long Island, New York. As a water polo player, he was one of the top recruits in the nation. Peter had the difficult but envious dilemma of choosing which sport to compete in at college. He was recruited to swim at Cal; he was recruited to swim and play water polo at Princeton; and he was recruited to play water polo at Stanford.

**As an example of his dedication to both sports,** on Thursdays he has morning swim practice from 5:30 to 7:30 AM and afternoon swim practice from 3:30-5:45 PM. After the PM practice, he drives to Palo Alto for a 7:00 PM water polo Junior National Team workout. His mother had to ask me if he could get out a little early to get something to eat before the long drive to Palo Alto. Peter never would have asked.

As good as his value is in the water, his **other qualities are even more valuable.** For good reason, Peter is the team captain for the Campolindo Swim Team and for Orinda Aquatics. **His leadership is impeccable.** There is not a single important leadership quality that he does not possess. His work ethic is outstanding. **He is the hardest worker on the team. He sets an example every day in practice for others to perform at his level. And he is never negative or condescending about motivating others. He is always positive, supportive and encouraging.**

**He takes the leadership role very seriously and cares about making a difference. He is the first one on the deck for workout and he is usually the last one out of the pool.** He is the first one to take pool covers off on a cold, rainy morning, usually doing all the covers as the other swimmers just watch. The one time I almost got upset with him was at a recent meet in Las Vegas. We ask the kids to be prompt at all times on travel trips. On the second day of the meet Peter was late coming out of the pool area to the team van. I asked him why he was late. He matter of factly, with no disgust in his voice, let me know that our kids had left the team area a mess and he stayed around (alone) to pick up all the garbage and throw it away.

Peter is a talented, dedicated, **caring and very humble young man.** I could not have asked for a better leader for the Campolindo Swim Team. His only flaw is that he may very well be perfect. Some parents have expressed frustration that, although Peter is a great role model, their kids will never measure up to his level. With all the pressures of high school, being a successful student athlete is not always easy. But at Campolindo, we have the best possible example for our young men and women to follow. With all due respect, given Peter's accomplishments in the pool and in the classroom, and with his impeccable character and leadership, I cannot imagine a better candidate for the Scholar-Athlete of the Year.

Sincerely,

Ron Heidary

Head Coach, Campolindo Varsity Swim Team

**Peter went on to win an NCAA Championship in water polo at Stanford.**

**He was voted Male Athlete Of The Year at Stanford for all sports.**

**He made two Olympic Teams and won Silver Medal.**

**He went on to get an MBA at Stanford.**



## Recommendation for Zachary Disbrow

*I have known Zach for approximately ten years. I am currently his varsity swim coach at Campolindo High School and his year-round swim coach on Orinda Aquatics. I have coached competitive swimming for more than twenty-five years and have worked with thousands of athletes. Zach is one of the most outstanding young men I have ever coached.*

My introduction to Zach came when he was eight years old. He was on another team but decided to take swim lessons from me. After 30 minutes of me telling him he was doing everything wrong, he didn't come back for the rest of the classes. I thought he was too mentally weak to be competitive so I let it go. A year later his mom called me and asked if Zach could join our team. Over the last nine years, Zach has grown into an outstanding swimmer, a team leader, and a young man with impeccable character.

You obviously get thousands of applicants that are the best of the best in the world. How do you distinguish one from another? You certainly have your criteria but you ask us to write these letters to learn something special about them. The something special about Zach is his character and unwavering sense to do the right thing. One of my favorite quotes from all my years' of coaching came from the wall of business executive. It simply says, "Do the right thing." Zach is the epitome of this quote.

