



AQUATICS
Orinda

ORINDA AQUATICS
ANNUAL PARENT
MEETING
OCTOBER 10, 2020
9:30 AM




USA
SWIMMING

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USA
SWIMMING

- Welcome
- Welcome back



AQUATICS
Orinda

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MEETING OVERVIEW

- Team Overview – registration, website, communication, camps, structure, staff, board, committees, captains
- Return to normal
- Groups/Structure – Junior & Senior Overview, Culture and Long-Term Development
- Season Plan
- Technique/Training/Tracking/Evaluation
- Meets/Competition
- Dues – monthly/annual, Team Fundraiser – See’s, surcharge
- Parent Obligations
- Merchandise
- Parent Education – Four Sessions: Technique/Training, The Parents Role, The Character Side, College Planning



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CLUB OVERVIEW

- Safe Sport certified
- USA Swimming recognized for “Best Practices”
- USA Swimming Club Recognition – Level 4 (highest level)
- USA Swimming Club Excellence – perennial Silver Medal club (top 100)
- USA Swimming Virtual Club Championships – top smaller club in USA
- USA Swimming Scholastic All American – highest percentage in PacSwim
- ASCA Board (former President)
- USA Swimming Board (past member)
- PacSwim Board (Club Development)
- Zone 2 Board



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25TH ANNIVERSARY

- Memory Book – Club History
- Banquet PowerPoint
- Collegiate History
- National Success/History
- Cultural Success
- Swimming World – 2000 & 2020

[See on website](#)



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REGISTRATION - MATT

- Register with Orinda Aquatics/Team Unify
- Billing and account access
- Register with PacSwim/USA Swimming (current/ongoing)
- Transfer for USA Swimming members
- Returning member registration - December
- Team Handbook on website



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WEBSITE

- Command Buttons
 - Registration, Seasonal, Character, Highlight
- Tabs
 - Organization, Year-Round, Programs, Culture, Success, Photo's, College, Schedules
- Account info (keep current)
- Key Documents
 - Parent Handbook
 - Swimmer Handbook (Junior/Senior)
 - Parent Policy Letter (2019)
 - Behavior Policy
- News and Team Feed



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CURRENT SITUATION/STRUCTURE

- Camp Model
- District Guidelines
- Coach/Supervisor
- Workout Structure
 - Junior
 - Senior
- Workout Planning (in season)
- Dry land
 - Bridge
 - Other resources
- Tracking/evaluating



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TEAM STRUCTURE/ORG

May change from current "Camp" structure

- Junior Group – 1-2, 3
- Senior Group – 2, 3, 4
 - Placement/Focus
- Other
 - Fall Swimming - TBD
 - Spring Clinics - TBD
 - Collegiate Program
 - Masters
 - Lessons - TBD



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ATHLETE SUPPORT

- Staff
- Weekly Meetings
- Buddies/Mentors
- Team Captains
- Bridge Athletic (dryland app)
- Conquer the Pool – Mental Training
- Argo Video
- Guest Speakers – college, alumni, inspirational
- College Support (D/R and Liz LaPorte)
- Team Activities (TBD)



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BRIDGE ATHLETIC – DRY LAND

- BridgeTracker App
- Login/PW
 - Junior – don+team@orindaaquatics.org
 - Senior – ron@orindaaquatics.org
- Three workouts a week/three-week cycles
- Can print PDF
- Can watch video of each exercise



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COMMUNICATION

- Weekly email updates (in regular schedule)
- Swimmer meetings (weekly)
- Senior – group text
- Junior email
- General/swimming related – should be athlete led



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CULTURAL (CHARACTER) PURSUIT

"Integrity has no need of rules." Albert Camus (theme)

- History
- Foundation of Program (and life)
 - Integrity, humility, attitude, leadership
 - Implicit trust, travel, leadership expectations
 - Seniors as role models and mentors
 - Junior Group education (see handbook/meetings)
 - How it impacts training, technique, competition
 - How it defines culture
 - How it impacts the rest of the team

USA Swimming consulting

"Prepare the child for the path not the path for the child." unknown



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SAFE SPORT

- Far and away our number one concern
- USA Swimming resources
- Orinda Aquatics website
- Parents – see overview
- Athletes – see overview
- Have contact list – peer, coach, parent, etc.
- Should have cultural “protection”
- See something. Say something.



