




**ORINDA
AQUATICS
JUNIOR GROUP
MEETING**
8/29/24

Welcome

Welcome to the team & welcome back!

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INFO

WORKOUT SCHEDULE
MEET SCHEDULE
GENERAL INFO
-PARENT POLICY LETTER
-MEETING HANDBOOK

DETAIL IN THE PARENT MEETING MONDAY

THIS MEETING WILL BE MORE GENERAL AND PHILOSOPHICAL

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THE JUNIOR GROUP
The future of the team



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2024 ACHIEVEMENTS

TOP 10 AT JUNIOR NATIONALS

WOMEN SECOND AT SUMMER SECTIONALS

TEAM WAS THIRD AT FAR WESTERNS (100 TEAMS)

13 JUNIOR NATIONAL SWIMMERS

53 SECTIONAL SWIMMERS

SIX PACSWIM RECORDS

TOP 50 AGE-GROUP PROGRAMS (OF 3,000) – ONLY TEAM WITH 60 AGE-GROUP SWIMMERS

17 GRADUATES COMMITTED TO SWIM IN COLLEGE (SEE LIST)

WAS THE TOP SCORING TEAM (OF 2,000) AT 150 SWIMMERS OR UNDER IN THE VIRTUAL CLUB CHAMPIONSHIPS

PLUS 60 COLLEGIATE TEAM CAPTAINS (HISTORY)

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AND A CULTURE MODEL FOR THE SPORT

STAFF CONTRIBUTED TO:

USA SWIMMING COACH EDUCATION – CHARACTER

WESTERN ZONE – CULTURE AND PERFORMANCE

WSCA COURSEWORK FOR COACHES WORLDWIDE

SWIMMING WORLD MAGAZINE

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ORINDA AQUATICS IS “THE GOLD STANDARD” – USA SWIMMING CEO

MEMORY BOOK (SENIOR LETTERS)

Thank you.

When I moved here three and a half years ago, I could not have imagined the person I have become. I never in my wildest dreams could have imagined how important a swim team could become in my life. How much of an impact the two words “Character First” could have on my day-to-day life.

Orinda Aquatics is the most amazing team. The sheer concept of this team, putting character above high performance when it is often swapped, is one in a million. This team has taught me many things about myself, about who I want to be, a selfless, trustworthy, hard working person. Because of this team I have met someone of the most amazing role models and have made the most amazing friendships. This team is something special, something I am proud to say I was a part of. Thank you for the dedication to improve my swimming from day one. Thank you for the space to grow as an athlete but also as a person, as a leader. Thank you for the hard sets, for pushing me. Thank you for creating this team, this program that has and is changing lives.

Thank you and all the coaches for being a supportive and positive force in my life. This team has truly changed me forever. I will miss you all terribly and I can't wait to visit.

~Ariel

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AND IT ALL STARTS WITH YOU!



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DEFINING QUESTIONS

- A COOKIE (OR TWO)
- LANES LINES IN THE COLD AND RAIN (OR NOT)
- A VERY HARD SET (EXCITED OR COMPLAINING)
- A KID SITTING ALONE (OR YOUR FRIENDS)



Integrity, team, work ethic, compassion (self-defined)

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Resources

- Parent/athlete
 - Junior Group Handbook – read and review
 - Parent Education webinars
 - Past Zoom meeting - technique, competition, character, mental
- Mental Training
 - Restoic app/exercises (create account)
- Fitness
 - SwimStrong Dry Land - designed for OA by top national program
 - Have link (at-home workouts)
 - Nutrition, etc.
- A BUDDY (MENTOR FOR NEW)
- Staff/Board, any parent



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ORINDA AQUATICS JUNIOR GROUP DEVELOPMENT PLAN

Big Picture

- Technique
- Training
- Competition
- Character
- Parents role



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BIG PICTURE KEYS (DIFFERENT FROM REC)

BE PATIENT **(ONE YEAR MINIMUM)**

BECOME “PROCESS” DRIVE (I.E., WORKOUT)

BECOME LONG-TERM ORIENTED

EMBRACE DEVELOPMENT NOT TIMES

EMBRACE THE CULTURE (CHANGE THE PARADIGM), I.E, CHARACTER

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To reach one's potential as a swimmer, athlete, teammate, leader, person.

