



Orinda Aquatics

2024 Swimmer Meeting

August 29, 2024

How hard are you willing to work

But always remember what is most important ...

I'm not telling you
it's going to
be easy—

I'm telling you
it's going to be
worth it.

— Art Williams

I will keep telling you that
you are important, deserving,
loving, intelligent, worthy,
compassionate, beautiful,
creative, inspiring, brave,
true, strong, and able until
you finally realize it for
yourself.

Section 1

- **Swimmer Information** (3 Google form links) will be sent. Please submit the forms.
- Coach Contact & Organizational Overview
- Cornerstones of Orinda Aquatics
- Orinda Aquatics published Character Book
- Review 2023-2024 and Major Meet Qualifiers
- General Notes
- 2024-2025 Focus & Expectations
- Workout Schedule & Meet Schedule (may be subject to change)
- Meet Guidelines
- Supplements – absolutely prohibited
- Group Guidelines and Criteria
- Beyond Attendance
- The High Character Athlete at Workout
- Stroke Photos & Notes
- Drill Progression
- Technique & Training Focus
- Some OA History

Coach Contact

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Organizational Overview

- **Orinda Aquatics Year-round swimming**
 - 150 swimmers, 30th year
- **Orinda Aquatics/Polar Bear Fall Swimming Program**
 - 200+ swimmers, 40th year
- **Orinda Aquatics Masters**
 - 100+ members
- **Orinda Aquatics High School Pre-season swimming**
 - 100+ swimmers
- **Orinda Aquatics Spring Clinics**
 - 100+ swimmers

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- Orinda Aquatics employs twelve full and part-time coaches
 - Orinda Aquatics is a sponsor/partner of the NorCal Kids Triathlon
 - Orinda Aquatics is supporting the swimming efforts in Swaziland, Africa
 - Orinda Aquatics coaches assist local teams with program and staff development
 - Orinda Aquatics is regarded nationally for developing high-character, student-athletes, and for preparing swimmers for successful and healthy collegiate careers

Objectives of Orinda Aquatics

- To serve the various needs of the swimming community
- To be a model program nationally in terms of athletic and character development
- To create collegiate opportunities for all swimmers
- To be the best youth sports program in the area
- To continue to develop national and college level swimmers, and leaders

“On personal integrity hangs humanity’s fate.”

Buckminster Fuller

The Cornerstones of Orinda Aquatics and the “High-Character Athlete”



Character

“Character is the basis of happiness, and happiness the sanction of character.”
Santayana

Humility

“Humility is the necessary veil to all other graces.”
William Gurnall

Leadership

“When it is all over, it’s not who you were. It is whether you made a difference.”
Unknown

Discipline

“Followers see the hard work they must endure to climb the mountain of success, while leaders see the success of climbing the mountain of hard work.”
Unknown

Academics

“All of your scholarship, all of your study...would be in vain if at the same time you did not build your character and attain mastery over your thoughts and your actions.”
Gandhi

Appreciation

“Unblessed is he who thinks himself unblessed.”
Seneca

ASCA Publishes OA Character Guidebook

Developing High-Character Athletes and High-Character Teams

Character First!' reads items attached to Orinda Aquatics (Calif.) coached by brothers Don and Ron Heidary: from caps and shirts to license plate frames. At Orinda, they don't just talk about character, they live and build it every day. This manual is based on material the brothers have presented at ASCA clinics both in the U.S. and internationally. In over 360 pages, it goes through a team-based system to build character in your swimmers.

The brothers have presented material about developing character that they use daily at clinics run by ASCA both in the USA and internationally. They are hugely popular clinics because they "make real" what many of us "talk about" every day as a goal in our programs. Now, for the first time, Coaches Heidary have put together a written and illustrated manual and made it available exclusively through ASCA:

"Character is the sum total of a person's choices."

P.B. Fitzwater

"Try not to become a man of success, but rather try to become a man of value."

Albert Einstein

"Success is always temporary. When all is said and done, the only thing you'll have left is your character."

Vince Gill

"Wise men, though all the laws were abolished, would live the same lives."

Aristophanes

From the article, Why is it so Hard to Become a better Person,

"The sad irony is that while goodness is the thing that we most want from everyone else, few want it most for themselves."

"Know who you are, and be it. Know what you want, and go out and get it!"

Carroll Bryant

"I don't know what your destiny will be, but one thing I know: the ones among you will truly be happy are those who will have sought and found how to serve."

Albert Schweitzer

Last Year Review

- It was outstanding. We had a number of breakout swimmers, and many new Sectional, Futures and Junior National qualifiers.
- Orinda Aquatics' swimmers broke 6 Pacific Swimming records**
- There were two main themes we discussed which should also apply to this year: 1) be responsible for your swimming career; 2) can you improve your work ethic. What we see from many other teams: **Who is responsible: swimmers or coaches or both?**
- Leadership:** We had 21 seniors graduate. We will be missing a lot of leadership in the pool, on the deck and in the locker room. But with their departure, **the opportunity is there for new leaders and role models** who can take this team to the next level.

Impressive - 50 Sectional Qualifier from a team of 150

Orinda Aquatics National/Development Team 2024								
6th-9th grade		Level	First	Last	group	M/F	events(s)	note
1	1	Jr Nat LC	Emilia	Barck	S4	F	200 IM - 1:59.6	committed to Brown (swimming)
2	2	Jr Nat LC	Stella	Canoles	S3	F	50 free - 22.8	PacSwim Record - 50 free SC/LC
3	3	Jr Nat LC	Kaitlin	Lee*	S4	F	200 fly - 2:00.7	committed to Georgetown (swimming)
4	4	Jr Nat LC	Adriana	Smith	S4	F	100 back - 52.8	committed to Cal (swimming)
5	5	Jr Nat LC	Miranda	Stevenson	S4	F	100 breast - 1:00.7	committed to UCSB (swimming)
6	6	Jr Nat LC	Lillian	Struempf	S4	F	200 free - 1:48.3	committed to UNC (swimming)
7	7	Jr Nat LC	Ethan	Taylor	S4	M	100m breast - 1:04.7	second year on team/Summer Champ C final
8	8	Jr Nat SC	Jasmine	Fok	S4	F	100 fly - 54.3	committed to Georgetown (swimming)
9	9	Jr Nat SC	Garrett	Molitor	S4	M	200 breast - 2:01.7	committed to Georgetown 2025 (swimming)
10	10	Jr Nat SC	Elise	Gratton	S4	F	100m free - 57.9	national top 10 - 400 Medley Relay
11	1	Futures	Natalie	Aiken	S4	F	50 free - 23.5	committed to Georgetown (swimming)
12	2	Futures	Mollie	Appl	S4	F	100 fly - 55.9	committed to Pomona (swimming)
13	3	Futures	Maddie	Blackwell	S4	F	100 fly - 55.9	committed to Dartmouth (swimming)
14	4	Futures	Calei	Calica	S4	F	200 breast - 2:21.5	national top 10 - 400 Medley Relay
15	5	Futures	Michael	Chu	S4	M	400 IM - 4:06.1	Attending USC (TBD)
16	6	Futures	Chloe	Cooper	S3	F	100 back - 56.4	8th grade - PacSwim relay rec
17	7	Futures	Parker	Etnyre	S4	M	200 free - 1:41.2	attending Indiana
18	8	Futures	Viola	Griebenow	S4	F	200 back - 2:03.6	
19	9	Futures	Lucy	Kao	S4	F	100 breast - 1:05.3	first year on team
20	10	Futures	Reid	Lalli	S4	M	200m breast - 2:28.6	committed to Occidental (swimming)
21	11	Futures	Olivia	Pettit	S4	F	100 back - 57.7	committed to Tufts (swimming)
22	12	Futures	Siena	Santos	S4	F	100 fly - 56.6	NCS final
23	13	Futures	Emma	Shane	S4	F	100 breast 1:05.3	NCS final
24	14	Futures	Parker	Smith	S4	M	100 breast - 57.3	committed to Middlebury (swimming)
25	15	Futures	Lily	Yung	S4	F	200 fly 2:05.3	9th grade - PacSwim relay record

26	1	Sectionals	Fidelya	Al-Goza (12)	S3	F	50 free - 24.8	8th grade - Far Western Champion
27	2	Sectionals	Ruth	Andrews	S4	F	500 free - 5:07.1	9th grade - PacSwim relay record
28	3	Sectionals	Grayson	Bloes	S3	M	100 free - 47.3	
29	4	Sectionals	Laird	Delbridge	S4	M	500 free - 4:40.7	NCS consol
30	5	Sectionals	Eason	Feng	S4	M	200 free - 1:44.2	
31	6	Sectionals	Gabriel	Hoffman	S3	M	1,000 free - 9:58.6	NCS consol
32	7	Sectionals	Theo	Holtzman	S4	M	Mile - 16:18.9	committed to Pomona (swimming)
33	8	Sectionals	Fedor	Igoshin (13)	S3	M	200 back - 1:56.2	7th grade, #1 USA 200 Fly (12)
34	9	Sectionals	Kat	Kracht	S4	F	200 IM - 2:07.5	NCS final
35	10	Sectionals	Claire	Meissner (13)*	S3	F	400m IM - 5:11.2	8th grade
36	11	Sectionals	Jewel	Mendiola	S3	F	50 free - 24.8	
37	12	Sectionals	Atlas	Metin (14)	S3	M	50m free - 25.8	
38	13	Sectionals	Anna	Motes	S4	F	200 breast - 2:22.7	
39	14	Sectionals	KK	O'Connell	J3	F	100 back - 59.0	8th grade
40	15	Sectionals	Madeline	Phan	S3	F	100 back - 58.6	
41	16	Sectionals	Lana	Richard	S4	F	200 IM - 2:08.47	
42	17	Sectionals	Sisi	Roggensack	S3	F	50m free - 28.8	
43	18	Sectionals	Dima	Secor	S3	M	100 free - 55.8	
44	19	Sectionals	Charlotte	Shamia	S4	F	100 fly - 58.8	
45	20	Sectionals	Emma	Sloan	S3	F	100 fly - 57.4	9th grade
46	21	Sectionals	Bella	Smith	S3	F	200 back - 2:06.7	8th grade - PacSwim relay record
47	22	Sectionals	Lincoln	Sovik	S3	M	100 free - 47.6	
48	23	Sectionals	Andrew	Taylor	J3	M	100 breast - 1:01.5	8th grade/first year
49	24	Sectionals	Julian	Thorn Leeson	S3	M	200m IM - 2:13.1	8th grade/Far Western Champion
50	25	Sectionals	Taryn	Veronda	S4	F	100 back - 58.5	committed to Amherst (swimming)
51	26	Sectionals	Whitney	Wilkalis	S4	F	100 fly - 58.2	committed to UOP (swimming)
52	27	Sectionals	Avery	Yasukochi	S4	F	100 breast - 1:06.9	
53	28	Sectionals	Sofia	Zibell (12)	J3	F	100 breast - 1:07.3	7th grade, National Top 10, FW Champion
		*new to team						

General Notes

Welcome to everyone

- Please print out this meeting handout and have it as a reference.
- Read the letters from the graduating seniors (2024). These letters show the quality of the previous senior class and demonstrate the high expectations we have for our entire senior group.
- **Freshmen and New Swimmers** - It is important that you review the team policies and expectations.
- You will receive **weekly email updates** – please read them.

Decorum & Behavior

- General
 - Language: Use proper language in the locker rooms, on the deck, and in the pool.
 - Behavior: Behave maturely and respectfully. Earn the respect you would like to receive.
 - Driving/Parking lot: Drive safely, in particular in the Soda Center parking lot.

- **Suit Decorum**
 - **All suits, boys and girls, must be worn respectfully.**
 - The suit cut or fit is not an excuse for it fitting inappropriately.

