



ORINDA AQUATICS JUNIOR GROUP MEETING 9/1/23

Welcome to the team & welcome back!



ORINDA AQUATICS JUNIOR GROUP

The future of the team



THIS PAST YEAR

WOMEN WON SUMMER SECTIONALS

TEAM WAS THIRD AT FAR WESTERNS (100 TEAMS)

13 JUNIOR NATIONAL SWIMMERS

12 SWIMMERS AT SUMMER JUNIORS

51 SECTIONAL SWIMMERS

THE ONLY TEAM IN THE UNITED STATES THAT HAD A 400 FREE RELAY IN THE TOP 10 IN THE NATION

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

PLUS 60 COLLEGIATE TEAM CAPTAINS (HISTORY)



INSIDE LANE: FASTEST CLUBS

THE CREAM OF THE CROP



By **Corey Manley**
USA SWIMMING DATA SCIENTIST

Yes, there are fast swimmers all around the country—but which club is the fastest in the nation? Which Local Swimming Committee (LSC) is the fastest in a given event? We crunched the numbers at roughly the midway point of the 2022-23 season to give you a look at where the fastest swimmers, collectively, in the country reside. We utilized Virtual Club Championship scores to find the

fastest clubs in the nation and sort by group size. The purpose of the VCC program is to recognize and highlight clubs that are developing athletes and achieving success at multiple levels in the club swimming world. Take a look below to see which clubs are cranking out the fastest times, and head to usaswimming.org/times/vcc to look at the data yourself!

FASTEST CLUBS

ALL DATA IS RANKED FROM FIRST TO THIRD. SHORT COURSE YARD DATA SETS WERE RECORDED BETWEEN 09/01/22 TO 08/31/23.



1. BLUEFIN AQUATICS
LSC- CALIFORNIA



1. PHOENIX SWIMMING
LSC- NEW ENGLAND



1. YORK YMCA
LSC- MASSACHUSETTS

1 - 50 SIZE

2. KENNETT AND JENNERVILLE AREA YMCA
LSC- MIDDLE ATLANTIC

3. BLUE ASH YMCA SWIM TEAM
LSC- OHIO

51 - 100 SIZE

2. X-CEL SWIMMING
LSC- NEW JERSEY

3. READING YMCA
LSC- MIDDLE ATLANTIC

101 - 150 SIZE

2. ORINDA AQUATICS
LSC- PACIFIC

3. CROW CANYON SHARKS
LSC- PACIFIC



THIS PAST YEAR

STAFF CONTRIBUTED TO:

USA SWIMMING CHARACTER WEBINAR

WESTERN ZONE – CULTURE AND
PERFORMANCE

WSCA COURSEWORK FOR COACHES
WORLDWIDE

SWIMMING WORLD MAGAZINE



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

MEMORY BOOK (SENIOR LETTERS)

ARIEL INDRISANO EMAIL

Dear Donnie,

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 Indrisano



MATT
REGISTRATION UPDATE

KATI
ONBOARDING UPDATE





SCHEDULES

WORKOUT –

- EMAILED/ON THE WEBSITE, AND IN THE GLASS CASE
- SLIGHT CHANGES IN TIME
- LIGHT IN VOLUME – MUST BE MAXIMIZED

DRYLAND

- FOCUS
- MATURITY

MEETINGS - TBD

- CULTURE





ORINDA AQUATICS

JUNIOR GROUP DEVELOPMENT PLAN

Big Picture





BIG PICTURE KEYS (DIFFERENT FROM REC)

BE PATIENT (ONE YEAR MINIMUM)

BECOME LONG-TERM ORIENTED

EMBRACE DEVELOPMENT NOT TIMES

**EMBRACE THE CULTURE (CHANGE
THE PARADIGM)**



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



Career longevity

The pathway to collegiate swimming

Positive, healthy, supportive, value-based
Gradual increase in training/volume and intensity