Zach is everything I would want an athlete to be. He has a relentless work ethic. He is a consummate team person. He is positive. And he cares. An example of his leadership and character (one of many) came at the end of a workout one day. We had four groups doing different main sets. As the first group finished, they were allowed to get out and they did. Zach was in that group but stayed in and kept swimming. The second group finished and got out. Zach kept swimming. The third group finished and got out. The fourth group, which had a harder set, finally finished with Zach swimming side by side with them. I thought I knew why he stayed in but I wasn't sure. Maybe he needed a longer warm-down? The next day on the deck, I asked him why he stayed in until the last group finished. He matter of factly stated that he did not think it was right for him to get out, even though he finished his workout, while his teammates were still swimming. I told Zach that I appreciated that and, with our young team, I needed him to continue to do leadership things like that. He looked at me and said, "If I ever don't, will you tell me?"

I have never had to tell him to do leadership things. He does them naturally. Zach just has a sense what is right and he is secure enough with himself and what he stands for to stay the course. I don't have to worry about him straying in any way. Is he a kid that comes along once every few years? He actually may be a type of kid that I will never see the likes of again. I believe he would be a very positive addition to your outstanding university.

**Respectfully,**

**Ron Heidary**

*Campolindo High School, Varsity Swim Coach*

*Orinda Aquatics, Head Coach*

**Zach went to West Point. He swam four years and was voted team captain his junior and senior year. He was the first underclassman team captain in West Point History. After four years of hard training, Zach made Olympic Trials in the 200 mtr Fly his senior year.**



Zach's West Point graduation

## 1996 CIF ARCO Scholar-Athlete of the Year Recommendation

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### *NADER MASSARWEH*

As a high school coach for more than ten years, I have been asked to write numerous letters of recommendation. I have to say that when Nader asked me to write this letter, I felt excited about the chance to express some heartfelt feelings for a truly amazing young man. While I have known Nader for less than two years, I feel as if I have known him for a decade and I am already experiencing some sadness in realizing that this is my last season with him.

When I think about Nader, I have to reflect back to last season, my first at Campolindo. I didn't know anyone on the team. The first week's practices were demanding and the swimmers seemed motivated to work hard to impress me. I would often call out swimmers' names to acknowledge their efforts. After a few days, Nader got out of the pool after practice and approached me. He was working hard and I was sure he wanted some feedback about his efforts. Maybe I hadn't acknowledged him and he wanted to know why.

He started by saying "I don't know if you've noticed ..." I was right; he wanted feedback. But he concluded his sentence with "... Marc has been working very hard and you haven't mentioned his name. It would mean a lot if you could acknowledge him." He was making sure I was aware of his teammate's effort. He said it quietly, making sure no one heard. I assured him that I had been watching Marc and would acknowledge him soon. As Nader walked away I stood there absorbing what had happened. Could this guy be for real?

I had never seen anything like this. He was for real! Three days later Nader came to me after practice. With great anticipation, I couldn't wait to hear this. He said, "Have you noticed Bryan in practice. I think he has a lot of potential but he's never been pushed. If you push him he might become a top swimmer." I assured him that I had noticed Bryan and recognized his potential and I would be pushing him. I watched Nader walk back to the locker room and felt so excited about the opportunity to get to know this young man. Nader's interest and concern for these two teammates proved somewhat prophetic.

Marc was indeed one of the hardest working swimmers on the team and I chose him as our Most Inspirational swimmer at the end of the season. Bryan became the most improved male swimmer on the team and broke into the elite level of top high school swimmers. While I consider these observations by Nader somewhat extraordinary, the most remarkable thing is that they are not for Nader. That's just the way Nader is. In Nader's world, you just care about other people. You look out for your teammates. You go out of your way for others. I'm sure he would think, "What's the big deal? Isn't that the way it's supposed to be?" I have coached many athletes with the highest character, but I have to say that I have not known anyone who has genuinely cared so much for the success of others. The following quote by William Wordsworth is one of my favorites and exemplifies Nader's personality closely. "The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love."

Nader is a rare young man. He is bright but not the slightest bit arrogant. He is a successful athlete but extremely hard working and disciplined. He is successful in everything but always respectful and appreciative. He is highly motivated but always looking out for others first. Coaching Nader is not just enjoyable, it is a privilege and it's what makes coaching so rewarding

To say that Nader is an outstanding scholar/athlete is an understatement. More important than his academics and athletics are his qualities and character that make him special. Nader knows that what's important is not as much his GPA or his 100 Butterfly time but who he is, what he stands for and how he lives his life.