Bathroom

- You cannot use your cell phone in the bathrooms.
- **Bathroom Decorum: Behave maturely. Respect others' use: peers, younger kids and adults.**
- **Please – NO LOUD MUSIC IN THE BATHROOMS.**
- **Soda staff is asking swimmers to leave their backpacks on the deck during workout and not in the locker room.**

Attendance

- **Keeping disciplined attendance is a growth process which is important.**
- **Your goal should be to make all workouts.**
- AM workouts are an important part of your training and development.
- Homework is your responsibility to manage efficiently.
- **TIME MANAGEMENT and DISCIPLINE are the keys** to maintaining attendance and good academics.
- **Please limit or eliminate smart phone and social media use, especially at bedtime.**

Senior Group Leadership

- **Buddies** – to the Junior Group Swimmers
- **Mentors** – some senior swimmers will be mentors to the newer senior swimmers

Schedules General

- Know the workout and dryland times for your group.
- The PM workout off **(Wed or Thurs) should be used productively.** With the Wed/Thur workout off, missing workouts except for extraordinary circumstances should be rare.
- Conflicts - *let us know in advance.*

General Workout Guidelines (see also Beyond Attendance)

- **Be on time. Get in on time:** On time is 15 minutes early to help set up if necessary.
- **Warm Up:** Don't stop or talk. Work on your strokes and loosen up for a good workout. You can benefit from a quality warm up.
- **Recovery (between sets): Leave right away (on time) and do all the recovery swims.**
- **Warm Down:** Do not stop or talk. Use the warm down to recover for the next day's workout.

Workout Good Habits

- **For send offs, DROP on the 4 or 9 so you can push on the 0 or 5. Do not leave early.** When you leave early, you don't get accurate repeat times and it does frustrate the other swimmers.
- **Kicking with a board** – approaching the wall, push the board down and reach for the wall. Do not take arm strokes into the wall.
- **Kicking on your back** – approaching the wall to turn, take **1 pull and 1 cross stroke.**
- **Sculling** - always start sculling **before** the flags, and scull all the way to the wall.

- **Free taking double breaths into the wall** – do not take the extra, double breath into the turns. If you breathe and have one more stroke, hold your breath on that stroke.

Equipment

- You will be provided an equipment bag, t-shirts and caps. **Please wear only OA caps in workout.**
- **Please put your name on your bag and all equipment if possible.**
- You are expected to **have all your equipment in your bag every day** including: **kickboard, pull buoy, fins, paddles, parachute and tempo trainer.**
- **Have a water bottle with you every day. Hydration is VERY important.**
- **Please hang your equipment bag on a hook. Do not leave it on the grass.**
- We will have specialty equipment on the deck such as belts, resistance devices and stroke paddles.
- **Do not take equipment from someone else's bag.**

Music

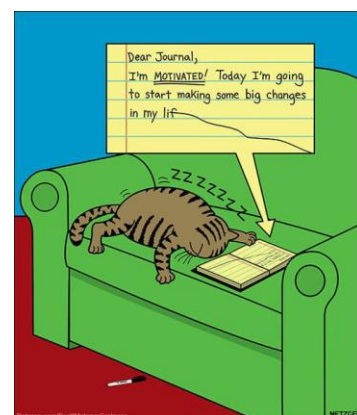
- Organization – we should have a group of kids in charge of organizing the music – the speakers and song mixes. **Let the coaches know if you need help with this.** There is an extra speaker in the office.
- **Song mix** – all songs should be **positive and cover a broad range of tastes. Absolutely no bad language or negative lyrics.**

Meets (see Meet Protocol)

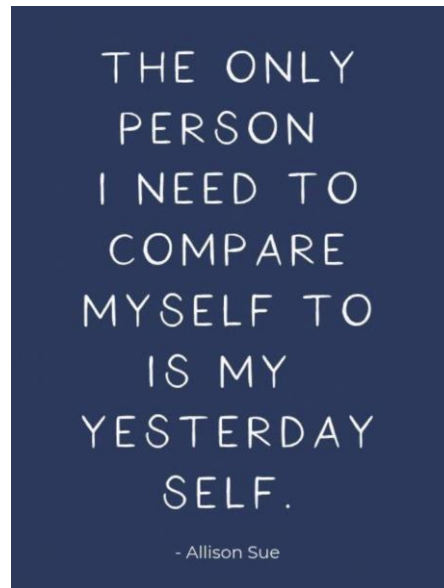
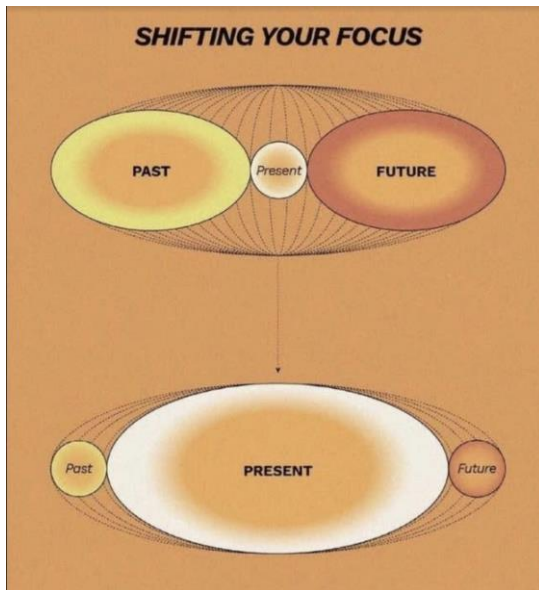
- **Know the meets you should attend and enter those meets ASAP.**
- The email updates typically provide information on upcoming meets and entry deadlines. If you have any questions, please ask your coach.
- **Travel – understand the commitment to the meet plan and team travel**

Goals

- Goals and expectations are important
- There are **Positive and Negative** aspects to goals and expectations
 - Positive – something to work towards, to help create focus and motivation
 - **Negative – can create pressure and stress which results in poor performance and frustration**
- There are Short-term and long-term goals
- There are workout and development goals vs. time goals
 - **Development goals may be the most important and can include:**
 - **Attendance goals** – making a certain number of workouts per week
 - **Training harder** and more intensely than you have previously including kicking & uw
 - **Technical improvement** – Improving turns and streamlines, more focus on stroke development, better underwater speed
- **In terms of setting goals, first set workout, training and technique goals and fully commit to those before you set a time goal.** Without a commitment to training and technical improvement – time goals are difficult, if not impossible, to achieve.



- **Keeping a workout log or journal may be helpful.** You can record what you did and how you did in each practice and write notes (or affirmations) and focus reminders for the next workout. Ex Tommy
- **Recommendation: do not regularly check other swimmers' times and rankings.** Focus 100% of your effort and intention on what you can control – your technique, training, dryland, and mental discipline.



helpful tools

- **Restoic App** – become familiar with and utilize
- **SwimStrong** - utilize the **Supplemental Support**
 - Wellness Surveys – OA & SwimStrong
 - Mental Training
 - Nutrition
 - Leadership

2024-2025 Focus & Expectations

Be better in every way

- **Better technical development – PERFECTION IS THE GOAL**
- Better dives, turns & uw. Our goals should be to dominate those areas of the race.
- **Better at matching up and competing with teammates in workout**
- Better training to aggressively **even or negative split races**
- **Better Stroke Rate (using tempo trainer) and Stroke Count training**

“But I want you guys to know this, and I talked to Kyle and John a little about it last night: Bill Walsh said something, ‘Champions behave like champions before they’re champions.’ This team is going to be a champion.”

Better Dryland

- **Dryland needs to be better. Strength and power are vital parts of your overall training and will help with injury prevention.**
- **SwimStrong**
 - have the **log in** info; have a **link to the current month's program**; **watch all exercise videos**
 - SwimStrong is a proven program which provides dryland for 30 of the top teams in the country and supports over 8,000 swimmers.
 - The program develops all aspects of the swimmers' development including: all dryland exercises, exercise tracking, nutrition, wellness tracking, leadership and mental training
 - SwimStrong will test 4 exercises: pull ups, push-ups, sit ups, long jump. The data will be compiled for our team and also ranked among all teams in the SwimStrong system.
 - **You need to be fully committed to this dryland program.**
 - SwimStrong recommends **5 dryland days per week**. OA has 4 dryland days. They also include at home workouts if you want to add to what we are already doing.

Early Season Emphasis

- **Get to know new swimmers and the swimmers in each group**
- **Learn and perfect drills in all strokes – Drill Sheets are attached**
- **Work ALL POST WARM UP SETS, UW & OFF STROKE SETS** – for general conditioning & shoulder balance
- **Condition underwater speed and distance**
 - Freestyle 2-3 dolphin kicks underwater
 - Backstroke 6-10 dolphin kicks underwater or 4-5 black lines
 - Butterfly 6-10 dolphin kicks underwater or 4-5 black lines
 - Breaststroke 4-5 black lines on the pull down
 - **Note: it will take at least one month of intense uw training to create sufficient conditioning**
- **Emphasize technique and distance per stroke (DPS) in all strokes**
 - Get familiar with an efficient **stroke count for Freestyle and Breaststroke**
 - Work on off-strokes for all IM swimmers

“The secret to your success is found in your daily routine.”

JOHN C. MAXWELL

Swim Set Tracking

- We will track the following sets:
 - Free & Stroke threshold 100s
 - Free & Stroke 300s
 - fast swims from push 50s/75s/100s/200s
 - 4x50 Stroke 100%
 - 3x100 Free descend
 - 100 Catch Up Free @ 100% effort - girls 10 spl, boys 8 spl

- **Kicking: We want to improve the quality of our kicking in all strokes.** Discuss fast kicking vs effort.
 - Improve kick speed and power.
 - We will **test** and you should know your times for the following:
 - 200 Stroke Kick
 - 100 Stroke Kick
 - 50 Fly Kick without a board - example
 - 25 UW timed kick

Orinda Aquatics Workout Schedule 2024-2025

note: times listed are "in the water" times (please arrive 15 minutes prior to workout)

Phase in schedule

wk of Aug 19 =>	Senior Group optional workouts Mon-Thurs 4:15-6:00; TEAM TRY-OUTS Mon & Tues 6:00-7:00
wk of Aug 26 =>	PM Mon-Wed only: Sr 4 3:50-5:20; Sr 2/3 5:20-6:45; Jr All 6:45-8:00 (no AM or DL); Swimmer meetings Thursday: Senior 4:00-5:15, Junior 5:30-6:30 (zoom)
wk of Sep 2 =>	Reg PM with dryland - no Mon (Labor Day) or weekday AM, regular Sat AM with dryland intro and Nutrition talk
wk of Sept 9 =>	Reg PM schedule with AM, dryland and Sat

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 4	AM	5:45-7:30		5:45-7:30 (opt)		5:45-7:30	7:30-10:00
	PM	3:50-5:20	3:50-5:20	none	3:50-6:10	4:00-6:00	
	dryland	5:30-6:15	5:30-6:15		6:15-7:00		10:10-11:00
	meeting					meeting 4:00	
Senior 3	AM			5:45-7:30		5:45-7:30 (opt)	7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	
Senior 2	AM			5:45-7:30			7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior 3	AM					TBD	8:15-10:00
	PM	6:45-8:00	6:45-8:00	6:15-8:00	6:15-8:00	6:00-7:30	
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	
Junior 1&2	PM/SAT	6:45-8:00	6:45-8:00	6:15-8:00	6:15-8:00	6:00-7:30	8:15-10:00
	DL/MTG	6:10-6:40 - DL	Jr 2 optional			5:30-6:00 - DL	

Important workout notes

=> Sr Group has one afternoon off during the week. The time should be used for homework, family time or relaxing (limited social media).
 => **dryland and meetings are expected** as part of the regular training schedule (**not optional**)

* Note: **The Senior Group workout schedule will change during the high school season** Feb 3 - May 9 for Wed & Thurs. There will be a Friday PM workout for those who cannot attend their high school workout.

