

"Integrity has no need of rules." Albert Camus



Clovis 2024

Orinda Aquatics at its best!

ORINDA AQUATICS

Character First

Clovis Senior Championships 2024

Commit to personal growth...

**"There is nothing in a caterpillar
that tells you
it's going to be a butterfly."**

Buckminster Fuller



Clovis Trip Recap

First place men & women

75 swimmers

35 hotel rooms

500 meals (thank you Debbie & Alex)

Two busses

300+ best times

One Pacific Swimming Record!

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; Team Trivia, 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 80 people – thank you Meliana!
- Great Room Captains, i.e., great leadership! (see below)
- Cheering – Senior 2 – top group! You were awesome.
- Off-stroke winners – see recap
- Relay split winners of the day
- Class/Grade cheers
- Swimmers of the meet – a lot (see recap)
- Swims of the meet – even more
- Volume (racing) leaders – Theo & Laird – 6,550 yards!
- Three new **Sectional Qualifiers** – Gabriel Hoffman, Fedor Igoshin, Grayson Bloes
- Nine (of ten) finalists in the A Final in some events
- (not so) In-N-Out with 75 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 and swimmer highlights.

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 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.

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

Thank you to our outstanding Room Captains!

Natalie Aiken	Taryn Varonda	Lulu Martin Del Campo	Parker Smith	Garrett Molitor
Mollie Appl	Whitney Wilkalis	Audrey Hoover	Parker Etnyre	Ethan Taylor
Emilia Barck	Lily Struempf	Adelie Reiner	Theo Holtzman	Adam Sutro
Maddie Blackwell	Meliana Calica	Lana Richards	Miranda Stevenson	Mikey Chu
Jasmine Fok	Adriana Smith	Charlotte Shamia	Olivia Pettit	Reid Lalli

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

Please see the performance report.

Notes received just this week from OA alumni and parents –

- *These messages reinforce the long-term training and cultural philosophy of the program.*

Hi! Last week I finished my last meet ever at SEC's and I have been reflecting a lot over the last few months as this chapter in my life comes to an end. You were an integral part in my swimming journey and I want to thank you so much. I would not be here where I am today without you. Thank you for teaching me what it means to live a life with impeccable character, integrity, resiliency and kindness. I will carry what I've learned from you and OA with me for the rest of my life and I'm forever grateful to have a mentor like you in my life. Thank you for everything and I hope you're doing well! OA Alum

We are doing a dedication ceremony today for the Westmont pool (naming ceremony to honor the donors who funded the program) and I get to talk about our team and the progress we've made in 5 years. it's so cool that our administration is so proud of the program because of the amazing team culture that I envisioned, but that the girls embraced and lived out. And truly I wouldn't have had that vision without being a part of OA for so many years. Thank you for setting the standard of what a positive team culture can really look like & for investing so much in me and training me to carry on that vision. I'm so grateful for your commitment to OA's culture. Thank you both for being such great role models and mentors. Jill Joines

As she leaves Pepperdine, she has made her mark for sure, with many top-ten times. I'm also excited to see her swim the length of Tahoe this coming July, 21 miles is looooooong way. She will be going to Florida in the fall to continue her education in graduate school. She plans to swim open water and maybe even masters swimming as she said to me this past weekend I don't want to be done. Thank you to you and Orinda Aquatics for helping her achieve all these amazing things throughout her swimming career. Thank you, OA Parent

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



Clovis West High - Kastner Intermediate
2024 January



#3 Girls 100 Yard Butterfly

Lane	Name	Age	Team	Prelims
Heat 1 A - Final				
1	Blackwell, Maddie M	17	OAPB-PC	57.13
2	Aiken, Natalie P	18	OAPB-PC	56.76
3	Struempf, Lily R	17	OAPB-PC	56.48
4	Barck, Emilia I	17	OAPB-PC	56.20
5	Fok, Jasmine V	18	OAPB-PC	55.29
6	Canoles, Stella J	14	OAPB-PC	55.61
7	Fajardo, Alexia N	17	UN-07-PC	56.48
8	Santos, Siena M	16	OAPB-PC	56.67
9	Smith, Adriana K	18	OAPB-PC	56.96
10	Yung, Lily R	14	OAPB-PC	57.37
Heat 2 B - Final				
1	Wilber, Rowyn M	15	CLOV-CC	59.85
2	Shamia, Charlotte K	16	OAPB-PC	59.72
3	Anderson, Joanna R	17	CLOV-CC	58.96
4	Gratton, Elise C	15	OAPB-PC	58.56
5	Kleman, Gabby G	15	LAC-PC	57.74
6	Stevenson, Miranda L	18	OAPB-PC	58.00
7	Moseley, Samara L	17	RA-CC	58.94
8	...	...	...	59.46