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



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



OVERVIEW

**GROUP/TEAM
PROCESS**



ORINDA AQUATICS JUNIOR GROUP DEVELOPMENT PLAN

Building long-term careers, success,
and leaders



ORINDA AQUATICS

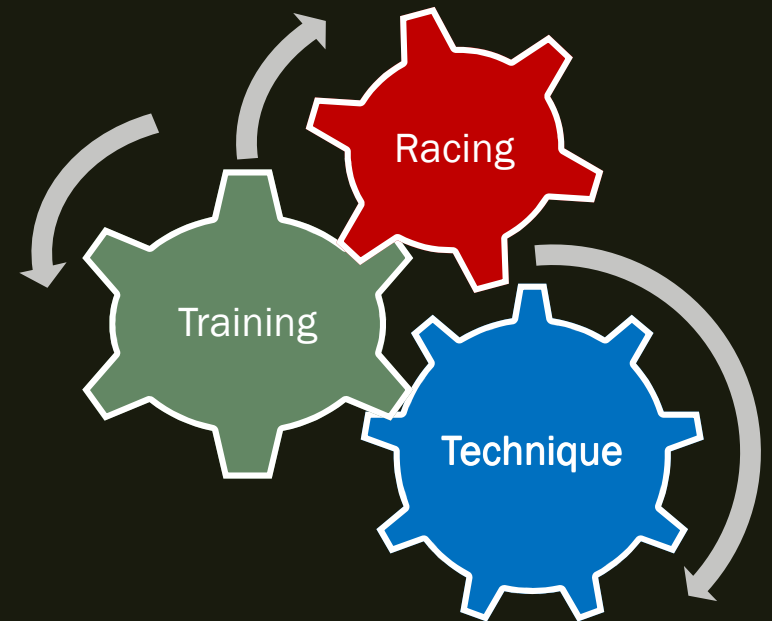
JUNIOR GROUP DEVELOPMENT PLAN



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

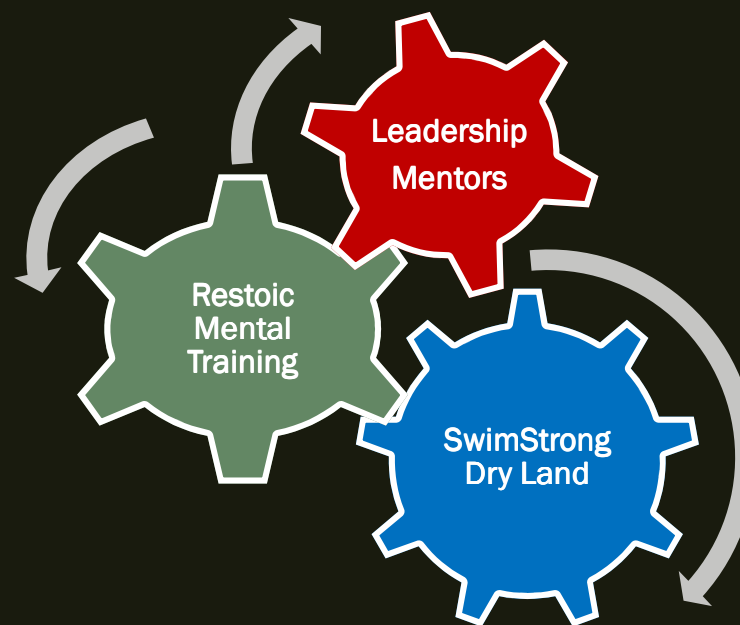


RELATIONAL APPLICATIONS





ADDITIONAL SUPPORT





Resources

- Key
 - *Junior Group Handbook – read and review*
 - *Parent Education webinars*
 - *Past Zoom meeting - technique, competition, character, mental*
- Mental Training
 - *Restoic app/exercises*
 - *Conquer the Pool Mental Training book*
- Fitness
 - *SwimStrong Dry Land (Junior 1 program/Junior 2-3 program)*
 - *Nutrition*
- Argo Video (in September)
 - *Review regularly*
- All swimmers should have:
 - *Junior Handbook*
 - *The SwimStrong Dry Land link to the monthly exercises*
 - *The Restoic app (and follow coach-guided exercises)*
 - *Conquer the Pool/My Swimmer Handbook*
 - *A BUDDY (MENTOR FOR NEW)*