Meet schedule **Orinda Aquatics 2022-2023 Meet/Event Schedule** (subject to change)

Orinda Aquatics 2024-2025 Meet/Event Schedule (subject to change)

OA HOST		shave or rest/suit	event/activity	TBD	High School Season/LC
Date	Junior Meets	Note	Senior Meets	Note	Event
wk of 8/19	optional workouts for Senior swimmers M-TH 4:15-6:00, OA YR tryouts 6:00-7:00 M-TH				Returning re-register
wk of 8/26	regular season begins M-TH (no AM/Sat/DL) with swimmer meetings Friday				swimmer meetings - Fri,
wk of 9/2	reg PM schedule (no AM or workout on Labor Day). There is Sat workout. Character focus for week.				Parent Meeting 9/2; Sat - Nutrition talk/Parent Q&A
wk of 9/9	reg schedule with AM. Skill/Drill focus.				Buddy Breakfast Sat
21-Sep			WCAB Sr Open	Sunday only	Teambuilding Sat
28-Sep	OA CBA	all	OA CBA	all	connect with Buddy
5-Oct					
12-Oct					Parent Social Sun
19-Oct	OAPB Sr Open/BSW CBA	13+ or 11-12 qual	OAPB Senior Open	swim 4 events/day	
26-Oct					
2-Nov	Albany C/B/BB+	Junior Group	PLS Sr T/F	all qualifiers	
9-Nov	Fall Jamboree (Sat - TBD)	all Junior and Fall	Fall Jamboree (Sat - TBD)	seniors work	
16-Nov	TERA C/B/BB+ Last Chance	13+ or 11-12 qual			
23-Nov			TERA Sr Open	all	
30-Nov					Theme WO Thursday!
7-Dec	Age Group Champs - TBD	qualifier - peak	Senior Time Trial - TBD		
14-Dec	SRVA C/B/BB+	reshave or non-AGC	Sr T/F, Jr Nat, SRVA C/B/BB	all are peak	
week of Dec 16					Holiday Party - Sat
week of Dec 23					break schedule
week of Dec 30					break schedule
11-Jan	LAC C/B/BB+	all	LAC C/B/BB+	optional Sr 2-3	
18-Jan					Team Bowling Sat
25-Jan	OAPB Senior Open	13+ or 11-12 qual	OAPB Senior Open	swim 4 events-day/VCC	
1-Feb	Zone 2 - TBD	all	Zone 2 - TBD	optional	
8-Feb					High School season begins
15-Feb	Neptune Invite (Fr-Sun)	all - travel			
22-Feb			Clovis - Travel	senior peak/shave	
1-Mar	TERA/SRVA C/B/BB+	all (second/off events)	Sectionals - Roseville	qualifiers/team	
8-Mar			Senior Open - TBD	1 day opt/possible dist	
15-Mar	AGC - PLS	qualifier - peak			
22-Mar	AAA C/B/BB+	non AGC/FW	AAA C/B/BB+	optional	
29-Mar					Spring Break AUHSD
5-Apr	Far Westems - PLS	break for non-FW			
12-Apr	BSW C/B/BB+	TBD	Senior Open LC - TBD	Short Course TT TBD	
19-Apr					
26-Apr	TERA C/B/BB+, 10&U	all			
3-May			High School League	peak	May 6th Mon - TEAM PIC
10-May	SRVA C/B/BB+	TBD	NCS/Walk-On - TBD	peak	
17-May	MONT Pentathlon - Sun	all	CIF State Meet, Clovis	all enter walk-on meet	
24-May			Santa Clara Int'l	qualifiers	
31-May					
7-Jun	OAPB C/B/BB+	all	OAPB C/B/BB+	all	LONG COURSE BEGINS
14-Jun					Rafting Friday, Breakfast Sat
21-Jun	TERA Last Chance	all			
28-Jun			WCAB Senior Open-SUN	THEME WEEK	Harbor House 6/27
5-Jul					
12-Jul	AGC - Santa Rosa	peak/travel			
19-Jul	OA C/B/BB+		Sectionals, Novato	OA C/B/BB+	
26-Jul	OA Finale (Zone 2)	all	OA Finale (Zone 2)	team meet	Banquet 7/24 TH
2-Aug	Far Westems - TBD	qualifier	FW's TBD/Junior Nationals	SC, Irvine	
Break					



Orinda Aquatics Senior Group Meet Protocol



We ask that all Orinda Aquatics swimmers and parents support the meet procedures outlined below, as they are critical to maintaining a disciplined and team-oriented competitive culture. Swimmers should treat every meet as a “championship meet” in terms of preparation, focus, attitude, and team commitment, and pursue the highest standards of leadership as a swimmer, athlete, teammate, and person. The following outlines all aspects of competition behavior from arrival to departure.

Arrival	7:15	• Being on time is critical to the athletic and team process • Check-in for all events unless otherwise discussed with a coach
Team attire		Team attire is a strict policy and requires navy team warm-up, designated team t-shirt, and team backpack. Please note: team attire must be visible to be relevant.
Team stretch	7:20-7:30	Focused, dynamic warm-up led by dry land leaders
Standard warm-up (three phases) <i>Please note proper warm-up etiquette of <u>non-stop swimming</u>, i.e., not stopping at the walls</i>	7:40	• Stretch-out: 3x300 or 3x400 (900 to 1,200 yards) – Free, drills, choice (by 300) All technique. Use drill progressions for all strokes (kick, scull, stroke) • Build-up – short sets (if room) to get heart rate up Ex. 3x4x50 – build round, mix kick, drill, swim, speed • Race specific: Pace for all 200 races and above (know pace, stroke count, breathing). Race starts with focus on: blocks/positioning, entry/depth, UW, breakout, and initial pacing • Turn/wall review – vision, entry, flags, gutters, etc.
Team meeting Team Cheer	8:40	The coaches or designated athletes will lead a short meeting with reminders, objectives, strategy, etc. Please plan for this, and the team cheer.
Race prep		Prior to every race, swimmers should spend a few minutes stretching (SSDL activation) and visualizing their race.
Warm-down		• Senior warm-down is 1,000 yards or at least fifteen minutes of active recovery. This should include a stretch out and a transition to the next race, in terms of technique work and short pacing. • Warm-down should be done immediately after the race. Splits, race review, and coach dialogue should take place after the warm-down.
Race evaluation		Swimmers should be mature about performance and evaluate all races qualitatively, in the context of pace, stroke, turns, under waters, etc., and not simply by time.
Team area		• Only positive dialogue • Reach out to/get to know teammates (connect with buddy!) • Do NOT prioritize a cell phone over your teammates • Keep clean
General attitude and support		Swimmers (good teammates and leaders) should always be positive and supportive at meets. Cheer for teammates. Get to know those you don’t know.
Scratching events		Always speak to a coach about scratching an event
Stimulants		Strictly prohibited
Departure (away meets)		Check-in with a coach prior to leaving the meet. Make sure the team area is clean, and help with shade structures if needed. If you have to leave before the end of a meet, discuss this in advance with a coach.
Departure (home meets)		Meet take-down is required and a part of the meet commitment and timeline. All swimmers must account for this and not leave the responsibility to a few.

Stimulants: C-4 – USE OF ANY ILLEGAL OR UNHEALTHY STIMULANT IS STRICTLY PROHIBITED AND MAY RESULT IN DISMISSAL FROM THE TEAM

Webinar with USA Swimming/United States Anti-Doping Agency (USADA)

Supplements vs. Stimulants

- Supplements support nutrition
- Stimulants are caffeine-based - marketed to body builders

Owner of CRAZE went to jail for poor practices

Risks/side-effects

- Manufacturers practices (NOT FDA APPROVED OR REVIEWED); Dosage risk; Quality of ingredients
- Rapid/erratic heartbeat (arrhythmia); Potential kidney issues; Affects sleep (see below)
- Nausea; Headaches; Jittery

Cellucor C4 Review - Does This Workout Supplement Really Work?

The results of my research into Cellucor C4 were somewhat interesting. We did an extensive review, examining the side effects, ingredients, clinical support and overall customer service of this company. Furthermore, we took the time to sort through hundreds of comments from user posted online. Lastly, we summarized and condensed all of the facts and feedback to give you with the information you need.

Is C4 pre-workout safe?

I don't think people are aware of the potential risks involved. You certainly won't find all of them written on the product's label.

C4 has 3 ingredients that all serve to dramatically increase dopamine in the brain. The other ingredient, Vitamin B6, is used as a cofactor to convert L-Dopa straight into dopamine in the brain. Vitamin C serves the purpose of converting dopamine into norepinephrine. Norepinephrine is the stress hormone that stimulates heart rate and is the cause of the fight-or-flight syndrome. **It is never a good idea to mess with your brain's delicate balance of neurotransmitters.** Your brain and your body always strive for BALANCE. They call this balance homeostasis. What happens when you take caffeine, tyrosine, mucuna, and these cofactors? **You raise your dopamine levels beyond normal levels. Taking this much dopamine causes levels of your other important neurotransmitter, serotonin, to drop.** One sign of waning serotonin levels is if you find yourself having a harder and harder time falling asleep. Not only should you be concerned about your serotonin, but what do you think is going to happen once you stop taking this product that jacks up your dopamine levels? Do you think you will feel normal? Probably not. The longer you boost dopamine, the longer the "hangover" period will be once you stop. What makes it worse is that we have no idea how much of these substances you are actually ingesting when you take C4. **There is also a chance you could use it for one week and completely screw over your brain's balance.**

To Sum It All Up:

*Is C4 Preworkout Safe? – **Not Quite.** Matt Colby*

1. If you swim well – you are motivated to take more
2. If you don't swim well, you are motivated to take more
3. When and how will you stop?

Bottom line:

If you can't find enough things to improve with technique, training, dryland, nutrition, mental focus to naturally improve your swimming, you have no business being an athlete.

Orinda Aquatics Group Guidelines & Comments



Group Selection Comments:

- Group movement is made after collective input from the staff and is based on an evaluation of the previous and current seasons.
- The decision will always be based on what is fair and best for the swimmer and fair in relation to the group.
- A swimmer who meets all the criteria below would most likely move up.
- A swimmer meets four or five of the criteria, **may** be moved up if they are **exceptional** in those areas.
- **It is imperative that parents and swimmers allow the coaches to make group placement decisions based on the coaches' experience and their familiarity with the swimmers.**

1 Times, Ability, & Potential

- Current times should be at or near the standard for the group. Please note that performance is one of *many* considerations.
- If the times are less than the standard, the swimmer should have the ability and potential to improve quickly.

2 Training ability

- Ability to swim through the workout well including the more challenging sets and intervals, as well as aggressive kicking sets and under water training.
- The ability to train with focus and discipline, including dryland.

3 Technique

- Stroke technique should be relatively efficient to allow for training at higher levels.
- Stroke concerns which could lead to shoulder soreness or injury are always a consideration.

4 Maturity

- Maturity as a person and athlete includes responsibility, discipline, accountability, and integrity. A swimmer moving up should be a positive influence on the group. *Note: With regard to the Senior 4 group and maturity issues, in the past Olympic Trials swimmers were moved down and Jr National swimmers were not moved up.*

5 Attendance

- Attendance should be at least at the standard for the group or higher and should additionally include consistent morning workout (if relevant) and dryland attendance.

6 Team & Meet Commitment

- Fully committed to the meet process and follow team guidelines, including on-time arrival, attire, warm-up, warm-down, race maturity, etc.

Additional Notes on Group Movement

- Swimmers in a particular group, who feel they should be in the higher group, should be outstanding and demonstrate clearly that they are dominant in their training group.
- **The best course of action, if there is a question, is to ask the coach where improvement or growth is needed.**
- Swimmers are moved up regularly.
- There may be capacity issues within each group which may not allow all swimmers who are in consideration to move up.
- Reasons which are NOT valid to want to move to a higher group are friends, social, convenience, status, etc.
- Valid reasons for starting in a lower group would be acclimation to higher attendance requirements, morning workout obligations, the opportunity to improve training habits or technique (i.e., injury prone)

Beyond Attendance



Swimmers and parents often think that attending practice fulfills a complete commitment to the team, the coaches and to the sport. Actually, “attending” practice is only the beginning of making a serious commitment. The following are aspects of participation **beyond** just “showing up” that are at the heart of an athlete making a true commitment. Doing most or all of these will help the swimmer develop and make the team better.

