



Orinda Aquatics

Winter Championship Meets Summary & Times Recap

- no dark clouds over this team!

"No matter what happens, always
keep your childhood innocence.
It's the most important thing."

federico fellini



- **Clovis**
- **Sectionals**
- **Age-Group Champs**
- **College Swimming**



**Clovis
2023**
**Great trip!
Great team!**



Orinda Aquatics at its Very Best!



Clovis - 75 swimmers

Extraordinary success in the pool and on the deck

First place men & women 75 swimmers One bus, 2 vans Threatening weather conditions 1 amazing team 400+ best times	
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After three years, and a need to reconnect with our history, our culture, and our own team, Orinda Aquatics did what we have been known to do so well, travel with a (very) large group, with unparalleled organization, discipline, respect, support, spirit, and camaraderie, and of course, great swimming. Clovis was everything we had hoped for and more. And, "be above the weather" was never more real or relevant than this - a championship session canceled prior to the start of the meet due to "unsafe weather conditions". Not only did the team swim well, but our best session was Sunday afternoon, three days into the "conditions"!

To help connect, the trip included; Team Trivia, a Know Your Team Quiz, Get to Know Your Swimmer Cards ("if you really knew me..."), inspirational articles (The "Apple", The Uncommon Progressional, Mike Burton, etc.), Olympic swimming DVD's, integrated rooms, team building in the hotel (and yes, homework), dinner integration, and in-depth meetings (swimming, life, team, travel, etc.)

This is one of the largest groups we have taken, and it may very well be the best. The kids were near perfect in every way: punctuality, attitude, support, attire, respect, behavior, not to mention swimming. They were humble, helpful, and supportive of everyone. They busied tables, cleaned up the team area, offered to help with... everything, thanked Brenda the bus driver (55 times each trip), and even supported swimmers from other teams. It may sound like a cliché to say that it is a privilege and a pleasure to coach them, but it is. The team in general was complimented throughout the meet by officials, parents from other teams, hotel staff, and the bus driver, as being "the nicest group of kids".

"Integrity has no need of rules." Albert Camus

Please see the performance report.

And let's not forget:

- Custom ribbons for 80 people – thank you Meliana and Whitney!
 - Room captains, i.e., great leadership!
 - Cheering – just ask Mackenzie and Theo!
 - Yardage leader – Tanner Skrypnyk (raced 4,900 yards!!!!)
 - Swimmer of the Day(s) – Taryn, Lana, Theo & Viola
 - Cheerer of the meet – Clare Baker (Andrew Hallett – creative team cheer)
 - In & Out with 70 people!
 - Ben Kang signed meet shirts going for triple the value! (“don’t forget your childhood innocence!”)
 - Best helper/nicest kid – too many to name! (Sunday cheerers got a free dinner)
 - Catering extraordinaire, thanks to Debbie Santos, Alex Neyman, and Trish Wilkalis
 - 50 OA swimmers cheering for alone swimmer on another team (25 at each end)
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During the trip, we leave each morning at 7:10 and with bus seating assignments set and room captain checks, the swimmer count is done in about thirty seconds. Other than Friday, we arrive at the pool, do a team stretch (see photo), warm-up, have a meeting, swim trials which run from 9:00 to approximately 12:00, swim time trials, have lunch (which was pre-ordered and brought to the meet – (thank you parents!)), head back to the hotel at about 1:00 with about two hours to rest (in rooms or in the lobby), and then we head back to the pool at about 3:15. At finals, kids either race or cheer (they must *always* be team-committed). We swim *a lot* of relays (“A through J”) and arrive back at the hotel at about 8:00 for a catered dinner (thank you again!), a detailed meeting with a meet recap and swimmer introductions, and finally to bed.

“The purpose of leaders is to produce more leaders.” Ralph Nader

Imagine being a nervous freshman sharing a hotel room with an older swimmer who is *sincerely* interested in who you are as person and as an athlete and is unduly committed to being a mentor and role model. Imagine wondering whose job it is to clean up a team area occupied by 75 swimmers, or to load the tents and coolers on the bus, only to see the older swimmers proactively taking care of it. *This is leadership.*

After the trip we ask the kids a few questions: “who did you get to know (well)?” And “whom did you reach out to?” “How did you support the team process (add value)?” And the answers are always heartwarming and reveal one of the core reasons for the trip – to integrate three training groups, swimmers of different ages, swimmers from fifteen different high schools, and swimmers from the national level with those have recently joined the team, all to create a people-first, team-first mindset and culture.