Orinda Aquatics Senior Group – Clovis Times Recap

	swim or swimmer of the day/meet			PacSwim 13-14 400 Free Relay Record			
	First	Last		Event	Note	Event	Note
1	Natalie	Aiken	4.0	100 fly	56.7 - great Spring time	200 free	best time
2	Ruth	Andrews	4.0	split 52.8 on PacSwim 400 Free Relay Record			big drop in the 1,000
3	Mollie	Appl	4.0	200 M	2:09 best time	200 Free	1:59 best time
4	Emilia	Barck	4.0	200 free	1:51.3 best time	100 breast	1:03.7 great time
5	Madison	Blackwell	4.0	200 IM	2:06.99 - great swim	100 breast - 1:05.9 - off stroke (SOM) Swim of the Meet	
6	Calei	Calica	4.0	100 fly	59.6 best time	500 free	5:23 - great swim!
7	Michael	Chu	4.0	200 free	1:46 - great swim	100 fly - 52.8	good spring swim!
8	Laird	Delbridge	4.0	VOLUME LEADER - raced 6,550 yards!			200 free - 1:44 400 IM - 4:13
9	Parker	Etnyre	4.0	100 fly	52.1 - best time	100 back	at best time
10	Eason	Feng	4.0	100 Fly	good swim	50 Free	good swim
11	Jasmine	Fok	4.0	100 breast	1:04.9 - great swim	100 back	56.1 another great swim!
12	Elise	Gratton	4.0	200 IM	2:11 - BIG drop	50 free	24.2 - great swim
13	Viola	Griebenow	4.0	50 free	best time	200 IM	big drop
14	Theo	Holtzman	4.0	VOLUME LEADER - raced 6,550 yards!			400 IM 4:13 - big drop!
15	Kat	Kracht	4.0	100 fly	59.9 - best time	100 breast	1:05.7 - best time
16	Reid	Lalli	4.0	200 fly	1:56 - best time/great swim	50 free	21.5 (a swim-of-the-day)
17	Garrett	Molitor	4.0	100 fly	50.0 (a swim of the meet)	200 breast	2:02 - great swim!
18	Anna	Motes	4.0	200 IM	2:16 - great swim	100 breast	1:06.3 - best time
19	Olivia	Pettit	4.0	200 free	1:57.0 - best time	100 free	54.1 - at best time
20	Lana	Richard	4.0	500 free	5:14 - great swim	200 IM	2:10 - another great swim
21	Siena	Santos	4.0	100 back	58.9 - best time	200 fly	2:09 - big drop from trials
22	Charlotte	Shamia	4.0	100 fly	58.9 - best time	100 back	1:01 - big drop
23	Emma	Shane	4.0	200 IM	2:13 - big drop	100 breast	1:07 - at best
24	Emma	Sloan	4.0	good post-JO swims - all			
25	Parker	Smith	4.0	100 fly	52.9 - big drop	200 IM	1:56 - best time
26	Adriana	Smith	4.0	good post - Jr's swims - won 100 & 200 back			
27	Miranda	Stevenson	4.0	100 breast	1:03.3 (a swim-of-the-meet)	200 IM	2:07 - big drop
28	Lillian	Struempf	4.0	100 free	51.6 - great swim - 1st	200 free	1:49.9 - ditto!
29	Ethan	Taylor	4.0	200 breast	2:03 (swim-of-the-day)	100 breast	58.3 - best time
30	Taryn	Veronda	4.0	200 free	best time	50 free	best time
31	Whitney	Wilkalis	4.0	50 free	best time (25.8)	battled through a meet challenge	
32	Lily	Yung	4.0	split 52.0 (lead-off) on PacSwim 400 Free Relay Record			
33	Ava	Anderson	3.0	100 free	best time	vote leader for best teammate	
34	Clare	Baker	3.0	200 back	best time	good swims - getting back to full training/great support!	
35	Siena	Balassi	3.0	1,000 free	11:16 - great swim!!!!!!!!!!	200 free	2:00.9 - best time
36	Grayson	Bloes	3.0	Two new Sectional times - 50 free 21.9, 100 free - 48.1			
37	Meliana	Calica	3.0	200 IM	best time	100 breast	best time
38	Stella	Canoles	3.0	200 free	1:50.1 - great swim	100 fly	55.1 - great swim
39	Kyle	Chang	3.0	200 fly	best time	100 breast	best time
40	Chloe	Cooper	3.0	PacSwim record 400 Free Relay			200 IM - 2:13 BT 100 fly - 1:01 BT
41	Gabriel	Hoffman	3.0	1000 free	9:58 (Sectionals) 27 sec drop	200 back	2:00 - 5 sec drop
42	Audrey	Hoover	3.0	100 fly	season best	100 back	season best
43	Fedor	Igoshin (13)	3.0	200 back	1:57 - Sectional time -5 sec	500 free	4:52 - 7 sec drop
44	Lucy	Kao	3.0	100 breast	1:05 (swim-of-day)	200 breast	2:23 (BIIIIIIIG DROP) - SOM
45	Logan	Letulle	3.0	400 IM	good swim	200 free	best time