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SENIOR SWIMMING - RONNIE

- Transition from Junior (Donnie)
- Keys to develop and to success
- Training overview
- Culture – leadership/accountability
- Travel
- College
- Personal growth



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JUNIOR SWIMMING – DONNIE & MATT

- Transition from Rec Swimming*
- Learn drills
- Develop awareness of length, balance, and distance per stroke
- Learn training principals
- Develop ALL strokes
- Swim all events
- Develop race maturity



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*SUMMER-LEAGUE (REC) VS. USA (YEAR-ROUND) SWIMMING

- Long-term development
- College orientation
- Stroke length vs. stroke rate
- Under water development
- Training/aerobic development
- All strokes
- Longer events (200 stroke, 400 IM, distance free)
- Not racing to win, but racing to develop



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STAFF (SEE BIOS ON WEBSITE) – 125+ YEAR COACHING

- Donnie Heidary – Team general, Junior 3, BOD, Senior support, college
- Ronnie Heidary – Senior 4/National, travel, financial, schedules, travel
- Matt Ehrenberger – Junior 1-2, Age-Group overview, billing, host meet
- Marc Cavallero – Senior 3, Junior support, Fall/High School
- Kati McDermott – Senior 2, Junior support, merchandise, intake/reg, admin
- Dom Patterson – Senior 2/Senior 3, Masters



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BOARD AND STRUCTURE

- 501c3 non-Profit Corporation
- Board of Directors – governance/financial oversight/resolution
 - Vince Castillo - President
 - Jean Follmer – Vice President
 - Trent McDonald - Treasurer
 - Jane Healy – Meet Director
 - Jennifer Flanders – Parent/Event Coordinator
 - Pete Appl - Facilities
 - Cristina & Marc Bensadoun – Outreach/Business Development
 - Donnie & Ronnie - Founders



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TEAM CAPTAINS

- Zoom Calls – see recordings
- Meeting handouts
- Returning – Maggie Buckley, Zach Le-Nguyen, Isaac Kim
- New - TBD



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USA SWIMMING OVERVIEW

- USA Swimming – National Governing Body (NGB)
 - Registers/ensures athletes, sanctions events, organizes national team
 - ~60 LSC’s – Local Swimming Committees
 - Pacific Swimming – our LSC – PC (3rd largest in US/17,000+ athletes)
 - Five Zones – IN, IS, 2, 3, 4 – geographically
 - Orinda Aquatics – OAPB club code, ZONE 2
 - Polar Bears (OA Fall Swimming) – the “PB” in OAPB

- Note I2&U tech suit ban – see approved suits on the website



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OUTREACH - CRISTINA

- Swaziland, Africa – learn-to-swim
- Local (DEI) Programs
- Harbor House
- Special Olympics
- Club/Coach mentor
- Club visits

Note: all team donations are applied to the Outreach Fund



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HOST MEET - JANE

- Jane Healy/Laurel Purewal
- Reasons
 - Compete in own facility – no commute
 - Critical to budget
 - Obligation to LSC and athletes
- Four to five meets a year
- Shift requirements (Team Unify)

See policies in Parent Handbook



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COMMITTEES & EVENTS (PARENT RESPONSIBILITY) - JENNIFER

- Social events
- Team building
- Parent Social
- Holiday Party
- See's Candies
- Team Banquet
- Rafting
- Theme Week (senior)
- Etc.



