

"The Abundant life ... develops from within and is rooted in strong mental and moral fiber.

William Mather Lewis



**2013 National Public High School Champions
(held nine of eleven Section records)**

High School Club Swimmers

To College Swimmers



**2017 – over fifty collegiate aquatic athletes
(from team of 150)**

Over Forty Collegiate Team Captains

Ron Heidary –

**Orinda Aquatics Head Coach/Founder
Campolindo High School Varsity coach**



Coaching Background

- **20 years coaching summer league (rec)**
 - **Success: won 10 County Championships**

- **30 years coaching high school**
 - **Success: won 15 High School Section Championships (northern California)**
 - **Set 10+ Section Records**
 - **Set 2 National High School Records**
 - **Coached/developed over 200 All-Americans**

- **Orinda Aquatics**
 - **Started program with 25 swimmers 1995**
 - **Success: competitive swimmers at national level; team has won Jr Nat West; 3rd at Summer Jr Nat; won Sectionals West; won Far Westerns**
 - **10+ Pacific Swimming Records**
 - **Twelve OA swimmers competed at 2008 Olympic Trials (team size 125)**
 - **Team finish 32nd in nation in USA Swimming Virtual Club Championships with 232,500 points (with 175 swimmers - #1 in nation for teams under 200 members)**
 - **Core of Program: Character First Philosophy; healthy/balanced training for long term success; very little burnout; 90% of swimmers compete in college**

- **Other**
 - **ASCA Level 5 USA Swimming, High School**
 - **NCS Honor Coach**
 - **Pacific Swimming Coach of the Year**
 - **California (CIF) Coach of the Year**
 - **Positive Coaching Alliance Double-Goal National Award Winner**
 - **ASCA Character First Manual**

Overview – College Swimming

Common Questions From Coaches

- Can a non year-round swimmer compete in college?
- What should my swimmers be doing each year of high school?

Common Questions from Swimmers & Parents

- What is the difference between D1, D2 and D3?
- How do kids balance swimming and academics in high school to prepare for college swimming?
- How do you know if you are good enough to swim in college?
- Are scholarships realistic and available?
- Will we be able to get support through admissions?
- What should I look for in a program?

Positives about being a collegiate athlete

- **It can be (and should be) an awesome experience.**
 - Relatively few college students are able to be collegiate athletes. There is a **unique sense of pride** in being a college athlete (at all levels). Even if done for 1 or 2 years, it is worth it.
- **In many cases, it can help kids get into colleges they would not get into on their own.**
 - Most schools/coaches can provide support with admissions – some a little, many significant. Most of our swimmers in college were recruited and are in colleges they would not have gotten into through regular admissions. **This is a huge advantage.** Most parents and swimmers don't understand this process.
 - *Examples:*
 - *girl getting a C in Physics – parents insist she miss workout to study – bad trade-off.*
 - *girl with a 2.9 GPA being recruited to UCLA and Cal - counselor said don't even look. Friends laughed at her chances.*
 - *2 boys from our team look at Columbia. The Jr Nat 3.5 gets in through swimming, the Sectional 4.0 valedictorian is rejected.*

Negatives about the college process

- **Way too much stress on kids and parents.** *Very different than 15 years ago. It is not healthy.*

- **The academic pressure is intense and getting worse each year** – grades, test scores, test prep courses, tutors. *The differences then and now are dramatic. We had a boy get out of workout early on a Saturday morning to take an SAT vocabulary course – 8 hours.*
- **The cost of college is exorbitant** and getting worse each year.
 - I do not support unnecessary **college debt**.
 - I do not support paying for expensive colleges with **parents' needed retirement money**. Kids should not be selfish. Example: our swimmer deciding between Princeton vs Rice - \$200,000 difference.
- **Comment:** Kids actually believe that getting into a top college **will make them set for life** and guarantee their happiness.

Tangible benefits from swimming in college (they are numerous and obvious)

- **better students** when participating in a sport. (example: boy after quitting water polo at Cal)
- acquire an instant peer group and **social network**.
- camaraderie can often lead to **lifelong friendships**.
- opportunity to **maximize swimming potential**. Most swimmers, especially boys, have not physically matured. Example: boy goes from Jr Nat to Olympic Trials senior year in college

Orinda Aquatics' Situation

- **In our program** 100% of our kids want to swim in college and approximately 90% swim or play water polo.
- We aspire to have all of our college swimmers become **collegiate team captains**. To date we have had approximately forty.

