

Orinda Aquatics

Fall/Winter Newsletter 2018



The following newsletter is a supplement to the weekly updates. It offers a broader view of the team, the culture, and the sport. Included is information on the topics listed below.

Orinda Aquatics

Theme Quote 2018-2019 (on t-shirt)

**“The common man asks,
what’s in it for me?
The enlightened man asks,
how can I help? “**



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Putting character first, in swimming and in life

1. General Recap



Although we are well underway in the current season, we would like to welcome all of the new swimmers and families. Please don't hesitate to reach out if you have any questions. Our New Parent Liaison, Bryn Hartley (daughter Elsa is in the Junior Group), the staff, and the board are here to help in any way we can. All new swimmers also have a mentor and a buddy. Please reach out to them as well. For the returning families, we cannot tell you how proud we are of this program and the culture (athlete and parent) that you have created. It has become an inspiration to many clubs, coaches, and athletes.

As the past summer concluded and things quickly wound down, it can be easy to lose sight of the collective successes of the team and the athletes. We will touch on a few:

- Orinda Aquatics' men won the **Western Zone** (sixteen state) **Senior Championship** Meet with the team finishing second overall. With the quick turnaround to long-course in June, the swimming was very impressive and the team's spirit and demeanor was even more extraordinary.
- Congratulations to the following Orinda Aquatics swimmers on achieving USA Swimming's prestigious **Scholastic All-American** honors. Recipients achieved a 3.5 GPA and the short course Junior National time standard: **Channing Hanley, Zach Le-Nguyen, Mason Loyet, Margaux McDonald, Tony Moore, Sean Percin, Mason Thompson, Michael Wheeler, Maddie Smith**
- Orinda Aquatics had five swimmers qualify and three swimmers compete at the **Summer Juniors Championships** (Spencer Daily, Tony Moore, and Mason Thompson) with Tony finishing in the top 24 in the 100m Breast at 1:03.9 and Spencer Daily making the A final in the 100m Fly with a time of 53.9, qualifying for the 2020 Olympic Trials and achieving an 18&under World Ranking. The additional qualifiers were Harry Flanders and Channing Hanley.
- **Tiburón Mile** – Orinda Aquatics won the team division with Sean Percin, Camille Valvur, Alec Kong, Bernave Twyman, Cristian Twyman, Lizzy Follmer, and Lucia Pirone.



2. Theme Quote

Each year we choose a theme quote for the team t-shirt, and a concept that the team should embody. The quote this year is, ***"The common man asks, what's in it for me. The enlightened man asks, how can I help?"*** (unknown).

Without question we ask that kids look to help and serve first and always place the team ahead of themselves. They truly are extraordinary in this regard.





3. Coaches' Corner:

“Live a life of purpose. Do so by filling your mind with truth, your heart with love, and your days with genuine care and kindness.” Unknown

Junior Group

As swimmers come with various backgrounds and exposures to the sport, the focus in the Junior Group will always be on stroke construction and development. From Junior 1 to Junior 3, the emphasis is on balance and movement in the water, and distance-per-stroke. Training becomes an adjunct to efficiency. It is certainly easier to train younger swimmers with more volume and intensity, but as swimmers grow and become stronger, inefficiencies become magnified. Poor habits then become engrained and very difficult to reverse, especially with increased workloads in the senior group. We have seen over many years, a “catch-up” effect in performance in later years (high school) by swimmers with good technique and balance in the water and this continues into their college years. See recap of components for improvement later in the newsletter.

We have continued to integrate the Bridge dry land program for the Junior Group. Bridge offers comprehensive physiological development for younger swimmers, which incorporates core strength, flexibility/range of motion, mobility, and injury prevention. Bridge creates a season plan based on training cycles and peak meets. This program is also a prelude (as building blocks) to the Senior Groups' program. Thank you to Elsa Hartley and Ben Kang for leading the two groups.

Junior group swimmers should be focused on developing **all strokes and IM, and yes, even distance events**. It is critical that swimmers are training and racing all strokes in these formative years. In this regard, all Junior group swimmers should pursue a USA Swimming **IMX score**. This metric should be a **primary focus**. More specific to stroke development, swimmers should be focusing on under water improvement with an emphasis on kick counts and working to the half way point of each lap. Junior swimmer should also focus on improving bilateral breathing (both sides).

At the recent USA Swimming Coaches Summit in Colorado, a speaker gave an analogy of viewing a ten-year stock chart in the context of one brief time period, i.e., a meet. When looking at the broader view one can easily see that most stock charts move from lower left to upper right (not of late) and that it is not a straight line. Parents and swimmers need to keep the primary focus on the long-term “fundamental” things that will support growth to the “upper right”.

Following Winter JO's, the focus for the Junior Group will be on the Neptune Invitational in February and then on the Spring peak meets culminating with the West Coast Showcase, which will be held in Mission Viejo (details coming).

The other emphasis for the group is to learn leadership traits and team values at an early age. The Monday meetings focus on this aspect of (young) athletic development. Our intention is to have the senior culture, and even collegiate leadership start here. While the overriding emphasis is on character and integrity, we also talk about maturity regarding meets, times, training, and even locker room demeanor. This is one of the reasons the dry land groups are self-run and not coach run, to allow them to learn responsibility, accountability, and independence. Below is a recent “Thought of the Day” from ASCA regarding the development of Ryan Lochte.

ASCA Thought of the Day--Gregg Troy, Ryan Lochte and USA Olympic Coach (World Clinic 2008)



The key features of the development of Ryan Lochte:

- *Moderate age- group training*
- *Gradual increase in training volume, density, and intensity over time*
- *Focus on technique and raising skill level*
- *Very little strength training*
- *Well coached on race strategy*

"The only person you should try to be better than, is the person you were yesterday." unknown

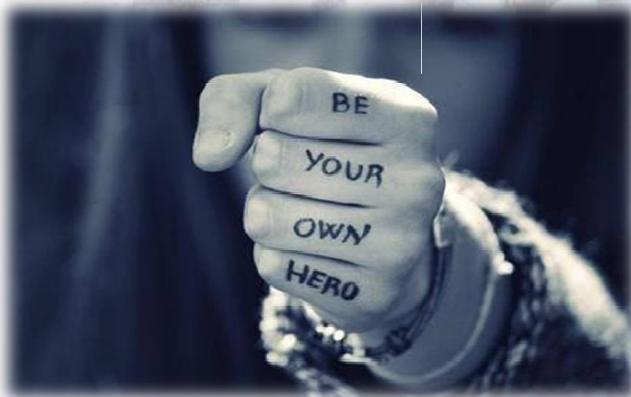
Senior Group

The senior group has enjoyed one of its greatest periods in recent memory, and has shown camaraderie and culture that is positive, supportive, dedicated, *and* extremely enjoyable to work with. With the impressive performance in Texas (Junior Nationals) and the Senior meet in Walnut Creek, there is every expectation that they will grow into possibly the strongest group in OA history.

The focus will now will move to Clovis and/or Sectionals (late Feb/early March) for the Spring peak meets. The high school season will begin one week earlier, starting on January 28th and long course competition will begin in March. The short course season will culminate in early May with league meets, North Coast and the Walk-On meet, and the State meet. We will meet with the groups to review the process of balancing high school and USA Swimming, and well as meet plan overviews.

We have set up "buddies" among senior and junior swimmers and ask that all senior swimmers reach out and mentor their Junior buddy. This dynamic is critical not only to support the younger swimmers now, but to show them the value of leadership and support.

This group has truly become the model for senior training and leadership. A team or staff could not ask for more.