While I'm sure you read many letters about outstanding young men, I have to say respectfully that I could not imagine a person more deserving than Nader Massarweh. If you have any questions please don't hesitate to call. (510) 799-7946

Sincerely,  
Ron Heidary  
Varsity Swimming Coach, Campolindo High School

**Nader went on to med school and is now a doctor in the state of Washington.**

# Courtney Whyte Banquet Presentation Senior Year

## Accomplishments:

- Sr National Short Course Qualifier
- OA Virginia Hall Inspirational Award Winner; Campolindo HS Inspirational Award Winner
- OA Team Captain 2 years; Campolindo Team Captain 2 years
- Ranks 2<sup>nd</sup> AT in OA history in 200 Fly behind Kim Vandenberg

## Improvement:

- From the Campolindo Banquet - 9th grade: Butterfly improved from 1:01 to 59.0 to place 6th at DFAL – improved to 55.9
- Since freshman year: 200 Fly from 2:13 to 2:10, to 2:05, to 2:02

The word I would use to describe Courtney's integrity, humility and team focus is **Impeccable**. Peter Varellas wrote a letter years ago to the team. It was relevant in two ways. First, he talked about the importance of the quality leadership from the upperclassmen which guided him to make good choices. Secondly, he talked about, with the help of that leadership, making good choices and doing right thing, all the time.

Now Peter would likely have succeeded without that influence but I am sure that it helped him be the best he could be as a person and as an athlete. Those upperclassmen did not know then and probably don't know now how they influenced a young man who had great dreams and was willing to work to achieve them. And Peter subsequently influenced many young men below him.

I would say in a similar way, **you had tremendous role models but you also have been just as outstanding, and you will undoubtedly influence these young women to do great things.** And when they do, in a large way, you will be responsible.

## How are you so impeccable?

- Perfect attendance
- Not on time but early
- First to help set up; First one in the water
- Never rest or never miss a lap
- Hardest worker in dryland
- Make perfect social choices
- Have priorities in balance
- **Someone I can count on unconditionally**



## **We could not have asked for a better swimmer, person, role model or captain.**

For 30 years I have coached and been a part of the lives of remarkable young women. You are not only as outstanding as any female athlete I have ever coached, **you are as impressive as any person I have ever known.** There are people that, because of who they are, you just know will be successful. How much would I bet that you will be very successful in anything you do ... I would bet my life. And it would be safest bet I ever make. You are tough enough that your frustrations will serve to make you stronger and better. Your swimming career is just beginning.

The Notre Dame program is so lucky to have you.

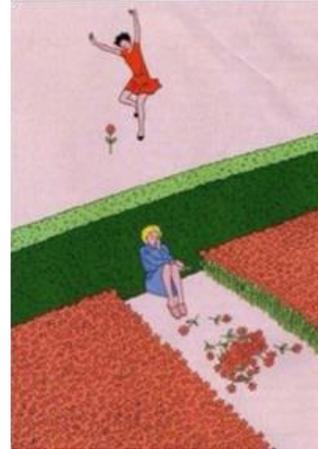
**Courtney swam 4 years at Notre Dame. There were many challenges with training, the team and the coaching staff. Through it, Courtney persevered and thrived. Her senior year, she was team captain and made the NCAA Championships with a lifetime best 1:56 in the 200 Fly.**

# Appreciation – Gratitude

*appreciate the basic necessities ...*

I woke up.  
I have clothes to wear.  
I have running water.  
I have food to eat.  
Life is good.  
I am thankful.

*appreciate what you have, without wanting  
what you don't have ...*



*appreciate your opportunity to get the best education ...*

## A Free School Under A Bridge In India



Altal Qadri / AP

Rajesh Kumar Sharma, teach Somnath, an underprivileged Indian slum child at the school.