Zach Disbrow (“will he ever break a minute in the 100 fly?”)

Aggressive early rarely plays out well in the long run

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Career longevity
The pathway to collegiate swimming
 Positive, healthy, supportive, value-based
 Gradual increase in training/volume and intensity



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Understand and commit to the team's mission of character and culture

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Embrace the challenges ahead

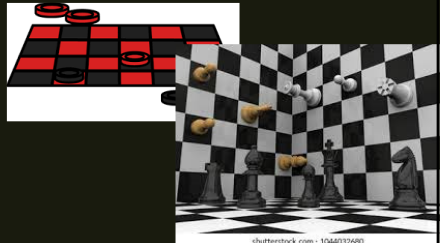


This is also, in a sense, an obstacle course – that we are well-versed in helping you navigate.

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Checkers - times
Chess – training and technique
Two-Dimensional Chess - culture
Three-Dimensional Chess - character



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Miranda Stevenson Development

- Dealt with serious injury
- Remained focused and positive
- Went with the (team) flow
- Worked very hard
- No anxiety (her or parents)
- Pursued high-level leadership

Year/grade	50 free	100 free	100 back	100 breast
2020 - 8	Joined in LC			
2021 - 9	24.7	54.9	1:01.3	Didn't swim
2022 - 10	24.7	54.4	1:00.8	1:09.1
2023 - 11	23.8	52.4	56.6	1:07.4
2024 - 12	Split 21.9	51.3	56.0	1:00.7

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ORINDA AQUATICS JUNIOR GROUP DEVELOPMENT PLAN

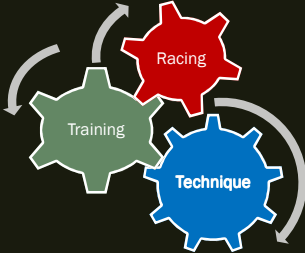


Process-driven development
Junior 1 to Junior 2 to Junior 3 –
technique, training, racing, dry land, etc.

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RELATIONAL APPLICATIONS



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ADDITIONAL SUPPORT



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Structure – Coach Intro

- Three Groups:
 - Kati** - Junior 1: introduction and integration – all aspects
 - 8–12-year-old focus
 - Drill based – EN1 swim, walls, UW, kick
 - Matt** - Junior 2: age-group development – training/competition
 - 11–14-year-olds
 - Drill/moderate swimming, training intro, UW, EN2 kick
 - Donnie** - Junior 3: senior development/prep
 - 12–14
 - Technique/efficient training, race strategy, aggressive UW
- Groups will be in flux through the fall as we assess new and returning swimmers. PLEASE allow the coaches to make these decisions

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Athlete Evaluation (by coaches)

- 7 areas that we monitor
 - Attendance
 - Effort/workout focus
 - Maturity (personal and athletic)
 - Technique (general balance in the water)
 - Meet commitment (schedule and protocol)
 - Team commitment (help)
 - Dryland (effort/maturity)