"The struggle you are in today is developing the strength you need for tomorrow." unknown

Academic Focus (for year-end high school)

- **Scholastic All American** – for all high school swimmers, USA Swimming recognizes those who achieve at 3.5 PGA and a Winter Junior National time standard (SC or LC). Swimmers must apply by mid-august. We strongly encourage all who qualify (for both) to apply.
- **NISCA Academic All American** – Graduating seniors who have a cumulative (7 semesters) GPA of 3.75 and have competed at the varsity level, are eligible to be recognized as a NISCA Academic All American. Swimmers must apply and submit transcripts immediately after the high school season.

“Character, like a photograph, develops in darkness.” Yousuf Karsh



5. Welcome to the team!

A very sincere welcome to all of the new swimmers on the team.

Jacob	Birkby	10	Jr1	Lukas	Peters	12	Jr2
Katherine	Buckley	10	Jr1	Parker	Smith	12	Jr2
Lena	Espiritu	12	Jr1	Harley	Venable	13	Jr2
Gabriel	Hoffman	10	Jr1	Lila	Waechter	13	Jr2
Marilyn	Jia	11	Jr1	Olivia	Woo	13	Jr3
Alexander	Knudsen	10	Jr1	Michael	Brennan	14	Sr 2
Madeline	Martindale	11	Jr1	Nicole	Edwards	17	Sr 2
Natalie	Aiken	12	Jr2	Rachel	Koenigsberg	17	Sr 2
Mollie	Appl	12	Jr2	Owen	Lewis	15	Sr 2
Natalie	Bove	12	Jr2	Devon	Luce	14	Sr 2
Robert	Brents	13	Jr2	Charlotte	Wu	18	Sr 2
Meliana	Calica	11	Jr2	Emmie	Appl	16	Sr 3
Yasmine	Chang	13	Jr2	Grayson	Meckfessel	17	Sr 3
Drew	Ebner	13	Jr2	Dalen	Schnayer	15	Sr 3
Logan	Gunn	13	Jr2	Cambell	Strand*	17	Sr 3
Delaney	Joyce	12	Jr2	Will	Barber*	17	Sr 4
Makena	Luby	13	Jr2	John	Sita**	18	Sr 4
Gabrielle	Moon	13	Jr2				
Carsten	Peters	13	Jr2				

* summer

** college (Cal)

“Integrity is choosing your thoughts and actions based on values rather than personal gain.” unknown



4. OA Achievements/Performance

New qualifiers:

- Matt Lanzara – Junior Nationals (SC) – 100/200 Back
- Eloise Engs – Futures – 100 Free
- Richard Zhang – Futures – 100 Fly
- Ryan Lenahan – Futures – 500 Free
- Amber van Meines – Futures – 100 Free
- Maren McDonald – Sectionals – 100 Breast



JO Highlights:

Name	Event	Name	Event
Maren McDonald – 13	100 breast – 1:07.3 (SECT)	Olivia Woo – 13	200 breast – 2:32.5
Ben Kang – 14	100 free – 51.1	Lila Waechter -13	50 free – 26.0
George Flanders – 14	400 IM – 4:31	Adriana Smith -13	100 back – 59.9
Henrik Barck – 14	Mile – 17:17	Clara Rogensack – 13	50 free – 26.1
Regan Stambaugh – 14	200 back – 2:14.0	Sydney Griscavage – 13	100 free – 54.0 (-2.5)
Lydia Osborn – 14	100 fly – 1:00.1	Jasmine Fok – 13	200 fly – 2:17.1
Lexi Fok - 14	200 back – 2:08.4	Natalie Aiken -13	100 fly – 1:02.0
Harley Venable – 13	50 free – 24.2	Reed Lalli – 13	50 free – 26.0
Nate Levy – 13	100 breast – 1:06.1	Michael Chu -12	200 free – 2:05.3
Zach Hoffman – 13	100 fly – 57.4	Abigail Rivera-Gu -12	200 free – 2:11.2
Maelyn Peters – 12	50 fly – 30.2	Elsa Hartley – 12	50 back – 30.3
Maddie Blackwell – 12	50 fly – 29.1	Emilia Barck – 12	400 IM – 4:44
Madeline Martendale – 11	50 free – 27.7	Gabriel Hoffman -10	50 fly – 32.2
Jacob Birkby – 10	50 fly – 32.1	Audrey Le-Nguyen – 13	50 free – 25.3
Lauren Healy – 14	100 free – 57.4	Marilyn Jia - 11	50 fly – 31.0
Lucas Peters – 12	200 fly – 2:26.2	Ginny Vazquez-Azpiri – 14	200 IM – 2:13



“Self-discipline begins with your thoughts. If you can’t control what you think, you can’t control what you do.”

Unknown

“Be the energy you want to attract.”

Fueltheactive.com

WCAB Senior Highlights (unshaven):

some at or improved times:

Name	Event	Name	Event
Maggie Buckley	500 free - 5:11.8	Emmie Appl	200 breast - 2:30.4
Cambell Strand	200 free - 1:47.4	Henrik Barck	200 back - 2:06.6
Lydia Osborn	100 back – 1:03.2	Sky Griffin	200 IM - 2:20.7
Lauren Healy	500 free - 5:31.6	Regan Stambaugh	100 back - 1:02.9
Sydney Griscavage	50 free 24.4	Emma Bustamante	Awesome job!
Olivia Eukel	100 free – 1:00.1	Sophie Lurie	100 breast – 1:07.0
Lucia Pirone	200 back – 2:19.2	Tay Thomas	100 fly – 58.6
Vincent Castillo	500 free – 5:09.2	Jalen Evans	100 fly – 53.0
Mac Follmer	200 free – 1:50.0	Cole Griscavage	200 free – 1:52.1
Dalen Schnayer	100 free – 49.8	Nicole Edwards	100 breast – 1:11.5
Camille Valvur	100 back – 1:01.7	Charlotte Wu	100 back – 1:04.2
Will Barber	200 free – 1:45.8	Alec Kong	400 IM – 4:19.1
Jackson Masson	200 fly – 2:07	Grayson Meckfessel	500 free – 4:59.6
Alex Oh	100 breast – 1:02.1	Arman Saghafi	Mile – 17:12
Cristian Twyman	200 fly – 1:56	Lindsay Hemming	200 back – 2:10.3
Carla Leone	200 back 2:18.6	Natalie Ung	100 breast – 1:07.9
Amelia Vollmar	100 fly – 1:04.3	Samuel Arnold	100 fly – 1:00.1
Will Birdsong	100 back – 54.8	Kassy Gregory	100 fly – 1:06.4
Bernave Twyman	200 fly – 2:06.0	Simone Ostler	50 free – 26.4

SRVA Junior and Senior Highlights:

Name	Event	Name	Event
Owen Lewis	500 free – 5:34.2	Jeromy Chang	200 free – 2:06.7
Sophie Kessler	100 back – 1:12.3	Nathan Pompeani – Jr	100 free – 59.6
Robby Brents – Jr	100 fly – 1:04.3	Sydney Zhang	100 breast – 1:18.5
Devon Luce	100 free – 1:00.1	Makena Luby – Jr	100 free – 1:05.0
Sofia Holman – Jr	50 free – 28.7	Gabriella Bensadoun	50 free – 28.6
Mollie Appl – Jr	100 back – 1:08.7	Lukas Peters – Jr	200 free – 2:10.4
Gregory Hlavac – Jr	100 back – 1:35.5	Claire Hlavac – Jr	50 back – 35.3
Lena Espiritu – Jr	200 free – 2:30.0	Alexandra Castro - Jr	100 fly – 1:10.7
William Hlavac – Jr	50 back – 38.3		

Junior Nationals, University of Texas:

(see detailed recap at the end of the newsletter)

Orinda Aquatics took twenty swimmers to the Winter Junior Championships in Austin, Texas. This was the largest number of swimmers we have taken to a national meet in the teams' history and the group was outstanding. Some highlights were:

- **Men's 400 Medley Relay** – 8th: Le-Nguyen (50.0), Loyet (56.2), Flanders (48.2), Percin (46.2)
- **Harry Flanders** – Consols 100 fly (48.02), Bonus 200 fly (148.9)





USA Swimming Club Excellence

For the 2018 Long Course season, Orinda Aquatics was recognized as a **Silver Medal club** in **USA Swimming’s Club Excellence** program. Minimum scoring for this achievement is **Summer Junior National** qualifying and only 200 of the nearly 3,000 clubs are recognized as Gold (20), Silver (80), or Bronze (100). This is a great honor for the team and a testament to the great work of the senior group and a reflection of the focus on technique and race development.

