



RON/DON HEIDARY,
ORINDA AQUATICS

THE ART OF TEAM TRAVEL

DON/RON HEIDARY, CO-FOUNDERS



- 40 years of coaching (summer-league, high school, USA Swimming)
 - ASCA Level 5/ASCA Board
 - Positive Coaching Alliance recognition
 - OA (130 swimmers) – Silver Medal, Top VCC under 200, 10-15 junior national swimmers/year, 50 collegiate team captains
- Work with large groups (teenagers)
- Travel multiple times a year (5+ for 25+ years)
- Each trip is planned in GREAT detail and with a daily pursuit



WHY ART?

- Must have an overall vision
- Slow, methodical process
- Everything is related
- Must pay attention to every detail
- End result is the result of each (brush) stroke (kid, action, intention, etc.)
- Masterpiece, picture, or ...?



IT WILL DEFINE THE TRUE CHARACTER OF YOUR TEAM

- Integrity
- Attitude
- Respect
- Resilience
- Leadership
- Maturity
- Competitiveness
- Compassion



BACKDROP

- What culture exists that might define travel?
 - Leadership/maturity
 - Discipline issues
- What are your travel objectives?
 - Culture, integrity, performance, survive
- What are your procedures?



KEY (OA) TRAVEL

TEAM SIZE IS 130 (TRAVEL IS ALL HIGH SCHOOL AGE)

- Clovis – Juanita Allington – 103 (max) 2 full buses
 - Team - inclusive
- Sectionals – 50
 - Development – performance focus leading into high school championships
- Winter Juniors – 20
 - National development
- High School/Mission Viejo – 40+
 - Teambuilding



OA BACKGROUND

- Team growth – top heavy
- Team backdrop – character driven
- Travel vision
 - Set early and aggressively (best in nation)
 - Challenged the “status quo”
 - Transcend teen norms



OVERVIEW/STAGES

- Culture (backdrop)
- Preparation (planning)
- Execution (every minute/detail)



CULTIVATING TRAVEL *(IN ADVANCE)*

- Develop relationships with kids as uncompromising leaders (ongoing)
- Build travel standards into team culture (not as a random event)
- Present a vision, and an opportunity to lead (and follow)
 - So “success” is predetermined
- Be clear on behavior expectations (AS A RULE)
- Team travel should be (is) evaluated everyday in workout

- DO NOT leave it to chance, or to kids, or to social hierarchy
- THE ONLY VARIABLE SHOULD BE PERFORMRANCE (or weather)



BEGINS WITH JUNIOR GROUP (AGE-GROUP) 9-14

- Weekly meetings on leadership (future leaders), integrity, team commitment, *and travel*
- To learn independence, accountability, AND trust, we have:
 - Self-run dryland
 - Self-run workouts
- Discussion about being better without a coach
- A direct tie to travel



SIX AREAS OF ONGOING EVALUATION

1. Attendance
2. Effort
3. Maturity
4. Team commitment
5. Meet commitment
6. Technique



CLOVIS 2015

Stat recap

- 91 swimmers/teenagers
- 2 charter buses
- Over 30 *first-time* travelers
- 3 coaches
- 0 chaperones/0 bed checks
- 0 swimmers late for any departure
- 0 problems
- A “K” relay! (that’s 48 girls into 12 relays!) – maybe a national record!
- Nearly 400 best times!
- Nearly 1,000 points scored to win the meet
- Over 30 hotel rooms (on four floors)
- Over 600 meals (lunches and dinners) organized and served over 4 days
- *1 amazing team*



NOTE TO TEAM/PARENTS (POST TRIP) FROM COACHES

- I was talking to one of the swimmers a few weeks ago and she mentioned that a new swimmer on the team was very excited about the upcoming Clovis trip. I thought a little about it, and while I was encouraged to hear that, I was a little surprised. It is in fact, *a swim meet*, and in this case, a swim meet in less than ideal weather, *and* we do nothing in terms of activities. Of the fifty plus waking hours in Clovis, only about six are not “meet” related. There is virtually no downtime or free time. And yet, kids come back talking about what a *great experience* it was. To most people, spending fifty hours at or around a swim meet in poor weather would not be considered “a great experience”. Yet for these kids, it is. And the reason is not watching hundreds of heats. It is in being with an extraordinary peer group, in a positive, caring culture, and being a part of a great swimming and team effort. And the critical piece in all of this is leadership and integrity, and the pursuit of a perpetual leadership model where upperclassmen are impeccable role models and younger swimmers aspire to that role in the future.

CULTURE

- Set a vision
 - Define it
 - Sell it to the team
 - Sell it to leaders
 - Reach out to problematic kids
 - Sell it to the parents (and BOD)
 - Introduce it to the younger swimmers



CULTURE CONT.

- Integrity
- Leadership
- Mentorship
- Support
- Service

"Come to the edge." "We can't. We're afraid."
"Come to the edge." "We can't. We will fall!"
"Come to the edge." And they came.
And he pushed them ...



And they flew.