Our duty is not to see through one another but to see one another through.” Amish Proverb

What these kids (young adults) did would be unheard of in today’s society and challenge all conventional “wisdom”. In our meeting with the kids prior to the trip, we told them that few teams in the country, if any, would even entertain this – a coach run/managed trip with seventy-five teenagers and no chaperones (and no bed checks). In a sense, our objective, beyond swimming well, is to show that this can be done and to prove that a large group of unchaperoned teenagers traveling is not a recipe for disaster and does not even have to be a challenge, but can be, dare we say, inspiring.

Notes from Senior swimmers (post Clovis) -

Dear Coaches,

Thank you very much for the opportunity to go on the team trip to Clovis. I was able to make many new friends and came away inspired to train hard and swim my best. I had many valuable in-depth conversations with some of the Senior 4's, and they shared with me how Orinda Aquatics helped them become motivated to be their best self. I learned a lot about hard work, and how hard training pays off. I also had a lot of fun cheering and watching my teammates swim their best times. I returned energized to train harder and swim faster than I have before. Thank you again! – an OA freshman.

Throughout the meet I reminded myself of what the team message has been, to always put your best self forward, and about being stronger and more resilient, and focusing on mindset. It help me surpass my own expectations of how I would feel during a race. During the 500 free I was feeling pain at 300 but pushed through it and dropped 8 seconds. An OA freshman

I had an amazing experience. Clovis was incredible. To be honest, I was a little nervous to travel as a team because it was something I had never done before. But without a doubt, it was one of the best meets of my life. Even though there were challenges, getting to know my teammates through this team trip is something I will cherish forever. I also have a renewed sense of motivation and appreciation for hard work, and I am very excited to see what lies ahead. – OA sophomore

“To lead people, walk behind them.” Lao Tzu



Xfinity Mobile 11:19 PM 19%
TEAM SCORES MEET HOME
 2023 Juanita Allington Memorial Senior Meet 2

	Men	Women
ANK 1 Orinda Aquatics	1057	
ANK 2 Clovis Swim Club	371	
ANK 3 Livermore Aquacowboys	268.5	
ANK 4 Ladera Oaks	181	
ANK 5 Las Vegas Swim Club	180	
ANK 6 Ucd Aquamonsters	152	
ANK 7 Boulder City Henderson Heatway	150	

GIRLS 400 YARD

Ln	Name	Team	Split
1	ORPB	ORPB	32.52
2	LAC	LAC	34.38
3	ORPB	ORPB	37.03
4	ORPB	ORPB	36.08
5	ORPB	ORPB	34.30
6	LO	LO	34.71
7	CLOV	CLOV	35.78
8	COSA	COSA	36.05
9	CLOV	CLOV	34.44



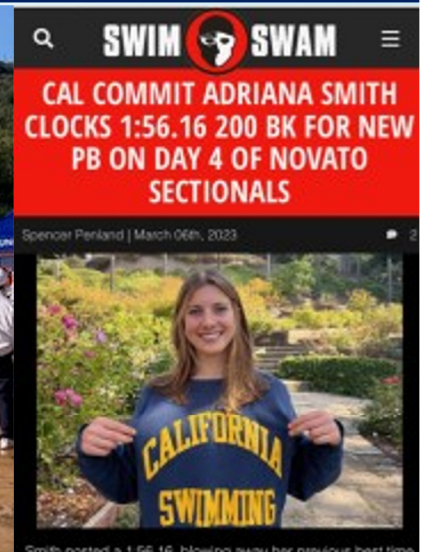
2023 CA/NV USA Swimming Sectional Championships Novato, CA

The next weekend!

- Third place women, fourth place combined
- OA won four of the six relay events!
- Six Junior swimmers competed at Sectionals!
- 4 Team records/3 Futures cuts



A great facility!



Most junior swimmers at a Sectional meet!



OA wins men's and women's 400 Free Relay!



Pre-race focus!