Virtual Club Championship National Scoring

USA Swimming calculates on a daily basis every team and swim in the nation. They produce a team score for all 3,000 clubs based on single ages and all events (two score per event/four events max per swimmer). Orinda Aquatics has been the top-scoring team for clubs under 200 members (~2,800 teams). We will continue to pursue this ranking as we move into the Spring short-course season. The Summers-End Classic meet at DVC in early August will be an important meet to support our performance. Additionally, the meet typically produces many fast short course swims, especially coming off long course training. Please plan on attending. Note, Senior swimmers can swim Sunday after the Western Zone Senior meet.

IMX Update: (USA Swimming)

The IMX program originated from the philosophy of developing age-group swimmers in all strokes and all distances. This is a healthy and balanced way of training and perspective as opposed to fixating on one stroke or one event at the age-group level. Many swimmers’ best strokes and events changes throughout their careers and an early focus on IMX development will help facilitate those transitions. Check your IMX score on the USA Swimming website or on Deck Pass. We encourage all OA swimmers, especially those in the Junior Group, to pursue and follow an IMX score. The following are OA’s current IMX qualifiers.



Maggie Buckley - 16	Henrik Barck – 14	Emilia Barck – 12	Bruce Zhang – 12
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6. Board note:

The Board is here to assist with anything you might need and will make themselves available to meet with you if you would like. Please don’t hesitate to reach out with a question, need, or concern.

- Vince Castillo, President - vincecastillo2010@gmail.com
- Jean Follmer, Vice President/Secretary - jeanfollmer@yahoo.com
- Sonya Twyman, Parent Committee - stwyman12@gmail.com
- Trent McDonald, Treasurer - trent@mcdonaldcapital.com
- Jennifer Flanders, Social – jm_flanders@yahoo.com
- Renee Owyong, Meet Oversight - r.owyong@att.net
- Jon Wheeler, Facilities - jwheeler35@comcast.net

7. Thank You!

As we move through the fall and into the winter, we would like to sincerely thank those who have helped with various activities -

- **Kristin Thompson** (with swimmer in college) - for helping with our Fall teambuilding activity and senior travel trips. Kristin attended Junior Nationals in Austin to support the team. Kristin has also overseen the teams' Outreach efforts.
- **The Holman's** - for hosting our Parent Social (bring a suit next year!)
- **Jennifer Lurie and Pam Hemming** – for managing our See's Candies Fundraiser. Thank you!!!!!!!!!!!!!!!!!!!!
 - o All of you for your support with See's
- Our **Senior group** for their extraordinary spirit and support in helping with the Fall Jamboree (Junior and Sea Serpent swimmers). Also a big thank you to **Coach Matt** for his instrumental support.
- Our **Photography team** - for the great photos of all meets and activities (Lydia Percin – committee chair, Fred Stambaugh (sponsored first year of smug mug), Scott Jones, Laura Bastin, and Ruth Kale-Fok)
- Our new **Meet Director** Jane Healy and our **Co-Director**, Laurel Purewal
- **Jean Follmer** for attending the CEO summit on Colorado Springs
- **The Griscavage family** for hosting the Senior Breakfast and Gift Exchange
- Thank you to OA families for the very generous **coach's gift**.

See's Sales Leaders

Thank you *all* for supporting our See's Candies Fundraiser. The top sellers were:

1. **Natalie Ung - \$1,000+**
2. **Aidan & Amelia Vollmar - \$1,000+**
3. **Finn Arakawa (Fall) - \$1,000+**



8. OA in Action

- Mac Follmer organized the first Sea Serpent (Special Olympic athletes) meet within the Fall Jamboree for his Eagle Scout Project.
- Lydia Osborn has authored a book entitled, Ideal, available on Amazon (written at 13 years old!)

9. College Round-Up

The efforts and successes at the collegiate level continue to be as impressive as any team in the country in terms of percentage participation, performance, academics, and leadership (Orinda Aquatics has had over forty alumni become collegiate team captains). Below are **college commitments** to date, **colleges represented by Orinda Aquatics swimmers this year**, as well as general updates.

College Updates

- Our own Jill Jones has been hired as the new **Women's Head Coach at Westmont College** in Santa Barbara. This is VERY exciting and we could not be more proud of Jill!
- Mackenzie Duarte had a breakout season at Washington State with an impressive 1:01.6 in the 100 breast and a 2:11.8 in the 200 breast, both are second all-time at WSU.
- Derek Ludwig elected team captain at Willamette (sophomore year)
- The college winter peak meet results are available on Meet Mobile or collegeswimming.com
- See Scott Wu letter (Thanksgiving email)

**BUILD CHARACTER
BUILD SUCCESS**

“Don't wish it were easier. Wish you were better.” Jim Rohn

College Commitments

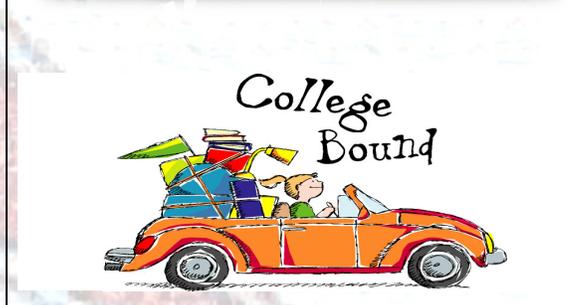
A very sincere congratulations to the following Orinda Aquatics swimmers for their college commitments. Note, this will be the largest graduating class in OA history at 30! We will continue to update the website.

- ✓ Alec Baker - Bucknell University, swimming
- ✓ Will Barber - Colorado College, swimming
- ✓ Eloise Engs - University of California - Davis, swimming
- ✓ Harry Flanders - Indiana University, swimming
- ✓ Lizzy Follmer - Northwestern University, swimming
- ✓ Emily Gebhardt - San Diego State University, swimming
- ✓ Paige Hanley - University of Iowa, swimming
- ✓ Jackson Masson - Whitman College, swimming
- ✓ Sean Percin - Georgetown University, swimming
- ✓ Bernave Twyman - Clark University, swimming
- ✓ Cristian Twyman - Providence College, swimming
- ✓ Gaby Rego – Westmont College, swimming



Collegiate Aquatics Athletes in 2018

This year, Orinda Aquatics has forty-five swimmers competing in collegiate programs across the country (below). This includes those participating on club teams.