Guillaume Apollinaire



- Must be the driving force in your program and then will become a foundation for travel

THE BOTTOM LINE TO BEHAVIOR -

Integrity has no need of rules. Albert Camus

First pursuit



THE BOTTOM LINE TO LEADERSHIP -

- I start with the premise that the function of leadership is to produce more leaders... **Ralph Nader**

Second pursuit



PREPARATION

- Purpose of meet
- Who attends and why
 - Qualification
 - Attendance
 - Maturity
 - Plan ahead for “threats”



EVENT PLANNING

- Draft to each swimmer to review
- Swimmer review (confirm)
- Potential to scratch down
- Time trials
- Relays (lead-off)



EVENT DATA

CLOVIS & SECTIONALS EVENTS

- NOTES:
- For Clovis swimmer, NEW QUALIFYING TIMES may be entered (by midnight Sunday Feb 26).
 - Sectional swimmers optional to go to Clovis some some days (not all) to get more swims and possibly finals swims.
 - Time trials can be swim any day. "tt" only indicates a possible event to swim and not necessarily on that particular day..
 - If a Sectional swimmer is not suggested to swim at Clovis and you want to, talk to Ronnie.

		Clovis Senior Travel Meet											Sectionals																
		Th	Friday				Saturday				Sunday					Th	Friday				Saturday				Sunday				
		1000 F	100 F	200 F	100 B	500 F	200 F	200 B	50 Fr	400 IM	100 F	100 B	100 B	200 IM	1650	dist F	400 F	500 F	100 B	200 IM	200 F	100 B	200 F	400 IM	50 Fr	100 F	200 B	200 B	dist Fr
1	Maggie Buckley		X	X	X			X		X		X	X	X				B									X		
2	Sophia Cavalli	X	X	X		X										X	X		X	X		X	X		X	X			
3	Megan Colpo									X		X	X					B		X							X		
4	Eloise Engs						X	X		X	X		X				tt			X	X	X	X						
5	Lexi Folk																B			X	X	X							
6	Elizabeth Follmer						X	X	X	X	X		X			X	X	X	B		X		X		X		X		
7	Emily Gebhardt		X	X			X	X								X						X	X						
8	Channing Hanley																	B		X						X			
9	Paige Hanley																	tt		X					tt		B		
10	Lindsay Hemming		X		X	X	X			X		X	X																
11	Margaux McDonald															X		X	X	X	X		X				X		
12	Maddie Smith																X	X	X		X	X				X			
13	Natalie Ung						X	X	X	X		X	X					B		X		X		X			X		
		1000 F	100 F	200 F	100 B	500 F	200 F	200 B	50 Fr	400 IM	100 F	100 B	100 B	200 IM	1650	dist F	400 F	500 F	100 B	200 IM	200 F	100 B	200 F	400 IM	50 Fr	100 F	200 B	200 B	dist Fr
14	Samuel Ayers						X	X	TT 100Fr									tt		B	X		X	X					
15	Alec Baker									X	X		X			X	X	X		X		X	X		X	X			
16	Max Cruz															X	X	X			X	X		X	X				
17	Spencer Daily															X			X	X	X	X		X	X				
18	Henry Flanders															X		X	X		X		X			B			
19	Derrick Garcia						X	X								B	X				X								

RELAYS

Orinda Aquatics - Clovis Sr Meet 2015 - GIRLS RELAYS

	Summer	MF	400	Summer	400	Summer	400 MR
1	Ashby, Mary	F	A	Ashby, Mary	A	Ashby, Mary	ABack
2	Campbell, Lis	F	A	Campbell, Lis	A	Erickson, Katie	ABack
3	Therion, Claire	F	A	Therion, Claire	A	Therion, Claire	AFly
4	Ward, Emily	F	A	Ward, Emily	A	Campbell, Lis	AFree
5	Cane, Katherine	F	B	Faust, Lucy	B	Ward, Emily	BBack
6	Faust, Lucy	F	B	Kosturov, Sophie	B	Colpo, Megan	BBreak
7	Kosturov, Sophie	F	B	Morlock, Natalie	B	Moran, Melany	BFly
8	Hsu, Kylie	F	B	O'Brien, Kiera	B	Kosturov, Sophie	BFree
9	Csvalli, Sophia	F	C	Csvalli, Sophia	C	Lee, Francis	CBack
10	Lee, Francis	F	C	Lee, Francis	C	Baker, Liv	CBreak
11	Morlock, Natalie	F	C	Erickson, Katie	C	Hsu, Kylie	CFly
12	Erickson, Katie	F	C	Hsu, Kylie	C	Faust, Lucy	CFree
13	Colpo, Megan	F	D	Roche, Caroline	D	Hu, Jessica	DBack
14	O'Brien, Kiera	F	D	Hunger, Margaret	D	Larsen, Kathy	DBreak
15	Roche, Caroline	F	D	Baker, Liv	D	Hunger, Margaret	DFly
16	Baker, Liv	F	D	Colpo, Megan	D	Morlock, Natalie	DFree
17	Hendricks, Rachel	F	E	Hendricks, Rachel	E	Hendricks, Rachel	EBack
18	Hunger, Margaret	F	E	Nagle, Katie	E	Larsen, Amy	EBreak
19	Lee, Katie	F	E	Owyoung, Mallo	E	Roche, Caroline	EFly
20	Napier, Claire	F	E	Sweeney, Jennifer	E	Cane, Katherine	EFree
21	Moran, Melany	F	F	Chang, Audrey	F	Boese, Sarah	FBack
22	Nagle, Katie	F	F	Chang, Jio	F	Owyoung, Mallo	FBreak
23	Smith, Sydney	F	F	Napier, Claire	F	Wolkert, Laurel	FFly
24	Sweeney, Jennifer	F	F	Cane, Katherine	F	O'Brien, Kiera	FFree
25	Chang, Jio	F	G	Spiering, Maddy	G	Kolm, Natalie	GBack
26	Etayer, Lauren	F	G	Etayer, Lauren	G	Erickson, Katie	GBreak
27	Owyoung, Mallo	F	G	Kolm, Natalie	G	Chang, Jio	GFly
28	Spiering, Maddy	F	G	Moran, Melany	G	Csvalli, Sophia	GFree
29	Birdsall, Caroline	F	H	Larsen, Amy	H	Lee, Katie	HBack
30	Boese, Sarah	F	H	Larsen, Kathy	H	Muller, Jenna	HBreak
31	Brassings, Daph	F	H	Lee, Katie	H	Smith, Sydney	HFly
32	Catalanillo, Sopi	F	H	Wolfram, Erika	H	Napier, Claire	HFree
33	Chang, Audrey	F	H	Birdsall, Caroline	H	Brassings, Daph	HBack
34	Chang, Sarina	F	H	Boese, Sarah	H	Zakow, Zoe	HFly
35	Erickson, Katie	F	H	Brassings, Daphne	H	VonEhrenkrook,	HFree
36	Hsu, Kylie	F	H	Catalanillo, Sopi	H	Wolfram, Erika	HBack
37	Chang, Sarina	F	H	Chang, Sarina	H	Etayer, Lauren	HFly
38	Kolm, Natalie	F	H	Erickson, Katie (twin)	H	Hsu, Kylie	HFree
39	Larsen, Amy	F	H	Hsu, Kylie	H	Nagle, Katie	HBack
40	Larsen, Kathy	F	H	Hu, Jessica	H	O'Brien, Genevieve	HFly
41	Muller, Jenna	F	H	Muller, Jenna	H	Rack, Catherine	HFree
42	O'Brien, Genevieve	F	H	O'Brien, Genevieve	H	Spiering, Maddy	HBack
43	Rack, Catherine	F	H	Rack, Catherine	H	Birdsall, Caroline	HFly
44	Van de W'ngard	F	H	Smith, Sydney	H	Chang, Audrey	HFree
45	VonEhrenkrook,	F	H	Van de W'ngard, Kyla	H	Chang, Sarina	HBack
46	Wolkert, Laurel	F	H	VonEhrenkrook, Ariana	H	Van de W'ngard,	HFly
47	Wolfram, Erika	F	H	Wolkert, Laurel	H	Sweeney, Jennifer	HFree
48	Zakow, Zoe	F	H	Zakow, Zoe	H	Catalanillo, Sopi	HBack