High school swimmers (non club) to college

- Statistics over a 20 yr period – approximately **90% of the OA year-round** swimmers competed in college **versus about 10%** for the high school only swimmers
 - Kids should make a **long-term training commitment** to more than just the high school season. *(To me, it would be contradictory to want to compete in college and not be willing to train on a more regular basis.)*
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Areas of Responsibility

The Team's Role – PROMOTE IT

- Talk about **the value and benefits** of college swimming.
- Embed into the team philosophy.
- Have college swimmers who come back **talk about their experience**. At Thanksgiving and Christmas holiday workouts, we have the returning college kids talk about their college swimming experience.
- **Share letters** from your college swimmers who have written back to the club coach/team.
- **Celebrate the graduating swimmers** who are going to college to swim. At our OA banquet in July, the highlight of the program is the graduating senior recognition which includes their swimming accomplishments, academics achievements, character traits, and college choice.

The Athlete's Role – Big Picture

- The process **starts freshman year** with a commitment to both swimming and academics.
- **Academically**, kids should be aware that their GPA and test scores will be impact their options.
- The swimmers should (and should want to) be **fully committed to training** with the expectation that they will be begin going through the recruiting process their junior year. It is relatively short time.

Athlete's Responsibility - General

- **They need to do the research and prepare.** I met with the girl (100 Free 51) and asked her what schools she had in mind. Her response ... "any place that will take me." That doesn't give me much guidance.
- **Academics**
 - Put thought into academic interests and a possible major.
 - Determine the importance of academic intensity and school reputation. This more important for some than others. Also, you need to know the parent's perspective on this.
- **Swimming** – how important is the quality of the program in terms of:
 - the swimmer's development and desire to maximize potential
 - the quality of the program and coaches
 - the facility – indoor vs outdoor, small pool vs 50 mtr pool (example Yale)

Athlete's Tasks

- **Compile a list of 15-20 schools**
 - Ask them to choose schools of all types, size and locations. The more variety the better to help the kid know what they really want.
- **Rate each school in one of three categories** (and sort the list A, B, C)
 - A = would love to go – possibly a reach school
 - B = realistic – would be happy to go there
 - C = back up – should get in easily either through admissions or with coach support
- **draft a 3 paragraph email to the coaches** and send after the coach reviews it.
 - 1) intro/general: introduce yourself, give background
 - 2) swimming: primary events, times, improvement, goals, etc
 - 3) academics: GPA and scores
- **Create a binder with a tab for each school.**
 - Include information about the school and possible areas of study, the swim program and coaches, top times and conference results, and any correspondence.
 - With this binder, when you meet with the swimmer you can have all the information in front of you.
- **Forward correspondence to the coach** (with the coach's approval)

Coaches responsibility (optional)

- **be aware of:**
 - There may be tension between the swimmer and parents
 - Swimmers sometime get paralyzed to inaction – to almost depression.
 - You may have to have the same conversation with both the swimmer and parent. I generally do 90% of the communication through the swimmer.
- **meet with the swimmer and/or parents** either together or separately.
 - I like to meet with them separately so they can both be completely honest.
- **Help the swimmer understand their interests and expectations**
 - Help guide the swimmer through what he/she really wants – honesty is important. Realistically, **few kids really know what they want**. Most have no idea.
 - example
 - Boy - chose Cal over Princeton because ... the political views of kids, and his girlfriend
 - Boys - doesn't want to go to Columbia because ... it looked dirty.
 - Girls – I want to cancel my trip to Washington – I have no interest. I committed to Washington.
- **Review the list**
 - **Add** schools that you think would be a good fit.
 - **Discourage** schools which would be a poor fit (swimming) explain why.

- **Swimmer's email to coaches**
 - Review and edit it
 - Decide when is the best time to send the email – usually after the peak meet.
- Ask the swimmer to **choose their top 3** (realistic) schools
- You (the coach) **write a strong email** to those coaches including:
 - Swimmer's background
 - Current event focus and times
 - Realistic potential
 - Personality/Character/Leadership attributes
 - Explain bad swims/season – typically I take responsibility

Note: **I will not write a letter for a swimmer who is not a high-character person and a good teammate.**
- **Note: In most cases, do not tell the swimmers which college to attend.** It could not work out well and they might resent you for it. I have strongly recommended schools for two swimmers – Cal/Princeton and Columbia vs Merchant Marines.

