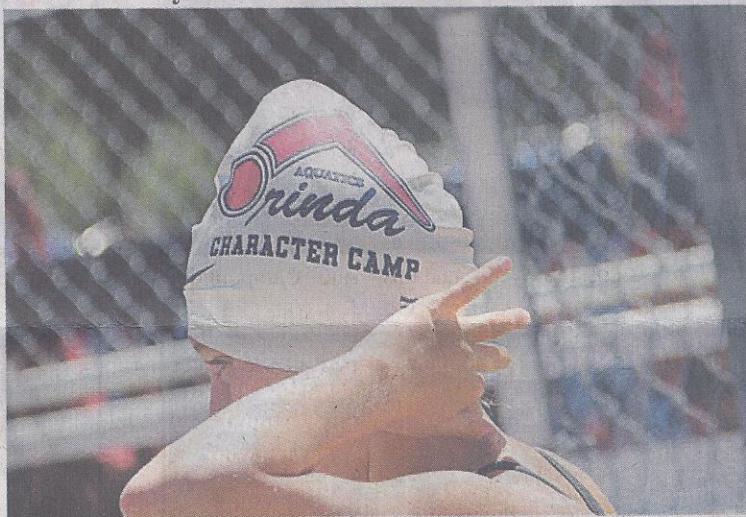


Swimming to Build Character

Submitted by Julie Carlson



Photos provided

Orinda Aquatics recently held its third annual Character Camp at the Soda Aquatic Center. During the week of June 17, almost 40 Lamorinda area boys and girls spent two hours a day focusing on stroke development and technique with coaches Don and Ron Heidary. During the land-based portion of the camp, the campers spent another two hours discussing character, leadership, personal responsibility and per-

severance, all key components of developing as a successful athlete and person.

The American Swim Coaches Association (ASCA) recently published Don and Ron Heidary's new manual on developing high character athletes. Their program has been recognized by swim coaches across the country as an important coaching tool.