Intercollegiate			
Williams	Georgetown	Lafayette	UC San Diego (2)
Dartmouth (3)	UC Santa Barbara (3)	Redlands (2)	Davidson
Pacific Lutheran	Rice	Willamette	Washington State
Columbia (2)	UCLA	West Point	Puget Sound
Davis	Carleton	U of Chicago	Claremont McKenna
Vassar	Colorado College (2)	Colgate	Chapman
Bates (2)	Wesleyan	Fordham	Cal Tech
Indiana (water polo)			
Club Swimming			
Johns Hopkins	Cal	USC	Stanford
			UOP

A note from West Point

Hey Ronnie and Donnie! I know that it has been way too long since I last reached out. Things have been going well at West Point. The transition into the school year was a bit overwhelming due to the amount of work. Swimming has also been going well. With regards to West Point, I am constantly amazed by the type of place that it is. Everything that we learn and develop into habits is all geared towards transforming us into **leaders of character**. Whenever this is discussed, I am reminded of my time at Orinda Aquatics and the lessons that I learned from being a member of the team, to live and lead with integrity, humility, and resilience. Even though times can get very stressful here, the character of the people make it such a constructive and helpful place. At almost any time of the day or night, if you are struggling with something, there will be someone waiting to take the opportunity to help. I hope to hear back from you soon!

Megan Colpo

10. USA Swimming/PacSwim

Orinda Aquatics was invited to a **CEO Summit at the US Olympic Training Center/USA Swimming** headquarters in Colorado Springs in November. Jean Follmer attended on behalf of the Board and received a great deal of information on club management. Thanks Jean!

Orinda Aquatics was also invited to attend a **National Age-Group Coaches Summit** with the top teams in the country. Donnie attended the three day event which included world-class speakers on a variety of topics.

Pacific Swimming Distance Camp at the Olympic Training Center. Congratulations to OA swimmers selected to join the group of 24: *Lizzy Follmer, Channing Hanley, Zach Le-Nguyen, and Isaac Kim*

Swim suit legislation – Tech Suits

The House of Delegates of USA Swimming voted to ban Technical Suits worn by 12 & Under USA Swimming athlete members at any Sanctioned, Approved or Observed meet, with the exception of Junior Nationals and above. The legislation will be implemented in September 2020, allowing adequate lead time for the suit manufacturers to update current suit styles, develop relevant new styles, and manage existing inventory and planned production, and incorporate the appropriate identification on the suits.

11. ASCA (The American Swimming Coaches Association)

The American Swimming Coaches Association is a 10,000+ member organization worldwide which provides education, certification, leadership, and advocacy for the sport of swimming.

Donnie has been asked to serve another year as the Board President, and to run the 2019 World Clinic course on Leadership.

At the same clinic, Ronnie has been asked to lead a session on team travel and travel culture.

An email from John Leonard, the Executive Director of The American Swimming Coaches Association

“I consider Orinda Aquatics providing our entire profession with an example of “how it is supposed to be done,” the shining example of a club providing the service that all should, to their community. Thank you so much for all you do for your athletes and team, and for our profession. **You “changed the conversation” about coaching with your work.**” All the best, JL

The International Swim League

ASCA has supported the **International Swim League** (information on SwimSwam) in what is the most athlete-centered development in swimming history.

Advocacy

ASCA is committed to, and active in, supporting coach education and professional development as well as major advocacy efforts such as anti-doping, sport integrity, and college swimming.

“True goodness is like water in that it blesses everything it and harms nothing. And like water, true goodness seeks the lowest places, even those levels which others avoid.”

Urantia Book 131,3,8

12. Testimonials

Good evening Ron and Don,

Where do I even start? First of all, thank you so much for allowing me to come out there and experience what you have created first hand. I went in with high expectations, and you far exceeded anything I could have imagined. You are the kind of coach that I strive to be one day. The amount of time and effort you guys put into the kids, how much you care for them, the way they feel about you guys, it is truly amazing. I learned so much from you in just a few short days, and I have already been able to implement a lot of it back on the deck at home. I can't even tell you how much it meant to me to spend the weekend up there. I am so motivated to be the best coach I can be and do as much for these athletes as I can. Also, Ron, thank you for the books and the emails with all of the extra information. It is great stuff! I definitely look forward to staying in touch with you and hope to make it out there again someday! You guys truly run a world class team out there, and you both embody everything that the word coach stands for.

Thank you again! Coach Justin Richardson, Rio Salado Swim Club, AZ

Ron & Don,

I just wanted to drop you a line, mainly to **Thank You** both profusely for allowing me a front view seat into your amazing team. I should have done this so much earlier, but I have honestly been thinking about you and your team so much every day since I returned home that I guess I still felt somewhat present. Tonight, I presented to the entire board "the vision", largely based on the OA gospel. Needless to say, it was very well received. They fully appreciate how, if we change our ethos, and develop a character based culture, that we can create a process driven system and move away from the outcome based one that is no longer sustainable. I would love it if you would be willing to be named "advisors" and of course be a soundboard for me as somebody trying to "right the ship" as well as raise the overall level of coaching. I am so grateful for the opportunity you gave me to come visit. I was there to understand culture coding and it has been an enlightening month to grasp your stance and position on various things and be able to formulate it into something that could work over here. I had to see it in action to really appreciate how it envelops the team, and the lessons it teaches those that are fortunate to immerse themselves in it. I can only wish that we can build something resembling what you have created with OA! I will do my best.

Thank You, so much, Annmarie Munk, London, England

Dear Ronnie and Donnie,

I'm not sure where to begin or end this message except to start with Thank You. What you have done in terms of creating and providing a vehicle for young people to excel, learn about themselves, and be surrounded with character and integrity is unmatched in today's culture. The influence you have had on my son over the last seven plus years will stay with him forever, and in some instances those things are characteristics that even parents cannot instill in him. We as parents could not have asked for better role models and we are very fortunate to have had the opportunity to be a part of OA. My only complaint is that he cannot continue with you for a longer period of time.

Thanks again and GO OA!! Parent of Graduating Senior

I do believe that OA's focus on character 'moves the needle' and provides the year over year personal growth that takes time. Thank you for your continued focus in this area.

Parent

The OA mission makes such an important impact on our community. Water Polo parent

A note from Trent McDonald, OA Board Member/Parent

Hi Guys,

On Saturday in Austin, Texas, at Junior Nationals, I unknowingly sat next to Greg Meehan during prelims. As I looked to my left and realized who I was sitting next to, I took the opportunity to congratulate him on his appointment as the USA Women's Olympic Coach, and share that I was a Stanford graduate and that these were really exciting times for Stanford Aquatics. He asked me what team I was with and I told him Orinda Aquatics. He was genuinely enthusiastic and told me that he went way back with OA two and he has always been impressed with the team. He said he coached three OA swimmers at UCLA (Vandenberg, Thurman and Dahl) and then he went into detail on Kim and her career as if it were yesterday. He said that you are both incredibly well regarded in USA swimming. I thought that was pretty fantastic that the current Women's Olympic coach was so complimentary to Orinda Aquatics. Anyways I just thought I would pass that along.

Trent

Swimming World OA mention

Swimming World – August 2018 – "...Orinda Aquatics is perhaps the nation's foremost spokesperson on team culture, character, and high school development."



