



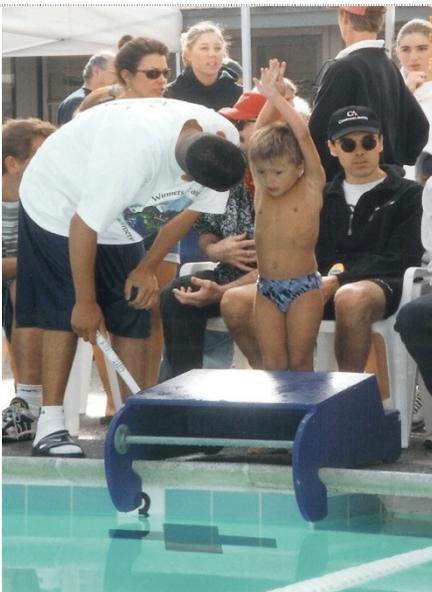
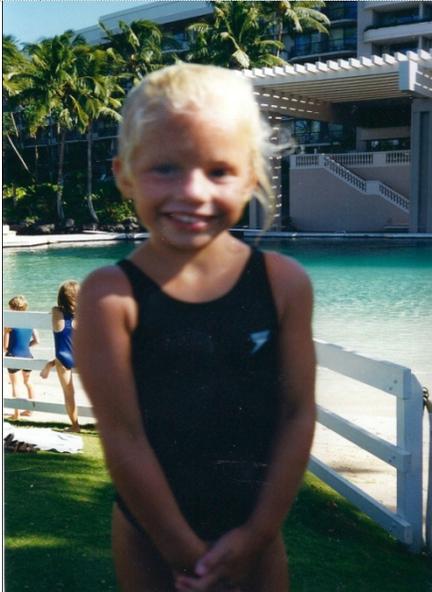
# OA Senior Letters

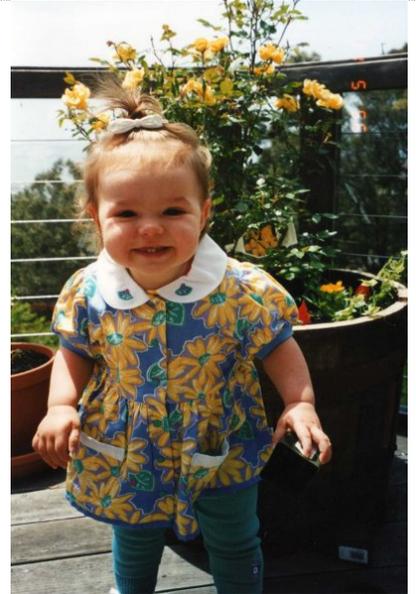
**Class of 2012**



*"What you are is what you have been.*

*What you'll be is what you do now."* Buddha





## **Jenna Haufler (Pomona)**

Despite knowing five years in advance that this letter would eventually conclude my journey on this team, I am still at a loss for words about what want to say and leave behind as my legacy. During practice, I began brainstorming a unique letter, one devoid of overused expressions of gratitude and appreciation, but it's near impossible to describe the team that "changed my life" and "made me a different person" without dropping a few obligatory clichés here and there. Orinda Aquatics has done so much more than just prepared me through my swimming career; it has prepared me with life skills and values that I will carry on my many journeys into the future. I could spend a lifetime giving thanks to the Orinda Aquatics coaches for the impact they have made on my life, and I will forever cherish the inimitable effect that the team as a whole has had on me as an athlete, teammate, and person from the very beginning.

On my first travel trip to San Diego during the spring of 2009, I was a little apprehensive about what to expect. As a mere freshman and a rookie member of the Senior Group, I felt subordinate to the intimidating upperclassmen and feared being judged based on how fast I swam and what place I came in. Yet, my irrational fears diffused quicker than I would have imagined. What struck me immediately was how different the team dynamic was from any other I had ever been on. It took me by surprise when I was assigned a hotel room with a senior and was immediately welcomed with open arms. I wasn't forced to sleep on the couch, wasn't by default the last one to shower; none of the customary freshman inferiority existed on this team. Those upperclassmen that I roomed with, swam with on relay teams, and sat next to on the vans were no longer the distant and unapproachable "older kids," but soon became my mentors, role models, and, most importantly, best friends. The rigid rifts that I had internally carved between us ceased to exist, maybe even never existed at all. It didn't take long to realize that together we were, and always will be, a team.