Altal Qadri / AP

Founder of a free school for slum children Rajesh Kumar Sharma, second from right, and Laxmi boards, painted on a building wall, at a free school run under a metro bridge in New Delhi, India. nearby slums have been receiving free education from this school for the last three years.



Altal Qadri / AP

Students help to keep the school clean.



## Social Media – Use it practically

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### Bad behavior is trending online, inspiring it in real life

Young children know that name-calling is wrong. Tweens are taught the perils of online bullying and revenge porn: It's unacceptable and potentially illegal. But celebrities who engage in flagrant attacks on social media are rewarded with worldwide attention. While public interest in bad behavior is nothing new, **social media has created a vast new venue for incivility to be expressed, witnessed and shared. And experts say it's affecting social interactions in real life.** "Over time, the attitudes and behaviors that we are concerned with right now in social media will bleed out into the physical world," said Karen North, a psychologist and director of the University of Southern California's Digital Social Media Program.

"We're supposed to learn to be polite and civil in society. But what we have right now is a situation where a number of role models are acting the opposite of that ... And by watching it, we vicariously feel it, and our own attitudes and behaviors change as a result."

Catherine Steiner-Adair, a psychologist and author of "The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age," said she's already seeing the effects. She said she's been confronted by **students across the country asking why celebrities and political leaders are allowed to engage in name-calling and other activities for which they would be punished.** "We are normalizing behaviors, and it's affecting some kids," Steiner-Adair said. "And what's affecting kids that is profound is their mistrust of grown-ups who are behaving so badly. Why aren't they stopping this?"

Social media satisfies a human need for connection. Users bond over common interests and establish digital relationships with their favorite public figures, following and commenting on their lives just like they do their friends'. **Gossip is a bonding activity**, and it doesn't take a Real Housewife to know people love to share dirt about others' perceived misdeeds. **Collective disapproval creates a feeling of community, regardless of which side you're on. Having a common enemy is "one of the strongest bonding factors in human nature,"** North said.

**Studies show that young people who witness aggressive behavior in adults model and expand on that behavior.** She pointed to Stanford University psychologist Albert Bandura's famous "Bobo Doll Experiment," which found that kids who saw adults hit a doll in frustration not only hit the doll as well, but attacked it with weapons.

**Social media is an atmosphere devoid of the social cues that mitigate behavior in real life**, she said. When violating social norms in person, there's immediate feedback from others through body language and tone of voice. No such indicators exist online, and retweets can feel like validation.

**Cruel and humiliating posts often become "an instant hit online," Steiner-Adair said. "It's one of the best ways to become popular."**

Viral posts then get mainstream media attention, spreading digital nastiness into everyday conversation. "When we tolerate leaders — in the popular media like a Kardashians, or a president — behaving in this way, **we are creating a very dangerous petri dish for massive cultural change,**" Steiner-Adair said. Young people, who may be the most plugged in, are getting mixed messages as they form their moral concepts.

**"It behooves us all to question why we are participating in this mob of reactivity,"** Steiner-Adair said, "and what are the character traits we need to model for our children."

## Social Media - comments from people who quit

E • 1 week ago

People react like I'm crazy when I tell them I don't have social media. Honestly, I think they're the crazy ones 😂 So many of my friends are living in a fake reality because of Instagram... I fell into that trap myself when I had Instagram back in the day... felt huge relief when I deleted it. Sad to see my friends still living in an edited reality.

Christene Coetzee • 9 months ago

I personally tend to compare myself and my life to others....that makes me depressed and bitter, therefore i chose to delete my Facebook account and i have never felt more peace.

👍 153 🗨️ 2



Alice • 1 year ago (edited)

Social Media is ruining our lives ...anxiety, loneliness, comparisons, time consuming, perfectionism...and the list goes on. We spend a lot of time admiring people's lives instead of investing in our own lives.