3 Scenarios for recruiting

- **Recruited** - the swimmer will be recruited/supported. Never a guarantee
- **Walk On** - the swimmer will not be supported but will be allowed to walk on – Clay Sanders at Duke.
- **Cannot Walk on** - the swimmer is not supported and cannot walk on.

Recruiting Trips

- Swimmers get **5 trips**. If possible, plan them in a strategic order. Should a swimmer go on five – it depends.
- These trips are a **valuable resource** and, most often, the determining factor.
- The college team/**swimmers are typically honest** about what they like and don't like regarding the coach and program.
- Recruiting trips should be well structured and safely planned. Many are not. Drinking and parties are common.
- Talk to the swimmer before the trip about **being on their best behavior** and making good choices. College coaches rely on feedback from their swimmers on the recruits.
- Important **To Do's on recruiting trips**:
 - Be positive and engaging with the swimmers and coaches.
 - DO NOT drink or engage in inappropriate behavior. Beyond being recruited, there are legal, safety and liability issues/concerns.
 - Ask open-ended questions about the training, dryland, and what they like about the program.
 - Follow up with a thank you note to the college coach

- The bottom line: After the trip the college coaches and swimmers will have a meeting and discuss you.
- Also, look at as many schools as you can to get a feel (vacations, unofficial trips, etc.)

Balance and tradeoffs – leaning towards academics or swimming

- Here is a bottom line question you should always ask: **If you didn't swim, would you go to this school?** If the answer is no, do not go to that school.
- In the long run, I feel the swimmer/family should choose the best academic fit. It is a life decision, not a 4 year decision.
- There will have to be tradeoffs.
- **A mid-level swimmer supported to a mid-level program** - If the swimmer is average (being honest) the program may be positive but may not perform at a high level. If the swimmer is serious about training and improving, they may be frustrated with:
 - their development
 - The team environment
 - The quality of the coaching
- **rate the academics and swimming 1-10 and help the evaluate - examples**
 - Academics 9, swimming 7 – probably a good trade off, swimming could be challenging
 - Academics 7; swimming 8 – ok
 - Academics 4; swimming 9 – unless the swimmer is not academic, not a good option

Other Consideration

- **Academics**
 - **Don't underestimate** the ability to handle tough academics. Kids generally do as well or better in college than they did in high school. If a swimmer is mature and disciplined, they should be able to handle any academic situation.
 - **Don't push** a tough academic school if it is really not what the kid wants or can realistically handle. Example: you could get into an Ivy League school with swimming. No thanks.
- **Swimming**
 - The **D1, D2, D3** discussion – should not be a consideration.
 - Understand that **not traveling is a possibility** – will that affect your decision? OA swimmers not travelling: Jason swam at Princeton 4 years. Chris swam at Cal 4 years. Jesse swam at Stanford 2 years then quit.
 - You should know or **find out about the program's** training, philosophy, culture, etc.
 - Look at team size and attrition. Consistently low numbers and/or a small senior class are red flags.
 - Look at whether program attracts good swimmers. If not, there is a reason.

- Train the swimmer (if appropriate) for the 200 stroke, 400 IM or dist Free (there is less competition in those events)
 - Decide on **early signing** vs spring signing.
 - **College Coaches – be aware**
 - They are not always responsive. It doesn't mean they don't like you or aren't interested. Don't take it personally.
 - They may not always be completely honest or follow through as they say. Be aware and be specific when asking questions and getting information. Examples:
 - **The recruiting process is a game and you need to know how it is played.**
 - The swimmer is looking at 5-10 schools and can only choose one but wants to keep as many options open as possible.
 - The college coach may be looking at 20-30 swimmers and can typically support 6-8.
 - The dynamic of how these two processes sort themselves out can be complicated and frustrating.
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Attachments:

- Support emails:
 - Michael – to encourage support
 - Megan – to give background
 - Clay - to allow to walk on
- Email from college coach about OA swimmers in college
- Graduating Senior Letter
 - Collen
 - Colin
 - Paige
- Letter of Rec (general)
- College Summary 2016-17

Email to Georgetown Head Coach to support Michael, 2018

My name is Ron Heidary. I am the head coach for Orinda Aquatics and Michael's coach.