13. Parent/Swimmer Need-to-Know and Reminders:

- ✓ **Be a good (or great) buddy! PLEASE reach out and make a difference.**
- ✓ Senior – **Clovis** (March 7) will be a coach-entered meet. There are qualifying times. The meet will be optional for Sectional swimmers. Coaches will discuss with the groups.
- ✓ Senior – **Sectionals** in Carlsbad (February 28) will be a coach-entered meet. Details to follow. For these swimmers, Clovis will be limited or optional.
- ✓ Junior – **Age-Group Showcase** at Mission Viejo (April 4, same date as Far Westerns). This will be a coach-entered meet. Swimmers will travel with parents. We are making final decisions on attending and will let the Junior group know so they can make travel arrangements.
- ✓ Senior – some high schools may be participating in the **Mission Viejo** Invitational on March 23th.
- ✓ Orinda Aquatics has a contractual relationship with **Speedo** as a team sponsor. As such, we are obligated to purchase and wear Speedo suits for training and competition, including championship meets. We ask that swimmers and parents honor this relationship.
- ✓ **Team attire** (navy warm-up, red t-shirt, and team backpack) is required at all meets by all swimmers, and **team caps** are required at workout.
- ✓ Don't forget to view the great **team photos** on the website. Thank you to our photography crew!
- ✓ All caffeine related products and **stimulants** are strictly prohibited in competition, or otherwise.
- ✓ Juniors in high school should begin assembling their **college lists** and meeting with their coach. Reach out to Jean Follmer for assistance with collegeswimming.com.
- ✓ **We are asking all swimmers to wear their suits appropriately and ask parents to support this policy.**
- ✓ PLEASE – **Do NOT "borrow" other swimmers' equipment**, and make sure your name is on your mesh bag and each piece of equipment.
- ✓ All swimmers should know their spring **meet schedules**, focus, and time standards for qualifying.
- ✓ Please let your coach know if you have a workout **conflict**.
- ✓ Make sure you have a **water bottle** at practice, and all of your training equipment.
- ✓ Coaches are more than **happy to meet** if you would like to discuss your child's swimming.
- ✓ Parents also "need to know" that **we greatly appreciate your support!**

14. The Meet Process (a coach's reminder)

To develop as a swimmer, it is important that swimmers and parents understand the meet process and plan. Here are a few reminders:

1. Please enter all meets ASAP. As you know, many meets reach capacity and close early.
2. Unless otherwise advised, enter a full schedule (3-4 events per day).
3. Swimmers should plan on swimming the 400 IM, distance free, and the 200's of each stroke a few times a year.
4. All swimmers (especially Junior Group), should get and track their IMX score, which is all stroke 200's, 400 IM, and 500 Free.
5. Follow the standard warm-up, which includes stretch-out, build-up, pace, dive, walls, turns, and check in with coach. Meet warm-up should be highly disciplined and focused. Every meet should be treated as a "championship" meet.
6. Warm-down after each race with 500+ for Junior, 1,000-2,000 for Senior
7. Please do not scratch events without talking to a coach.
8. When we compete in trial/final meets, it is expected that all swimmers who qualify swim in finals. We do not swim in many of these meets, and it is critical that swimmers learn this process.
9. It importance to race all strokes, as strengths change for many swimmers as time goes on.
10. Always look at races and meets as learning opportunities, not "numbers". Take the value from every swim, even if, or especially if, the time is not competitive for you.
11. Apples to apples. To be fair, any comparison should be relative to the time of the year and the situation. Comparing an un-rested swim in November in the rain to a shaven swim in May or August has little relevance. A swim from November to November or May to May makes sense, but we hear too many kids say they "added time", and when we go back to the same period a year earlier they are much improved, yet, they leave the meet disappointed.
12. Beyond the time, we want our swimmers to be mature and positive about their efforts and not become victim of the emotional roller coaster of **bad time - unhappy, good time - happy**. That makes for a tough road. In the span of a career, no meet or even season will define it. And far beyond that, no graduating senior mentions times or performance as the basis for their self-reflection and ultimate experience.



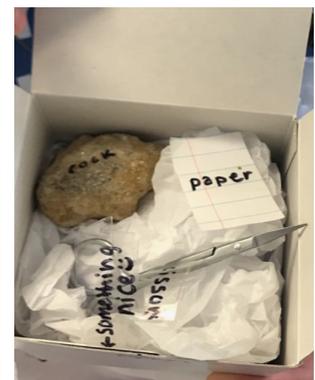
Gift Exchange "Creative" Prize Winners!

Senior Group: Richard Zhang –

A (three foot long French baguette (yes, he went out and bought it and wrapped it). *This was the unanimous winner.*

Junior Group: Elsa Hartley (for the 2nd year in a row).

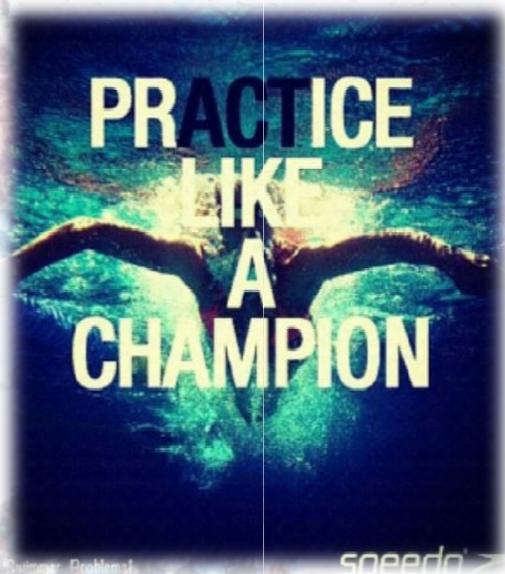
The quick and easy solution to "major life decisions" – rock, paper scissors! (below)



15. Key Dates/Events Reminders:

Please note: regular calendared meets are not listed.

- ✓ January 26 – Zone 2/SCSC Sr
- ✓ January 28 – high school swimming begins (1 week early)
- ✓ February 15 – Junior Group – Neptune
- ✓ February 28 – Senior – Sectionals, San Diego
- ✓ March 7 – Senior Group – Clovis travel
- ✓ March 15 - Junior Group – JO's
- ✓ March 23 – **OA (HOST) C/B/BB+**
- ✓ March 23 – Mission Viejo (high school travel for some)
- ✓ April 1 - Acalanes District Spring Break
- ✓ April 4 – Junior Travel to Mission Viejo (TBD) or FW
- ✓ March 13 – **OA (HOST) C/B/BB+** long course
- ✓ April 20 - DAL high school JV Invite/OA swimmer breakfast
- ✓ April 25 – Most high school league meets
- ✓ May 3 – NCS (qualifying)
- ✓ May 5 – Walk-on meet (all senior swimmers)
- ✓ May 15 – Team Picture
- ✓ May 10 – CIF State Meet (qualifying)
- ✓ June 8 – Lake del Valle Open Water TBA
- ✓ June 14 – team Rafting
- ✓ June 22 – **OA C/B/BB+ HOST (14&U)**
- ✓ June 24 (week of) – THEME WEEK
- ✓ July 10 – Jr Breakfast
- ✓ July 12 – JO's/Senior T/F
- ✓ July 15 – Water Slides
- ✓ July 18 – Banquet
- ✓ July 19 – Harbor House
- ✓ **July 25 – OA HOST Far Westerns**
- ✓ July 31 – Senior Western Zones
- ✓ August 7 – Junior Nationals, Stanford
- ✓ August 17 - NorCal Kids Triathlon – (Jr Group)



“What you do makes a difference, and what you have to decide is what kind of difference you want to make.” Jane Goodall



16. Orinda Aquatics Swimmer Spotlights

The following swimmers are new to Orinda Aquatics and all are doing a great job!



Name: Meliana Calica

Age/OA Group: 12, Junior

Grade: 7th

School: WCI (Walnut Creek Intermediate)

Pets: Dog (mini golden doodle) named Kona

In which city do you live? Walnut Creek

Previous team? Indian Valley

Brief swimming background? I started when I was 6 and loved it (the coolest sport).

Main stroke? Butterfly and backstroke

Hobbies (other than swimming)? Volleyball, spending time with friends and family

Favorite ice cream? Cookies and cream

Favorite musician/singer? None specific. I like a lot of different kinds of music.