👍 2.1K 🗨️ 59



Christene Coetzee • 9 months ago

I personally tend to compare myself and my life to others....that makes me depressed and bitter, therefore i chose to delete my Facebook account and i have never felt more peace.

👍 153 🗨️ 2



**If you drive, please drive safely.  
If you are a passenger,  
demand that the driver drives carefully.  
You are valuable cargo!**

**“Accidents, and particularly street and highway accidents, do not happen - they are caused.”**

Ernest Greenwood.

MARTINEZ

### **18-year-old in fatal Hwy. 4 crash ID'd**

A crash in wet conditions late Saturday on Highway 4 claimed the life of an 18-year-old Martinez man, the California Highway Patrol said Monday.

Jawad Tawasha Jr. died after crashing a 2006 Dodge into the eastbound center guard rail just east of Alhambra Avenue. His car was hit by a Honda moments later, CHP spokesman Officer Brandon Correia said.

A 63-year-old man drove the Honda that struck the Dodge and was treated for moderate injuries at John Muir Medical Center in Walnut Creek.

Police do not suspect drugs or alcohol were involved, and no arrests have been made, Correia said.

Rainy conditions may have been a factor in the crash, Correia said.

— *Rick Hurd, Staff*

## Healthy Choices. Stay Focused On What Is Truly Important In Your Life.

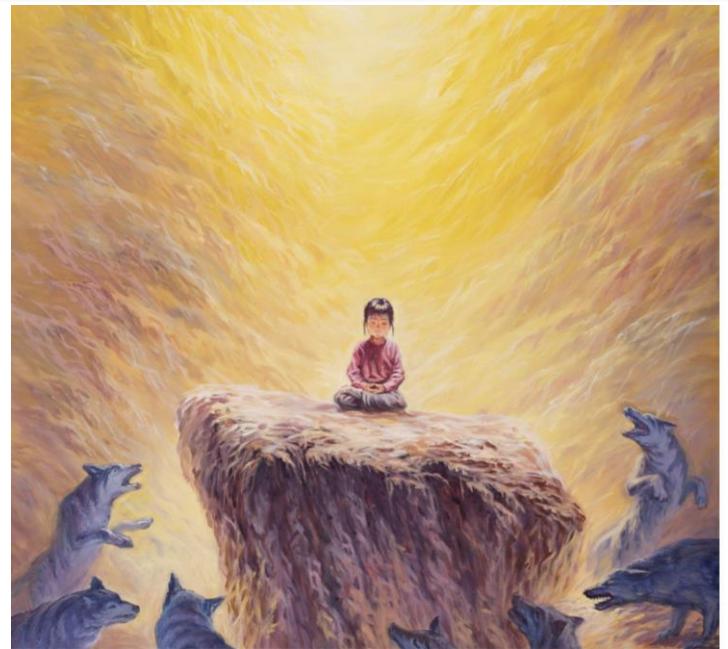
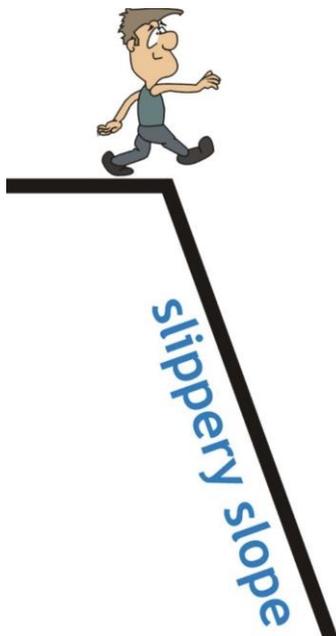
Two roads diverged in a wood,  
and I—I took the one less  
traveled by, And that has  
made all the difference.

- Robert Frost

When your values  
are clear to you,  
making decisions  
becomes easier.

STAY FOCUSED ON WHAT IS IMPORTANT  
DON'T LET PEER PRESSURE TEMP YOU.

REMEMBER, IT'S A ...