I know Michael is very interested in swimming at Georgetown. I am writing in support of Michael for many reasons. I feel he has tremendous upside with his swimming career. Because of his water polo training, his swim training has been at best 50% over the last 3-4 years. So, while he has been swimming with us since middle school, during the school years he has been part-time. While he is with us and training, he is outstanding, but the reality is, he is competing against his peers who are training 8-9 times per week, 11 months a year, for 4-5 years. In spite of this, I feel he has done extremely well and has yet to come close to tapping his potential.

Michael's positives are

- * his stroke is long - we train all freestyle distance per stroke at 11-12 strokes per lap
- * he is not over-trained and is actually eager to train aggressively
- * his technique is very good which will allow him to train hard and improve dramatically
- * his body, while long, has not filled out physically yet so he can get much stronger
- * he is a mature, high character young man - our program is based on Character First and he represents that extremely well
- * he is a team guy - everything we do revolves around being unselfish and putting the team first

Michael's improvement

8th grade: 200 yd Free 1:56, 500 yd Free 5:09, 200 mtr Fly 2:26

9th grade: 200 yd Free 1:50, 500 yd Free 4:53, 1,000 Free 10:02, 200 mtr Fly 2:19

10th grade: 200 yd Free 1:46, 500 yd Free 4:45, 1,000 Free 9:51, 200 mtr Fly 2:14

11th grade: 200 yd Free 1:41, 500 yd Free 4:37, 1,000 yd Free 9:36, 200 mtr Fly 2:09

What is remarkable to me is that his best events last year were the 1,000 Free and 200 mtr Fly and he really didn't train for those events and I didn't think he would even be competitive.

I know it is difficult weighing all the traits of the many recruits. I do feel Michael will develop well and be a tremendous addition to a college program. I personally am thrilled that he wants to pursue his swimming career. I would be happy to answer any questions you may have or talk on the phone. Thanks very much for your consideration and best of luck this season.

Ron Heidary
Orinda Aquatics Head Coach/Founder

Email to Emory Coach for Megan, 2017

From: Ron Heidary [mailto:coach_ron@msn.com]
Sent: Friday, July 7, 2017 10:26 AM
To: Howell, Jon <jphowel@emory.edu>
Subject: Megan

Megan said that you are talking to her today. I had meant to email you about her. She is an amazing person. I would give my highest recommendation. To summarize: she is our high school Most Inspirational and Orinda Aquatics Team Captain and Most Inspirational. Her character is impeccable. She trains well and works very hard every day. She is probably the most mature swimmer in our senior group. She is unconditionally positive and is a perfect teammate and leader. Her times this year were better: 100 Breast 1:05.1 and 29.7 split in the MR. The 200 was 2:22 unshaven. All her times will get faster. I changed her stroke last year and she went through a slump but she is back on track. Regarding her college choices, I'm not sure where she is but I know two things: She would love your philosophy and program and thrive in it; and you would love her as an athlete and person. Thanks for your interest and best of luck.

Ron Heidary
Orinda Aquatics Head Coach/Founder

Email to Duke Head Coach for Clay - Fall of Senior Year:

We have a young man, Clay, who is a senior and was admitted to Duke. He is deciding between Duke and Williams. He and his parents are flying to visit Duke this coming Monday and Tuesday. He was wondering if you or an assistant coach would be willing to meet with him. He is a very special young man and will most likely be our inspirational award winner this year. To give you a summary:

- He has been swimming with us for only 2 years (joined OA in 2009).
- He literally was on the JV high school team as a sophomore.
- His time improvement the last two years is impressive.
 - 200 Free: 2009 - 1:55, 2010 - 1:48, **March 2011 - 1:43**
 - 500 Free: 2009 - 5:06, 2010 - 4:46, **March 2011 - 4:38**
 - 1,000 Free: 1st/only time swimming the event **March 2011 - 9:39**
 - 200 Fly: 2009 - 2:08, 2010 - 2:00, **March 2011 - 1:55**
- He is very mature and positive
- He trains very well and has impeccable attendance.