Favorite class and why? PE, because I love sports.

What brought you to Orinda Aquatics? My friends Maddie and Jasmine encouraged me, and my mom was very enthusiastic about the team.

Most positive (non-competitive) swimming experience? Helping my little sister learn to walk was important to me.

What have you learned/how have you benefited, from swimming? To be supportive of others, to think of other people and praise them when they did well.

Who has supported you to be a year-round swimmer? Maddie. When I started I was very nervous and she helped me through it.

What does "putting character first" mean to you? To be the best person you can and to put others ahead of yourself. It also means to make the right choice even when it is hard.

Anything unique or personal you would like to share? I love swimming and can't imagine not doing it. When I started swimming I had bad asthma and it ended up making me a better and stronger person.

What advice do you have for new OA swimmers? Have fun and enjoy it and don't look back on your decision. Also, always work hard and don't take the easy way because it won't help you in the long run and you will regret it.

Name: Logan Gunn

Age/OA Group: 13, Junior

Grade: 7th

School: OIS (Orinda Intermediate)

Pets: Two dogs (Ollie and Belle)

In which city do you live? Orinda

Previous team? Moraga Valley Pool

Brief swimming background? I got into swimming because my dad had a long and successful career. I swam at MCC and MVP.

Main stroke? Breaststroke

Hobbies (other than swimming)? Basketball and Football

Favorite ice cream? Cookie Dough

Favorite musician/singer? Imagine Dragons

Favorite class and why? Math, because I love problem solving and trying to challenge myself.

What brought you to Orinda Aquatics? My love for swimming and competing and I wanted to try a higher level of swimming.

Most positive (non-competitive) swimming experience? The Monday meetings before practice. They teach us how to be better swimmers and people and they give me time to really evaluate myself.

What have you learned/how have you benefited, from swimming? I have learned how to be a good teammate, a good sport, and a good person. I have experienced successes and failures and learned how keep my emotions from holding me back.

Who has supported you to be a year-round swimmer? My family (mostly my dad). He did year-round swimming at my age and really understands the commitment. I feel like I can connect with him about what I am doing.

What does “putting character first” mean to you? It means deciding to do what is right and doing what truly benefits society, not just you or your friends, but the greater good.

What advice do you have for new OA swimmers? I would say focus less on your time and more on the race, and to trust the process and the coaches.

Name: Devon Luce

Age/OA Group: 15, Senior 2

Grade: 9th

School: Bentley

Pets: English Lab (Mr. Magoo) and a cat (Diego)

In which city do you live? Albany

Previous team? OPP

Brief swimming background? I started when I was 7 and swam rec up to this year.

Main stroke? Breaststroke

Hobbies (other than swimming)? Basketball, acting, rapping (yes, rapping) – find me on you tube (Warriors Ground Family Rap)

Favorite ice cream? Coffee

Favorite musician/singer? Myself!

Favorite class and why? Theater – because I have met so many new and amazing people. I love my teacher’s style and I have been able to express myself through acting in a new way.

What brought you to Orinda Aquatics? Although I loved my rec team I was looking for a change to something more serious.

Most positive (non-competitive) swimming experience? Having the whole team cheering for during a swim-off when I was ten.

What have you learned/how have you benefited, from swimming? Swimming has taught me discipline, gratitude, and mindfulness. OA has given me a new lens to see the world through – where I appreciate how fortunate I am and to try to give back.

Who has supported you to be a year-round swimmer? My parent have been incredibly supportive, especially with the commuting. My rec coaches also supported me to move on.

What does “putting character first” mean to you? It means respecting others and yourself enough to consciously make the right decision; things like supporting your teammates rather than getting to the showers.

Anything unique or personal you would like to share? I would like to say how positively surprised I am with OA. It was very intimidating to come to a new team with completely new people, but I was immediately welcomed into a warm environment with friendly faces.

What advice do you have for new OA swimmers? That hard work is always the right choice and that caring and being kind is more important than times.

Quick question...

Where do ghosts like to go swimming?

Answer: Lake Erie

17. Outreach Support: Consider a Donation

Through our mission of serving the community and the sport, Orinda Aquatics pursues a multidimensional outreach program that seeks to support the following: the swimming efforts in Swaziland Africa, teaching learn-to-swim lessons to children from areas where swimming instruction is not readily accessible, assisting clubs and newer coaches with mentorship and training equipment, offering club visits to present material on culture and character development, and finally on providing scholarships to those with need. All funds donated to Orinda Aquatics are tax deductible and will *only* be used for the purposes described above. No funds will ever be used for operating expenses. We are passionate about the sport of swimming, about helping where we can, and about trying to make a difference in the world.

Through our Outreach efforts this season, Orinda Aquatics has:

- Purchased \$750 worth of Speedo training equipment for the **Richmond Sailfish**
- Provided \$500 in matching funds to the **Oaklantis Swim Team** for a digital pace clock
- Sent \$500 to the **New Hope Ministry/Orphanage** in Swaziland, Africa to fund swimming equipment

We would like to thank the Bensadoun family for their generous donation to the fund.

Team Donation

The staff would also like to sincerely thank the Shieman family for their large donation to the team with the specific purpose of acquiring training equipment that would have a direct impact on the program. Matt Shieman was a former board member and his son Alex was a long-time member of OA.

“Nothing is at last sacred but the integrity of your own mind.”

Ralph Waldo Emerson

18. Coaches Notes/Coaches Tips:

Race Tip:

Warm-up at every meet should include an inspection and awareness of the facility as it relates to your race. Important considerations might include:

- **The block:** size, depth, surface – where to grab? where to position your feet? Is there a back plate? Where to hold for a backstroke start (gutter or bar) and where to position your feet? Is there slippery tile? Are there touch pads?
- **The flags:** for back and IM – height, color, size – is there wind or a breeze? Which flag color is above your race lane to center yourself?

“Wise men, though all the laws were abolished, would live the same lives.”

Aristophanes

Team Tip/Question:

- Have you met the new swimmers yet?
- Have you connected with/supported your buddy?

Training Tip:

- Do you know your stroke counts, kick counts/break-out distances, pull-down distances for each stroke?
- Do you monitor each lap?

Meet Tips:

- Stay off your legs as much as possible (when you're not cheering!)
- Stay hydrated
- Stay warm (and loose)
- Warm-down should be 10-20 minutes (500+ for Junior swimmers and 1,000+ for Senior swimmers)
- Visualize (mental preparation) before each race



19. Ways to Improve (repeat from Spring newsletter)

While this newsletter is focused more on the broader aspects of the team, the sport, and the culture, we wanted to include this overview. It is not intended to be a parent primer on coaching, but rather to create an overview of the **many components that are integral to swimming development**. This will give some perspective on the notion that “just showing up” to practice should generate results, which is naively believed by many athletes and parents. The reality is, barring physical growth, it is very possible to not move forward in any of these areas, even if an athlete “shows up” regularly. And even if some areas do develop, a swimmer may regress in other areas, therefore neutralizing a specific improvement. An example of this might be a swimmer improves in a technical area but becomes social in workout and loses training focus.

There should be an ongoing awareness and vigilance of each of these categories as to whether or not they are a strength or a weakness for the swimmer. With a broad-based, focused, and aggressive pursuit of each component, the odds of improvement are certainly in the athletes’ favor.

