Orinda Aquatics

Character Camp 2011

"Character is that which reveals moral purpose, exposing the class of things a man chooses or avoids." Aristotle

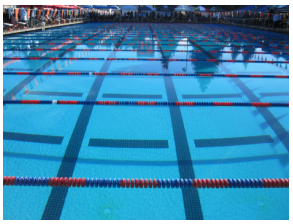
"Prepare the child for the path, not the path for the child." Unknown

Thank You

We would like to thank you for participating in the inaugural "Character Camp". We are excited to bring this to the community and looking forward to working with your children. To our knowledge, this is a one-of-a kind clinic and it has been acknowledged by USA Swimming and the American Swimming Coaches Association as a positive step toward bringing character and life lessons to youth sports.

Recap

This camp will be run by Ron and Don Heidary, Head Coaches and Founders of Orinda Aquatics and Head Coaches of Campolindo and Miramonte High Schools. The camp will cover two tracts: one "wet" and one "dry". There will be an optional orientation for parents at 1:15 on Monday, the first day of the camp.



Registration information

- Proceeds from Character Camp will be donated to support Orinda Aquatics' Charitable Swaziland, Africa Swimming Program.
- Each swimmer will receive a T-shirt, cap, and motivational material.

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

- *High-Character Training – Understanding and discipline*
- *Technical Fundamentals – Short axis and long axis balance and progressions*
- *Training/Racing Around the Walls – Starts, Turns, Finishes, Streamlining*
- *Race Strategy – Pace, Breathing*

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 (Attitude and Effort)*
- *Goal setting and the Big Picture*
- *Support Networks – Relationships with Parents, Coaches, and Teammates*
- *The Swimming World and its Role in Your Life: High School, USS, Collegiate Swimming*

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Day 1: Putting character first in swimming & Life, H/C Training

Pool: Training with Character

- **On deck**
- **Warm-up**
- **Intervals/send off's**
- **Counting**
- **Streamlining**
- **Know key drills and stroke objectives**
- **Know set objectives/focus**

Class: Goal of Camp/Being a High-Character Athlete

- **Goals/Objectives**
- **Review week**
- **Leadership**
- **Team**
- **Attitude**
- **Effort**

- **Articles**
- **Quotes**
- **Visualization**
- **Interaction**

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Day 2: Goal Setting, Technique

Pool: Technique

- Long-axis
  - Body position
  - Kicking
  - Drill progressions
  - Stroke keys
- Short-axis
  - Body position
  - Kicking
  - Drill progressions
  - Stroke keys

Class: Goal Setting

- Life
- Personal
- Athletic
- Swimming
- Academic
- Family
- Friends

- Articles
- Quotes
- Visualization
- Interaction

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Day 3: Your Swimming Network, Walls

Pool: Walls

- **Streamlining**
- **Starts**
- **Turns**
- **Finishes**

Meeting: Support Network

- **Family**
- **Coaches**
- **Teammates**
- **Friends**
- **Classmates**

- **Articles**
- **Quotes**
- **Visualization**
- **Interaction**

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Day 4: The Swimming World/Clinic Recap, Racing

Pool: Race Plan

- Under water
- Pace
- Race Strategy
- Breathing Pattern
- Stroke Rate/Length

Meeting: The Swimming World/Clinic Recap

- Rec
- USA Swimming
- High School
- College
- Open Water/Triathlon
- Clinic Recap
  - Character in sports and in life
  - Leadership
  - Attitude/Effort
  - Appreciation/support
  - Life lessons

- Articles
- Quotes
- Visualization
- Interaction

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The H/C Athlete at Workout!

- Arrives on-time/early
- Arrives with a positive attitude
- Helps set up pool
- Welcomes teammates
- ALWAYS positive in the locker room
- First one out of the locker room
- First one in the pool
- Has proper equipment at the beginning of workout
- Swims warm with focus, concentration, non-stop, with perfect streamlines
- Leaves on send-off's
- Knows repeat times
- Counts all laps and repeats
- Wears team cap
- Doesn't stop until finished or coach stops you
- Knows each set swim objectives
- Swims with focus and purpose
- Pushes through challenging sets
- Remains positive through challenging sets, periods
- Communicates with coach

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The H/C Athlete at Meets!