Orinda Aquatics - Clovis Sr Meet 2015 - BOYS RELAYS

	Summer	MF	400	Summer	400	Summer	400 MR
49	Erickson, Nicky	M	A	Erickson, Nicky	A	Stevens, Cole	ABack
50	Griffin, Jolan	M	A	Griffin, Jolan	A	Simpson, Jake	ABreak
51	Stevens, Cole	M	A	Stevens, Cole	A	Griffin, Jolan	AFly
52	Madigan, Jack	M	A	Shaw, Ryan	A	Madigan, Jack	AFree
53	Lennon, Matt	M	B	Madigan, Jack	B	Shaw, Ryan	BBack
54	Lammert, Justin	M	B	Lennon, Matt	B	English, Collin	BBreak
55	Li, Lawrence	M	B	Li, Lawrence	B	Erickson, Nicky	BFly
56	Shaw, Ryan	M	B	Wright, Michael	B	Lammert, Justin	BFree
57	Birdsall, Ryan	M	C	Lammert, Justin	C	Birdsall, Ryan	CBack
58	Nashan, Kai	M	C	Birdsall, Ryan	C	Jacobs, Noah	CBreak
59	Younger, Max	M	C	Nashan, Kai	C	Li, Lawrence	CFly
60	Zhang, Alec	M	C	Zhang, Alec	C	Zhang, Alec	CFree
61	Simpson, Jake	M	D	Ludwig, Derek	D	Chan, Carter	DBack
62	Ludwig, Derek	M	D	English, Collin	D	Hughes, Wylie	DBreak
63	Wright, Michael	M	D	Talfer, Brett	D	Gittings, Will	DFly
64	English, Collin	M	D	Wu, Scott	D	Nashan, Kai	DFree
65	Ayers, Sam	M	E	Ayers, Sam	E	Ayers, Sam	EBack
66	Talfer, Brett	M	E	Wheeler, Michael	E	Talfer, Brett	EBreak
67	Wu, Scott	M	E	Younger, Max	E	Ludwig, Derek	EFly
68	Cane, Paul	M	E	Simpson, Jake	E	Younger, Max	EFree
69	Binnay, Neil	M	F	Binnay, Neil	F	Binnay, Neil	FBack
70	Chan, Carter	M	F	Cane, Paul	F	Teshima, Ryan	FBreak
71	Wheeler, Michael	M	F	Chan, Carter	F	Cohen, Matthew	FFly
72	Gittings, Will	M	F	Gittings, Will	F	Wright, Michael	FFree
73	Hodkins, Callan	M	G	Hodkins, Callan	G	Wu, Scott	GBack
74	Hughes, Wylie	M	G	Hughes, Wylie	G	Rugg, Matt	GBreak
75	Inman, Will	M	G	Thompson, Mads	G	Paterno, Alex	GFly
76	Wilkinson, Jesse	M	G	Dally, Spencer	G	Wheeler, Michael	GFree
77	Cohen, Matthew	M	H	Low, Alex	H	Low, Alex	HBack
78	O'Brien, Eli	M	H	Paterno, Alex	H	Li, Austen	HBreak
79	Thompson, Mads	M	H	Lekki, Spencer	H	Roy, Richabb	HFly
80	Dally, Spencer	M	H	Rugg, Matt	H	Hodkins, Callan	HFree
81	Jacobs, Noah	M	I	Cohen, Matthew	I	Inman, Will	IBack
82	Low, Alex	M	I	O'Brien, Eli	I	Kolm, Alex	IBreak
83	Paterno, Alex	M	I	Wilkinson, Jesse	I	Dally, Spencer	IFly
84	Lekki, Spencer	M	I	Fong, Winston	I	Thompson, Mads	IFree
85	Kolm, Alex	M	J	Kolm, Alex	J	Lekki, Spencer	JBack
86	Roy, Richabb	M	J	Jacobs, Noah	J	Fong, Winston	JFly
87	Rugg, Matt	M	J	Roy, Richabb	J	O'Brien, Eli	JFree
88	Fong, Winston	M	J	Li, Austen	J	Wilkinson, Jesse	JBack
89	Brassings, Peter	M	K	Inman, Will	K	Lennon, Matt	KBreak
90	Li, Austen	M	K	Brassings, Peter	K	Cane, Paul	KFly
91	Teshima, Ryan	M	K	Teshima, Ryan	K	Brassings, Peter	KFree
92	Van de W'ngard	F	L	Smith, Sydney	L	Chang, Audrey	LBack
93	VonEhrenkrook,	F	L	Van de W'ngard,	L	Chang, Sarina	LFly
94	Wolkert, Laurel	F	L	VonEhrenkrook,	L	Van de W'ngard,	LFree
95	Wolkert, Laurel	F	L	Wolkert, Laurel	L	Sweeney, Jennifer	LBack
96	Zakow, Zoe	F	L	Zakow, Zoe	L	Catalanillo, Sopi	LFly