I feel strongly that he will continue to improve and that he would be a very positive addition to any program.

You can let me know by email if it will work or you can contact him directly.

Thanks so much for your consideration.

Sincerely,
Ron Heidary, *Orinda Aquatics, Head Coach*

Email to Duke Head Coach follow up in summer of senior year

----- Original Message -----

From: Ronnie <coach_ron@msn.com>

To: Dan Colella

Sent: Fri Jul 22 19:09:35 2011

Subject: Clay

Clay swam the 800 Free for the first time at Sectionals. He did an 8:33 and got his first Junior cut. He also did a 2:08 in the 200 Fly and 1:57 in the 200 Free.

Sincerely,
Ron Heidary

email from a college coach about our swimmers competing in college

“... your kids consistently seem to improve in college and they are so well prepared. I have read articles on your team, how you are able to travel with no chaperones, and about the quality of your training and technique, and just being familiar with the program. What a class organization it is. I think our programs are similar in what we think is important.

Thanks again.”

Ronnie and Donnie thank you for helping me feel good about “me” and welcoming me to the team. Words cannot accurately describe what your support has meant. I know that from this experience I will value myself more for the person I am and not just define myself as a swimmer. I will laugh more and swim more confidently because of you. Thank you.

Senior Letter: Colleen O'Brien, Hamilton College

I'm not eloquent enough to adequately articulate what you all have meant to me in my journey over the past several years. But just for the sake of being cliché, I'll say it anyway: You have made me who I am today.

Anyone who has experienced the rollercoaster ride that is high school can tell you that it's not exactly a walk in the park. It's not just the late nights, unsympathetic teachers, apathetic classmates, and multitude of extracurricular activities; it's the fact that you have to decide who you are in the process. You have to decide what you believe in, what you stand for, and what your role is in the Big Picture. None of these dilemmas are avoidable, and none are easily resolved. When faced with these forks in my journey, I would have been left floundering without the firm base Orinda Aquatics has become in my life.

At every crossroads I struggled with, I fell back on what I learned here. I would remember how many people believed in and supported me, and remember the high character athlete and person I dreamed of becoming. Suddenly, my path would become clear.

I continue to be inspired each and every day by the spirit of this team. It manifests itself in the smallest, most beautiful details; a warm smile, a hug, a veteran swimmer patiently explaining a drill to a newcomer, a simple "How are you doing?". I walk away from every practice reinvigorated and motivated to become a better person.

As I open the next chapter of my life, I know I will continue to rely on all that Orinda Aquatics has helped me learn about myself and what it means to be an athlete and a teammate. I hope to use this knowledge to go forward and inspire someone else in the way you all have inspired me. To each and every member of this team I have ever known, from those who were seniors when I joined to those I just had the privilege of meeting this year: thank you for everything, I love you and will miss you dearly. To Ronnie and Donnie: please continue making the world a better place, one person at a time.

Collin English, Johns Hopkins

There was a moment, four years ago, that I have always remembered. It was one of my first Saturday morning practices as a senior swimmer, and under the grim grey sky, I had a conversation with Ronnie Heidary. There are few things about that conversation that I remember, other than a discussion on those spectacular Berean High School swimmers that had come before me, such as Jill Jones and Chris Leon. In my memory it is clear as crystal, the moment when Ronnie turned to leave and said as an ending remark: "You have big shoes to fill". I have tried to fill those shoes ever since.

There was a moment, four years ago, that I have always remembered. It was under the burning sun of a summer practice that Donnie Heidary pulled me aside. Into my hands he put the workout from that day, and, before he walked away, told me to read the quote on the bottom. With slight confusion I looked down: "*Only the mediocre are always at their best*". I have struggled to not be mediocre ever since.

To the mindset of a headstrong freshman, these were comments and quotes that were meant to facilitate my athleticism. It was my dream to one day be as fast as Chris or Jill, and it was my goal to push my body beyond

the point of mediocrity. I wanted to be stronger and faster; I wanted to be the best. But as my four years passed, my mind mellowed and became less headstrong, my dreams were not achieved and I began to question, and in this new situation I began to understand what Donnie and Ronnie had really meant.

