

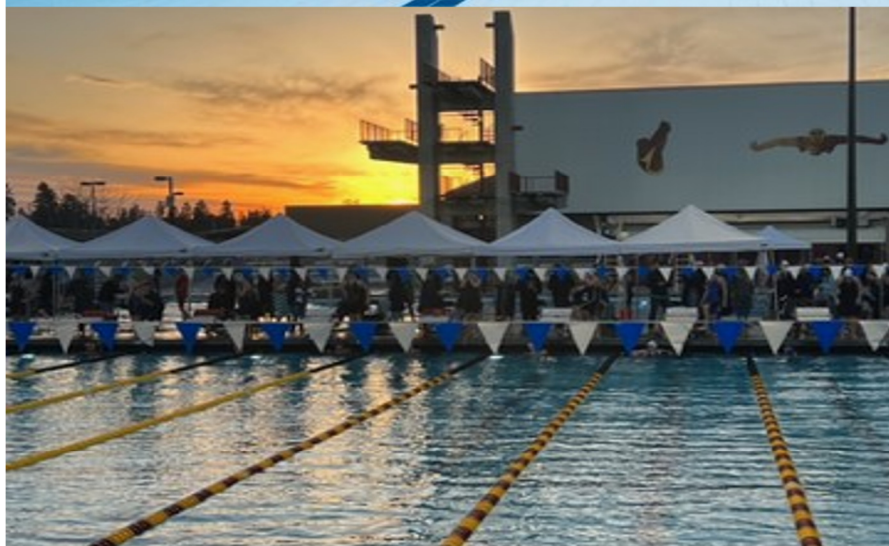


Clovis 2025



The Heart of Orinda Aquatics

"Integrity has no need of rules." Albert Camus



"He who is fixed to a star
does not change his mind."
Leonardo da Vinci



Character First



Clovis Trip Recap

First place overall

66 swimmers

25 hotel rooms

425 meals (thank you Debbie & Alex!)

One bus/two vans

200+ best times

1 amazing 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 hope for and more. To help connect the group, the trip included; Get to Know Your Swimmer Cards (“if you really knew me...”), CB’s - Clovis Buddies, Fun Facts, inspirational/character articles, Olympic swimming DVD’s, integrated rooms, dinner integration, and in-depth meetings (swimming, life, team, travel, etc.). The kids were near perfect in every way: punctuality, attitude, support, attire, respect, and behavior. They were humble, helpful, and supportive of everyone. 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”.

The trip also included:

- Custom ribbons for 70 people – thank you Cale!
- Great Room Captains, i.e., great leadership! (see below)
- Cheering – Senior 2 – top group! You were awesome.
- Off-stroke winners – see recap
- Group cheers
- Swimmers of the meet (and free In N Out!)
- Swims of the meet
- Two new **Sectional Qualifiers** – Matthew L & Quinn Baker
- Eight (of ten) finalists in the A Final in some events (see photo)
- (not so) In-N-Out with 70 people!

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. We arrive at the pool, do a team dynamic WU, have a meeting, warm-up, 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 Debbie & Alex), 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 for finals, and *a lot* of relays (“A through J”). We arrive back at the hotel at about 8:00 for a catered dinner (thank you again!), a detailed meeting with a meet recap, swimmer highlights, and fun facts (“I was born with six toes!”), and room captain led bed checks.

After the trip we ask the kids a few questions: “Who did you get to know (well)?” “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 twelve different high schools, and swimmers from the national-level with those have recently joined the team.

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 sixty-six teenagers and no chaperones (and no bed checks); all done with athlete leadership and integrity. 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. In a sense, a metaphor for any of life’s pursuits. In sum, they demonstrate “the art of team travel” and youth integrity.

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

Thank you to our outstanding Room Captains!

Lana Richards	Siena Santos	Emma Shane	Lucy Kao	Garrett Molitor
Kat Kracht	Clare Baker	Chloe Thorn Leason	Kaia Bonham	Ethan Taylor
Viola Griebenow	Elise Gratton	Maddie Phan	Parisa Mosavat	Adam Sutro
		Stella Canoles		

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

Please see the performance report.

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





CLOVIS OLYMPIC SWIM COMPLEX

Juanita Allington Sr Champs Event 17 Heat 1

L	Swimmer Name	Team	Splits	Time	P
1	Jenna Beggs	CLOV	30.63	59.73	8
2	Mac Wheeler	UN08	30.34	59.81	9
3	Siena Santos	OAPB	29.45	58.12	5
4	Bella Smith	OAPB	29.55	57.80	4
5	Stella Canoles	OAPB	28.19	55.30	1
6	Chloe Cooper	OAPB	28.57	55.83	2
7	Viola Griebenow	OAPB	29.13	57.09	3
8	Maddie Phan	OAPB	29.59	58.17	6
9	Carlee Davis	WCAB	31.06	59.92	10
10	Jillian Bean	ACE	30.85	59.61	7



Sunday - Room-lays & In N Out!