SWIMMER MEETING (ADVANCE)

- Handout (7 pages)
 - Meet overview
 - Meet Expectations
 - Meet objectives
 - Inspirational messages
 - Event plan (individual)
- Hand out meet shirts
- Take lunch orders
- FIRM discussion on expectations



CRITICAL ELEMENTS OF AN EXTRAORDINARY CULTURE

(GIVEN TO KIDS PRIOR TO TRIP)

Build Leadership

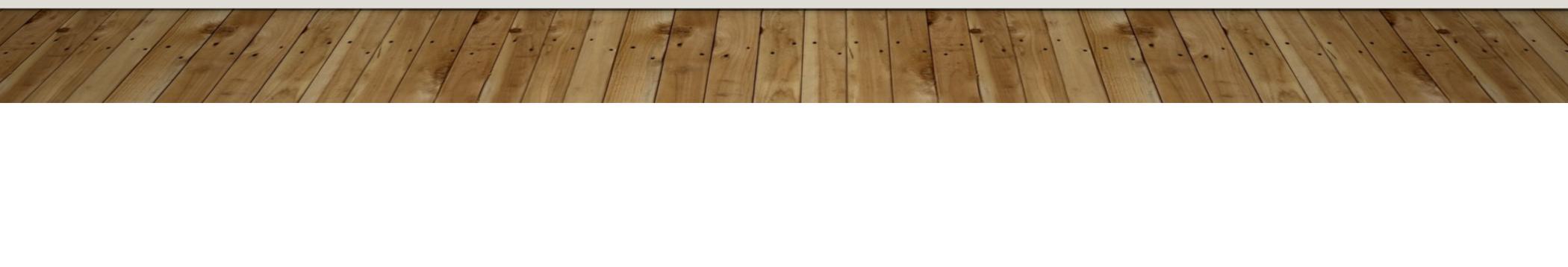
Every team and athlete must know that the younger members are future leaders and role models. Therefore, from day one, swimmers are made aware of the standards and responsibilities and what is expected of them now and in the future. **Hazing** or “tradition” as it is euphemistically put, that makes people feel less or inferior is not tolerated in any form and **has no place in building young leaders.** **If we want extraordinary and inspirational leaders in the future, they must see that play out in front of them and aspire to be that.** Through swimmers (captains, seniors, and anyone of influence), and coaches, young athletes must see role models and leaders. They must see a demonstration of work ethic, integrity, and a resiliency that inspires. We must develop in young athletes, the “uncommon professional”, and an understanding of the moral foundation that drives the culture, the day to day operations, and the success of the program.

Travel Lightly

That is, travel with the absence of attitude, ego, or indiscretion. Our travel policy is very simple. **If you need to be watched (or babysat), you need another team.** We fully expect that our swimmers carry themselves as mature, dedicated athletes (and individuals) on a “business” trip. They owe this to the rest of the team, the culture that defines us, and their parents who pay and support them. We would even say that neutral behavior is not acceptable. They must add value. And if they can’t do that, not only should they not be on the team, they really have no business being an athlete.

The Team Concept

The team concept is a *life concept* and there is no better place to learn it than in an athletic setting. “Team” *is* family, friends, students, co-workers, community, and on and on. It is co-existing and co-producing. The ability to be a good team person or a leader can be developed in the pool, at a meet, and the locker room every day. It requires empathy, sacrifice, and an unconditional commitment to a greater cause. This ability and understanding will serve athletes long after their careers have ended.





Team Attire

Team attire is and should be a **statement of pride and not a policy** in and of itself. Your team attire is your representation of the team. We believe there is a correlation between one's commitment to wear team attire and one's general feeling about the team. Our swimmers do not compete in a meet or travel with the team if they are not in team attire. It is not about the clothes, or the rule, it is about what statement they are making with their appearance.