While parents may look at times, this is what we are watching and evaluating

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Technical Development

All (2) drill based – for stroke balance



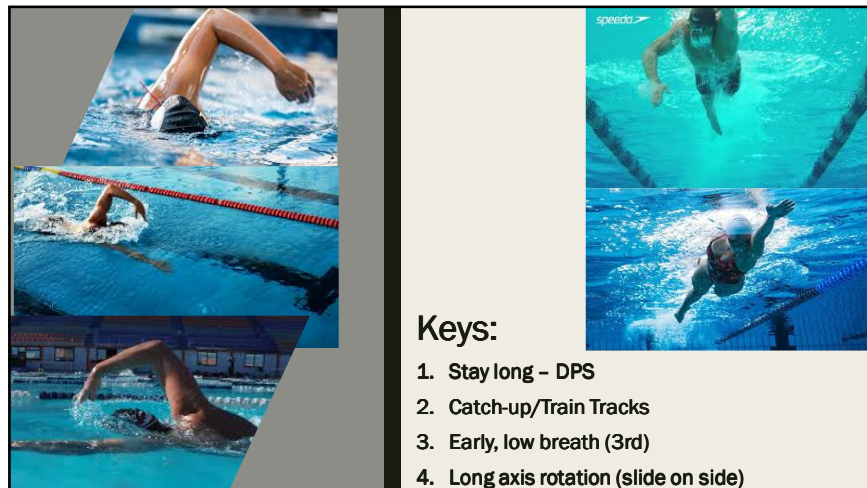
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- Ability to execute two key drills for each stroke for 1) balance and 2) timing/rhythm – will determine efficiency – SEE HANDBOOK CHECKLIST

- Fly**
 - "Angel wing" or slow-motion arms/feathers not bricks - landing
 - One-arm fly working kick (2) timing – set/catch – kick out/kick in
- Back**
 - Double arm – exit (little finger for 1&2)/entry (perpendicular) – set head
 - One arm – roll out/roll in (slice/catch) – set head
- Breast**
 - Pull flutter kick (hold body line/streamlined position)
 - Pull dolphin kick – short axis (hips) undulation to streamline (lunge)
- Free**
 - Catch-up/train tracks (drag) – with early, low, quick breath (alt brth)
 - One-arm – roll in (on track)/roll out – alt brth