The tears that accompany each graduating class are always filled with sorrow and memories, but also with a hint of hope for the future of the team in the incoming freshman class. Although every year the departing seniors are irreplaceable, the nurturing family this team provides continues to flourish with each new member, just as it did when the class of 2012 was starting on its path four years ago.

Thank you to the previous members of the team and my former mentors – you have left behind a legacy of high integrity and unparalleled leadership, one that has shaped this team into what it is today. Thank you to the current OA athletes and my swimming family – you have filled (and overflowed) the spaces and gaps left by the irreplaceable graduating class every year. Now open your own arms to the new swimmers in the fall and continue encouraging the environment that originally welcomed you. And to the future swimmers of Orinda Aquatics – you are embarking on a journey you will never forget, filled with people that are the epitome of high character, humility, and greatness. Make the most of it.

Thank you coaches – Donnie, Ronnie, Matt, and Marc – for fostering such an environment and for transforming the traditional relationship of coach and pupil into an extraordinary personal connection and overall positive atmosphere on the pool deck. From quoting *Date Night* and giving impromptu economics lessons during sets, to dancing the "Single Ladies" dance and continuing a five-year CD exchange (I'm still waiting, Marcus), you all have had an unforgettable impact on my journey throughout the years. Please continue to inspire future swimmers in the same way that you inspired me. Thank you for everything. Jenna

## ***Sam Swinton (Tufts)***

I live in a world of chlorine and goggle tans. My mother was a swimmer, her mother was a swimmer, and for the past ten years of my life, I have been pushed to fill their flippers. When we moved from Massachusetts to California in 2004, swimming evolved from a maternal pressure, to a cultural pressure. In my zip code alone, there are nine recreational teams and three club teams. Everyone swims. My first year, I swam on a recreational team over the summer. I discovered, that compared to the competition on the west coast, my talents were humble at best. However, that didn't discourage my mother from signing me up for the more competitive year-round club team, Orinda Aquatics.

I wish I could say that first day of OA practice was when it all changed, but it wasn't. I continued to struggle, spending the entirety of my first two years in lane one, getting lapped by the other two slowest people on the team. By the end of those two years, I was thirsty for the glory of being moved up to lane two. I pushed myself, as hard as my eighth grade body would let me, and by the end of the year, I found myself in lane seven. Then it clicked. I was in lane seven because I wanted it, worked for it, and deserved it. My mom hadn't put me there; I made it all on my own. Swimming grew from my mother's dream, to my passion. Walking on to the deck of the Orinda Aquatics high school group work out, I was prepared to be a "warrior". Not one teammate would lap me, and no set would beat me. However, I soon learned how much more there was to success than speed.

The team motto "character first" had been printed on my swim cap for the past three years and I hadn't stopped to think about it. It was on my head, but not in it. Ronnie and Donnie definitely set me straight. At the end of every week, they shared articles and anecdotes regarding character models. Over the past four years of these Friday meetings, grueling workouts, and tough meets, I have watched my teammates and I become the character models we'd read about.

From an athletic perspective, I have developed from a barely "B" time standard swimmer, to a Sectional Championship qualifier and League Championship finalist. More importantly, however, I have become the dedicated, disciplined, humble, team oriented, and integrity-driven person I believe I am today. The most concrete example of this is my development of leadership. From four years ago, I have matured from a shy freshman to varsity team captain and All-American. This transformation, however, is just a small step in what I want to accomplish.

Just as my coaches have done for me, I want to exemplify a character-driven individual in order to make a difference in the lives of others. I want younger swimmers to be able to look at my teammates and me, and strive to emulate our sense of integrity and self-discipline. Leaving the program, I want to bring the philosophies of Orinda Aquatics with me because I know I can't bring Ronnie and Donnie themselves. I wouldn't be the person I am today without your support and guidance. Just saying thank you can never be enough to repay you both for what you have given to this program and to me. Your compassion, understanding, wisdom, spirit and laser tag skills are untouchable. I know I will be able to turn to either of you now and down the road with good news or bad and you'll be there for me. Thank you for everything.