46	Matthew	Lkhagvasuren	3.0	200 IM	best time - 5 sec drop	400 IM	best time	
47	Lulu	Martin del Ca	3.0	invaluable to team in support role				
48	Jewel	Mendiola	3.0	50 free	24.9 - great swim	100 back	at best time	
49	Atlas	Metin	3.0	breakout meet: 200 free 1:51 (-5), 500 free 5:05 (-8), mile - one minute drop				
50	Parisa	Mosavat	3.0	Votes for best teammate!			Getting back to full training	
51	Eliana	Murphy	3.0	invaluable to team in support role				
52	Madeline	Phan	3.0	100 fly	1:01 - good swim	100 back	good swim - coming back	
53	Adelie	Reiner	3.0	100 back	1:02 - best time	200 IM	best time	
54	Sisi	Roggensack	3.0	200 free	2:00 - great swim/pace	100 fly	best time	
55	Dima	Secor	3.0	100 fly	53.8 - great swim	100 breast	1:02 - another great swim (of many)	
56	Asha	Spitzer	3.0	200 free	2:03 - great swim	100 free	best time	
57	Adam	Sutro	3.0	100 breast	1:04 - great swim	400 IM	17 sec drop!	
58	Julian	Thorn Leeson	3.0	great 1,000 on Thursday - 10:08 (17 sec drop)			hurt foot	
59	Chloe	Thorn-Leeson	3.0	A swimmer of the meet - 1:58 200 free, 5:18 - 500 free - 9 sec drop				
60	Abigail	Adams	2.0	200 free	best time	100 free - 58.8	2 sec drop	
61	Kaia	Bonham	2.0	invaluable to team in support role				
62	Carmen	Chen	2.0	200 IM	best time	100 breast	best time	
63	Olivia	Chiarucci	2.0	all best times - 50 free, 100 free, 200 free, 100 back				
64	Zoya	Chindarkarova	2.0	100 free	big drop	100 back	best time	
65	Harper	Cosgrove	2.0	500 free	big drop	100 free	58.3 - big drop	
66	Braden	Dunton	2.0	injured - stayed with team!				
67	Lucy	Maguire	2.0	100 free	best time	100 fly	best time	
68	Mason	Mak	2.0	100 fly	56! (a swim-of-the-day)	200 IM	big drop	
69	Juliet	McIlwain	2.0	100 free	best time	200 free	best time	
70	Sivani	Merlo	2.0	100 fly	best time	200 free	big drop	
71	Danny	Mispagel	2.0	50 free TT	23.4 - GREAT SWIM - BIG DROP			
72	Sophia	Schwartz	2.0	50 free	best time	great team support!		
73	Tess	Veronda	2.0	200 back	big drop	200 IM	best time	
74	Tobias	Wasicek	2.0	500 free	5:18 - GREAT swim	100 free	another great swim/big drop	
75	Toby	Yu	2.0	100 free	53 - best time	200 IM	big drop	



Post Trip...



Xfinity Mobile LTE 6:39 PM 39%

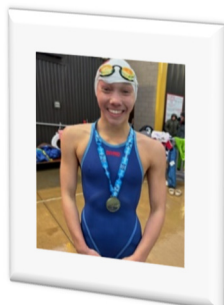
TEAM SCORES [MEET HOME](#)

2024 Juanita Allington Memorial

	Combined	Men	Women
Team Scores			
RANK 1	Orinda Aquatics OAPB		3191 >
RANK 2	Clovis Swim Club CLOV		1190 >
RANK 3	Livermore Aquacowboys LAC		1126.5 >
RANK 4	Burlingame Aquatic Club BAC		389 >
RANK 5	Valley Splash VS		286 >
RANK 6	Un- San Ramon Valley UN-05		245 >
RANK	South Valley Makes		



Sectionals



Finalists -

- Stella – 50 free – 1st, 100 – 1st, 100 fly (A)
- Lily S – 200 free – 3rd, 100 fly – 2nd
- Adriana – 100 back (A)
- Fedor – 400 IM (B), 200 back (B)
- Anna – 200 breast (C)
- Chloe C – 100 back (C), 200 back (B)
- Bella – 200 back (B)
- Olivia – 100 back (C)
- Lily Y – mile (B), 800 (B), 100 free (C)
- Ruth – 200 free (B)
- Maddie B – 50 free (B), 100 free (B)
- Elise G – 100 free (B), 200 breast (C)
- Theo H – 800 free (C)
- Garrett – 100 breast (C)
- Siena S – 100 fly (C)
- Emma Sloan – 200 fly (B)
- Ethan T – 100 breast (B), 200 breast (C)
- **13-14 girls finish third in the 400 Free Relay – Young (59.9), Cooper (1:01), Smith (1:01), Canoles (57.0)**