1) Improve technique/efficiency	It is widely accepted that the fastest way to improve performance is to improve efficiency. Technically, this would be either reducing drag or increasing propulsion. As coaches, we focus first on the fundamentals of balance, timing, body position, pull and recovery lines. From there, stroke development can be as nuanced with hand pitch, elbow position, recovery angle, breathing angle/head position, and on and on. All swimmers should be disciplined with stroke counts, kick counts (under water), and breathing patterns. The key here is to begin with (macro) fundamentals and work into specific details. Swimmers must have a daily focus and commitment to this aspect of their swimming.
2) Improve endurance/effort	Effort becomes the foundation of the athletic process. Swimmers need to train “out of their comfort zone”. The numbers that coach’s say will never lie are heart rate and repeat times. Swimmers must know how hard they are working and what that effort produces. And beyond the effort, a mature and disciplined swimmer must “lock into” all of the technical components, such as stroke, turns, under water speed, etc. This is when effort is maximized and technique is established.
3) Improve strength/fitness	This comes in the form of dryland (and of course physical growth and maturity). The OA dryland program, Bridge Athletic , is designed by world class athletes and trainers in aquatics, with a focus on mobility, flexibility, strength, and injury prevention. The Bridge

	program also creates a continuum of progression from Junior to Senior groups. Proper execution of each exercise is critical. In addition, the Senior group will have a strength component with pull-ups, push-ups, dips, and medicine balls and TRX
4) Improve under water speed/endurance	The fastest a swimmer moves in the water is when they are coming off a wall. Most high level swimmers leverage this phase of the race. Those swimmers who undulate naturally are clearly better at generating under water speed, but it takes consistent effort and focus to effectively develop this part of a race. Remember, a 5,000 yard workout offers 200 opportunities to work on streamlining and under water speed. This <i>has to be</i> a daily priority. NOTE: Underwater speed MUST BE conditioned.
5) Improve turns	There is a natural tendency for swimmers to relax into and through the turn in an attempt to gain some recovery going into the next lap. Mature swimmers know that turns are a critical component of a race which if maximized, create a competitive advantage. The only real way to improve turn technique is through daily repetition in workout.
6) Improve race strategy	Optimizing a race strategy can often lead to better results. A slight adjustment in pace, underwater distance, breathing pattern, leg drive, or stroke rate can easily improve a 100 yard race by a half of a second, and a 200 yard race by well over a second.
7) Improve mindset	While this may be a deeper, non-swimming issue, an athlete's mindset plays a significant role not only in racing but also training. Swimmers should keep swimming (and life) in perspective and not allow anxiety or self-defeating thoughts to impair their performance and general well-being. Relaxation, visualization, and affirmations should be employed by all athletes.
8) Improve coach-swimmer relationship	This is not simply a question of general dialogue, but more an understanding and collaboration between coach and athlete on current tendencies and critical areas for development. Better dialogue can be the glue that holds all of these together. A swimmer must seek this out as the "owner" of their sport, and ask for constant feedback.
9) Improve attendance	As mentioned in the introduction, attendance guarantees nothing. An athlete with poor focus, effort, and desire, will most likely drift or regress. But a swimmer committed to all of the above, with excellent attendance, typically continues to develop. There is also the academic/social balance of attending practice or not. We have seen for thirty years that swimmers <i>with</i> excellence attendance are generally better students and in most cases, more grounded socially. They develop a discipline that drives not only their schedule, and their social choices, but their expectations as well.
10) Other – nutrition, sleep, hydration, etc.	These will certainly influence training ability and performance. While they may not be the dominant components of improved performance, they <i>can</i> affect everything, <i>and</i> there is without question a cumulative affect (positive or negative) here. At a minimum, athletes should eat healthy, balanced meals, get eight hours of sleep, and drink a lot of water.



20. Team Sponsor

[Speedo](#)

We renewed a four-year agreement with Speedo. Speedo provides significant contributions to training equipment, National Team travel, and coach outfitting. All swimmers are expected to wear Speedo suits.

21. Parents Corner

[Safe Sport](#)

Jean Follmer is building out a Safe Sport section on our website (new heading on the right). You can find detailed information at USA Swimming. Please know that your children's safety and well-being is our number

one priority. Should you have any questions, or should your child ever feel uneasy about anything, please immediately reach out to a coach, a Board member, or anyone whom you feel comfortable connecting with.

[OA Website](#)

Orinda Aquatics will be updating and updating the website over the coming year, so you will be seeing some changes in appearance, functionality, and content.

[Article: "Questions Parents Don't Ask"](#)

Please read this article located on the OA website under Parents/News

[USA Swimming Resources](#)

See USA Swimming's **Growing Champions for Life** information on the USA Swimming website under Parents.

Orinda Aquatics would like to grow the Junior Group and is always looking for good candidates for the team, especially this year with our large graduating class. Key characteristics are a love of swimming (and training), and the personal and character traits that would make a good teammate and role model. Let the coaches know if you know of someone who might be a good fit.



22. Character Corner

"It is curious that physical courage should be so common in the world and moral courage so rare." -- Mark Twain



Excerpts from, High Performance Habits, Brendon Burchard

"Because high-performers understand the need to meet their obligations, they **rarely complain** about the tasks and duties they must perform to succeed. They recognize that fulfilling their role and serving the needs of others is part of the process. They realize that **much of what they "have to do" is a blessing.**"

"The sense of duty to a higher calling is ubiquitous with high performers. It is not rare to hear them talk about legacy, destiny, or **moral responsibility to future generations** as primary motivators for their performance."

Recommended Book(s):

Reading These Five Books Will Change Your Life, Sandra Wu | Apr 20 2018

1. Thirteen Things Mentally Strong People Don't Do, by Amy Morin
2. How to Stop Worrying and Start Living, by Dale Carnegie.
3. How Will You Measure Your Life? by Clayton M. Christensen, James Allworth and Karen Dillon
4. Finding Your Element, by Ken Robinson
5. Emotional Intelligence, by Daniel Goleman

A MUST READ BOOK soon to be released, entitled ***Eddie Reese – Coaching Swimming, Teaching Life***. The book is on the life and success of legendary Texas men's swimming coach Eddie Reese, and is written by the preeminent swimming author today, Chuck Warner. This is a profound depiction of success in all aspects of life as a result of deeply grounded values of service, effort, and humility. Please look for it upon release.

"What three character lines will you not cross?" – a question posed to athletes

Article: An article written twenty years ago which still holds true today

"Preparation for Life", By Coach Phil Hansel (1925-2010), University of Houston
Reprinted from Swimming World Magazine, February 1998

Not everything we do in life is a pleasant experience. Not everything we do is beneficial. Not everything is productive. Not everything is a nurturing, loving experience. Life is full of negative, destructive experiences. Rejection, defeat and failure surround all of us. The trick is to be prepared to deal with this side of life and learn to overcome discouragement.

I have always felt that the great value of swimming as a sport is that it prepares one for life. The total swimming experience is made up of people, attitudes, beliefs, work habits, fitness, health, winning and losing, and so much more. **Swimming is a cross section of lifetime experiences.** It can provide so many learning situations. A swimmer learns to deal with pressure and stress, sometimes self-imposed, sometimes applied by others. One learns to deal with success and failure. One learns teamwork and discipline.

Swimming becomes a self-achievement activity. There is only one person in the water in a given lane in any race. The responsibility for performance ultimately lies with the individual. How well the individual has prepared physically and mentally to a large degree will determine the performance level. Many swimming experiences can be of the disruptive, discouraging type. But at least a young swimmer learns that this is part of life, and the swimmer must learn to cope. By learning how to handle frustration and disappointment, the young swimmer gains confidence. The swimmer learns dedication and commitment. Through perseverance, a swimmer learns to overcome adversity. **All of these experiences tend to develop an individual who is better able to handle life's hardships and face problems.**

As coaches and parents, we tend to preach that hard work will lead to victory. We preach that clean living and proper training such as diet, sleep and regular attendance at workouts will lead to winning. Though in the long run for a productive, successful life, these are probably truthful concepts that don't always work in short term situations. We have all been in situations where a bigger, more gifted person with poor work habits is the victor in race after race. Or we've known others who never seem to study, yet get good grades. We've known business people who never seem to lift a finger, yet for one reason or another, they close deal after deal.