BACKDROP

- Over 1/3 have never traveled before
- Swimmers want to go even if not swimming
 - Splits, cheers, help, etc.
- Swimmers want to be room captains, i.e., mentors
- Swimmers video trip
- Talked about as highlight of year (note: we are at the met 90% of the time)



PERFORMANCE PREP

- Visualize facility
- Visualize weather
- Visualize warm-up/warm-down, cheering, leadership, resilience, etc.
- Visualize event plans (prelims, finals, relays)
- Make event adjustments (DFS, time trial, rest, etc.)



ORGANIZATION (OF A LARGE GROUP)

- Seat assignment (maintain) – allows immediate accounting
- Room assignments – with iron-clad leadership/supervision
- Group texts to room captains for departures, relays, info, etc.
- Breakfast – groups
- Dinner – eating order/clean-up groups
- Senior (and all) responsible for pop-ups, cooler, team area, etc.
- Buddies/mentors



ROOM ASSIGNMENTS

- Carefully chosen/assigned
- Relationships
- Mentors
- Personality type
- Personal need – sleep/diet
- Stroke kids
- Groups dynamic
- Maturity (need to learn)



ROOM LISTS

Orinda Aquatics - Clovis Sr Meet 2015 - GIRLS RELAYS

	Summer	M/F	400	Summer	300	Summer	400 MR
1	Ashby, Mary	F	A	Ashby, Mary	A	Ashby, Mary	A Back
2	Campbell, Lia	F	A	Campbell, Lia	A	Erickson, Katie	A Break
3	Therien, Claire	F	A	Therien, Claire	A	Therien, Claire	A Fly
4	Ward, Emily	F	A	Ward, Emily	A	Campbell, Lia	A Free
5	Cane, Katherine	F	B	Faust, Lucy	B	Ward, Emily	B Back
6	Faust, Lucy	F	B	Kosturos, Sophie	B	Colpo, Megan	B Break
7	Kosturos, Sophie	F	B	Morlock, Natalie	B	Moran, Melany	B Fly
8	Hsu, Kylie	F	B	O'Brien, Kiera	B	Kosturos, Sophie	B Free
9	Cavalli, Sophia	F	C	Cavalli, Sophia	C	Lee, Frannie	C Back
10	Lee, Frannie	F	C	Lee, Frannie	C	Baker, Liv	C Break
11	Morlock, Natalie	F	C	Erickson, Katie	C	Hsu, Kylie	C Fly
12	Erickson, Katie	F	C	Hsu, Kylie	C	Faust, Lucy	C Free
13	Colpo, Megan	F	D	Roche, Caroline	D	Hu, Jessica	D Back
14	O'Brien, Kiera	F	D	Hunger, Margare	D	Larson, Kathy	D Break
15	Roche, Caroline	F	D	Baker, Liv	D	Hunger, Margare	D Fly
16	Baker, Liv	F	D	Colpo, Megan	D	Morlock, Natalie	D Free
17	Hendricks, Rach	F	E	Hendricks, Rach	E	Hendricks, Rach	E Back
18	Hunger, Margare	F	E	Nagle, Katie	E	Larson, Amy	E Break
19	Lee, Katie	F	E	Owyoung, Mallo	E	Roche, Caroline	E Fly
20	Napier, Claire	F	E	Sweeney, Jennifer	E	Cane, Katherine	E Free
21	Moran, Melany	F	F	Chang, Audrey	F	Boese, Sarah	F Back
22	Nagle, Katie	F	F	Chang, Jio	F	Owyoung, Mallo	F Break
23	Smith, Sydney	F	F	Napier, Claire	F	Wilfert, Laurel	F Fly
24	Sweeney, Jennifer	F	F	Cane, Katherine	F	O'Brien, Kiera	F Free
25	Chang, Jio	F	G	Spiering, Maddy	G	Kolm, Natalie	G Back
26	Etnyer, Lauren	F	G	Etnyer, Lauren	G	Erickson, Katie	G Break
27	Owyoung, Mallo	F	G	Kolm, Natalie	G	Chang, Jio	G Fly
28	Spiering, Maddy	F	G	Moran, Melany	G	Cavalli, Sophia	G Free
29	Birdsall, Carolin	F	H	Larson, Amy	H	Lee, Katie	H Back
30	Boese, Sarah	F	H	Larson, Kathy	H	Muller, Jenna	H Break
31	Brassings, Daph	F	H	Hsu, Katie	H	Smith, Sydney	H Fly
32	Catalanello, Sop	F	H	Wolfram, Erika	H	Napier, Claire	H Free
33	Chang, Audrey	F	H	Birdsall, Carolin	H	Brassings, Daph	H Break
34	Chang, Sarina	F	H	Boese, Sarah	H	Zakow, Zoe	H Fly
35	Erickson, Katie	F	H	Brassings, Daph	H	VonEhrenkrook,	H Break
36	Hsu, Kylie	F	H	Catalanello, Sop	H	Wolfram, Erika	H Fly
37	Hu, Jessica	F	H	Chang, Sarina	H	Etnyer, Lauren	H Break
38	Kolm, Natalie	F	H	Erickson, Katie (twin)	H	Hsu, Kylie	H Fly
39	Larson, Amy	F	H	Hsu, Katie	H	Nagle, Katie	H Break
40	Larson, Kathy	F	H	Hu, Jessica	H	O'Brien, Genevie	H Fly
41	Muller, Jenna	F	H	Muller, Jenna	H	Rack, Catherine	H Break
42	O'Brien, Genevie	F	H	O'Brien, Genevie	H	Spiering, Maddy	H Fly
43	Rack, Catherine	F	H	Rack, Catherine	H	Birdsall, Carolin	H Break
44	Van de Wyngard	F	H	Smith, Sydney	H	Chang, Audrey	H Fly
45	VonEhrenkrook,	F	H	Van de Wyngard, Kyli	H	Chang, Sarina	H Break
46	Wilfert, Laurel	F	H	VonEhrenkrook, Arisna	H	Van de Wyngard	H Fly
47	Wolfram, Erika	F	H	Wilfert, Laurel	H	Sweeney, Jennifer	H Break
48	Zakow, Zoe	F	H	Zakow, Zoe	H	Catalanello, Sophie	H Fly