Chris Leon had been more than a fast swimmer; he had been uncompromisingly dedicated, loyal, humorous, a friend, and a mentor. Jill Jones had been more than an athlete; she had been dedicated, kind, and the pinnacle of leadership. For a long time I had only seen the swim cap, but I had forgotten to read what had been written on it all along: "Character First". It is true that mediocrity can be found in athletics, but it is even truer that it can be found in character.

So to my coaches, Ronnie and Donnie, and to my fellow teammates, thank you for making me a better swimmer, but I thank you more for the lessons that will last me beyond the short limits of my swimming career; whether it be the work ethic that comes from finishing a threshold set, the discipline that comes from waking up early for morning practice, the social skills necessary to be positive that early, or the ability to accept defeat and better myself from it.

I am not the one to judge whether I have filled someone's shoes, and I am not the one to decide whether I have somehow escaped the bounds of mediocrity. But there is one thing I have firmly determined: that this team has made me a better person, and as I depart after four years, I cannot help but feel grateful. Collin

Paige Matherson, University of Alabama

Most of these letters start off with words reflecting countless years of everlasting memories and friendships made at Orinda Aquatics. My letter will start off the same with one exception. I have been on the team for only a few months. This exception however will not take away from the memories and friendships I will remember forever.

Joining Orinda Aquatics has been the best decision of my life. I cannot begin to explain how grateful I am to be a part of this program. While it was certainly a missed opportunity not to have been part of this team earlier in my swim career, the impact over the past few months has been incredible. From my first day with this team I realized OA was about more than just swimming. It was about preparing individuals for their future by developing the whole person and not just the swimmer. I can honestly say this team has changed my life and is helping me be a better person.

Ronnie recently asked me what I like about OA. I told him I love having a team that will always watch out for me and where the coaches and teammates motivate me and believe in me. I also said if I am having a bad day or just need someone to talk to the coaches are there for me. These are just a few of the things that I love about the team.

"Thank you" to my teammates at OA. Thanks for being good friends and allowing me to be part of your team.



Ron Heidary, Head Coach

Orinda Aquatics, Inc. USA Swimming

cell: (510) 508-SWMM, email: coach_ron@msn.com, www.orindaaquatics.org

Letter of Recommendation for Tony

I have known Tony for approximately four years. I am his year-round coach with Orinda Aquatics, a highly competitive year-round swim team. I have coached competitive swimming for more than thirty years and have worked with thousands of athletes, many at the national level.

Tony is an extraordinarily special young man. I consider him to be outstanding in many ways. I know him to be hard working, dedicated, mature, and always enjoyable.

Tony joined our program relatively late in his swimming career – as a freshman in high school. It is often difficult when kids join in high school to adjust to the more intense training and the demanding practice schedule. We train eight workouts per week, four afternoons, three mornings (which are before school at 5:15 AM), and Saturday morning workout for three hours. Not only is that challenging enough, but Tony lives out of our area and drives thirty minutes each way. Even more impressive is that his attendance is close to 100% and he is never late.

His schedule, to the average teenager, would seem absurd and grueling. It would be difficult to find many teenagers who not only would do it but would want to do it. Tony's schedule on double workout days is: get up at 4:15 AM, drive 30 minutes to practice, get in a cold pool and train for ninety minutes, drive 30 minutes back to school, spend all day in class, drive 30 minutes back to afternoon practice, swim for 2 hours, drive 30 minutes back home, do homework. His motivation and discipline are impressive. What may be more impressive is that he is always positive and a joy to be around – even at 5:00 AM. With all of the difficult training and intense competitions, I have never seen Tony frustrated, negative or upset. He is positive, clear about how he needs to improve, and often witty and humorous which the entire group enjoys and appreciates.

Because of his dedication and hard work, Tony has flourished in our program. He has improved from a good summer league swimmer to national-level swimmer in three short years. His development has been exciting and impressive, and he is now in a position to swim at a competitive division 1 program. We are thrilled with Tony's development as an athlete and his growth as a disciplined, mature and high character young man.

Please don't hesitate to contact me if you have any questions.