These things just are not fair. Yet this is one of the valuable lessons that swimmers learn: "Life is not fair." We don't all start out in life with the same physical, mental, emotional and financial resources. In that respect, "Life is not fair." A swimmer must learn what is fair for one is not necessarily fair for another. A swimmer learns we are all different and each individual controls his or her own destiny. A swimmer learns to emphasize given talents and skills. A swimmer learns to improve on a regular basis. By not setting limits and restrictions, this improvement will surely lead to success. A swimmer learns if he or she does their best, then there are no failures. A swimmer learns to set realistic goals. Once a goal is reached, then new goals must be established. A swimmer learns that effort becomes an individual crusade. If the ultimate goal is an Olympic gold medal, then with the proper talent, dedication, belief and support, all swimmers believe it can be done. This is the positive achievement side of swimming that I like so much. Through experience in swimming, our young people learn attitudes and habits that will remain with them throughout the rest of their life. Most swimmers learn to be "can do" people.

Generally, these positive attitudes, belief in self and solid work habits will produce a terrific adult. Our society and our world are enriched by these former swimmers as they become adults. Because of their training, they handle life with a smile. They contribute time and energy to others in every way imaginable.

We can be proud of what swimming contributes to this world. Though "life is not fair," a swimmer knows how to deal with that and can achieve a balance. For the most part, former swimmers grow up to be ordinary people, but they always have that extra plus from the swimming experience. We are different and can be proud of it. It's a pity and truly "unfair" that thousands and thousands of young people are missing the swimming experience. We must open our programs to everyone. We must find ways to share our fantastic sport.

Thank you for your membership, your ongoing support, and for your contribution to making this an extraordinary team and a special environment for these children and young athletes.



23- Junior Nationals, Austin, TX - Dec 2018 - Meet Summary

The meet was very positive on all fronts. We had mostly best times and many outstanding relay swims. Donnie and I want to thank the kids for being so positive and supportive - they were all outstanding teammates. They received numerous compliments from people at the hotel, restaurant staff and coaches at the meet. I personally feel it was the best travel meet at this level in OA history.

We talked about how this meet is an invaluable experience and we have to use it as motivation to work even harder and improve in all areas. We will refocus for a meet in the spring and then for the high school championships. Improvement can be dramatic from now to then. We are thrilled with the kids and exciting for the rest of the short course season and the long course season. Following is a meet summary and list of good swims and best times.

Achievement Summary	new Jr National qualifier: Matt Lanzara new Futures qualifiers: Eloise Engs 100 Fr, Amber Van Meines 100 Fr, Richard Zhang 100 Fly, Ryan Lenahan 500 Fr
Swimmers of the meet	Harry Flanders - 3 final swims and an impressive 48.02 in the 100 Fly Matt Lanzara - 2 new Jr National times - 200 Back & 100 Back Zach Le-Nguyen - all best times Richard Zhang - first Futures time and very fast relays swims - 20.6 Free split
swims of the meet:	Margaux McDonald - 200 Back 2:01.50 Maddie Smith - 100 Breast 1:07.62 Alec Baker - 100 Free 46.12 Sean Percin - 200 Free split (800 FR) 1:39.35 Emily Gebhardt - 400 IM - gutsy swim Boys 400 MR 8th place - splits: Zack Bk 50.03, Mason Bt 56.2, Harry Fly 48.2, Sean Fr 46.2

	red = best times		
Giorgio Alessandria	50 Breast split	26.55	good split - 200 Medley Relay
	100 Breast split	58.95	good split - 400 Medley Relay
Alec Baker	100 Free	46.12	2 sec drop; fast time
	50 Free split	20.95	very fast split - 200 Free Relay
	100 Fly split	50.14	very fast split - 400 Medley Relay
	200 Free	1:41.15	best time
Eloise Engs	100 Free	52.17	first Futures time
Harry Flanders	200 IM	1:49.73	best time; bonus final
	100 Fly	48.02	best time; consol final
	200 Fly	1:48.98	at best time; good early season swim; bonus final
Lexi Fok	50 Fly split	21.80	very fast split - 200 Medley Relay
	100 Free split	52.52	fast split - 400 Free Relay
	200 Free split	1:54.85	fast split - 200 Free Relay

Lizzy Follmer	50 Free split	24.24	good swim for having mono
Emily Gebhardt	100 Fly	55.93	just off best time; good early season swim
	100 Free split	50.67	very fast split - regular swim 51.64 best time
	50 Free split	23.28	very fast split - 200 Free Relay
	400 IM	4:42.27	first time swimming - great job
	200 Free	1:53.10	best time
Channing Hanley	100 Breast split	1:03.55	good split - 400 Medley Relay
	100 Fly	58.50	at best time
Paige Hanley	200 Breast	2:26.91	good early season swim
	100 Free	55.05	at best time
	50 Free	25.14	best time
Isaac Kim	500 Free	4:38.74	best time; 4 sec drop
	200 Free split	1:43.26	very fast split; 2 sec drop - 800 Free Relay
Matt Lanzara	200 IM	1:54.96	best time
	100 Back	50.20	National cut
	200 Back	1:49.85	first Jr National cut
Ryan Lenahan	500 Free	4:35.83	best time by 4 sec
	200 Free	1:42.42	best time by 5 sec
	100 Free split	47.33	good swim; 3 sec drop - 400 Free Relay
Zach Le-Nguyen	50 Back	23.50	fast split
	100 Back	50.02	best time
	100 Free split	46.76	best time - 400 Free Relay
	200 Back	1:49.64	best time by 3 sec - Jr National time
	200 IM	1:55.36	at best time
	200 Free	1:42.86	best time - big drop
Mason Loyet	100 Breast split	56.26	best time by 1.5 sec - 400 Medley Relay
	50 Breast split	26.14	good split - 200 Medley Relay
Margaux McDonald	200 IM	2:04.39	at best time
	400 IM	4:24.60	best time
	200 Fly	2:04.35	at best time
	200 Free split	1:52.64	best time - 800 Free Relay
	200 Breast	2:20.26	big drop - just off Jr Nat cut
	200 Back	2:01.50	big drop - just off Jr Nat cut
Sean Percin	500 Free	4:31.69	best time - 5 sec drop
	200 Free split	1:39.35	fast split 800 FR - regular race time 1:40.20
	100 Free split	45.54	very fast split - 400 Free Relay
John Sita	400 IM	4:02.98	best time
	200 Free	1:42.99	best time
	200 IM	1:54.30	best time
	200 Breast	2:06.68	best time
	100 Breast	58.25	best time
Maddie Smith	200 IM	2:05.33	best time
	400 IM	4:27.83	very good early season swim
	100 Fly	57.41	best time by 3 sec

Amber Van Meines	100 Breast	1:07.62	best time by 5 sec
	100 Back	58.41	best time
	100 Free	52.04	first Futures time
Richard Zhang	50 Free split	23.61	fast split - 200 Free Relay
	50 Free split	20.68	very fast split - 200 Medley Relay
	100 Fly	51.17	first Futures time
	100 Free split	46.62	best time - 400 Free Relay

We wish you all a very happy holiday and a happy and healthy new year.



Donnie, Ronnie, Matt, Marc