*Eventually everyone begins to recognize, however dimly, that there must be a better way. As this recognition becomes more firmly established, it becomes a turning point.” (T-2. III. 3: 5–7)*

## NO, I DON'T DRINK. YES, I KNOW HOW TO HAVE FUN.

by ANGELA PEREZ SARASA 3/21/2016

No, my religion doesn't forbid it. No, I don't have to drive back home. No, I'm not pregnant, taking medication, or having health issues. No, I'm not a recovering alcoholic or into harder drugs. Yes, all of my family and friends drink. These are only a few of the answers to a question I see myself answering just as often as vegans get asked why they don't eat meat: "So, why don't you drink?"

Growing up in a generation that established binge drinking as a main weekend pastime, being sober has always made me the odd one out. My reasons not to drink are simple: The idea of drinking never appealed to me; I could never stand the taste of alcohol; and I never felt like I needed an extra boost to have fun — or make stupid decisions. Also, coming from someone who finds pleasure in having everything under control, the idea of not being 100 percent in control of myself is more my definition of a nightmare than having fun.

However, I never would have thought that something I personally consider an insignificant part of who I am would have ***such a big impact in the way people perceive me***. After setting the record straight that I'm not interested at all in drinking, they usually reply with "I think that's great," but do they? The truth is that if I confess that I don't drink when someone doesn't know me that well, they usually assume they can automatically fit me into the stereotype of the boring Goody Two-shoes. And let me tell you something: No one wants to be best friends with the boring Goody Two-shoes.

A few months ago, I moved to London and started a new job. My colleagues were planning a night out, and one of them was nice enough to suggest that since I was new in town it would be a great chance to show me the nightlife of the big city. However, another colleague was fast to say "but she doesn't even drink," as if the idea of me going out without drinking was ridiculous and getting drunk was the one and only reason why someone would enjoy going out; dancing, socializing, and many of the other things that I have always loved about going out at night were overturned by the fact that I didn't drink. This would only be an anecdote if it were an isolated case — instead, I have lost count of how many times I've heard things like "I would tell you to come, but you won't have fun," or "Yes, let's go out, but let's tell more people because just the two of us will be boring."

That said, I have come to realize with the years that some people dislike the fact that I don't drink merely because they're afraid it means I'm going to judge them if they do. When I used to go out with my ex-boyfriend, he would rarely drink alcohol, and I almost never saw him drunk during the more than two years that our relationship lasted. As a result, when we broke up, I could barely recognize that guy who would get completely wasted every time he went out with his friends.

Fortunately, being different from the majority of the population also has a brighter side, as the people who stay around long enough to discover who I truly am are normally the people who think there's more to life than getting drunk and more to a person than what society decides. Those people know that I don't care if they drink or not as long as I'm not the designated person to hold their hair back if they puke (but that I would do it for them if I had to); that I love going out, and I'm always the last to leave the dance floor; that when I go to concerts — and I go way too often — I'm in my element, and I jump higher and sing louder than anyone around; that they can go out just with me, be the only ones drinking, and still have fun; and that not drinking alcohol is just a life choice, not something that defines who I am. In a society where relying on drugs and alcohol to have fun or get the courage to do things has become the norm, I surprisingly and involuntarily found myself becoming a rebel. Rebelling against society, even for an insignificant reason, made me learn a few things: *It's not worth changing the way you are for anything or anyone*; the more confidence with which you speak about your choices, the less people are going to make a big deal out of them; and there are still always going to be people who will disapprove of your choices and judge you. *But it's better to be a live fish swimming against the current than a dead fish being carried with the flow.*

# TOP 8 REASONS TEENS TRY ALCOHOL AND DRUGS

**Summary:** other people – peer pressure \* media/social media pressure \* escape and self-medication \* lack of confidence – related to #1 \* Boredom