The Parents! This program exists because of your support. Thank you so much for all the hours you've put in to make our team possible. Mom and Dad: saving the best for last. You have sacrificed so much for me and I don't take any of it for granted. I love you!

## **Allie Light (UCLA)**

Having moved to Orinda from Berkeley, my parents were shocked when OMPA started and not having a car decked out in paint made you the odd man out. In this community swimming is a given; it's just what every kid does at some point. Like all other little kids, I really took the sport for granted, not knowing what an integral part of my life it would become. I went to swimming when it was time to go to swimming, and raced when it was time to race, and when it wasn't practice time or race time I was very content in my own 8 and under world of tag, card games, and red rover.

When I learned of year round swimming I didn't think twice about it. To me it was the next rational step in my so far very short swimming career. Little did I know my parents were hesitant about wanting me to join. They knew the kind of commitment year round swimming was and weren't sure if it would be too much too soon. But being the wonderful parents that they are, they accepted my decision to join Orinda Aquatics without a single word of disagreement. And so started my time with Orinda Aquatics. I had no idea what I was getting myself into then, but am so appreciative now for being brought up in the Orinda Aquatics culture and having the friends that came with it. Rec swimming sparked my love for the sport, but Orinda Aquatics has shaped me not only as an athlete, but as a person.

To the underclassmen: The key to remember is the bliss of age group swimming. If you can remember the joy you got out of going to age-group practices just so you could simply be in the water then you will never "burn out" and most likely you'll have more success and more fun in the pool. Orinda Aquatics is an amazing team, invest yourself in the OA culture and you'll be forever grateful.

To the team: There's a special bond between swimmers, something approaching a cult, that ties us together in an "I know what you went through" way. With this connection we support one another in an unspoken way, past a high five after a good race or a hug after a bad one. Thanks for always being there with "Red Wall" support during practice and races.

To Donnie and Ronnie: Thank you so much for all the support and guidance over the years. I owe so much to you both and the program you two created--thank you for putting your hearts into this program and the kids that come through it. Swimming has taught me so much about discipline and hard work, but you have taught me about being an extraordinary person. Love, Allie Light

## **Kelly Noah (UC Santa Barbara)**

Dear Ronnie, Donnie, Dave, Matt, and Marc,

This is not a goodbye letter. It simply can't be, because my time in Orinda Aquatics will never really be over. I am writing this as a thank you for all of the memories and lessons I've gained which will last me a lifetime.

As I approach the last few days of my swimming career, I can't even wrap my head around the idea that a five-year journey's worth of challenge, joy, adversity, and success is about to come to a close.

Back in eighth grade when I made the big switch from recreational to year-round swimming, my friends asked me why I wanted to swim all year on such an intense team. I explained that I loved swimming so much that I wanted to do it more seriously and continuously, but honestly, at that time I still didn't realize exactly what I was committing myself to. I remember meeting Donnie for the first time and having this overwhelming impression of someone who cares fiercely about what he does. Even when I first joined, the coaches' dedication to instilling passion and drive in young athletes was obvious.

Starting from day one, I began to understand that OA was not at all just about a team producing a group of talented swimmers. In fact, the competitive speed in the water was merely a by-product of a uniquely supportive and inspiring atmosphere. I felt absolutely blessed to be welcomed into a family of people who challenge one another to perform at the highest level possible, and cheer each other on every step of the way. I formed unbelievably strong bonds with my teammates, connecting through our shared desires to commit to something greater than ourselves. I owe the deepest gratitude to the OA vets who were my mentors and my role models. I owe thanks and congratulations to my graduating OA classmates who were my confidants and best friends for five transformative years. And I want to wish many more fulfilling years to my younger friends who will continue to uphold OA's outstanding reputation as an impeccable organization.

