

Orinda Aquatics: High School Season Notes 2020

General Philosophy with Orinda Aquatics and High School Swimming

The philosophy of Orinda Aquatics is that we wish to work in conjunction with your high school coach and program. This has been a challenging relationship on a national level and we believe we have a model that works in everyone's interest. In a broad sense, OA hopes to develop swimmers that bring discipline and character to their respective high schools. OA swimmers should be positive, humble, enthusiastic, and demonstrate a *high level of leadership and integrity* while participating with their high school teams. From a scheduling perspective, your participation with your high school should allow you to integrate with your team, but not so much that you lose your training continuity with OA. In *most* cases, OA coaches will be accommodative and supportive of the needs and requirements of each coach.

OA Senior swimmers should:

- Give your high school schedules to your OA coach and communicate any relevant scheduling or meet information
- Convey any high school coaches' wishes or concerns to your OA coach
- Accurately convey OA training and competition information (including Clovis and/or Sectionals) to your high school coach and give them our email address if needed

OA schedule beginning February 10

- **Monday, February 10th** all swimmers should go to their high school meetings or first workout. **We will have one workout from 4:45 – 6:15.** Please come to practice after your meeting if possible or if you do not have workout.
- **AM workouts** will be Monday and Wednesday only (note: there will be a Senior 4 Friday morning workout the first week of high school swimming). Monday AM will be for all senior groups, with Wednesday for Senior 3 & 4, Senior 2 optional. All senior swimmers should attend one morning with high school, especial Friday AM.
- **PM workouts/dry land and Saturday.** There will be **no workout on Friday morning or afternoon**, as all swimmers should attend their high school workouts or meets. Also, **we will have PM workout for all groups Monday through Thursday**, i.e., Senior 4 Wednesday and Senior 2/3 Thursday: **Wednesday** - Senior 4 - 3:30-5:00 no DL; Sr 2/3 - 5:00-6:25 w/ DL 4:20-4:55, and **Thursday** – Senior 4 – 3:10-5:00, dry land 5:10 – 5:40; Senior 2/3 5:00-6:25, no dry land.

High School Participation:

In addition to high school workouts and meets, you should attend all high school meetings and activities.

Attendance:

OA coaches will report accurate (OA) attendance information to your high school coach.

Rule Differences & Changes:

- Swimmers must start with one foot forward on the dive in high school
- The backstroke flip-turn **can be** non-continuous in high school
- Logo's on suits and caps, other than your high schools, are not allowed, i.e., wear high school team suits and caps

USAS "Attachment"

A high school swimmer may only swim "attached" to one team, high school or USS. Once a high school swimmer participates in a high school meet (TIME TRIALS DO NOT COUNT - provided there is no other team involved), he/she must enter any USS meet as **unattached**. This can be designated at the meet if needed, if not done at the time entries were made. There is a severe penalty for this. It may be that a high school swimmer will not be able to participate in a dual meet (if prior to Clovis). If you have any questions about this, check with Ronnie or Donnie.

Peak Meets:

OA: Clovis: March 5-8; Sectionals: Feb 27-March 1

HS: League (JV or Varsity) or NCS. All swimmers should plan on swimming in the post-NCS **Walk-on Meet (5/10)**.

Talk to your OA coach as the high school season progresses about what events, and what meet (league or NCS), your high school coach may have you swim and shave for.

Additional Meets:

Some swimmers may attend the Mission Viejo meet on March 21st. 14 year-olds should check with their OA coach regarding JO's.

Please check the NCS website (www.cifncs.org) for high school events, times, and NCS information.