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RETURN TO NORMAL (AT SOME POINT)

- Groups may change
- Ten Lanes Competition (50-meter) Pool
- 4+ per lane
- Standard Group Structure and Staffing
- Weekly meeting
- Dry land 3-4 times a week
- Meets once a month +/-
- Swimmer contact and guidance



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GENERAL DEVELOPMENT (IN SWIMMING)

- Technique – balance, connection, timing, breathing
- Training – efficient, technique-based, intelligent/focused
- Accountability – general keys, personal keys, stroke counts, kick counts, breathing, effort, repeat times, etc., etc.
- Tracking – (coach AND swimmer) endurance, speed, kicking, UW
- Evaluation – Attendance, Effort, Technique, Maturity, Team Commitment, Meet Commitment



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ATHLETE EXPECTATIONS

- Attendance – sincere commitment (communicate)
- Effort (embraced work ethic)
- Workout integrity
- Life integrity
- Remaining positive, humble, character-driven (trusted)
- Mature
- Always team-supportive
- Commit to the meet plan (competition is not optional)
- Maintain a healthy, long-term perspective



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MULTI-SPORT ATHLETES

- Communicate schedule with coaches
- Be diligent with time management
- Understand peak meet schedule
- Constantly reevaluate both as to narrow focus at some point



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SEASON PLAN (NORMAL)

- Three to Four Cycles
 - Winter
 - Spring
 - High School for Senior Swimmers
 - Summer (long-course)
- August – break

- Meets on average one to two times a month



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MEET OVERVIEW – ATHLETE

- Sign up early!
- Enter 3-4 events a day (check with coach if unsure)
 - Coaches lead process
- Meet protocol
- Race evaluation
- Role with team



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COMPETITION IN COVID

- Orinda Aquatics
 - Pursuing non-sanctioned time trial
 - Pursuing sanctioned Intersquad
 - Possible Zone competition

- USA Swimming
 - October - Age-Group Meet Series – IMX, Distance, other
 - November - USA Open – Multi-site (80ish athletes)
 - Summer Juniors – LC timed final
 - December - I&U Championships – regionally (club/LSC host)
 - Futures + I% SC
 - January - Pro Series



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DUES AND FINANCIAL COMMITMENT

- Monthly Dues (12-month billing)
 - Junior all - \$225, Senior 2/3, \$255, Senior 4: \$275
 - \$25 family discount
- Annual Fee
 - Normal - \$290 (t-shirt, two caps, equipment bag, **suit**)
 - 2020 - \$210 (three t-shirts, cap, equipment bag – **no suit**)
- Fundraiser – See’s Candies
 - Normal – required, \$325 sales min. or \$225 buy-out (for individual swimmer)
 - 2020 – \$300 sales per family, \$200 buyout – individual/\$250 family
- Surcharge
 - \$30 per swimmer as outlined in the BOD letter, rescinded when possible



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COVID FINANCIAL CHALLENGES

- Increased pool costs (doubled) – 60-75k (looking for relief)
- Lost meet revenue – 50k
- Lost Fall Swimming revenue – 15k+
- Lost See's Candies revenue - ~10-15k
 - Total ~ \$150,000

Plus side – PPP Grant/PacSwim, new members



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PARENT OBLIGATIONS (IN NORMAL SEASON)

- Host Meet shifts (note penalties)
- Away timing
- Activities (one)



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PARENT ROLE (SEE ASCA ARTICLE)

- Team
 - Support as you can, engage to understand, keep team first
- Coach
 - Reach out via email or at meet
 - Ask for honest feedback on swimmer
 - Ask for coach feedback on issues
- Swimmer
 - Demand macro virtues and commitments – work ethic, good teammate, etc.
 - Do not get technical
- Other Parents
 - Keep conversation healthy, positive, and productive



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MERCHANDISE – KATI (SEE WEBSITE)

- Vendor – Conejo Swimworks (new)
- Apparel
 - Required – jacket, backpack, team suit (at meets, optional for the time being)
 - Required (provided) – t-shirt(s), cap, equipment bag
- Gear/Equipment (and purpose)
 - In Covid era – no sharing
 - Snorkel (Jr 3/Senior)
 - Paddles - all
 - Fins - all
 - Parachute – Jr 3/Senior
 - Temp Trainer (Senior)
 - Kick board/Pull Buoy - all



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PARENT EDUCATION

- Four Sessions
 - Technique & Training
 - Character & Culture/Travel
 - College Overview
 - Q&A



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THE END

- Thank you for joining the call
- Thank you for being a member of the team
- Thank you for your patience and support in the Covid era
- Thank you for what you do for your children



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QUESTIONS (FOR ALL)

- Feel free to reach out via email or request a call