Orinda Aquatics - Clovis Sr Meet 2015 - BOYS RELAYS

	Summer	M/F	400	Summer	300	Summer	400 MR
1	Erickson, Nicky	M	A	Erickson, Nicky	A	Erickson, Nicky	A Back
2	Griffin, Jolen	M	A	Griffin, Jolen	A	Griffin, Jolen	A Break
3	Stevens, Cole	M	A	Stevens, Cole	A	Stevens, Cole	A Fly
4	Madigan, Jack	M	A	Shaw, Ryan	A	Madigan, Jack	A Free
5	Lennon, Matt	M	B	Madigan, Jack	B	Shaw, Ryan	B Back
6	Lammert, Justin	M	B	Lennon, Matt	B	English, Collin	B Break
7	Li, Lawrence	M	B	Li, Lawrence	B	Li, Lawrence	B Fly
8	Shaw, Ryan	M	B	Wright, Michael	B	Lammert, Justin	B Free
9	Birdsall, Ryan	M	C	Lammert, Justin	C	Birdsall, Ryan	C Back
10	Nashan, Kai	M	C	Birdsall, Ryan	C	Jacobs, Noah	C Break
11	Younger, Max	M	C	Nashan, Kai	C	Li, Lawrence	C Fly
12	Zhang, Alec	M	C	Zhang, Alec	C	Zhang, Alec	C Free
13	Simpson, Jake	M	D	Ludwig, Derek	D	Chan, Carter	D Back
14	Ludwig, Derek	M	D	English, Collin	D	Hughes, Wylie	D Break
15	Wright, Michael	M	D	Taifer, Brett	D	Gittings, Will	D Fly
16	English, Collin	M	D	Wu, Scott	D	Nashan, Kai	D Free
17	Ayers, Sam	M	E	Ayers, Sam	E	Ayers, Sam	E Back
18	Taifer, Brett	M	E	Wheeler, Michael	E	Taifer, Brett	E Break
19	Wu, Scott	M	E	Younger, Max	E	Ludwig, Derek	E Fly
20	Cane, Paul	M	E	Simpson, Jake	E	Younger, Max	E Free
21	Binney, Neil	M	F	Binney, Neil	F	Binney, Neil	F Back
22	Chan, Carter	M	F	Cane, Paul	F	Tschima, Ryan	F Break
23	Wheeler, Michael	M	F	Chan, Carter	F	Cohen, Matthew	F Fly
24	Gittings, Will	M	F	Gittings, Will	F	Wright, Michael	F Free
25	Hodkins, Callan	M	G	Hodkins, Callan	G	Wu, Scott	G Back
26	Hughes, Wylie	M	G	Hughes, Wylie	G	Ruegg, Matt	G Break
27	Inman, Will	M	G	Thompson, Mas	G	Paterno, Alex	G Fly
28	Wilkinson, Jesse	M	G	Daily, Spencer	G	Wheeler, Michael	G Free
29	Cohen, Matthew	M	H	Low, Alex	H	Low, Alex	H Back
30	O'Brien, Eli	M	H	Paterno, Alex	H	Li, Austen	H Break
31	Thompson, Mas	M	H	Lekki, Spencer	H	Roy, Rishabh	H Fly
32	Daily, Spencer	M	H	Ruegg, Matt	H	Hodkins, Callan	H Free
33	Jacobs, Noah	M	I	Cohen, Matthew	I	Inman, Will	I Back
34	Low, Alex	M	I	O'Brien, Eli	I	Kolm, Alex	I Break
35	Paterno, Alex	M	I	Wilkinson, Jesse	I	Daily, Spencer	I Fly
36	Lekki, Spencer	M	I	Fong, Winston	I	Thompson, Mas	I Free
37	Kolm, Alex	M	J	Kolm, Alex	J	Lekki, Spencer	J Back
38	Roy, Rishabh	M	J	Jacobs, Noah	J	Fong, Winston	J Fly
39	Ruegg, Matt	M	J	Roy, Rishabh	J	O'Brien, Eli	J Break
40	Fong, Winston	M	J	Li, Austen	J	Wilkinson, Jesse	J Fly
41	Brassings, Peter	M	--	Inman, Will	--	Lennon, Matt	trial Break
42	Li, Austen	M	--	Brassings, Peter	--	Cane, Paul	trial Break
43	Tschima, Ryan	M	--	Tschima, Ryan	--	Brassings, Peter	trial Break
44	Van de Wyngard	F	***	Smith, Sydney	***	Chang, Audrey	***
45	VonEhrenkrook,	F	***	VonEhrenkrook,	***	Chang, Sarina	***
46	Wilfert, Laurel	F	***	Wilfert, Laurel	***	Van de Wyngard	***
47	Wolfram, Erika	F	***	Wolfram, Erika	***	Sweeney, Jennifer	***
48	Zakow, Zoe	F	***	Zakow, Zoe	***	Catalanello, Sophie	***

