



Orinda Aquatics



A team known nationally for character development and recognized for "best practices" in USA Swimming

Character Camp 2012

"Prepare the child for the path, not the path for the child."

This camp is run by Ron and Don Heidary, Co-Head Coaches and Co-Founders of Orinda Aquatics and Head Coaches of Campolindo and Miramonte High School. Ron and Don have spoken at the American Swim Coaches Association World Clinic on Life Skills and "Putting Character First" and have written on this topic for the ASCA newsletter. The camp emphasis will be on leadership, making a difference in sports and life, and on becoming a high-character athlete. The camp will cover two tracts, one "wet" and one "dry," four sessions each. There will be an optional orientation for parents prior to Monday's session.

The dry or personal side will cover non-swimming areas critical to swimming, athletics, and personal growth:

- *Putting character first in swimming and in life*
- *Real leadership and making a difference (role models vs. social models)*
- *Goal setting and the big picture – what really matters*
- *Support networks and appreciation – relationships with parents, coaches, and teammates*

The wet or aquatic track first will cover areas critical to swimming development:

- *High-character training that inspires others – understanding and discipline of positive workout habits*
- *Technical fundamentals – short axis and long axis balance and progressions*
- *Training/racing around the walls – starts, turns, finishes, streamlines*
- *Race strategy – pace, breathing, and finishing strong*

Registration information

- The cost is \$100. Net proceeds will be used to support the swimming efforts in Swaziland, Africa.
- Each swimmer will receive a T-shirt, cap, and motivational material.
- Swimmers must be ages 10 to 14. All swimmers must be mature, dedicated athletes with a positive attitude and strong attendance history.
- Space will be limited to 60. Please register on-line at, www.orindaaquatics.org

Dates/Times:

- Dates: Monday, Tuesday, Thursday, Friday – the week of June 11th with no session on Wednesday.
- Session times are from 2:00 and 4:00 with one hour in the pool and one hour in the classroom. Swimmers should arrive fifteen minutes early.
- There will be a short parent orientation on Monday at 1:15.

If you have any questions, please email OAswimcoach@aol.com

"What we do on some great occasion will probably depend on what we already are, and what we are will be the result of previous years of self-discipline." H. P. Liddon