Most of all, I need to thank the coaches for creating and maintaining a program that has helped me gain the confidence, diligence, leadership, and motivation that will serve me greatly in the upcoming years and beyond. Thank you Marc and Matt for your passion for working with kids and your tireless enthusiasm. Thank you Dave for your dogged faith and kind heart. Thank you Ronnie for your swimming expertise and unwavering commitment to excellence. And thank you Donnie for the countless pieces of all-aspects-of-life advice (even relationship advice), the never ending support in everything that I do, and the genuine love for bettering the lives of others that pours out into all of your actions. Thank you also to all of the parents who have helped make this team possible. I may never experience another steadfast group of individuals quite like this. With love, Kelly Noah

## Grace Linderholm (NYU)

Dear Ronnie and Donnie, and OA,

I can't really say how grateful I am to have found Orinda Aquatics. I would have to say, first off, that my biggest regret in high school is that I didn't join Orinda Aquatics sooner.

A lot of people who look at sports teams see most of the negative aspects. Sports teams are stereotyped as wells of peer pressure. And to a certain extent, it's true. We are influenced by those around us, and are very aware of social pressures. But that's why I'm so lucky to have experienced Orinda Aquatics, because whatever pressure we're under, it is the *right* pressure. On Orinda, I was encouraged to work to not complain, to be strong, and to be independent, *and happy*. Though not everyone may know it, this team helped me through some of the toughest moments of my life so far: family sicknesses, life-changing trips, and college rejections. Every time I doubted myself, or lost my way, Orinda was there to reaffirm my faith in humanity. It may seem exaggerated, but it's true.

I joined Orinda Aquatics as a junior, well after most people, and instantly, I was shocked by how different it was from other sports teams. I still remember my first days on the team, and the early friends I made. Before I joined, I had wanted to quit sports entirely. I couldn't seem to find a place that wasn't based on internal competition or unhealthy pressure. I tried soccer, track, cross-country, and water polo to find exercise that could be healthy on all levels: mind and body. Repeatedly throughout my childhood, my mom had suggested I try year-round swimming. But I always rejected the notion offhand. And who could blame me, looking at my rec swimming experiences? All the competition, the stress, the off-pace workouts and the total lack of team unity were awful. I couldn't stand the idea of dealing with that all year long. But Orinda Aquatics surprised me completely. Instead of being about doing well, it was about doing *good*. As much as the team helped me through my moments of weakness, it also celebrated my moments of strength.

There's this political theory that I learned about sophomore year. Hegel's dialectics is a theory that can essentially be applied to any scenario. To simplify it, it basically says that trends move in waves, much like boom and bust cycles in the economy. That in any human movement, like a ruling regime or a protest, there will always be an opposing force rising up-an undercurrent. And what I love about this theory is that it applies to literally almost anything. If you look at fashion trends, the economy, eating habits-it seems like everything moves in cycles, constantly being undermined and built back up. At this point in time, I see Orinda at the height of its wave. I love the people I see around me. I see them as leaders. I see them as kind, and yet I still see them as amazing

swimmers. But then I think back to the legacy that's come before us. From Olympic swimmers to naval officers to Ivy League-ers, there is no end of greatness to what has come before us. And when I look to the future of this team, I see the same thing. The younger kids are motivated and excited to be here, and they're kind.

So when it comes to Orinda Aquatics, I'd say that Hegels's dialectics does not apply. The wave that has been built over the years never seems to crash down. In fact, it only seems to be building momentum. And that's because Orinda Aquatics isn't just a swim team. It's not a "movement" towards better character, or a sports team that relies on the performance success of a few individuals. It's a family. And there is no current out there that could possibly drag it down.

I will never be able to articulate how overwhelmingly grateful I am to you, Ronnie and Donnie, and to all the parents, the siblings, and of course, my teammates. Your influence, your kindness, your support, and even your judgment have shaped me more than you can know. I am so impossibly proud to be a part of this team, and I can't thank everyone enough for the gifts they have given me. Strength, endurance, love, compassion, patience, and courage, and I could go on. In conclusion, I will miss you. And again, thank you. Sincerely, Grace Linderholm

### ***Alexandra Spencer-Wong (Middlebury)***

Dear Ronnie, Donnie, Matt, Marc, and the rest of the OA Community,

There are not enough words in the dictionary to adequately encapsulate my experience on this team. **Matt and Marc:** Thank you for helping me transition from being a complete outsider to feeling comfortable in my first months on the team. Without your guidance and welcoming nature, I would never have made it this far on OA.