BUS LISTS



name on room list						M/F	group	Clovis	Bus	Th	Fri	Sat	Bus Sun
Thursday	Friday	Saturday											
Mallory Owyong	Mallory Owyong	Mallory Owyong	1	1	Maggie Buckley	F	Sr 4	1	1	1	1	1	1
Maggie Buckley	Maggie Buckley	Maggie Buckley		2	Lauren Etnyre	F	Sr 3	1	1	1	1	1	1
	Natalie Ung	Natalie Ung		3	Olivia Eukel	F	Sr 2	1	1	1	1	1	1
	Lauren Etnyre		2	4	Jennifer Fong	F	Sr 3	1	1	1	1	1	1
Victoria Greenberg	Victoria Greenberg	Victoria Greenberg		5	Alexis Greenberg	F	Sr 3	1	1	1	1	1	1
Sky Griffin	Sky Griffin	Sky Griffin		6	Victoria Greenberg	F	Sr 3	1	1	1	1	1	1
Gaby Rego	Gaby Rego	Gaby Rego	3	7	Kassandra Gregory	F	Sr 2	1	1	1	1	1	1
Lindsay Hemming	Lindsay Hemming	Lindsay Hemming		8	Skylea Griffin	F	Sr 2	1	1	1	1	1	1
Lucia Pirone	Lucia Pirone	Lucia Pirone		9	Lindsay Hemming	F	Sr 4	1	1	1	1	1	1
Simone Ostler	Simone Ostler	Simone Ostler	4	10	Sophie Kessler	F	Sr 2	1	1	1	1	1	1
Taylor Thomas	Taylor Thomas	Taylor Thomas		11	Camille Killeen	F	Sr 3	1	1	1	1	1	1
Oliva Eukel	Oliva Eukel	Oliva Eukel		12	Anna Le-Nguyen	F	Sr 3	1	1	1	1	1	1
	Lizzy Follmer	Lizzy Follmer	5	13	Carla Leone	F	Sr 2	1	1	1	1	1	1
Camille Killeen	Camille Killeen	Camille Killeen		14	Ashleigh Loney	F	Sr 2	1	1	1	1	1	1
Amelia Vollmer	Amelia Vollmer	Amelia Vollmer		15	Sophie Lurie	F	Sr 3	1	1	1	1	1	1
Anna Le-Nguyen	Anna Le-Nguyen	Anna Le-Nguyen	6	16	Simone Ostler	F	Sr 2	1	1	1	1	1	1
Serena Siow	Serena Siow	Serena Siow		17	Mallory Owyong	F	Sr 3	1	1	1	1	1	1
Sophie Lurie	Sophie Lurie	Sophie Lurie		18	Lucia Pirone	F	Sr 2	1	1	1	1	1	1
Stella Sowarby	Stella Sowarby	Stella Sowarby	7	19	Gaby Rego	F	Sr 2	1	1	1	1	1	1
Maya Supran	Maya Supran	Maya Supran		20	Serena Siow	F	Sr 2	1	1	1	1	1	1
Sophie Kessler	Sophie Kessler	Sophie Kessler		21	Stella Sowarby	F	Sr 3	1	1	1	1	1	1
Ashley Loney	Ashley Loney	Ashley Loney	8	22	Maya Supran	F	Sr 3	1	1	1	1	1	1
Olivia Tague	Olivia Tague	Olivia Tague		23	Olivia Tague	F	Sr 3	1	1	1	1	1	1
Mary Young	Mary Young	Mary Young		24	Taylor Thomas	F	Sr 3	1	1	1	1	1	1
Sophia Cavali	Maddie Smith	Megan Colpo	9	25	Amelia Vollmar	F	Sr 2	1	1	1	1	1	1
				26	Mary Young	F	Sr 2	1	1	1	1	1	1

SWIMMER (NON-COMP) OBJECTIVE

- Learn to travel
- Learn the process
- Learn to lead
- Experience trials/finals (resilience and experience for higher level swimming)
- Get to know team members
- Draw into team culture (many meetings)
- Attire, attitude, spirit, etc.



ITINERARY PLANNING

- **Breakfast (shifts)**
- **Departure (exact)**
- **Team stretch**
- **Team meeting**
- **Warm-up**
- **Pre-meet meeting**
- **Trials**
- **Lunch**
- **Manage break (downtime)**
- **PM departure (exact)**
- **Bus meeting**
- **Roles – finals/cheer**
- **Dinner**
- **Meeting**
- **Rooms**



TEAM ATTIRE/CHEERING

- Meet shirt – AM
- Team shirt (red) – PM
- Cheer/support – Trials in moderation
- Finals – mandatory (NO ONE in team area unless you are preparing for finals)



MAIN EXPECTATION

- MUST be a good teammate (in all aspects) or you simply don't fit or belong
- MUST either lead or be learning to lead
- Be professional (as a athlete)
- Act as a business trip



BUS RIDE

- Seat or general assignment (MUST STAY for quick accounting)
- Swimming video
- Inspirational movie (all positive and moving forward in attitude)
- Inspirational articles
- Team trivia/quiz
- Meet notes
- Music (no bad language)



HOTEL

- Rooms in advance (and confirmed)
- Confirm meeting space (for large group). May have to meet outside.
- Be courteous of lobby/guests
- Breakfast shifts
- Dinner location
- Bus/clean ALL table and eating area
- Organize dinner/cleaning groups



DISCLAIMER

- Chaperones
- Bed checks
- Etc.