Sincerely,

Ron Heidary

Campolindo High School, Varsity Swimming Coach

Orinda Aquatics, Head Coach

(510) 508-7966

coach_ron@msn.com



Orinda Aquatics

Collegiate Athletes 2016-2017



Orinda Aquatics continues its strong presence at the collegiate level with *over fifty* alumni participating in college programs throughout the country. OA graduates not only compete as collegiate swimmers, but play water polo, compete as triathletes at a national level, and participate in open water swimming as well. From a team of just over 150 swimmers, this is an extraordinary accomplishment and testament to the maturity and dedication of these young adults, and to a culture that focuses on long-term development and career longevity. And beyond athletics, there are countless stories of perseverance, leadership, inspiration, and academics success. And from a historic leadership perspective, over twenty-five Orinda Aquatics alumni have been team captains for their respective programs.

We could not be more proud of the role they played as student-athletes and role models with Orinda Aquatics, and now with their performance and leadership at the collegiate level. What our alumni achieve as students, athletes, and leaders continues to be an immense source of pride for us and will always be a hallmark of Orinda Aquatics.

Collegiate athletes for 2016-2017 are:

Class of 2016

▪ Cole Stevens	Columbia - swimming
▪ Claire Therien	Rice - swimming
▪ Scott Wu	University of Chicago - swimming
▪ Noah Jacobs	Amherst - swimming
▪ Liv Baker	Claremont McKenna - swimming
▪ Alexa Hanley	U.C. Davis - swimming
▪ Jake Simpson	U.C.L.A. - water polo
▪ Emily Ward	U.C. Santa Barbara - swimming
▪ Sarah Boese	Vassar - swimming
▪ Sasha Newton	Pomona - water polo
▪ Michael Wright	Colorado College - swimming
▪ Claire Napier	University of Redlands - swimming
▪ Natalie Morlock	Loyola Marymount - swimming
▪ Alec Zhang	Columbia - swimming
▪ Jio Chang	Colorado College - swimming
▪ Nicky Erickson	Cal Poly - swimming
▪ Derek Ludwig	Willamette – swimming
▪ Kimi Hata	Catholic University - swimming
▪ KaiKai Chao	Diablo Valley College - swimming
▪ Lawrence Li	Las Positas - swimming

Class of 2015

- | | |
|-------------------|--|
| ▪ Mary Ashby | Columbia - swimming |
| ▪ Mackenzie Flath | University of Southern California - water polo |
| ▪ Ryan Birdsall | Colgate - swimming |
| ▪ Paul Cane | Dartmouth - swimming |
| ▪ Katie Erickson | Harvey Mudd - swimming |
| ▪ Lucy Faust | Bates – swimming/open water |
| ▪ Kylie Hahn | Wesleyan - swimming |
| ▪ Matt Lennon | Williams College - swimming |
| ▪ Jack Madigan | Fordham - swimming |
| ▪ Brittany Percin | Cal Tech - swimming/water polo |

Class of 2014

- | | |
|-------------------|--|
| ▪ Talbot Jacobs* | Brown - swimming |
| ▪ Jordan Owyong | U.C. Davis - swimming |
| ▪ Hannah Grubbs | U.C.L.A. - Triathlon |
| ▪ Miles Kalbus | U.C. Irvine - water polo |
| ▪ Allison Stevens | U.C. Santa Barbara - swimming |
| ▪ Cassidy Fuller | Washington and Lee - swimming |
| ▪ Anya Nugent | Hamilton College - swimming |
| ▪ Paige Matherson | University of Alabama - swimming |
| ▪ Lucia Brammer* | Lewis & Clark College - swimming |
| ▪ Elise Goetzel | Cal Poly - swimming |
| ▪ Annika Jensen | University of Southern California - water polo |

Class of 2013

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| ▪ Steven Stumph* | University of Southern California – swimming (Pac 12 Champion) |
| ▪ Albert Miao | University of California, Santa Barbara - swimming |
| ▪ Megan Fuqua | Boston College - swimming |
| ▪ Megan Howard | United States Naval Academy – Triathlon |
| ▪ Megan Liang | Franklin & Marshall - swimming |
| ▪ Megan Giambastini | University of Indianapolis - swimming |
| ▪ Emily Giambastini | University of New Hampshire - swimming |
| ▪ Meghan Bicomong | University of California, Santa Barbara - swimming |
| ▪ Erica Muller | Pacific Lutheran University - swimming |
| ▪ JD Ratchford | University of California, Berkeley - water polo |
| ▪ Dominic Baldwin | Whittier – swimming |

***Team Captain**