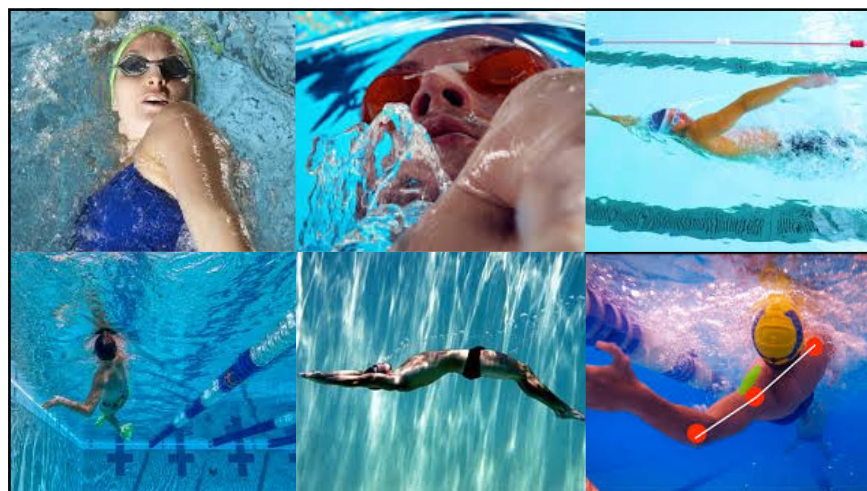
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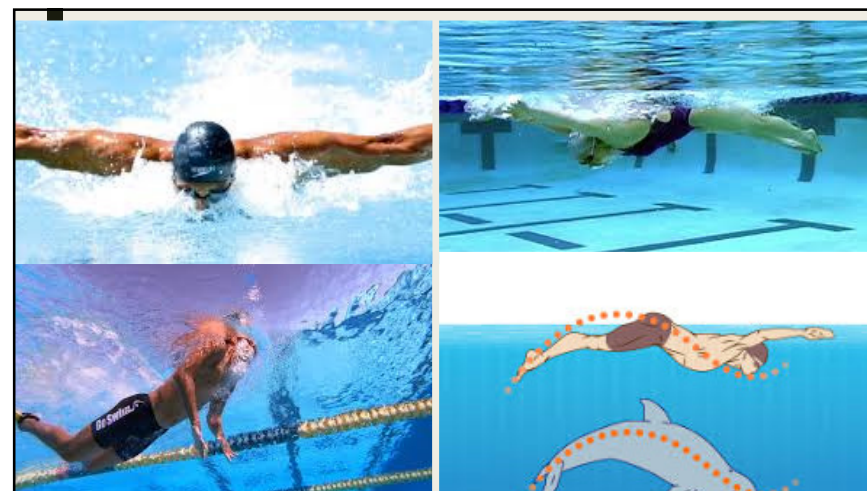
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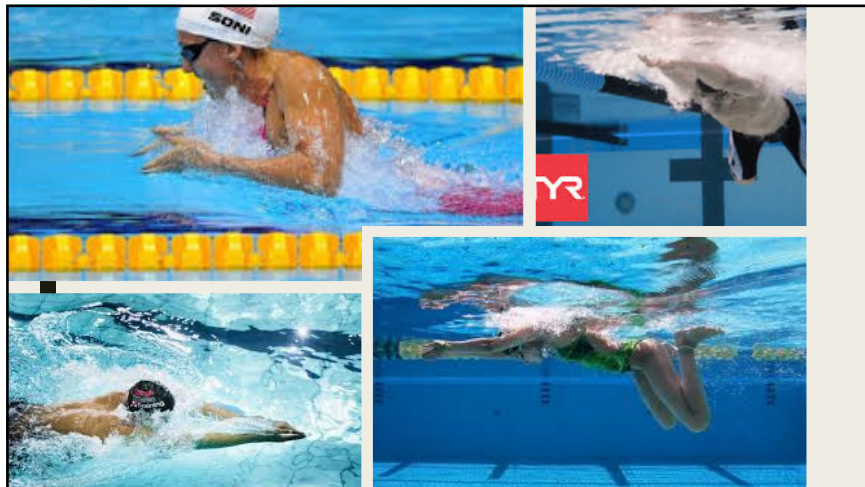
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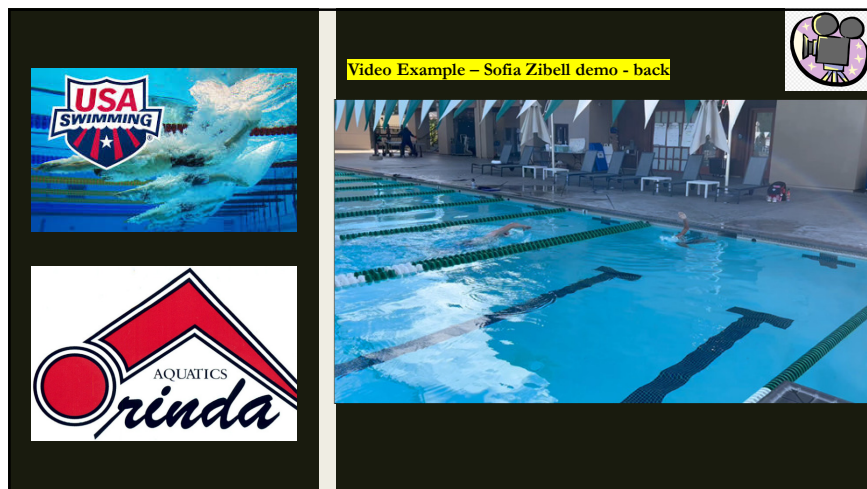
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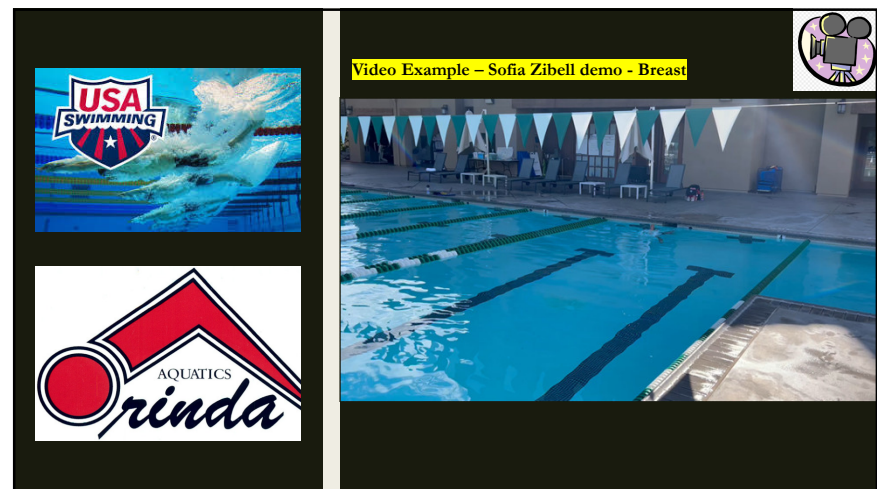
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Video Example – Sofia Zibell demo - Free