**Ronnie and Donnie** (Rafting Buddy!): Thank you for teaching me life lessons and applying them to swimming. Especially in this past year, I have begun to realize the importance of creating well articulated strategies and relying on my mental fortitude to finish more strongly and emphatically than I began. Your generosity is unmatched.

**My teammates:** I am honored and humbled to call you my friends. You truly have created the most amazing atmosphere of "positive peer pressure". During my time at OA, I felt a need to improve myself for the sake of my teammates and to give back to such an amazing group of people. Whether we bonded in the lanes at practice or while at Clovis (or any other meets), I can guarantee you had a positive influence on my life. In a time when rampant apathy pervades the teenage culture, I am constantly astounded by the drive, perseverance, and sheer work ethic you exhibit on a daily basis. You really are the most inspirational group of people I have ever met. One of the most remarkable qualities I've observed during my years on OA is the lack of standard age hierarchy. Each swimmer, regardless of age or experience, is equally respected and admired. I frequently found myself striving to emulate some of the sophomores who fearlessly charged ahead during the most difficult of workouts. **The OA Families:** Thank you for dedicating countless hours to making this team as spectacular as it is. From driving carpools to working the snack bar at meets to raising such amazing individuals, you have done it all.

I'll conclude with a story that manages to transcend the many thousands of cherished memories from my experiences as a part of OA. After clambering aboard the bus home from the 2008 rafting trip, my friends and I (recent graduates of the 8th grade) found ourselves seated behind one of the seniors. He leaned over the seats and introduced himself as Shane Tutass. When we realized we were going to be two hours late, he offered his cell phone for us to alert our parents. However, I was only able to get a hold of my parents as we reached the parking lot-- and they were stuck in traffic. Rather than climbing into his car and driving off like the others, Shane sat with me for 45 minutes on the bench outside the Soda Center, discussing everything from my potential to qualify for JO's that summer to navigating the social dynamics of high school to his qualms about entering Columbia in the fall. His act of selfless generosity and true compassion shocked me at the time. However, after my five years on Orinda Aquatics, I can say that I am not the least bit surprised that someone from this team would take the time out of his day to do a good deed, even when no one but a shy eighth grader was around to see it. Thank you again. Sincerely, Alexandra Spencer-Wong

## ***Nikki Jackson (University of Nevada, Reno)***

Dear swimmers, coaches, and families: I will do my best to put this journey into words, but it has truly been an experience that words cannot adequately describe. When I first joined this team four years ago, I had no idea of the priceless journey of which I was about to embark on.

First of all, thank you Marc and Matt for everything you do for this team and never failing to remind me that I am sassy. Matt, thank you for spending almost 10 years attempting to fix my "lobster" freestyle; something Ronnie wouldn't even attempt.

Donnie, you truly are one of the nicest people I've ever met. The inspiration and knowledge that you bring to the team is invaluable. I never get tired of your (sometimes funny) jokes. Because of all the guidance you've both given me, I am able to make positive choices in which have helped define the woman I am today. Thank you

Ronnie for everything that you have done for me as a friend, a coach and a mentor. Even though the first time we met you asked me if I was "one of those gothic girls," I still appreciate everything. And although you initially rejected my invented slang words and would always ask me to spell them, such as: "whater" "awkwardddd" "janky" and "fo realiz," I am glad you eventually came to peace with them and adopted them into your vocabulary. The most important thing you taught me is that it isn't about being the most popular, the most "social", or the prettiest, but it truly is about the person you become on the inside. You've always been there for

me and I am thankful that you always believed in me and never "cut the cord". Whether or not you tolerated me in hopes of my mom making you cookies, I am thankful either way. You have set a very high standard as coaches and I cannot wait to swim next year and make you proud. Thank you for everything, I am so blessed to call you both my friends.