Training

- ✓ **Have a water bottle with you every day.**
- ✓ **The “1” in the lane is responsible for the workouts being thrown away.**
- ✓ **ALL BAGS MUST BE HUNG ON THE HOOK – NOT THROWN ON THE GRASS.**
- ✓ **HAVE ALL REQUIRED EQUIPMENT AT EVERY WORKOUT.**
- ✓ **DO ALL LAPS ON ALL SETS. DO NOT STOP UNLESS THE COACH STOPS YOU.**
- ✓ **Arrive on time – which usually means early**
- ✓ **Help with the pool covers and lane lines (when needed)**
- ✓ **Get in on time/early**
- ✓ **Warm-up with a focus, without stopping or talking**
- ✓ **Know the sets and do them correctly**
- ✓ **Watch the pace clock (know the send offs and your repeat times)**
- ✓ **Monitor your stroke count & stroke rate when needed during a set**
- ✓ **Do all turns legally and with good technique**
- ✓ **Know the drills and stroke “keys” to improve**
- ✓ **Have integrity about doing EVERYTHING asked and be honest with the coaches – ex Jillian**

Dry Land

- ✓ **Be at dryland – it is a part of the workout**
- ✓ **Plan to be on time and not leave early**
- ✓ **Wear proper clothing (athletic clothes and tennis shoes)**
- ✓ **Be quiet and focused - no social talking**
- ✓ **Do the exercises correctly – always emphasize proper technique**
- ✓ **Work hard – push yourself and your partner**

Meets *(see meet protocol for specific meet guidance)*

- ✓ **Arrive on time**
- ✓ **Wear the team shirt and warm-up or sweatshirt and bring your team cap.**
- ✓ **Support and cheer for teammates - examples**
- ✓ **Warm down appropriately after EVERY event, minimum 1,000**
- ✓ **Enter ALL team meets**

The High Character Athlete at Workout



Rank 1-5. 1 is very little or not nearly enough. 5 is near perfect or all the time. (Can write comments below the item).



- ___ Arrives on-time/early
- ___ Arrives with a positive attitude
- ___ Welcomes teammates & reaches out to teammates every day
- ___ Helps set up pool
- ___ Positive in the locker room – ALWAYS
- ___ Early out of the locker room
- ___ Has proper equipment at the beginning of workout
- ___ In the pool right away
- ___ Wears team cap
- ___ Swims warm-up non-stop with focus and concentration
- ___ Leaves wall on time (on intervals)
- ___ Knows repeat times (watches the clock)
- ___ Counts all laps and repeats
- ___ Doesn't stop until finished or the coach stops you
- ___ Knows each set's objectives
- ___ Swims with focus and purpose, following the set instructions
- ___ Works on technique during difficult sets
- ___ Works on turn technique and speed during sets
- ___ Works on streamline and UW speed and distance
- ___ Generally works through challenging sets
- ___ Remains positive during and after challenging sets
- ___ Positive in the locker room after tough workouts (appreciates growth)
- ___ General conversation is mature, intelligent, and positive
- ___ Communicates with coach in a mature manner

Stroke Photos and notes

BACK

head still & good body/shoulder rotation
line from top shoulder (rt) to elbow is straight
pull is 90d arm bend; hand sweeps over the elbow



FREE

high elbow catch – push elbow over the hand
CU drag drill w relaxed hand, fingertips in the water



BREAST

breath – eyes looking slightly down
pull – elbows squeeze into side, under shoulders
recovery – thumbs above the surface, forearms parallel to the water



FLY

Breath – chin forward and **low**, chin **on** the water
Recovery – **relaxed** hands, low arms (**below** the shoulders)



Orinda Aquatics Freestyle Drill Progression/Stroke Development

Drill the Drill - Build the Stroke

"Kick" Progression		"Scul" / "Feel" Progression (can use pads)	
1	UW Streamline (SL, footspeed - bullet)	1	Front Scull (figure 8's/feel - entry)
2	HU Streamline (hyperext., upkick)	2	Shoulder Scull (wipers/insweep)
3	Right Side (can scull/catch) chin down	3	Hip Scull (finish/exit)
4	Left Side (can scull/catch) chin down	4	Side Kick Finishes (catch/finish)
5	Log Roll (rotation) - balance/10 kicks	5	Full Pull Dog Paddle (pull rope-rotate)
"Single Stroke" Progression (on side)		"Full Stroke" Progression	
1	Finishes (5 kicks between all stops)	1	CU - fingertip drag (elbow to sky/side)
2	Finish, Pocket (relaxed/low recovery)	2	5-Count Freeze (shark fin/shake)
3	Finish, Pocket, Fin/Shake (drop)	3	Right/Left variations ("show" shoulder)
4	Finish, Pocket, Fin/Shake, Head, Sail	4	1-2-3 Strokes/Slide on Side - 10 kicks
5	CU - 5 point (above) stop 5 w/ counts	5	X Strokes per lap
"Build Legs" Progression		"Build Stroke" Progression	
1	Glue Feet/drag - NO kick, feel roll	1	Side Kick (body position)
2	HU Free/Dolphin Kick (2 beat feel)	2	Full Pull Scull/Dog Paddle (rotate, feel)
3	Free - 2 Beat Kick (kick per opp. catch)	3	5 point CU
4	Free - 6 Beat Kick (through breath)	4	5-Count Fin Freeze/Shake or 1,2,3 slide
5	Free - HAMMER down kick	5	1/2 CU, CU, or DPS/Build legs
Variations (combo's)		Sample Sets	
	Fist (can alt. hands)		20x25 "KICK" Progression by lap
	Fins		10x50 1-5 "SINGLE ARM", 6-10 "STROKE"
	Paddles		8x125 odd "BUILD STROKE", even "BUILD LEGS"
	Snorkel		1x750 ALL Drills
	Partner Pull		5x5x125 "FULL" at 1:40 (lose 5) - by round...
	Mix up Breathing		Glue, Reg, Pads, Pads/Fins, Pads/Fins FAST
	SL half way UW		30x50 ALL drills - roll by lap
	Tennis Ball (for CU)		30x25 OA Scramble
	Vary Speeds		25x100 Free - Roll a drill through each 100
Philosophy, Language, Stroke Keys			
Philosophy	Progressive Learning - Drill the Drill, Build the Stroke		
	PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges		
	Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance		
Language	Effortless/Slippery Swimming, Ride the Glide/Swim on Side (1 arm SL) Work from the Core out, DPS		
Body	Relaxed/ Set Head, Good Lines (top/side), Lean on Chest		
	Trunk/Core Rotation (slide on side) Balance, Rotate into Catch - Rotate out for Finish/Exit - Torque		
Stroke	SHOW STOMACH TO SIDE WALL!		
	Relaxed Low Hand Recovery, Train Track Entry - Forefinger/45 degree angle, (Slight Hand Pitch Out)		
	No air, Reach/Press OVER the Barrel, Anchor the Elbow, Rotate past the Catch, Hand Speed Through		
Breath	Elbow - High and to the Sky - High and to the Side		
	Through extension (1 arm SL), Roll back prior to catch, Keep low goggle in water		
Kick	Relaxed, Narrow, Straight, 2 beat OR 6 beat (DO NOT CROSS), Kick at Surface		
SC/SL	Know SR's & Stroke Count (per lap) at 3 speeds - EN1 aerobic, EN2 endurance., 100 pace/ SL 3 lines!		

Orinda Aquatics Backstroke Drill Progression/Stroke Development

Drill the Drill - Build the Stroke

"Kick" Progression		"Feel" Progression	
1	UW Dolphin Kick (SL, good line, speed)	1	Right Side Scull (catch and exit)
2	SL Kick (body/head position)	2	Left Side Scull (catch and exit)
3	Right SIDE Kick	3	Head First Hip Scull (feel finish-NO kick)
4	Left SIDE Kick	4	Feet First Above the Head (feel entry)
5	Log Roll (balance/10 kicks)	5	Scull Catch (lean on hand-opp. arm up)
"Single Stroke" Progression (on side)		"Full Stroke" Progression	
1	Lift-Check-Drop (arm asleep/rot. hand)	1	Double Arm (face dry, clap, check, slice)
2	Left Arm (pause mid pull/recovery)	2	CU - Vert. or Horiz. (hand speed)
3	Right Arm (pause mid pull/recovery)	3	10 Count (on side) - lift then switch
4	1R/2L/3R...(show shoulder-arm wrestle)	4	1-2-3 Slide on Side (10 kicks)
5	Single Arm at 100/200 Stroke Rate	5	Sky/Bottom (exaggerate rec./catch)
"Stroke Rate" Progression		"Build Stroke" Progression	
1	SLOW Motion	1	Side Kick/Scull
2	Build Rate to 200 SR	2	One Arm (alt.)
3	200 Stroke Rate	3	Double Arm or CU
4	100 Stroke Rate	4	10 Count or 1-2-3 Slide
5	Spin Drill (head up - rev up))	5	Race SR into Spin or visa versa
Variations (combo's)		Sample Sets	
	Fist		20x25 "KICK" Progression by lap
	Fins		10x50 1-5 "SINGLE ARM", 6-10 "STROKE"
	Paddles		8x125 odd "BUILD STROKE", even "BUILD RATE"
	Vary Stroke Rates		1x750 ALL Drills
	25's with Starts		30x50 ALL drills - roll by lap
	SL half way UW		25x25 OA Scramble
	Goggles on Forehead		25x100 Back - Roll a drill through each 100
Philosophy, Language, Stroke Keys			
Philosophy	Progressive Learning - Drill the Drill, Build the Stroke PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges <i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>		
Language	Effortless/Slippery Swimming, Ride the Glide (1 Arm SL), Work from the Core out, DPS		
Body	Relaxed/Set Head (in a vice), Good Lines (top/side), Chin up-head back (ears in) Trunk/Core Rotation (show stomach to side wall) Balance, Rotate into Catch/Rotate out for Finish/Exit SWIM ON YOUR SIDE!		
Stroke	Relaxed arm/Thumb lead recovery, shoulder brush chin, gun barrel, slice/clean entry 4 Sweeps: 1) down/out (8-18 inches to CATCH, 2) up/in, 3) push down/out, 4) up to recover - an "S" Anchor elbow (points to bottom), "Arm Wrestle" over the top		
Breath	Inhale on entry/Exhale on exit of same arm		
Kick	From thighs, knees stay below surface, boil water/kick ball - BUILD Legs through race!		
SR/Turns	Know 100 and 200 Stroke Rates/ 5 dolphin kicks off all walls in WO/ATTACK turns		

Orinda Aquatics Breaststroke Drill Progression/Stroke Development

Drill the Drill - Build the Stroke

"Kick" Progression (also vert. & w all Kicking)		"Scull"/"Feel" Progression (can use pads)	
1	Egg BTR or Cycle - into alt. Rt/Lt. Foot	1	Front Scull (figure 8's/feel outswEEP)
2	UW Knee Down to Whip Kick (PB opt)	2	Shoulder Scull (wipers/insweep)
3	On Back (1/2 in SL, 1/2 hands-hips)	3	Sitting Scull (work "catch")
4	On Stomach (") - Brth/Kick/Glide	4	Hip Scull (on back-feet first, work catch)
5	SL Kick UW (can go HU SL part of lap)	5	Pull Down (UW - fast free kick)
"Body Rotation" Progression-Short Axis		"Pull" Progression	
1	Pulse - Arms at side (breath 3rd-blend)	1	Pull Head Up (fast, compact - fly kick on rec)
2	Pulse - Arms in Front (")	2	Pull w/ Flutter Kick
3	2 Pulse-"Slide" to Corners (as you press)	3	Pull with Dolphin Kick
4	2 Pulse/Slide/Pull (start small and build)	4	Alt. rt/lt/2 FULL with FR, FL, or BT kick
5	2 Pulse/Slide/Pull - with Kick	5	Pull - alt Fly/BT kick
"Full Stroke" Progression		"Build Stroke" Progression	
1	Pulse/Pulse-slide/Pulse-side-Pull/pspk	1	UW Kick into Pulses
2	2 Pulls HU/1 Kick and Glide	2	HU Pull
3	2 Kicks UW/1 Pull and Glide	3	Pull Dolphin Kick
4	1 stroke per black line	4	1 Pull/2 Kicks
5	100 SR Swim	5	RP Breaststroke
Variations (combo's)		Sample Sets	
	Fist (can alt. hands)		20x25 "KICK" Progression by lap
	Fins		10x50 1-5 "Scull/Pull", 6-10 "Kick/Full"
	Paddles		8x125 odd "FULL STROKE", even "BUILD STROKE"
	Vary Speeds		1x750 ALL Drills
	Alt Bt/Fly combo's		5x5x125 "FULL" at 2:15 lose 5 sec./round
	Partner Pull		reg/fin/fin/fin, pad/fin, pad fast
	2 Pull downs		30x50 ALL drills - roll by lap
	PD half way		30x25 OA Scramble
	Drill at race SR's		25x100 Free - Roll a BT drill through each 100
Philosophy, Language, Stroke Keys			
Philosophy	Progressive Learning - Drill the Drill, Build the Stroke		
	PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges		
	Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance		
Language	Effortless/Slippery Swimming, Ride the Glide/Work from the Core out, SHORT AXIS, swim the LINE		
Body	Good line, stay LOW to the water, slide hips forward (on pull) - lunge body FORWARD on recov. Channel energy forward throughout stroke - not up/down, Lean on chest/Hips high		
Stroke	Slide (sweep out) to corners (eyes down), "Anchor" elbows (KEEP HIGH), Forearms plane surface Pull compact, fast, strong - squeeze and "shrug", Thumbs graze surface on recovery, Palms down SL Head in Biceps on Streamline glide - AT/NEAR the surface (not deep), eyes down, min. resistance		
Breath	Head IN LINE with spine (tennis ball) - eyes on water, STAY LOW, Breathe with body line!		
Kick	Narrow, Fast, "Sneak" heels up, "Grab" water and "squeeze" out, "CLAP" feet (Hands ext. prior to kick)		
P.D.	Light bulb, high elbows, hand speed, finish, sneak up, "stair-step", B.O. with speed/Measure PD for dist.		