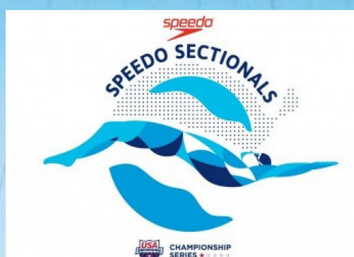


Sectionals Highlights, Roseville, CA

- an optional meet for OA qualifiers

With a limited group and no relays, Orinda Aquatics had an outstanding showing at Sectionals in Roseville, with futures cuts from Claire Meissner, Bella Smith, and Sofia Zibell. See below for improved times and A final swims.

Name		Event	Time	Note
Claire	Meissner (14)	400 IM	4:28.7 – 6 th	Futures Cut – BIG drop
		200 back	2:05.3 – 8 th	Futures Cut-BIG drop
Sofia	Zibell (13)	100 breast	1:05.1 – 10 th	9 th , Futures Cut
Fedor	Igoshin (14)	400 IM	3:58.7 – 3 rd	Top national swim
		200 back	1:51.1 – 4 th	Great swim
		500 free	4:39.66	Great swim
Stella	Canoles	200 fly	1:59.9 – 2 nd	GREAT SWIM!!!!
		50 free	22.8 – 1 st	TR -1
		100 free	49.6 – 1 st	TR - 2
Gabriel	Hoffman	200 back	1:55.4	4 sec drop
Bella	Smith	100 back	57.0 – 5 th	Futures Cut
		200 back	2:02.6 – 6 th	Futures Cut – GREAT SWIM
Emma	Sloan	100 fly	55.9 – 6 th	Very good swim
		200 fly	2:03.9 – 5 th	Very good swim
Lily	Yung	200 fly	2:03.1 – 8 th	Very good swim
Chloe	Cooper	100 back	56.1	A final
Viola	Griebenow	200 back	2:04.0	A final



A constant reminder...

Clayton Christensen's "How Will You Measure Your Life?"

Marginal-cost applies to choosing right and wrong: it addresses a question I discuss with my students: how to live a life of integrity—and stay out of jail. The marginal cost of doing something "just this once" always seems to be negligible, but the full cost will typically be much higher. **Yet unconsciously, we will naturally employ the marginal-cost doctrine in our personal lives.** A voice in our head says, "Look, I know that as a general rule, most people shouldn't do this. But in this particular extenuating circumstance, just this once, it's okay." And the voice in our head seems to be right; the price of doing something wrong "just this once" usually appears alluringly low. It sucks you in, and you don't see where that path is ultimately headed or the full cost that the choice entails.

Nick Leeson, the twenty-six-year-old trader who famously brought down British merchant bank Barings in 1995 after racking up **\$1.3 billion** in trading losses before being detected. It all started with one small step: a relatively small error. But he didn't want to admit to it. Instead, he covered it up by hiding the loss in a little-scrutinized trading account. It led him deeper and deeper down a path of deception. He lied to cover lies; he forged documents, misled auditors, and made false statements to try to hide his mounting losses. Eventually, he arrived at his moment of reckoning. He was arrested at the airport in Germany, having fled his home in Singapore. As Barings realized the extent of Leeson's debt, it was forced to declare bankruptcy. Twelve hundred employees lost their jobs, and Leeson was sentenced to six and a half years in a Singaporean prison.

It's almost impossible to see where Leeson would end up from the vantage point of where he started—but that's the danger of marginal thinking. As soon as he took that first step, there was no longer a boundary where it suddenly made sense to turn around. The next step is always a small one, and given what you've already done, why stop now? This can easily be moral bankruptcy as well.

Many of us have convinced ourselves that we are able to break our own personal rules "just this once." In our minds, we can justify these small choices. None of those things, when they first happen, feels like a life-changing decision. The marginal costs are almost always low. But each of those decisions can roll up into a much bigger picture, turning you into the kind of person you never wanted to be. Because life is just one unending stream of extenuating circumstances.

If you give in to "just this once," based on a marginal-cost analysis, you'll regret where you end up. It's easier to hold to your principles 100 percent of the time than it is to hold to them 90 percent of the time. The boundary—your personal moral line—is powerful because you don't cross it; if you have justified doing it once, there's nothing to stop you doing it again.

Decide what you stand for. And then stand for it all the time.