*Note: The safest trip is driven out of integrity. This is not lax. We are **extremely** aggressive about behavior – a negative comment, one minute late to the bus, talking in a meeting, leaving garbage, team attire, etc., etc.*

ROOM CAPTAINS (PERPETUAL LEADERSHIP)

- Critical layer of management
- MUST BE iron-clad leaders (above issues or personalities)
- Coach manages 1/3 of group – Room Captains manage the rest (30 out of 100)
- Oversee all aspects of meet
 - Attire
 - On time
 - Rest/stretch
 - Event prep
 - Guidance/support
 - Hydration



DINNER/MEETING



- Dinner
 - Preordered and set up
 - Random eating order (new, freshman, senior, etc.; draw a number, furthest commute, best attendance, birthday, funniest, best cheerer)
- Meeting
 - Review day – best times, good swims, notable activity (kids clap for each swimmer)
 - Highlight something/someone special
 - Address what needs to be better (areas of weakness)
 - Try to inspire/motivate to be better leaders, teammates, and athletes
- Meeting adjournment **IS** bed-check – responsibility to individuals and room captains ([violation is out of meet, and bigger problems](#))

LEARN HOW TO TRAVEL (AND LEAD)

- Sleep
- Stretch
- Eat right
- Recover
- Hydrate
- Prelims (to be ready)
- Better as meet goes on
- Best at end of meet
- Staying positive and supportive at all times (rain, fatigue, poor swim, etc.)



PARENT SUPPORT

- Lunch orders/prep - delivery
- Dinner preorder, delivery, set-up at hotel
- Water, snacks for bus/meet
- Transportation if needed
- Emergency if needed



SAFETY

- NEVER leave the group
- NEVER leave your room without calling/texting a coach (we decide)
- ONLY in your room or the lobby (in a group) during break
- ALWAYS in seatbelt (vans) – swimmer designation to confirm
- Go to room captain or coach immediately with a concern
- Stay in group – team captains oversee and coordinate with coaches
- MANAGE (to minimize downtime) DOWNTIME



SAFETY REVISITED

This is NUMBER 1

1) Safety – 2) behavior – 3) culture/team – 4) performance (depending on team)

- If you don't trust your Seniors and upperclassmen, don't travel
- If you don't trust younger swimmers, place them with your strongest leaders and have them watched every minute



POST-MEET RECAP

Orinda Aquatics Spring Senior Travel Meet
Clovis Senior Championships, Fresno, CA March 1-4

Swimmers attended - 75
New Sectional Swimmers

Emily Giambastini: 100 Back, 200 Back
Dominic Baldwin: 200 Breast, 400 IM
Cole Stevens: 100 Back
Elise Goetzl: 50 Free

Most Swims in the Meet
Meghan Bicomong 18 swims + 3 relays = 21 swims

Most Yards Swum in the Meet
1) Talbot Jacobs 5,000; 2) Meghan 4,700

Swimmers of the Meet

<u>Women</u>	<u>Men</u>
Emily Giambastini	Dominic Baldwin
Erin Schoenfeld	Cole Stevens
Claire Theiren	Alex Shieman
Meghan Bicomong	Gabe Ostler
Lucy Faust	Jolen Griffin

swims of the meet are in red and bold
new sectional times are shaded



This is worth getting excited for!

Four-Page Report

- General overview
- Performance recap
- Culture recap

SUMMARY

- We position travel as the anchor or defining characteristic of our program, our culture, and our success
- Everything we do *on a daily basis* supports team travel to the highest level
 - Relationships
 - Expectations
 - Integrity
 - Team committed/support
 - Accountability
 - Leadership
 - Training



NOTE FROM ANOTHER COACH -

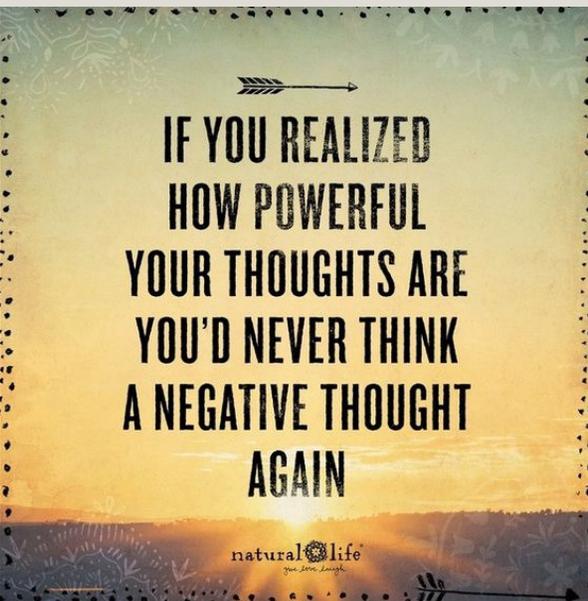


Hi Coach Don & Ron,

Of all the talks you have given, I hope one point that people hear (I hope I got this correct) is that you do not need chaperones, not in the traditional sense anyway. Amen brother. Your culture and the expectation that it affords at "OA" of not needing chaperones (dorm police, babysitters etc.) is spot on. We should all aspire to that. But it does not start at the competition. It is, as you teach, an outflow of the **ongoing, clear, unwavering, nurturing of ideals and practices that make for a SAFE and TEAM-focused environment**. How does anyone get the idea that rowdy acts or vandalism is cool or acceptable? As I read more about poor judgment in teams or on campuses, I am bewildered where the teaching is and am reminded how much I respect what you all do at OA. I am sure it is not easy but I also do not think it is that complicated either - set a tone, teach a standard, and nurture belief and confidence that gets buy-in, so everyone can enjoy, and be proud of an incredible culture.

Respectfully, Allan

REPEATED THEMES – TEAM, TRAVEL, LIFE



THANK YOU

Best of luck in your travels!