Orinda Aquatics Butterfly Drill Progression/Stroke Development

Drill the Drill - Build the Stroke

"Kick" Progression		"Scul" / "Feel" Progression (can use pads)	
1	UW SL (bullet)	1	Front Scull - Figure 8's (outsweep)
2	Right Side - 1 arm SL or arms X	2	Shoulder Scull - wipers (insweep)
3	Left Side	3	Hip Scull (on stomach or back)
4	On Back - SL	4	UW Fly Pulls - narrow lightbulbs
5	Vert. SL or Cork Screw	5	Sitting Scull - work catch
"Body Rotation" Progression		"Full Stroke" Progression	
1	Pulse - Arms at side (breath 3rd-blend)	1	Stroke Float (shake - NO splash hands)
2	Pulse - Arms in Front (")	2	Stoke/Hips (use pulse-no kick)
3	2 Pulse-"Slide" to Corners (as you press)	3	Single Arm Combo (Opp.-side/front)
4	2 Pulse/Slide/Pull (recover UW)	4	Down/Up Combo (3 kicks UW/2 strokes)
5	Stone Skipper	5	EZ Fly - build legs
"Breathing" Progression		"Build Stroke" Progression	
1	No Breath	1	UW SL Kick
2	2 Down/2 UP	2	Stone Skipper/Pulsing
3	1 Up/1 Down	3	Single Arm Combo
4	Breathe Every Stroke - hold rhythm	4	Down/Up Combo
5	Race BP/SR - 200or 100	5	Race BP/SR
Variations (combo's)		Sample Sets	
	Fist (can alt.hands)		20x25 "KICK" Progression by lap
	Fins		10x50 1-5 "SINGLE ARM", 6-10 "BREATH"
	Paddles		8x125 odd "BUILD STROKE", even "
	Snorkel		1x750 ALL Drills
	Partner Pull		5x5x125 "FULL" - swim odd/drill even
	Mix up Breathing		20x25 with fins - change breathing
	SL half way UW		30x50 ALL drills - roll by lap
	Vary Speeds		30x25 OA Scramble
	Breast/Fly Combo's		25x100 Free - Roll a Fly drill through each 100
Philosophy, Language, Stroke Keys			
<i>Philosophy</i>	Progressive Learning - Drill the Drill, Build the Stroke		
	PERFECT practice makes perfect, 99% right is 100% wrong! Take PRIDE in technique, Swim for Judges		
	<i>Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance</i>		
<i>Language</i>	Effortless (NO struggle)/Slippery Swimming/Work from the Core out, SHORT AXIS, swim the LINE		
<i>Body</i>	Swim the Line of the surface, Stay Low and Long, Channel effort FORWARD- NOT up/down Low Breath, Spine in line		
<i>Stroke</i>	Relaxed low recovery, NO splash hands, "Set" in front of shoulders, slight pitch out Slight outsweep, high elbow catch (anchor at corners), Push through and "Slice" out		
<i>Breath</i>	Keep head in line with spine, eyes down, stay low (tennis ball) "push-breathe"		
<i>Kick</i>	Work Power 2 bt. Kick (kick hands in-kick hands out), 5 kicks off wall in WO and 100, 3 in 200		
<i>BP</i>	Know BP for 100 and 200 Fly		

Orinda Aquatics Team & Senior Group Focus Areas

Focus on the following. Work on and improve every day. Become dominant in these phases of technique and training.

Swimmer Development			
rank	Personal	rate	status
A	connect with each swimmer		
B	check in with regarding personal life, family, activities, academics (grades, pressure)		
C	know attendance - if there is an issue, discuss		
D	get a sense of their overall well-being		
rank	Goals	rate	status
A	talk about times or time standards for main events		
B	discuss general peak meet focus		
C	discuss development/improvement of the swimmers weaker training-long course or short course		
D	talk about the year development and possibilities		
rank	Training	rate	status
A	swimmers should know at least 3 things they are working on in their main strokes, turns & UW		
B	talk about UW in their main stroke - they should know the technique & training expectations		
C	talk to about goal sets for main stroke - ie threshold Free, FPSO Free & main stroke		
D	look to develop off strokes for the IM (if applicable)		
Training			
stroke	Stroke Focus	rate	status
	General - focus on a few very important things - watch and develop every day		
Free	1) head still and in line, 2) even, balanced rotation <u>esp off the breath</u> , 3) low recovery, deep catch, 4) breathe 3rd; 5) stay balanced (extended) on breath		
Back	1) head still, 2) even rotation, 3) in line recovery, 4) clean entry palm out - not behind head, 5) tight catch pushing water towards feet		
Breast	1) stay long, 2) outsweep w a quick scull out and keep pull in front, 3) high elbows on the catch & insweep, 4) breathe later (on the insweep), 4) aggressive recovery to a streamline with hips high (good body position), 5)streamline palms down w thumbs together		
Fly	1) head position relaxed and in line (no tucking chin when holding breath), 2) low, relaxed recovery - lead with back of hand (not the thumb), 3) clean entry & catch - no bending of wrists, 4) teach to feel the timing of a 2-beat kick, 5) stay long (in front of shoulders while hips roll)		
stroke	Training Focus	rate	status
	General - train with efficiency, distance per stroke and uw speed as priorities		
Free	1) train efficiently with good body balance, rotation & recovery, 2) train distance per stroke on everything, kids should know their stroke count; 3) train fast AND tired with a stroke count, good technique, and good turns & breakout strokes		
Back	1) train with stoke balance (head position, rotation, recovery), 2) train at a stroke rate, 3) train UW 3-4 bl in all sets w good timing on the breakout stroke		
Breast	1) develop a power stroke, 2) hold stroke count on longer and speed sets, 3) train power pull downs to 4+ bl - teach proper timing using back lines (see example in Turns Section)		
Fly	1) train with stroke balance - watch closely for flaws during fatigue and correct, 2) train at SR 52 (1.43) generally, 3) develop a <u>power 2-beat kick</u> , 4) train everything UW 3-4 bl w good turns		

Stroke	Shoulder Concerns - each stroke	rate	status
Watch for potential shoulder issues from stroke flaws			
Free	1) high recovery - hand above elbow, 2) on entry hand rises above shoulder especially opposite the breath - look for the hand higher than the elbow at the start of the pull, 3) recovery high opposite breath with poor rotation		
Back	1) entry behind the head, 2) a wide and deep pull with a straight arm		
Breast	1) glide and outswEEP above the shoulders, 2) catch starting with straight arms then pressing wide and deep		
Fly	1) high recovery (above shoulders) especially when holding breath and chin tucks , 2) starting the pull above the shoulders, 3) a palm out entry high and inside the shoulders		
Turns & Underwater			
Area	Underwater	rate	status
Power	for all turns, practice slow turn, push & glide AFAP - should be 4 bl		
SL	technique - tight streamline; chin neutral (don't tuck); upper body and arms still through the dolphin kicks		
Kick	Kicking - initiate the kick with the hips and build dolphin kick speed to the surface from bigger, stronger kicks to tighter, faster kicks - ex 2 bl power kicks, 2 bl build kick speed		
Train	Training - MIN 3-4 blw on Fly & Back, 4 bl for Breast pull downs; 2-3 Fly Kicks for Free UW (if faster)		
Bt pull down	Breast pull downs 4 bl minimum - use black lines for each part - ex glide w speed to 2.5 bl, kick & pull with speed to 4 bl, breakout with speed to 4 ½		
Bo	teach kids to time the breakouts in all strokes, esp Back		
Area	Free & Back Turns	rate	status
Flip	Free & Back - head leads the turn, hips follow, feet do not lead the turn , if they do the head will drop below the hips and the body will be out of balance		
Flip	Free & Back - the spin should be compact; the hands should be tight behind the head when the feet hit the wall		
on wall	Free & Back - Balance on wall with feet, hips and head in line - CHECK BODY POSITION		
Bk cross stroke	Back - work on tight, fast cross stroke , maintain speed on cross stroke and spin - on both sides; balance on both pulls into wall - hips must rotate to horizontal		
Area	Breast & Fly Turns	rate	status
Legs	knees come up under the hips so the legs stay under the body and not swing wide.		
Arm	arm sliding back should drop to the hip and then move behind the head or by the ear - not a wide swing		
on wall	Balance - when the feet touch the wall, the swimmer should be balanced with hands behind the head and in line - feet, hips, shoulders, head		
Chin	the chin cannot tuck as the swimmer brings legs up, head should roll back and stay in line with eyes looking to the sky		
Arm	the hand comes over the top between the eyes or near the ear, the turn should be compact		
Uw	UW - the push off should be straight - use the back line to judge		
Dryland			
Rank	Senior Group	rate	status
A	increase overall intensity		
B	fully utilize the SwimStrong program		
C	do bands regularly with better technique - kids can have a partner to watch and correct		
D	do and record SwimStrong tracking sets		

Some OA History – Good Swims and Overcoming Adversity

Boys 400 Med Relay Pac Swim Record - Free split 43.1

2012 Walk On Meet - Mens 400 MR

51.0	Relay	Albert	44.3	50.1	64
56.0	+7	Steven	1:16.0	1:44.8	Steven Bt 54.7
52.0	+9	JD	2:37.0		
45.0	+4.6	Sven	2:57.7	3:20.1	Sven Free 43.1

Boys 400 Free Relay 3:01 – ave 45



Margaux McDonald – Freshman year Nov Peak meet 200 Fly – entered 2:11, Swam 2:20 2 years later 2:02

33 Hamilton, Sarah G	15 OAPB-PC	2:12.32	2:19.11
29.40 1:03.29	1:39.74	2:19.11	
34 Nagy, Benedict	15 RENO-PC	2:17.18	2:19.40
31.27 1:06.56	1:42.65	2:19.40	
35 Krafcik, Sophia F	17 TRIV-PC	2:09.49	2:19.81
30.17 1:05.29	1:41.94	2:19.81	
36 Xiao-Rao, Krystal J	13 TOC-PC	2:16.94	2:20.10
29.60 1:05.14	1:42.02	2:20.10	
37 McDonald, Margaux E	14 OAPB-PC	2:11.39	2:20.46
30.27 1:04.92	1:42.15	2:20.46	
38 Schneider, Emily Claire	16 MP-PC	2:11.96	2:22.04
31.42 1:06.72	1:43.53	2:22.04	
39 Locala, Naomi M	14 TOC-PC	2:11.23	2:23.85
32.68 1:09.55	1:47.11	2:23.85	
40 Ellis, Mycah A	18 HEAT-OR	2:27.45	2:24.07
31.70 1:07.84	1:45.84	2:24.07	
41 Roepke, Tatum E	17 STAS-SN	2:17.82	2:27.64
30.52 1:06.25	1:46.76	2:27.64	
-- Harrison, Sophia A	16 SCSC-PC	2:06.09	DQ
29.30 1:02.68	1:37.51	DQ	
-- Tujo, Angelica E	17 UCD-SN	2:12.41	DQ
32.20 1:09.47	1:46.40	DQ	

Women 200 Yard IM

Harry Flanders – Jr year Sectionals peak meet entered 1:51, swam 1:57 The next year at the same meet swam 1:46

POINTS	Henry Flanders ☆
41	OAPB-PC 17
Full schedule	
EVENT	Men 400 Yd Medley Relay
12	Finals Completed 3:22.16 Place: 2
Men 200 Yd Fly	
EVENT	14 Prelims Completed 1:57.07 Place: 45
Men 400 Yd IM	
EVENT	20 Prelims Completed 4:12.44 Place: 35

Emily Ward – entering high school – 100 Bk 1:08 yds Senior year 56.1, Senior year at UCSB 54.1 school record.

