

Lauren Beaudreau is a senior at Richmond University. Lauren's history with Orinda Aquatics started at age 6 when she signed up for the Polar Bear Fall program at Sleepy Hollow. One of her highlights was doing her first no breather butterfly at SH (25 meters-no less). She continued with the Fall Program thru her 11 year old summer season and then after winning the county meet highpoint as a 12 year old, joined the year-round team.

The first year or so was a struggle for Lauren, certainly talented, the training and longer sets were a struggle for Lauren. She never gave up or quit on a set and always pushed as hard as she could. Over the years, Lauren became one of the most mature and disciplined swimmers in OA history. After years of hard work, she developed into an outstanding workout swimmer. Her rewards: high school All-American, 3 North Coast 2nd & a 3rd place finish, Olympic Trial time and a swimming scholarship to Richmond.

After signing with Richmond, the coach who recruited her left for another job. Undeterred, Lauren stuck with Richmond because she felt it was the right school for her. In her four years at Richmond, she has become one of the best swimmers in Richmond swimming history posting several school and Atlantic-10 conference records.

Lauren writes:

Dear Ronnie, Donnie, and Matt,

Just wanted to give you an update on my swimming since I last saw you over Christmas break. After I left California on New Years eve I headed to Siesta Key, Florida with Richmond for our training trip, which is known to be a notoriously grueling 11 day session of training at the peak of our season's training. This year was really different, however, as I felt refreshed from swimming with you all at home and had a better perspective on why I was there and what I wanted to accomplish in the last two months of my swimming career. Florida training trip was a huge success for the whole team both in the pool and in our beach condos, bonding and becoming closer than ever. At training trip I stepped outside of my comfort zone and used the skills that I learned from you all in my years training with both Polar Bears and OA. I was a true leader in the pool and out, gave each practice my all, and for the first time in about a year and a half I was really happy with my swimming. After Training trip we traveled back to Richmond and competed in three very exciting meets against Rutgers, Florida, and UNC in the College Swimming Conference Carnival, Maryland and James Madison in my final home meet. I was right on best times in most of my events (unshaven and un-tapered) and went a best time in my 400 IM at Rutgers. It was really exciting and gratifying to see that I could go fast again, but the most rewarding part of those three meets was the success that the team had as a whole.

Last week we competed in the A10 Conference Championships in Buffalo, NY. Although the weather wasn't great, the meet was probably one of the best experiences of my life. I wish you all could have been there to experience it, but in a lot of ways I feel like you were, and thought of you all and OA often throughout the meet. My goals for this meet were to leave my swimming career more than satisfied, and to leave it all in the pool in every race. All of my hopes and dreams for the meet were fulfilled and then some, I couldn't have asked for anything more.

My preparation for my last swim(the 200 Breast on Saturday night), which is possibly the most memorable one of my career included a flashback through the learning experience that I have gone through over the last 16 years or so to get to where I am today. It was heavily inclusive of Springbrook, Polar Bears and OA memories along with all those of college. Everything from my first County swim meet to traveling to Reno and the 'learning experience' conversation I had with 'Lonnie' and all the 'little people' to all the success we had as a team in high school, both OA and Campo at meets like Federal Way, North Coast and Junior Nationals/ Nationals. With my journey in mind and heavily in 'the zone', I swam my last individual event with all my heart. When I began to feel the fatigue at 175 yards I thought of all the hard work that I have put in over the last 15 years and of all my 'learning experiences' and knew that I could do it! I touched the wall in first and saw a lifetime best of 2:11.34. I looked at my proud parents in the stands, my coach Matt and all of my teammates on the side of the pool deck cheering for me and thought of all of you; all of the 'little people' and the 'learning experiences' in my journey that led me to this wonderful moment. It was one of the best and most satisfying experiences of my life, and without you all, and all your support and belief in me it never would have been possible.

At the A 10's I not only swam my best times in every event, but broke a school record in every individual and relay event (with the exception of the 100 breast), but we won another A 10 Championship, our eighth consecutive title, by a large margin. We were excellent as a team. It was so rewarding and a storybook ending to my career, which might actually not be the end. I'm hoping that my time in the 200 breast will be fast enough to qualify for NCAA's this year, and in the mean time I am crossing my fingers, holding my breath and continuing my training. I'll keep you updated on what happens...

Thank you so much for every experience and lesson you all have helped me learn; I cannot express how much I appreciate you all being a part of the journey. Love, Lauren Beaudreau