Mom, Dad and Paul, thank you for all of your unconditional love and support. I would be lost without your friendships and the life lessons of immeasurable value you have taught me. I am so lucky to have all of you in my life.

As I look back at these past four years, I think about all of the things that I have been through. Before I joined this team, I thought it would be all about MY swimming career and MY future. But as I reflect back, that is the last thing that I think about. Instead, I think about all of the friendships I have made, how competitors became friends, how envy, became friendly motivation and drive, and how the thought of quitting was never a consideration. Although I have encountered several challenges these past four years, it doesn't matter in the slightest because I have gained more from this program that I could ever have imagined or asked for.

Joining Orinda Aquatics was easily the best decision I ever made. It is not very common to find a competitive sports team where maturity and character is valued more than talent. Not only have I learned dedication and modesty from my years on the team, but I've also learned to see the big picture in everything I pursue and to always look at life with a positive attitude. As I get ready to start a new chapter in my life, I will always cherish the opportunities I have been given and the lessons I have learned from my experiences. Every person on this team is an amazing individual. My teammates have taught me so much about myself and inspired confidence in me and who I am as a person. I thank you for your loyalty; I would not have enjoyed these four years so much without you all standing beside me with your love, support and inspiration. It is surreal to look at the end of the pool when you get up on the blocks at a big meet and see a sea of red supporters at the other end; or get to practice in the morning and seeing everyone so positive, even though it is 5:15 in the morning; or hearing positive comments like "great set" or "man you were 'hauling'" thrown around after completing a hard workout. It is a gratifying feeling when you can come to practice and not be judged or feel overwhelmed by drama; but instead be able to just talk to a teammate about anything.

To all of the current team members; value the time that you have left on this team and in this community. It isn't until you're ready to leave that you realize what a great program this is and the phenomenal friends you are going to miss. I have so many great memories with all of you and you have changed my life forever. Although our swimming careers may just be a short part of our lives, I know that the friends that I have made here will be my friends forever because of all that we have been through and the experiences we have shared. Thanks again to the teammates, families and coaches that have touched my life. Thank you for a journey that I will never forget. With love, Nikki Jackson

### ***Megan Freeman ( Emory)***

Dear Team,

I don't know how exactly I am supposed to sum up three years of Orinda Aquatics in a letter, though now that I say it, three years really doesn't sound like that long. I guess for most of you guys, three years of year-round swimming really aren't that long. It was long enough, though, to make me into a completely different person. I don't mean this in a hyperbolic way—I really am different. For one thing, I can now swim a 100 breaststroke 20 seconds faster than when I began as a sophomore. I can also now complete an entire set and only get lapped maybe four or five times instead of 10 (I really am struggling a little bit less, Ronnie!) I can pull covers in the rain, make myself stop shivering when Donnie gives his "above the weather" speeches, and wake up at 4:50 a.m. multiple times a week—a task that I previously believed to be impossible.

These things may seem inconsequential, but when I look at the person I was before I started OA compared to who I am now, it's a little shocking. To turn a pessimistic, chunky, lazy, inconsiderate, self-absorbed 15-year-old who Donnie thought was "serious" and Ronnie thought would quit, into an optimistic, hardworking (captain of the "get jacked and win! club), semi-serious athlete (though Donnie and Ronnie rarely take me for one) takes a special program. I can't explain enough how incredibly blessed I feel to have been a part of this incredible team.

"Thank you" is not a strong enough phrase to express my gratitude, but it will have to suffice. Thank you, team, for tolerating my awful jokes and even worse dancing, thank you for supporting me and encouraging me when things were tough, thank you for being the best friends I've ever had, and thank you for teaching me how to be a good athlete *and a better person*. I love you all, and don't even want to think about how much I'm going to miss you at school next year. Much love, Megan Freeman

