



Orinda Aquatics



Team Information – Fall 2021

Important Dates

Registration Wednesday, September 1st	For returning families , please go through the “re-register” process, acknowledging all policies and requirements, and update account information, prior to September 1 st . Unless previously notified, swimmers should register with their prior group, and Junior group swimmers moving to the senior group should register with the Senior 2 group.
New Member Try-outs Monday, August 23rd	For prospective families , brief orientation and a short workout, 6:00 – 7:15p. Please fill-out the Try-out Form on the Orinda Aquatics website (under Registration).
Optional Workouts Monday, August 23rd	For returning swimmers , optional workouts the week of August 23 rd – see schedule below. Unless previously notified, swimmers should swim with their prior group, and Junior group swimmers moving to the senior group should join the Senior 2 group.
Workouts Begin Monday, August 30th	The Workout Schedule will be posted soon on the website under “Schedules”. Please note the phase-in of AM and dryland.
Parent Meeting Monday, August 30th	For all parents, new and returning , 6:30 – 7:30p, via Zoom. At least one member of every team family should plan to attend.
Swimmer Meetings Friday, September 3rd	For all swimmers, new and returning , via Zoom. Parents welcome. No workout that day. Senior group 4:00 – 5:15p, Junior group 6:30 – 7:30p.
New Member Q&A Saturday, September 18th	Informal Q & A for new families with any questions, 9:00 – 10:00a. The meeting will be on the pool deck. (Any families with questions are welcome!)
Suit Fittings Saturday, September 18th	For new and returning swimmers, Conejo Swimworks will be on-deck, available to help size team suits, 9:00 – 10:00a.
Senior Team-building Sunday, September 19th	For all senior group swimmers , the annual team-building event will be held at the Moraga Commons, 10:00a – 12:00p.

Try-out/Optional Pre-season Week Schedule

	Mon – 8/23	Tue – 8/24	Wed – 8/25	Thu – 8/26	Fri – 8/27
Sr 4	3:30-5:00	3:30-4:45	3:30-5:00	3:30-5:00	No workout
Sr 2/3	5:00-6:20	4:45-6:00	5:00-6:20	5:00-6:20	No workout
Jr all	No workout	6:00-7:00	6:20-7:30	6:20-7:30	No workout
Try-Outs	6:00-7:15	7:00-7:30	No workout	No workout	No workout

Registration & Safe Sport

Registration with Orinda Aquatics

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

Registration with Pacific Swimming/USA Swimming

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

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

Safe Sport

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

- The APT course is free of charge and, upon successful completion, should update in your USA Swimming membership record within 24 hours.
- This training must be renewed annually.
- Coaches, Officials, chaperones, Meet Directors, and adult athletes are included in this requirement.
- Questions should be directed to Orinda Aquatics' Safe Sport Coordinator, Jean Follmer, Jeanfollmer@yahoo.com, 925-768-5811.

Host Meet Schedule

Host Meets for 2021-2022

Meet Type

- | | |
|------------------------|---|
| • October 23-24 | OA Senior Open (all 13+ eligible; 11-12 with qualifying times) |
| • October 30-31 | OA C/B/BB+ (all eligible) |
| • January 22-23 | OA Senior Open (all 13+ eligible; 11-12 with qualifying times) |
| • June 11-12 | C/B/BB+ (all eligible) |
| • June 25-26 | OA Senior Open (all 13+ eligible; 11-12 with qualifying times) |

Questions

General: Contact any coach or board member and/or check OrindaAquatics.org

Registration: Contact Coach Matt Ehrenberger, Matt2Coach@comcast.net

New Member: Contact New Families Liaison, Kristin Martindale, kmartindale@tpg.com