- Takes ownership and responsibility
- Prepares the night before
- Talks to parents about plan - details, departure, the meet/day
- Prepares items – suits, goggles, team attire, snacks
- KNOWS WHAT TIME TO LEAVE THE HOUSE
- Checks in with coach upon arrival
- Finds team area
- Team stretch
- Team warm-up (first one in) – focused
- Stays in team area
- Stays positive and focused
- Gets to know swimmers that you may not know well
- Checks in with coach before and after races
- Finds the value in every swim and in the "process"
- Focuses more on the "race" than the time; pace, walls, streamlines, etc.
- Cheers for teammates
- Warms down if possible
- Stays until the end of the meet - help clean up team area
- Checks with coach prior to leaving
- Thanks coach and parents for their support

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The H/C Athlete at Home!

- **Appreciates parents – ALWAYS**
- **Is respectful at all times**
- **Supports family (recognizes "team" effort)**
- **Mentors siblings**
- **Embraces academics and takes accountability**
- **Takes responsibility for practice schedule**
- **Takes responsibility for meet schedule**
- **Communicates openly with parents about swimming (positive and negative)**
- **Plans day and week with academics and athletics as a priority**
- **Uses technology wisely and purposefully**
- **Seeks out and follows *positive* role models**
- **Chooses positive friends**
- **Makes healthy life choice**
- **Seeks out life lessons and values from athletics and transfers them to life in general**
- **Thinks about leadership and "making a difference"**

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Quotes for Swimming and for Life

We encourage young athletes to find, and identify with, a few quotes in different areas, i.e., work ethic, character, etc. and fully commit to them, repeating them often.

"The idle man does not know what it is to enjoy rest." Einstein

"Excellence is not a singular act, but a habit. You are what you repeatedly do."Oneal

"Character is the indelible mark that determines the only true value of all people and their work." Marden

"Great occasions do not make heroes or cowards; they simply unveil them to the eyes. Silently and imperceptibly, as we wake or sleep, we grow strong or we grow weak, and at last some crisis shows us what we have become." *Brooke Foss Westcott*

Champions dream of becoming superhero's for a brief moment in time.

"The main ingredient of stardom is the rest of the team." John Wooden

There are no shortcuts to anyplace worth going.

We first form habits. Then habits form us.

He who is good at making excuses is seldom good at anything else.

Image is what people think we are. Integrity is what we really are.

Opportunities are seldom labeled.

The greatest mistake we make is living in constant fear that we will make one.

When spider webs unite, they can tie up a lion.

When faced with a challenge, look for a way – not a way out.

Weakness of character is the only defect which cannot be mended.

No one can go back and make a brand new start, but anyone can start from now and make a brand new ending. –*Anonymous*

Don't ask for a light load, but rather ask for a strong back.

If the going is real easy, beware, you may be headed down hill.

He who seeks rest finds boredom....He who seeks work finds rest.

Problems are only opportunities in work clothes.

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A person's true wealth is the good he or she does in the world.

Some make it happen, some watch it happen, and some say, "What happened?"

Vision without action is a daydream. Action without vision is a nightmare. Japanese Proverb

There is nothing either good or bad, but thinking makes it so.

You can tell more about a person by what he says about others than you can by what others say about him.

People great minds talk about what is possible. People with average minds talk about things. And people with small minds talk about other people."

"It's choice – not chance – that determines your destiny." Jean Nidetch

"I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars." Og Mandino

"You will never be the person you can be if pressure, tension, and discipline are taken out of your life". James Bilkey

Secrets of the World Class

Am I more interested in comfort or in being uncomfortable?

Are my habits, actions, and behaviors congruent with the vision I have for my life?

List the three most difficult adversities you have faced and the positive that has come out of them.

- The middle class competes. The world class creates.
- The middle class love comfort. The world class is comfortable being uncomfortable.
- The middle class cares about themselves. The world class cares.
- The middle class lives in delusion. The world class lives in reality.
- The middle class if frustrated. The world class is grateful.
- The middle class wants. The world class sacrifices.
- The middle class has dreams. The world class has vision.

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Articles

- **Character in Sports** ***(Ron & Don for The American Swimming Coaches Association)***
- **Mindset (growth or fixed)**
- **The Butterfly (perseverance)**
- **The Apple (selflessness)**
- **The Uncommon Professional (daily duty)**
- **The Butterfly Effect (decisions)**
- **"Being" Olympian (leadership)**
- **"Normal" (super-hero)**
- **A Warrior Mentality (work ethic)**
- **Good Luck, Bad Luck**
- **A Doing Less Story (affect on others)**
- **Disabled Swimmer Thrives on Challenge**
- **The Pressure to Cheat (integrity)**
- **Peter Varellas (on alcohol)**
- **Jack McMahon (on cheating)**

Thank you!

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