Over the 8 years – lots of ups & downs, painful and frustrating sets, tears, exhaustion, dealing with asthma, but she worked every day regardless and was always positive

Times starting
9th grade

Emily Ward (13)			
50 Free	28.32	26.69	new "JO" cut
100 Back	1:12.03	1:08.31	Sr yr 56.1
200 Breast	2:51.31	2:48.18	UCSB 54.1
100 Fly	1:17.66	1:09.64	

Section 2 - Personal

■ Letters

- Adriana Smith – Senior Letter
- Peter Varalles – dealing with failure at the Olympics
- Nader Massarweh – being an awesome teammate
- Courtney Whyte – impactful leader

■ Making Difference

- Good Samaritan takes robber to dinner
- story – One At A Time (how you can make a difference)
- be physically and mentally tough; The Butterfly Story

■ Wisdom & Quotes

- Appreciation, gratitude & affirmations
- valuing teammates & friends
- positive relationships
- emotional health
- Quotes

■ Life Lessons & Healthy Choices

- Social Media – too much is NOT HEALTHY
- drive safely
- drinking and why teens do it
- reminders about making good choices
- you can make this an awesome journey

Our hope for the Orinda Aquatics Senior Group is that we create from the workouts, meets, and social activities, a positive environment that will be a safe and healthy social outlet. Your teammates will become good friends who share your values and who genuinely care for you and support your personal growth.

After reading countless articles (provided by Ronnie) and observing teenage behavior among my peers, it is apparent that today's youth struggles to find happiness. External pressures, toxic social media, and unrealistic standards contribute to years of gloom. Poor mental health among teenagers has skyrocketed and affects even those you might not expect to become impacted by stressors. I have to admit that I, even after showing success as a swimmer, fell into this cycle of depression. After coming off of a rewarding spring season during my Junior year, my mental health collapsed. I felt as though there was no way to top my recent achievements. This negative mindset destroyed my summer of training. Throughout those warm months, waking up was a struggle. My biggest challenge of the day was going to practice and finishing without tears filling up my goggles. I felt as though anxiety and depression had not only taken over my swimming career, but my life. My training was distracted, disorganized, and unproductive. I am embarrassed to say that I took Orinda Aquatics for granted.

My friends, family, and coaches would describe me as a very intense, meticulous swimmer. Swimming was my everything, and I spent every waking moment thinking about the sport. Although passion is important, this hyper-focused perspective destroyed me. That summer, I dug myself into a hole. Inconsistent and poor training truly took a toll.

After months of feeling gray, I decided to change my mindset. I was so eager to bounce back. Ronnie and I proposed a plan: focus on one detail in my stroke and train every day. A perfect stroke cycle turned into a perfect lap, and a perfect lap turned into a productive practice. During my time at Soda Center, I was allowed to think about swimming; however, once I stepped foot out of those blue doors, I banished the sport from my thoughts. I focused on creating an identity that did not revolve around swimming. As it turns out, I love to cook, read, and explore the outdoors. My negative spiraling thoughts turned into positive, healthy ones. While writing this senior letter, I can confirm that I have not fully recovered from the summer of 2023, yet I feel fulfilled by my ability to overcome a challenging practice, and I relish the memories I have made with my teammates. With that, I am happy. I am blessed to have a beautiful pool to swim in every day, a family that supports my swimming dreams, and a team that pushes me during practice.

As a younger swimmer, it was naive for me to think that my progress would be linear. In general, athletes face countless hardships and plateaus that ultimately guide them to their success. "Look at the bigger picture" was one of the most frequent lines spoken from Ronnie and Donnie's mouths, yet I did not know what this truly meant for the majority of my time on Orinda Aquatics. It wasn't until after my rough season that I understood the meaning behind those words. Looking at the big picture of my swimming career, this rough summer will be merely a pothole in my journey. Focusing on setbacks and failures is unproductive and detrimental. As hard as it is for me to believe, I am not the same athlete I was that summer. I am wiser, stronger, and happier. I am forever thankful for the friends and coaches that Orinda Aquatics has introduced to me. Going forward, I will breathe, while taking a step back to relax and look at the bigger picture.

To the young kids reading this, I hope you swim because you love the sport. As challenging as it may be, swimming should be fun and rewarding. Happiness is truly the key to success, so I ask you to relax. Forget the time standards, and release the expectations weighing on your shoulders. Swimming is simple. Work as hard as you can, show up to practice, and have fun.

"Failure" And Understanding the Process

email from Peter Varellas after disappointing Team USA Water Polo Performance at the Olympics

From: varellas@gmail.com
To: DHeidary@aol.com
Sent: 9/4/2012 10:54:01 A.M. Pacific Daylight Time
Subj: Re: Playing for Pride

Donnie,

Thanks for the note. **Obviously, the Olympics was a pretty disappointing experience from a result standpoint. For me, it really highlights the concept that in sports you must truly enjoy the process, regardless of the result.** 99% of the competitors don't win, and many don't even make it to the Games at all. **I don't regret for one moment all of the hard work put in and sacrifices we made over the past 4 years.**

My feeling is that in athletics, and probably in life, you can never completely ensure success. What you can do, however, is prepare to the point at which you deserve success. This sounds a bit like entitlement, but it's actually the feeling that comes with confidence in your preparation. Having prepared the right way allows me to walk away knowing that I did all I could and having **no regrets.**

Failure is almost always a learning point, and I have learned more in the last few weeks than perhaps in the last 4 years. Sorting through what went wrong and what the challenges are in team sports are valuable exercises that **will serve me well in the future.**

Thank you not only for the kind words but also for your support over the years. **You and Ronnie, along with Orinda Aquatics, have been the base that carried me forward in sports. Some might be surprised that a swim team has remained so important to me, but those people clearly do not understand all that Orinda Aquatics is. I developed so much both in and out of the water.** I owe you so much.

Peter Varellas



1996 CIF ARCO Scholar-Athlete of the Year Recommendation

NADER MASSARWEH

As a high school coach for more than ten years, I have been asked to write numerous letters of recommendation. I have to say that when Nader asked me to write this letter, I felt excited about the chance to express some heartfelt feelings for a truly amazing young man. While I have known Nader for less than two years, I feel as if I have known him for a decade and I am already experiencing some sadness in realizing that this is my last season with him.

When I think about Nader, I have to reflect back to last season, my first at Campolindo. I didn't know anyone on the team. The first week's practices were demanding and the swimmers seemed motivated to work hard to impress me. I would often call out swimmers' names to acknowledge their efforts. After a few days, Nader got out of the pool after practice and approached me. He was working hard and I was sure he wanted some feedback about his efforts. Maybe I hadn't acknowledged him and he wanted to know why.

He started by saying "I don't know if you've noticed ..." I was right; he wanted feedback. But he concluded his sentence with "... Marc has been working very hard and you haven't mentioned his name. It would mean a lot if you could acknowledge him." He was making sure I was aware of his teammate's effort. He said it quietly, making sure no one heard. I assured him that I had been watching Marc and would acknowledge him soon. As Nader walked away I stood there absorbing what had happened. Could this guy be for real?

I had never seen anything like this. He was for real! Three days later Nader came to me after practice. With great anticipation, I couldn't wait to hear this. He said, "Have you noticed Bryan in practice. I think he has a lot of potential but he's never been pushed. If you push him, he might become a top swimmer." I assured him that I had noticed Bryan and recognized his potential and I would be pushing him. I watched Nader walk back to the locker room and felt so excited about the opportunity to get to know this young man. Nader's interest and concern for these two teammates proved somewhat prophetic.

Marc was indeed one of the hardest working swimmers on the team and I chose him as our Most Inspirational swimmer at the end of the season. Bryan became the most improved male swimmer on the team and broke into the elite level of top high school swimmers. While I consider these observations by Nader somewhat extraordinary, the most remarkable thing is that they are not for Nader. That's just the way Nader is. In Nader's world, you just care about other people. You look out for your teammates. You go out of your way for others. I'm sure he would think, "What's the big deal? Isn't that the way it's supposed to be?" I have coached many athletes with the highest character, but I have to say that I have not known anyone who has genuinely cared so much for the success of others. The following quote by William Wordsworth is one of my favorites and exemplifies Nader's personality closely. "The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love."

Nader is a rare young man. He is bright but not the slightest bit arrogant. He is a successful athlete but extremely hard working and disciplined. He is successful in everything but always respectful and appreciative. He is highly motivated but always looking out for others first. Coaching Nader is not just enjoyable, it is a privilege and it's what makes coaching so rewarding.

To say that Nader is an outstanding scholar/athlete is an understatement. More important than his academics and athletics are his qualities and character that make him special. Nader knows that what's important is not as much his GPA or his 100 Butterfly time but who he is, what he stands for and how he lives his life.

While I'm sure you read many letters about outstanding young men, I have to say respectfully that I could not imagine a person more deserving than Nader Massarweh. If you have any questions please don't hesitate to call. (510) 799-7946

Sincerely,
Ron Heidary
Varsity Swimming Coach, Campolindo High School

Nader went on to med school and is now a doctor in the state of Washington.

Courtney Whyte Banquet Presentation Senior Year

Accomplishments:

- Sr National Short Course Qualifier
- OA Virginia Hall Inspirational Award Winner; Campolindo HS Inspirational Award Winner
- OA Team Captain 2 years; Campolindo Team Captain 2 years
- Ranks 2nd AT in OA history in 200 Fly behind Kim Vandenberg

Improvement:

- From the Campolindo Banquet - 9th grade: Butterfly improved from 1:01 to 59.0 to place 6th at DFAL – improved to 55.9
- Since freshman year: 200 Fly from 2:13 to 2:10, to 2:05, to 2:02

The word I would use to describe Courtney's integrity, humility and team focus is **Impeccable**. Peter Varellas wrote a letter years ago to the team. It was relevant in two ways. First, he talked about the importance of the quality leadership from the upperclassmen which guided him to make good choices. Secondly, he talked about, with the help of that leadership, making good choices and doing the right thing, all the time.

Now Peter would likely have succeeded without that influence but I am sure that it helped him be the best he could be as a person and as an athlete. Those upperclassmen did not know then and probably don't know now how they influenced a young man who had great dreams and was willing to work to achieve them. And Peter subsequently influenced many young men below him.

I would say in a similar way, **you had tremendous role models but you also have been just as outstanding, and you will undoubtedly influence these young women to do great things.** And when they do, in a large way, you will be responsible.

How are you so impeccable?

- Perfect attendance
- Not on time but early
- First to help set up; First one in the water
- Never rest or never miss a lap
- Hardest worker in dryland
- Make perfect social choices
- Have priorities in balance
- **Someone I can count on unconditionally**



We could not have asked for a better swimmer, person, role model or captain.

For 30 years I have coached and been a part of the lives of remarkable young women. You are not only as outstanding as any female athlete I have ever coached, **you are as impressive as any person I have ever known.** There are people that, because of who they are, you just know will be successful. How much would I bet that you will be very successful in anything you do ... I would bet my life. And it would be the safest bet I ever make. You are tough enough that your frustrations will serve to make you stronger and better. Your swimming career is just beginning.

The Notre Dame program is so lucky to have you.