Structure

- Three Groups:
 - *Junior 1: introduction and integration – all aspects*
 - 8–12-year-old focus
 - Drill based – EN1 swim, walls, UW, kick
 - *Junior 2: age-group development – training/competition*
 - 11–14-year-olds
 - Drill/moderate swimming, training intro, UW, EN2 kick
 - *Junior 3: senior development/prep*
 - 12–14 - 10 swimmers (goal)
 - 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



Athlete Evaluation (by coaches)

■ 7 areas – google doc

- 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)



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*





All (2) drill based – for stroke balance

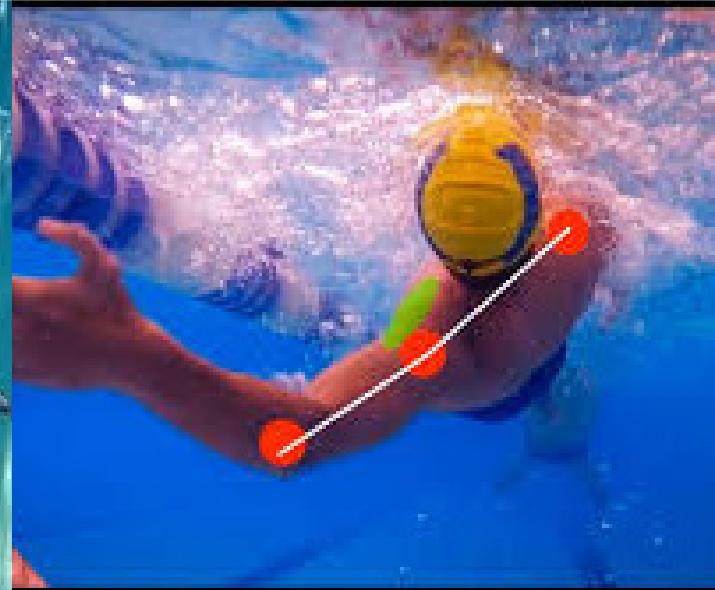
- Ability to execute two key drills for each stroke for 1) balance and 2) timing/rhythm – will determine efficiency – SEE HANDBOOK CHECKLIST
 - *Fly*
 - “Angel wing” or slow-motion arms/feathers not bricks - landing
 - One-arm fly working kick (2) timing – set/catch – kick out/kick in
 - *Back*
 - Double 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

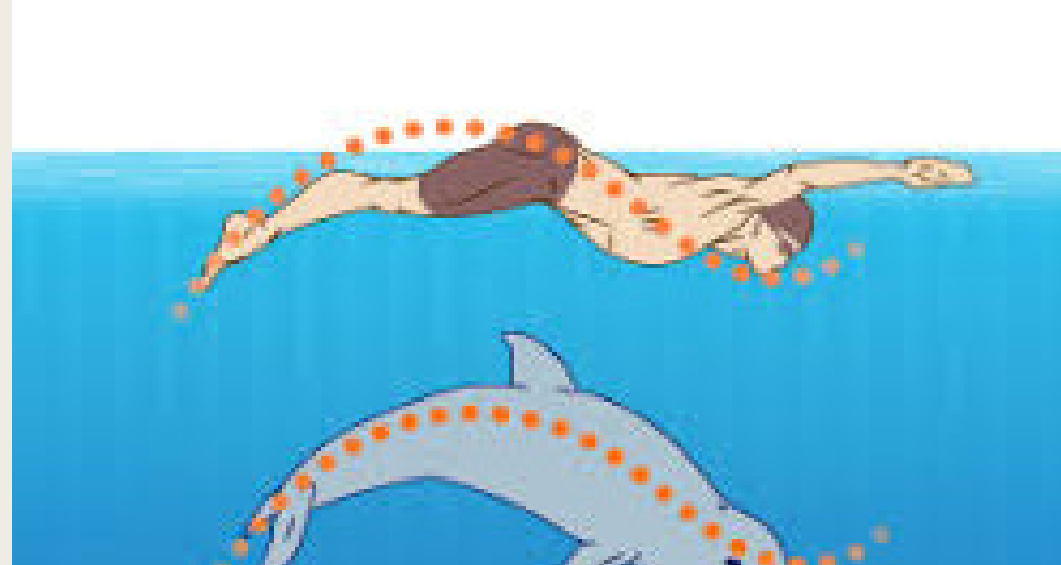


Keys:

1. Stay long – DPS
2. Catch-up/Train Tracks
3. Early, low breath (3rd)
4. Long axis rotation (slide on side)











Measure - 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/tempos)*
 - *Etiquette*
 - *Execute all sets correctly*
 - *Know repeat times*
 - *Have equipment*



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 kicks*
 - *Breathe (quick low breath)*
 - *Work power pull/slow low recovery*



- **Conclusion – same heart rate, two VASTLY different strokes!**



Accountable Training

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



Group Progressions

Junior 1 (10-20) – Kati	Junior 2 (20-25) – Matt	Junior 3 (10-15) - Donnie
Learn stroke language, drills, and cues	Add sculls and drill add-ons	Swim all strokes balanced at EN2
Learn/demonstrate lane etiquette	Add endurance training (fins) for all strokes	Develop stroke rate training and racing
Learn how leave the wall on repeats – side/drop	Train stroke counts and kick counts (UW)	Increase resistance training: kick, swim, UW
Execute two key drills for each stroke	Introduce stroke rate training	Learn/utilize IM crossover turn
Swim each stroke with balance/DPS for 200+	Train underwater aggressively – kick counts	Learn/utilize two-step relay start
Learn to count strokes in free, breast, and fly	Track IMX score	Attend one AM workout
Free - breathe on both sides (3 rd) – all swimming	Swim the mile and 400 IM two times a year	Add two at-home dry land workouts
Alternate breathe in fly – all swimming	Learn to relate repeat times to racing	
Develop tight/legal turns – all strokes	Know stroke keys – general and personal	
Learn proper pull down – count black lines	Know how to “build stroke”	
Watch the pace clock and get all repeat times	Develop race strategies	
Track key/test sets (know results)	Add one at-home dry land workout	
Develop UW – technique, race implementation	Learn one-step relay start	
Train/develop all strokes		

Group Progressions cont.

[illegible]



Training Keys/Measure

- Freestyle stroke counts – always (three speeds – EN1, EN2, EN3)
- Breaststroke counts – always
- Underwater distance – kick counts/pull down distance – all walls
- Butterfly stroke counts (with set kicks) – always

- Sets
 - 400-800 free with paddles – hold stroke count and alternate breathing
 - 200-400 breast with stroke count
 - 200-400 back with UW kick counts
 - Underwater 25's with parachute and fins – track distance and speed
 - Pace 50's – set interval; tracking time, stroke counts, kick counts, and possibly stroke rates



Dryland – SwimStrong

- Junior 1:
 - *Program based on 9–12-year-old development*
 - *2 times per week (at home optional)*
- Junior 2/3:
 - *Program based on 12–14-year-old development*
 - *Or use Senior 2/3 DL*
 - *3 times per week (1-2 at home)*
- Nutrition
- Wellness Questionnaire



Swimmer Responsibility

- Have all training equipment at workout
- Have all team attire – and wear (meet shirt)
- Follow the team meet plan and meet protocol (see later)
- Help with (workout) take down
- Support Senior Buddy
- Leadership
- Support Junior Buddy
- Be a positive influence in the lane, workout, locker room, and with the team
- Ask for feedback



Meet Overview

- Enter early!
- Enter a full schedule – i.e., all strokes, off events, IM, distance (talk to a coach)
- View as a “quiz”
- LEARN pace, race discipline
- Be a good (or great) teammate
- Stay positive



Meet Protocol

- On time – 7:20 (check in)
- Always in (visible) team attire
- Group stretch – 7:30
- Pre-WU meeting – 7:40
- Set warm-up (see group notes) – stay with group
 - *Stretch out, build up, pace/dice (race specific)*
- Pre-meet meeting/cheer – 8:45
- Remain in team area (no 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
- **Cell phone policy**



Meet Warm-up/Warm-down

- **Junior 1**
 - 3x200 EZ: free, drill/scull, choice swim
 - 4x4x25 (build round): kick, free, IM, choice swim
 - Pace/start
 - Race warm-down – 300 to 400
 - **Junior 2**
 - 3x300 EZ: free, drill/scull, choice swim
 - 4x3x50 (build round): kick/UW, free, IM, choice swim
 - Pace/start
 - Race warm-down – 400 to 500
 - **Junior 3**
 - 3x400 EZ: free, drill/scull, choice swim
 - 4x3x50 (build round): kick/UW, free, IM, choice swim
 - Pace/start
 - Race warm-down – 500 to 1,000
- Note – adjust 50's depending lane space

Time Relevance? None



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



Race Review



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



What makes your race – that happens in workout, **EVERY DAY**



- Legality
- Turns
- UW speed/endurance
- Technique
- Breathing pattern
- Endurance
- Pacing





Anxiety?