## Top 8 Reasons why Teens Try Alcohol and Drugs

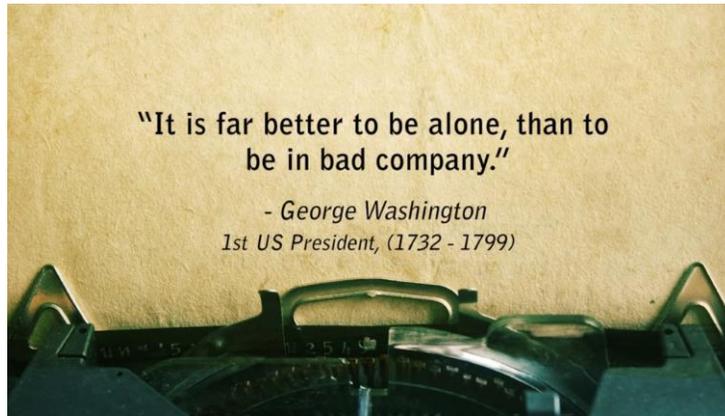
1. **Other People** — Teenagers see lots of people using various substances. They see their parents and other adults drinking alcohol, smoking, and, sometimes, abusing other substances. Also, the teen social scene often revolves around drinking and smoking pot. Sometimes friends urge one another to try a drink or smoke something, but it's just as common for teens to start using a substance because it's readily available and they see all their friends enjoying it. In their minds, they see drug use as a part of the normal teenage experience.
2. **Popular Media** — Forty-two percent of teens agreed that movies and TV shows make drugs seem like an OK thing to do, according to a 2003 study. Not surprisingly, 12- to 17-year-olds who viewed three or more "R" rated movies per month were seven times more likely to smoke cigarettes, six times more likely to use marijuana, and five times more likely to drink alcohol, compared to those who hadn't watched "R" rated films (Amy Khan 2005).
3. **Escape and Self-Medication** — When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for solace. Depending on what substance they're using, they may feel blissfully oblivious, wonderfully happy, or energized and confident. The often rough teenage years can take an emotional toll on children, sometimes even causing depression, so when teens are given a chance to take something to make them feel better, many can't resist.
4. **Boredom** — Teens who can't tolerate being alone, have trouble keeping themselves occupied, or crave excitement are prime candidates for substance abuse. Not only do alcohol and marijuana give them something to do, but those substances help fill the internal void they feel. Further, they provide a common ground for interacting with like-minded teens, a way to instantly bond with a group of kids.
5. **Rebellion** — Different rebellious teens choose different substances to use based on their personalities. Alcohol is the drug of choice for the angry teenager because it frees him to behave aggressively. Methamphetamine, or meth, also encourage aggressive, violent behavior, and can be far more dangerous and potent than alcohol. Marijuana, on the other hand, often seems to reduce aggression and is more of an avoidance drug. LSD and hallucinogens are also escape drugs, often used by young people who feel misunderstood and may long to escape to a more idealistic, kind world. Smoking cigarettes can be a form of rebellion to flaunt their independence and make their parents angry. The reasons for teenage drug-use are as complex as teenagers themselves.
6. **Instant Gratification** — Drugs and alcohol work quickly. The initial effects feel really good. Teenagers turn to drug use because they see it as a short-term shortcut to happiness.
7. **Lack of Confidence** — Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise. This is part of the appeal of drugs and alcohol even for relatively self-confident teens; you have the courage to dance if you're a bad dancer, or sing at the top of your lungs even if you have a terrible voice, or kiss the girl you're attracted to. And alcohol and other drugs tend not only to loosen your inhibitions but to alleviate social anxiety. Not only do you have something in common with the other people around you, but there's the mentality that if you do anything or say anything stupid, everyone will just think you had too many drinks or smoked too much weed.
8. **Misinformation** — Perhaps the most avoidable cause of substance abuse is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure her that the risks are minimal. Educate your teenager about drug use, so they get the real facts about the dangers of drug use.

**We need to focus on healthy ways to take care of stress, loneliness, and other problems, in order to improve our lives. \***

"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity." *W. Clement Stone*

## Positive Relationships

- Value, pursue and nurture only healthy, positive relationships.
- Anyone you call a friend should want the best for you.
- Never compromise your values to fit in or to be included.