### ***Dominic Patterson (Diablo Valley College)***

Dear coaches, families, and teammates,

First of all, I want to thank all of you for giving me a unique and an amazing experience as an athlete, as a teammate, but most of all, as a person. Being a part of this team really has been a privilege and an honor. To be in an environment where I know I can be myself and be comfortable is truly a blessing. I have never come across a better group of people in my years as a competitive athlete where there is nothing but good sportsmanship, humility, and of course character. When I first joined Orinda Aquatics I was a nervous young kid who thought I wouldn't fit in with the group of swimmers because of their high expectations and standards. After being on the team for only a few months, I found myself on my first travel meet, rooming with two seniors. My first thought was that I would be sleeping on the couch because I was a freshman. When our names were called out, they both came up to me and without hesitation offered me a bed for the first night. At first I thought they were kidding, but they insisted that I take a bed. After that night, I not only became comfortable, but extremely proud to be a part of this team. I learned that a simple act of reaching out to a teammate can I have a profound impact on them, I have tried to do that. Everyone has the opportunity to be a leader, but it is a privilege to be considered one.

Ronnie, you have made me embrace the sport of swimming more and more as the years went on. You have made my experience at Campolindo one of the best experiences I could ever have, and I could not thank you enough for that. "Winning takes talent, but to repeat takes character." Donnie, you have always believed in me and stayed with me since the very beginning. I had many obstacles to overcome, and you were there for me and brought me back to my feet and I cannot thank you enough for that. Finally, mom, I don't know where to start. You have done so much for me I don't know where to begin to thank you. I will always love you and that will never change. To future leaders of this team - embrace every moment you have with your teammates and your time as an athlete, always reach out to a teammate, and thank your parents, ALWAYS. Finally, I want to thank my awesome teammates. YOU GUYS ARE AMAZING!!! I could not have asked for a better group of friends! Thank you and keep putting CHARACTER FIRST. Love, Dominic Patterson

### ***Shannon Herman (San Diego State University)***

It's hard to believe that 8 years has passed since I joined Orinda Aquatics and that I will be leaving for college in just a few short weeks. Words cannot begin to sum up my memories or experiences on OA. Joining this team has been one of the best decisions of my life and I will always cherish the memories I made with my fellow teammates and coaches. Being on OA has taught me so much more than just swimming. I have learned how to successfully

manage my time as a student-athlete, how to set goals, rise above adversity, and to always keep the bigger picture in mind. I appreciate the lessons I have learned from the countless team meetings and articles handed out on Fridays. I admire OA's philosophy of a team based on integrity, humility, dedication and character and will continue to uphold these morals during my college years and beyond. As a younger member of the team I was so blessed to have a great group of role models that helped guide me in the senior group. I knew someday I would like to have the opportunity to lead and guide the younger senior swimmers. I couldn't be more proud to be called a team captain at Orinda Aquatics.

Thank you Matt and Marc, for making my time in the junior group unforgettable and for preparing me for the senior group. Matt, I will never forget my first day on the team. You placed me in the "cupcake" lane, perhaps because you thought I was sweet? Thankfully I graduated from the cupcake lane the next day. Also thank you for pushing me every day in practice to prepare me for the next level. Thank you Marc, for always providing me with your breaststroke expertise and somehow you always made practice fun and exciting.

Donnie, thank you so much for always reminding us to stay positive and to "be above the weather". Your dedication to the team is truly inspiring and doesn't go unnoticed. You have made such a difference in my life and the lives of so many others. For that, I am forever grateful.

Ronnie, where do I start? When I first started swimming with you I was intimidated and didn't say much. You reminded me of that daily! Can you believe I was shy, quiet and reserved? Over time, I have regarded you as so much more than my swim coach. Your patience, dedication, and trust means so much to me. Thank you for always believing in me and being supportive of my swimming career. Thank you for pushing me every day in practice and helping me improve not only as a swimmer but as a person as well. I am appreciative that you never "cut the cord" on me even during the rough times and instead pushed me harder to help me achieve my goals. I could never be where I am today if it wasn't for your daily guidance in and out of the pool.

I would also like to thank all of my teammates for making my eight years on Orinda Aquatics truly amazing. I will always cherish the many memories we shared together at practice, team bonding activities, and travel trips. You have all made such a positive impact on my life and I will always "remember the little people!" Love, Shannon