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Controlled Training

- The ability to swim (from drills) for extended distance – EZ to med effort
- And ultimately to race
- Breathing every third (alternate) in free – in all training
- Underwater
 - Technique – body line
 - Speed – kick rate
 - Endurance – distance (repeated)
 - Pull down distance
- Kicking endurance
- Legality – strokes, walls, etc.
- Workout management
 - Stroke counts (and stroke rates/tempo)
 - Etiquette
 - Execute all sets correctly
 - Know repeat times
 - Have equipment

■ SUM – set up for future training and success

■ 10-year-old left program (not training enough – LC fly)

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Efficient Training vs...swimming

- 20x50 freestyle @ 50 (no other instructions other, get tired)
 - Stroke breaks down – gets short and off balance
 - Poor walls/streamline
 - Lose kick
 - Late, high breath (tired)

VS:

- 30x25 free
 - Fins
 - 4 strokes per lap
 - Max kick
 - Breathe (quick low breath)
 - Work power pull/slow low recovery



- Conclusion – same heart rate, two VASTLY different strokes!
- The car conversation on the way home – “easy” or “hard” (good or bad?)

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Accountable Training

- The set
- The focus
- Stroke counts
- UW streamline and kick counts
- Drills done correctly
- Leaving the wall on time and properly
- Effort
- Maturity
- Positive contribution to lane/group



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Swimmer Responsibility

- On time
- Listen in workout/meetings – no talking when...
- Have all training equipment at workout
- Have all team attire – and wear (meets)
- Help with (workout) take down (everything)
- Support Senior Buddy
- Support Junior Buddy
- Leadership orientation/integrity in all things
- Be a positive influence in the lane, workout, locker room, and with the team
- Ask for feedback

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Athlete Communication

- Prefer to communicate with the swimmers as it...
 - *Helps build the relationship*
 - *Forces the swimmer to communicate in critical areas*
 - *Keeps the swimmer accountable*




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Dryland – SwimStrong

- The nation's leading aquatic fitness program
- Flow from Junior 1 to Senior
- Mobility, core development, injury prevention, etc. (no pull-ups and push-ups)
- Discipline and maturity
- Peer leaders (coaches are not abdicating responsibility)
- Have link (to watch videos)
- A part of the workout
- Extensive nutrition, parent education, plus
- None if raining
- PW: L@2028

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Meet Stuff



The art of meet management
Develop meet maturity

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Meet Protocol

- On time – 7:20/30 (check in)
- Always in (visible) team attire
- Group stretch – 7:30
- Pre-WU meeting – 7:40
- Set warm-up – stay with group
 - Stretch out, build up, pace/dice (race specific)
- Pre-meet meeting/cheer – 8:45
- Remain in team area
- **cell phone use, or "good teammate/bad teammate"**
- Check in with coach before race and **after** warm down
- **Evaluate race by quality and not time (see notes)**
- Cheer
- Check in with Buddy
- Be a GREAT teammate
- Clean up team area

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Competition Reminders

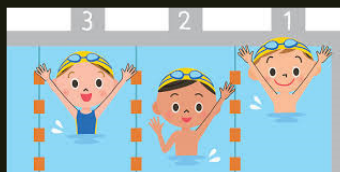
- Enter only meets on the schedule
- Enter full schedules or as directed by coaches
 - *There are relevant reasons*
- Swimmers should remain independent and with team
- View race as reflection of workout, not simply a number – a quiz rather than a final exam
- Develop resilience (back-to-back, tired, cold, etc.)
- Reduce/eliminate anxiety around racing (parents too)
- We (coaches) can't play the long game if swimmers or parents are locked into the "short game"