**"PEOPLE THINK BEING ALONE  
MAKES YOU LONELY,  
BUT I DON'T THINK THAT'S TRUE,  
BEING SURROUNDED BY  
THE WRONG PEOPLE IS THE  
LONELIEST THING IN THE WORLD."**



## Self Worth



Loving yourself opens you up to the beauty of who you really are.



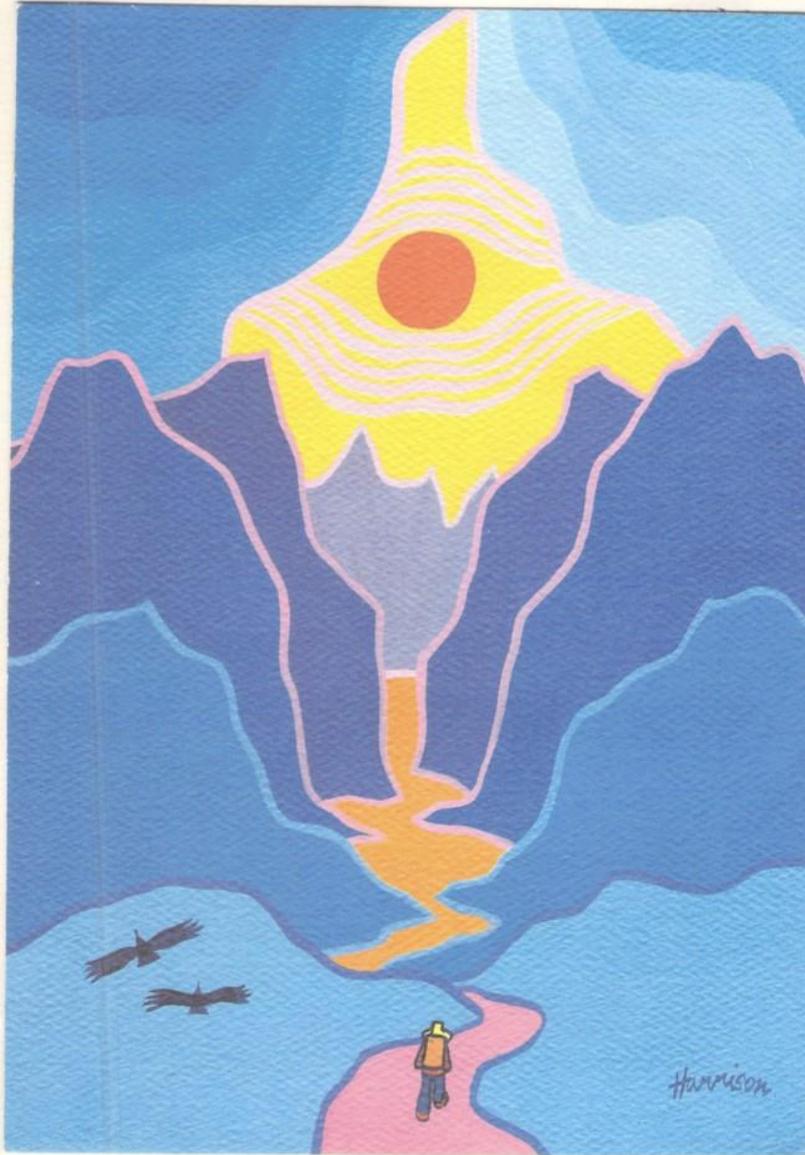
**“Never love anyone who treats you like you’re ordinary.”** Oscar Wilde

“People who want the most approval get the least and the people who need approval the least get the most.” Wayne Dyer

“Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy.” Robert Tew

“We accept the love we think we deserve.” Stephen Chbosky, *The Perks of Being a Wallflower*

*Let's see where this journey takes us ...*



**"THE JOURNEY"**

*A journey of adventure,  
mystery and beauty.  
What's beyond the mountains?  
The only way to find out  
is to go.*