Courtney swam 4 years at Notre Dame. There were many challenges with training, the team and the coaching staff. Through it, Courtney persevered and thrived. Her senior year, she was team captain and made the NCAA Championships with a lifetime best 1:56 in the 200 Fly.

Making a Difference - Faith In Humanity – Can you “be” this person

Good Samaritan Takes Robber To Dinner



Julio Diaz has a daily routine. Every night, the 31-year-old social worker ends his hour-long subway commute to the Bronx one stop early, just so he can eat at his favorite diner.

But one night last month, as Diaz stepped off the No. 6 train and onto a nearly empty platform, his evening took an unexpected turn.

He was walking toward the stairs when a teenage boy approached and pulled out a knife.

"He wants my money, so I just gave him my wallet and told him, 'Here you go,'" Diaz says.

As the teen began to walk away, Diaz told him, "Hey, wait a minute. You forgot something. If you're going to be robbing people for the rest of the night, you might as well take my coat to keep you warm."

The would-be robber looked at his would-be victim, "like what's going on here?" Diaz says. "He asked me, 'Why are you doing this?'"

Diaz replied: "If you're willing to risk your freedom for a few dollars, then I guess you must really need the money. I mean, all I wanted to do was get dinner and if you really want to join me ... hey, you're more than welcome."

"You know, I just felt maybe he really needs help," Diaz says.

Diaz says he and the teen went into the diner and sat in a booth.

"The manager comes by, the dishwashers come by, the waiters come by to say hi," Diaz says. "The kid was like, 'You know everybody here. Do you own this place?'"

"No, I just eat here a lot," Diaz says he told the teen. "He says, 'But you're even nice to the dishwasher.'"

Diaz replied, "Well, haven't you been taught you should be nice to everybody?"

"Yea, but I didn't think people actually behaved that way," the teen said.

Diaz asked him what he wanted out of life. "He just had almost a sad face," Diaz says.

The teen couldn't answer Diaz — or he didn't want to.

When the bill arrived, Diaz told the teen, "Look, I guess you're going to have to pay for this bill 'cause you have my money and I can't pay for this. So if you give me my wallet back, I'll gladly treat you."

The teen "didn't even think about it" and returned the wallet, Diaz says. "I gave him \$20 ... I figure maybe it'll help him. I don't know."

Diaz says he asked for something in return — the teen's knife — "and he gave it to me."

Afterward, when Diaz told his mother what happened, she said, "You're the type of kid that if someone asked you for the time, you gave them your watch."

"I figure, you know, if you treat people right, you can only hope that they treat you right. It's as simple as it gets in this complicated world."

One at A Time, from Chicken Soup For The Soul

A friend of ours was walking down a deserted Mexican beach at sunset. As he walked along, he began to see another man in the distance. As he grew nearer, he noticed that the local native kept leaning down, picking something up and throwing it out into the water. Time and time he kept hurling things out into the ocean.

As our friend approached even closer, he noticed that the man was picking up starfish that had been washed up on the beach and, one at a time, he was throwing them back into the water.

Our friend was puzzled. He approached the man and said, “Good evening, friend. I was wondering what you are doing.”

“I’m throwing these starfish back into the ocean. You see, it’s low tide right now and all of these starfish have washed up onto the shore. If I don’t throw them back into the sea, they’ll die up here from lack of oxygen.”

“I understand,” my friend replied, “but there must be thousands of starfish on this beach. You can’t possibly get to all of them. There are simply too many. And don’t you realize this is probably happening on hundreds of beaches all up and down this coast. Can’t you see that you can’t possibly make a difference?”

The local native smiled, bent down and picked up yet another starfish, and as he threw it back into the sea, he replied, “Made a difference to that one!”

Be Physically and Mentally Tough

Allow the coaches to help you (reasonably) become stronger and tougher mentally and physically

- Learn to deal with issues, fears, discomfort, and disappointment
- This process will prepare you for the highest level of club swimming and/or college swimming.

The Butterfly

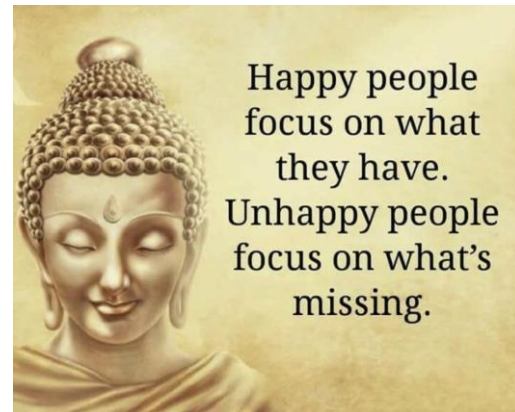
A man found a cocoon of a butterfly.
One day a small opening appeared.
He watched the butterfly for several hours
as it struggled to squeeze its body through the tiny hole.
Then it stopped as if it could go no further.
So the man decided to help the butterfly.
He took a pair of scissors and snipped the remaining bits of cocoon.
The butterfly emerged easily
but it had a swollen body and shriveled wings.
The man continued to watch it
expecting that at any minute the wings would enlarge
and expand enough to support the body.
Neither happened.
In fact, the butterfly spent the rest of its life crawling around.
It was never able to fly

*What the man in his kindness and haste did not understand:
The restricting cocoon and the struggle required the butterfly to get through the opening was a way of forcing fluid from the body into the wings so that it would be ready for flight once that was achieved. Sometimes, struggles are exactly what we need in our lives. Going through life without obstacles would cripple us. We will not be as strong as we could have been and we would never learn to fly.*

Appreciation & Gratitude

And they keep asking me where happiness can be found, but I'm no longer trying to find happiness. I just appreciate where I am and then happiness finds me.

- soyen

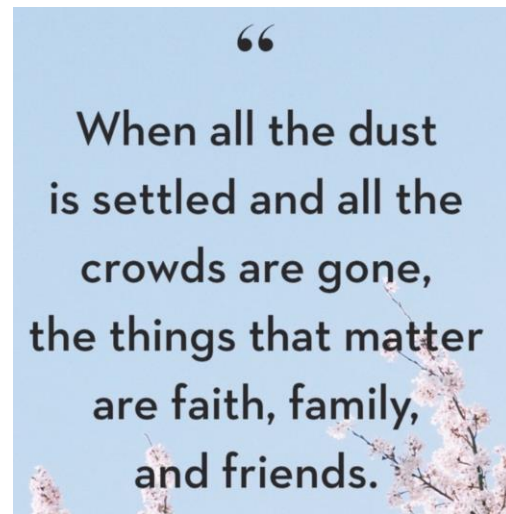


The life you're living right now is
a dream for many people.

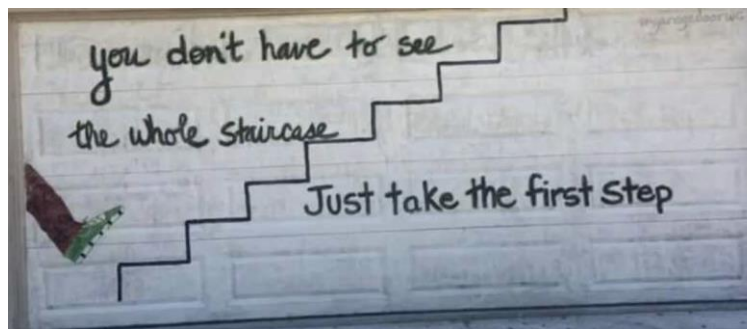
Affirmations work



Value teammates & friends



Challenge yourself to be better every day - One day at a time

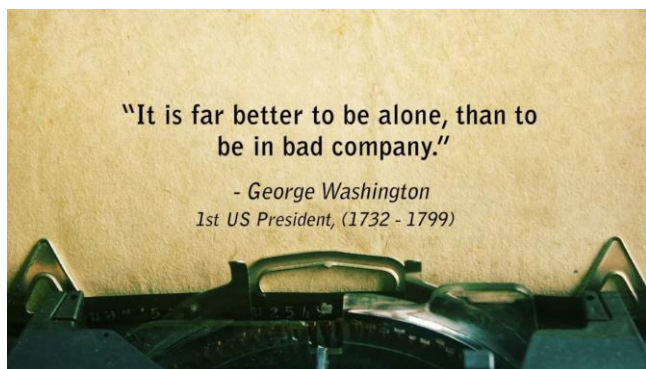


Understanding others

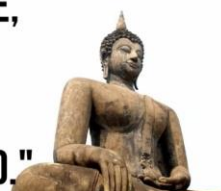


Positive Relationships

- Value, pursue and nurture only healthy, positive relationships.
- Anyone you call a friend should want the best for you.
- Never compromise your values to fit in or to be included.



**"PEOPLE THINK BEING ALONE
MAKES YOU LONELY,
BUT I DON'T THINK THAT'S TRUE,
BEING SURROUNDED BY
THE WRONG PEOPLE IS THE
LONELIEST THING IN THE WORLD."**



If you tell yourself you must have a relationship to be happy, you're already in trouble. If you are presently in a relationship, you may be undermining it in various ways by demanding and clinging. If you take two dominoes and lean them against each other, you have an unstable setup; if one of them moves, the other falls. If you create the experience that you are only half a person, and you need someone to somehow help you fill in the missing half, you're setting yourself up for a dysfunctional relationship.

Your partner cannot make you feel good or guarantee your self-esteem or self-confidence. Count yourself fortunate if your partner can do this for themselves! Author and lecturer John Bradshaw of the Center for Recovering Families in Houston, Texas tells us, "The goal of life is to move from environmental support to self-support. So what we look at then is the possibility of going deeper within ourselves."*

* From John Bradshaw's PBS television series. I recommend Bradshaw's revealing book *Bradshaw On: The Family, A Revolutionary Way of Self-Discovery* (Health Communications, Inc., 1988).

**Sometimes those who
don't socialize much aren't
actually antisocial, they
just have no tolerance for
drama and fake people.**

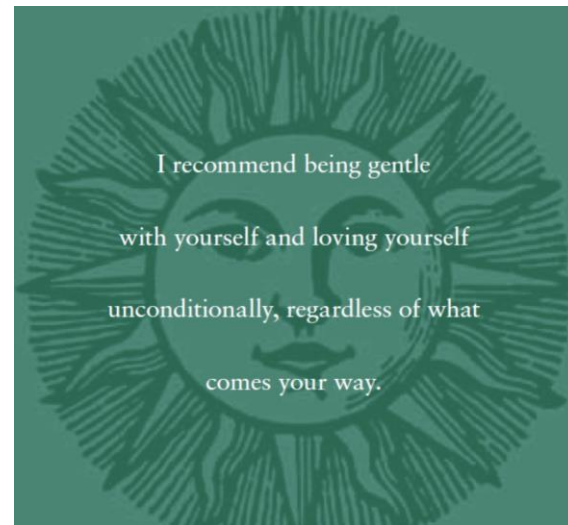
**the flower
doesn't dream
of the bee.
it blossoms
& the bee
comes.**

Emotional Health & Communication

Your diet is not
only what you eat.

It's what you watch,
what you listen to,
what you read, the people
you hang around.

Be mindful of the things
you put into your body
emotionally, spiritually,
and physically.



Quotes

Never love anyone who treats you like you're
ordinary.

— Oscar Wilde

"Loving people live in a loving world. Hostile people live in a hostile world. Same world."

"People who want the most approval get the least and the people who need approval the least get the most."

"Whoever walks with the wise becomes wise ..." Proverbs 13:20

"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy." Robert Tew

"It's not hard to make decisions when you know what your values are."

"A wise man does in the beginning, what a foolish man does in the end."

"I've learned that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it."

"There's a difference between interest and commitment. When you're interested in doing something, you do it only when circumstance permit. When you're committed to something, you accept no excuses, only results."

When the higher flows into the lower, it transforms the nature of the
lower into that of the higher.
Meister Eckhart

Social Media - comments from people who quit



E • 1 week ago

People react like I'm crazy when I tell them I don't have social media. Honestly, I think they're the crazy ones 😞 So many of my friends are living in a fake reality because of Instagram... I fell into that trap myself when I had Instagram back in the day... felt huge relief when I deleted it. Sad to see my friends still living in an edited reality.

Christene Coetzee • 9 months ago

I personally tend to compare myself and my life to others....that makes me depressed and bitter, therefore i chose to delete my Facebook account and i have never felt more peace.