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Meet Entry - Matt

- Weekly updates
- Meet entry – SwimConnection or FastSwims
- Enter ASAP



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Time Relevance? None



- If you didn't know your time, how would you evaluate your race? – based on the above



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Race Review



- Stroke technique
- DPS/balance
- Breathing
- Pace (splits on Meet Mobile)
- Walls/UW



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Anxiety?

What happened to long-term perspective???????????



- Serves what purpose?
- Why no anxiety in workout?



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The Parents Role



- Trend is not positive – over-engaged
- Let them engage, grow, learn, communicate, and on and on
- “hand them off” (no towel, splits, snacks, emotional comfort, race analysis)
- Two questions (Questions Parents Don’t Ask)
 - Did you try your best? (effort/accountability)
 - Did you help your team/teammates? (team/selfless mindset)
- What else matters?

Bad

- Let me ask my mom (about an event)
- My mom told be my dive is bad and I need to go out faster
- My dad wants me to scratch x and focus on y
- I need to get my JO cut in x so I am going to scratch Y
- Can I come late to get more rest?

Good (only)

- What would you like me to swim
- How can I improve
- How can I help the team

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Six Years From Now

- If this isn't working, NONE of this will matter
- If this is working, NONE of this will matter
- Stay in the “long game” (personal and athletic growth) and not the short game (times, awards, recognition)
- We have had:
 - “knuckleheads at 13 swim in the Olympic Trials
 - #1 national ranking at 12 not swimming at 16



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Character Stuff



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Not simply a concept, but a proven process

- Higher levels of work ethic and focus
- Better academics
- Better social choices/value system
- More service orients (Coach Walsh)
- Desire to lead (be a role model)
- Better team culture (rising tide)
- And yes, faster swimming!



Too many clubs and coaches focus only on performance and not on culture – Joel Shinefield

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Can you be atypical?



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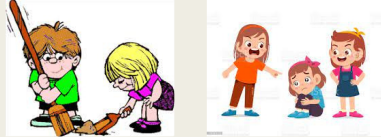
High-character leader or follower



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What do you see around you?

- Positive, healthy behavior (that builds up) or
- Negative, unhealthy behavior (that breaks down)



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Can you hold to leadership values in...

- Attitude
- Compassion
- Humility
- Work ethic
- Behavior
- Integrity (never lie)
- Social media (screen time)
- Character



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Your conditions (friends) determine, to a great extent, your habits and characteristics, as does social media.



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Gratitude (live with)

- Appreciate what you have
 - Family
 - Good friends
 - Sports (all of this)
 - Academics
- **Thank your parents (everyday)**
 - Plus, timers, officials, etc.



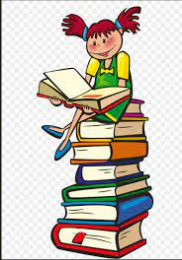
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Academics



- The team is extraordinary (4.0+ of 90 high school swimmers at elite high schools)
- Learn the discipline and balance now
- Embrace the "opportunity"
- Assume collegiate athletics



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Activities





- Teambuilding
- Holiday Party – gift exchange
- Team breakfast
- Bowling
- Buddies
- Rafting
- Team Banquet



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Outside Activities/Sports



- Of course
- Communicate with your coach
- Be aware of consistent training and development



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MATT REGISTRATION UPDATE





Registration Information

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KATI
MERCHANDISE
ONBOARDING UPDATE



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Conclusion

- General Focus
 - Love of sport
 - Embrace the "work"/journey
 - Become a character role model
 - Become a great athlete, leader, teammate
 - Long-term career-oriented/college
- Process
 - Gradual
 - Progressive
 - Systematic
 - Connected
 - Measured

■ ASK IF YOU NEED SOMETHING



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