



Orinda Aquatics Mission/Vision



Mission Statement (drafted in 1995)

The team motto and mission is to put "Character First" in swimming and in life, and it translates to "the better the person, the better the athlete, the better the swimmer, and the better the team", which is lived daily by the coaches and the swimmers. The Orinda Aquatics Mission Statement is as follows (constructed in 1995).

- We believe the team should support swimmers of all abilities to pursue their long-term goals in the sport of swimming.
- We believe the team should provide serious athletes with the opportunity to develop into competitive high school, collegiate, and national level swimmers.
- We believe in an equal partnership between swimmers and coaches. The swimmers should make a commitment the process, the team, and the coaches, and they should act with the highest level of integrity, character, and respect. The coaches should commit to provide the best in technique and training that the sport has to offer. Additionally, they should support the athletes in other areas such as personal growth and college pursuits. They should be role models in every capacity.
- We believe above all that every member of the team should learn the lessons that sports has to offer; discipline, commitment, personal responsibility, accountability, sacrifice, goal setting, humility, as well as challenge and adversity.
- We believe that every member of the team should be treated as people (individuals) first, and athletes second.
- We believe strongly in a true team environment. The "team" includes swimmers, coaches, and parents. No one should be differentiated by ability or any other characteristic. Everyone contributes and is valuable to the process, the environment, and the experience.
- We believe in a positive, open relationship between coaches and parents.
- We believe that as the community supports our sport and our team, we should in turn be positive and contributing members of the community and help those in need.
- We believe that the team should support, and follow, the policies and guidelines of our Zone, LSC, and the governing body of United States Swimming.
- We firmly believe in a "Character First" environment, and adhere to it daily

Orinda Aquatics fully supports all measures adopted by the US Center for Safe Sport and USA Swimming, with the sole purpose of protecting all athletes from any form of abuse or mistreatment.

Core Philosophy

Orinda Aquatics is a nationally recognized program that has created a highly unique environment, merging a culture of character and humility, with significant success at the individual and team level, in an unprecedented academic backdrop. The motto of Orinda Aquatics, "Character First", is preached and lived daily by coaches and swimmers alike. The overriding philosophy is that participation in youth sports can and should be a life-enhancing experience and not an activity in and of itself. This program emphasizes structure, teamwork, integrity and discipline - the better the person, the better the athlete, the better the swimmer. It is the programs' and the coach's' objective that the benefits of swimming, and of Orinda Aquatics, go far beyond the pool.

The 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*
- To be the "best" overall USA Swimming program in the country