Pacific Swimming Age-Group Championships



Santa Clara



After a great meet in Santa Rosa, the Junior group came back with an extraordinary performance in Santa Clara this past weekend. Some highlights were:



Women's 400 Free Relay (last event of the meet) – 3:30.56 – 1st – 9 tenths off the PacSwim record – Gratton (14) 52.5, Smith (13) 53.2, Cooper (13) 53.3, Canoles (13) 51.5

- Woman's 200 Free Relay – 1st – Smith, Cooper, Yung, Canoles
- Lily Yung (13) – 500 free – 5:06 – also won the 1,000 (10:36) and the mile (17:44) with great swims (Sectional cuts)
- Calei Calica (13) – 200 breast 2:21- Futures cut, 400 IM 4:39
- Stella Canoles (13) – 200 free 1:55.8 (1st), 100 fly 57.6, (see free relay spilt!)
- Chloe Cooper – 200 back 2:06, 100 free 54.2
- Bella Smith (13) – 100 free 54.1, 100 fly 59.1
- Julian Thorn Leeson (12) – 500 5:17, 400 IM 4:38
- Ruth Andrews (13) – 200 free 1:58.9, 100 free 55.8
- Quinn Baker (12) – 200 back 2:17.6, 100 back 1:04.6
- Teagan Bratcher (12) – 400 IM 5:05, 200 back 2:20
- Kai Calica (11) – 100 breast 1:14, 200 IM 2:29
- Eason Feng (14) – 100 free 47.3 (1st), 200 free 1:44.2 (plus great relay swims)
- Elise Gratton – 100 free 52.5 (4th peak meet in a row!)
- Kat Lu (13) – 200 breast 2:41.2
- Atlas Metin (13) – 500 free 5:17, 200 back 2:10
- Anna Motes (14) – 100 breast 1:08.0 – plus great freestyle swims!
- Dima Secor (14) – 200 IM 2:02.9, 200 back 2:04
- Sophie Struempf (12) – 100 fly 1:04.0, 200 free 2:06
- Gavin Yu (13) – 200 breast 2:26
- Marin Nebel (13) – 50 free 28.0
- Great job from relay swimmers: Claire Gallup, Rylan Gottschalk, Ellie Letulle, Kiera Shane, Sabrina Sherman, Daniel Siu, Tess Veronda (also swam the 50)
- Thank you to our high school swimmers for joining us! Maddie Phan, Viola Griebenow, Matthew L, and Daniel, Elise, Dima, & Eason

To conclude the Winter Recap, we want to acknowledge the 40+ Orinda Aquatics alumni that competed in collegiate programs this season. We could not be more proud of the athletic and leadership contributions that they are making. **team captains*

2023 Orinda Aquatics Collegiate Swimmers

First	Last	College
Emmie	Appl	Pomona
Alec	Baker	Bucknell
Will	Barber*	Colorado College
Henrik	Barck	Harvey Mudd
Maggie	Buckley	Harvard
Emma	Bustamante	Westmont
Nick	Chang	Carleton
Eloise	Engs	Davis
Jalen	Evans	MIT
Lexi	Fok	Pepperdine
Mac	Follmer	Cal Poly
Lizzy	Follmer	Northwestern
Emily	Gebhardt	San Diego State
Nicky	Glenn	Cal Poly
Sky	Griffin	DVC
Sydney	Griscavage	Cal
Cole	Griscavage	Swarthmore
Paige	Hanley*	Iowa State
Channing	Hanley	Texas
Lauren	Healy	Westmont
Lindsay	Hemming	Pepperdine
Isaac	Kim	Chicago
Alec	Kong	Dartmouth
Matt	Lanzara*	Trinity
Ryan	Lenahan	Georgetown
Zach	Le-Nguyen	Brown
Margaux	McDonald	Princeton
Olga	Merkadeau	Macauley
Connor	Ormsby	Cal Poly
Jenna	Ravarino	Vanderbilt
Gaby	Rego	Westmont
Tommy	Roder	Cal
Dax	Sherwood	Colorado College
Maddie	Smith	Vanderbilt
Regan	Stambaugh	Grinnell
Taylor	Thomas	Pepperdine
Cristian	Twyman	Clark
Bernave	Twyman	Providence
Amber	Van Meines	Harvard
Amelia	Vollmar	Chapman
Aidan	Vollmar	UOP



Good luck to all NCAA qualifiers