👍 153 🗨️ 2

Alice • 1 year ago (edited)

Social Media is ruining our lives ...anxiety, loneliness, comparisons, time consuming, perfectionism...and the list goes on. We spend a lot of time admiring people's lives instead of investing in our own lives.

👍 2.1K 🗨️ 59

Christene Coetzee • 9 months ago

I personally tend to compare myself and my life to others....that makes me depressed and bitter, therefore i chose to delete my Facebook account and i have never felt more peace.

👍 153 🗨️ 2

Drive Safely

If you drive, please drive safely.

If you are a passenger,

demand that the driver drives carefully.

You are valuable cargo!

“Accidents, and particularly street and highway accidents, do not happen - they are caused.”

Ernest Greenwood.

NO, I DON'T DRINK. YES, I KNOW HOW TO HAVE FUN.

by ANGELA PEREZ SARASA3/21/2016

No, my religion doesn't forbid it. No, I don't have to drive back home. No, I'm not pregnant, taking medication, or having health issues. No, I'm not a recovering alcoholic or into harder drugs. Yes, all of my family and friends drink. These are only a few of the answers to a question I see myself answering just as often as vegans get asked why they don't eat meat: "So, why don't you drink?"

Growing up in a generation that established binge drinking as a main weekend pastime, being sober has always made me the odd one out. My reasons not to drink are simple: The idea of drinking never appealed to me; I could never stand the taste of alcohol; and I never felt like I needed an extra boost to have fun — or make stupid decisions. Also, coming from someone who finds pleasure in having everything under control, the idea of not being 100 percent in control of myself is more my definition of a nightmare than having fun.

However, I never would have thought that something I personally consider an insignificant part of who I am would have ***such a big impact in the way people perceive me***. After setting the record straight that I'm not interested at all in drinking, they usually reply with "I think that's great," but do they? The truth is that if I confess that I don't drink when someone doesn't know me that well, they usually assume they can automatically fit me into the stereotype of the boring Goody Two-shoes. And let me tell you something: No one wants to be best friends with the boring Goody Two-shoes.

A few months ago, I moved to London and started a new job. My colleagues were planning a night out, and one of them was nice enough to suggest that since I was new in town it would be a great chance to show me the nightlife of the big city. However, another colleague was fast to say "but she doesn't even drink," as if the idea of me going out without drinking was ridiculous and getting drunk was the one and only reason why someone would enjoy going out; dancing, socializing, and many of the other things that I have always loved about going out at night were overturned by the fact that I didn't drink. This would only be an anecdote if it were an isolated case — instead, I have lost count of how many times I've heard things like "I would tell you to come, but you won't have fun," or "Yes, let's go out, but let's tell more people because just the two of us will be boring."

That said, I have come to realize with the years that some people dislike the fact that I don't drink merely because they're afraid it means I'm going to judge them if they do. When I used to go out with my ex-boyfriend, he would rarely drink alcohol, and I almost never saw him drunk during the more than two years that our relationship lasted. As a result, when we broke up, I could barely recognize that guy who would get completely wasted every time he went out with his friends.

Fortunately, being different from the majority of the population also has a brighter side, as the people who stay around long enough to discover who I truly am are normally the people who think there's more to life than getting drunk and more to a person than what society decides. Those people know that I don't care if they drink or not as long as I'm not the designated person to hold their hair back if they puke (but that I would do it for them if I had to); that I love going out, and I'm always the last to leave the dance floor; that when I go to concerts — and I go way too often — I'm in my element, and I jump higher and sing louder than anyone around; that they can go out just with me, be the only ones drinking, and still have fun; and that not drinking alcohol is just a life choice, not something that defines who I am. In a society where relying on drugs and alcohol to have fun or get the courage to do things has become the norm, I surprisingly and involuntarily found myself becoming a rebel. Rebelling against society, even for an insignificant reason, made me learn a few things: *It's not worth changing the way you are for anything or anyone*; the more confidence with which you speak about your choices, the less people are going to make a big deal out of them; and there are still always going to be people who will disapprove of your choices and judge you. *But it's better to be a live fish swimming against the current than a dead fish being carried with the flow.*

TOP 8 REASONS TEENS TRY ALCOHOL AND DRUGS

Summary: other people – peer pressure * media/social media pressure * escape and self-medication * lack of confidence – related to #1 * Boredom

Top 8 Reasons why Teens Try Alcohol and Drugs

1. **Other People** — Teenagers see lots of people using various substances. They see their parents and other adults drinking alcohol, smoking, and, sometimes, abusing other substances. Also, the teen social scene often revolves around drinking and smoking pot. Sometimes friends urge one another to try a drink or smoke something, but it's just as common for teens to start using a substance because it's readily available and they see all their friends enjoying it. In their minds, they see drug use as a part of the normal teenage experience.
2. **Popular Media** — Forty-two percent of teens agreed that movies and TV shows make drugs seem like an OK thing to do, according to a 2003 study. Not surprisingly, 12- to 17-year-olds who viewed three or more "R" rated movies per month were seven times more likely to smoke cigarettes, six times more likely to use marijuana, and five times more likely to drink alcohol, compared to those who hadn't watched "R" rated films (Amy Khan 2005).
3. **Escape and Self-Medication** — When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for solace. Depending on what substance they're using, they may feel blissfully oblivious, wonderfully happy, or energized and confident. The often rough teenage years can take an emotional toll on children, sometimes even causing depression, so when teens are given a chance to take something to make them feel better, many can't resist.
4. **Boredom** — Teens who can't tolerate being alone, have trouble keeping themselves occupied, or crave excitement are prime candidates for substance abuse. Not only do alcohol and marijuana give them something to do, but those substances help fill the internal void they feel. Further, they provide a common ground for interacting with like-minded teens, a way to instantly bond with a group of kids.
5. **Rebellion** — Different rebellious teens choose different substances to use based on their personalities. Alcohol is the drug of choice for the angry teenager because it frees him to behave aggressively. Methamphetamine, or meth, also encourage aggressive, violent behavior, and can be far more dangerous and potent than alcohol. Marijuana, on the other hand, often seems to reduce aggression and is more of an avoidance drug. LSD and hallucinogens are also escape drugs, often used by young people who feel misunderstood and may long to escape to a more idealistic, kind world. Smoking cigarettes can be a form of rebellion to flaunt their independence and make their parents angry. The reasons for teenage drug-use are as complex as teenagers themselves.
6. **Instant Gratification** — Drugs and alcohol work quickly. The initial effects feel really good. Teenagers turn to drug use because they see it as a short-term shortcut to happiness.
7. **Lack of Confidence** — Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise. This is part of the appeal of drugs and alcohol even for relatively self-confident teens; you have the courage to dance if you're a bad dancer, or sing at the top of your lungs even if you have a terrible voice, or kiss the girl you're attracted to. And alcohol and other drugs tend not only to loosen your inhibitions but to alleviate social anxiety. Not only do you have something in common with the other people around you, but there's the mentality that if you do anything or say anything stupid, everyone will just think you had too many drinks or smoked too much weed.
8. **Misinformation** — Perhaps the most avoidable cause of substance abuse is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure her that the risks are minimal. Educate your teenager about drug use, so they get the real facts about the dangers of drug use.

We need to focus on healthy ways to take care of stress, loneliness, and other problems, in order to improve our lives. *

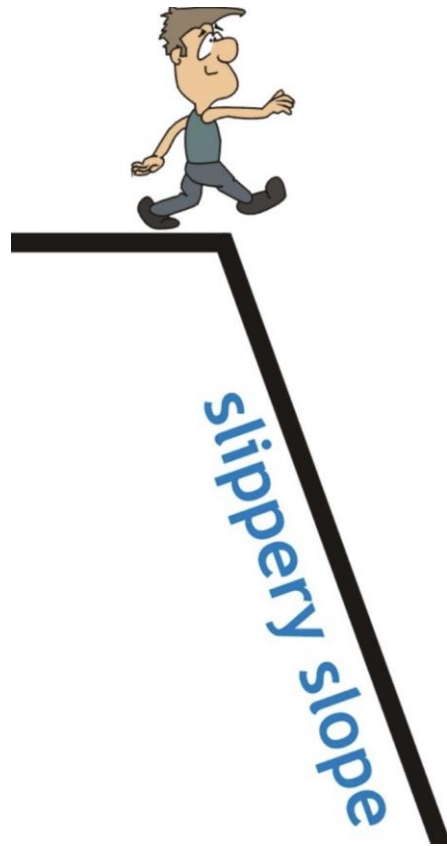
"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity." W. Clement Stone

Healthy Choices. Stay Focused On What Is Truly Important In Your Life.

**Two roads diverged in a wood,
and I—I took the one less
traveled by, And that has
made all the difference.**

- Robert Frost

When your values
are clear to you,
making decisions
becomes easier.



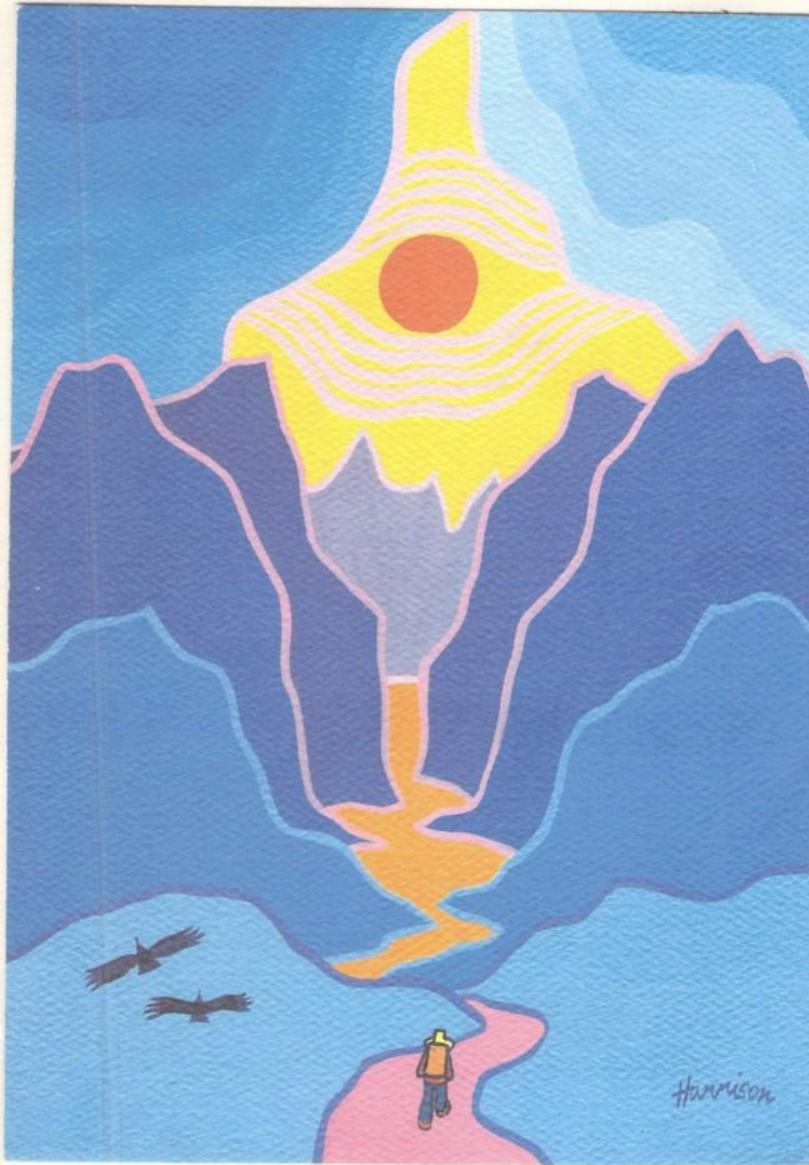
“Respect yourself enough to walk away from
anything that no longer serves you,
grows you, or makes you happy.”

Robert Tew

“We accept the love we think we deserve.”

Stephen Chbosky, *The Perks of Being a Wallflower*

Let's see where this journey takes us ...



"THE JOURNEY"

*A journey of adventure,
mystery and beauty.
What's beyond the mountains?
The only way to find out
is to go.*