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



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

Conquer the Pool



The Parents Role

- Trend
- Let them engage, grow, learn, communicate, and on and on
- “hand them off” (no towel, splits, snacks, emotional comfort, race analysis)
- Two questions
 - Did you try your best? (effort/accountability)
 - Did you help your team/teammates? (team first)
- What else matters?

Bad

- Let me ask my mom (about an event)
- My dad wants me to scratch x and focus on y
- Can I come late to get more rest?
- I can't come tomorrow because I have a lot of homework

Good (only)

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



The First Ingredient in Success....Learning to Deal with Failure, By John Leonard

- Everything we do for our children that they can do for themselves, makes them weaker, not stronger.
- Seek adversity for your child.
- Allow them the honor of struggling. It's what made you successful.
- If you remove the struggle, you remove their opportunities to get stronger in life

Eight 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*





Character Stuff



Not simply a Concept, but a Proven Strategy

- Higher levels of work ethic and focus
- Better team culture (rising tide)



- Too many clubs and coaches focus only on performance and not on culture

Can you be atypical?



High-character leader or follower



© Can Stock Photo



What do you see around you?

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





Situations

Name three character-compromising situations that you see among friends/peers

- 1 -
- 2 -
- 3 -



Need help?

- Language
- Lying
- Negative talk
- Bullying/disrespect/mock
- Cheating
- Drinking/Drugs

Even more help – apathy, late, lazy, won't help



GOOD



BAD

shutterstock.com · 1546216049

Options

1. Go along to fit in
2. Walk away/avoid
3. Challenge/stop



Can you hold to leadership values in...

- Attitude
- Compassion
- Humility
- Work ethic
- behavior
- Social media (screen time)
- Character



Your conditions (friends) determine, to a great extent your habits and characteristics



Compassion

- A kid alone, paper on the ground, help with ... anything
- Most are too concerned with themselves
- Who cares?
- Who notices?
- Who does anything?
- Most do nothing



Humility



HUMILITY
IS NOT THINKING
LESS OF YOURSELF,
IT IS THINKING
OF YOURSELF LESS.
-C.S. Lewis

- Understand Ego as insecurity (need for attention)
 - *Loud, language, dress*
- Grounded, self-assured people **do not** need to draw attention to themselves – Steven, Peter (see later)
- Real leaders are humble
- Two types of people – “Here I am” or “There you are”

Gratitude

- Appreciate what you have

- *Family*
- *Good friends*
- *Sports*
- *Academics*

- Thank your parents (everyday)



A closer look

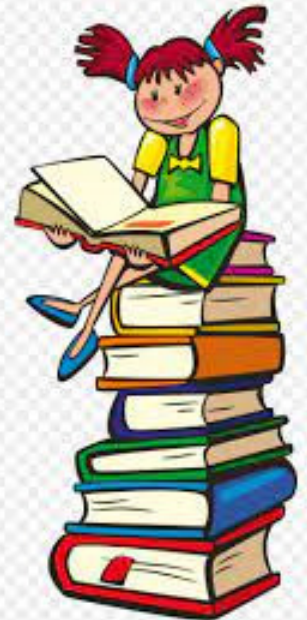
- What percent of youth behavior comes from “group” mindset?
- What percent of **YOUR** behavior does?
 - *Thoughts*
 - *Dialogue*
 - *Attitude*
 - *Values*
 - *Ethics/Character*
 - *What you wear*
 - *Social Media*





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





Outside Activities

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





Merchandise - Arena

- Team attire
 - *Optional*
 - *Required*
 - *Team store*
- Equipment





Activities

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





Conclusion

■ Objectives

■ Positive (anchor in life)

- *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*

