

Albany Armada Aquatics

TEAM HANDBOOK



Building Champions For Life

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Welcome to the Team!
Albany Armada Aquatics
Website: www.albanyarmada.com

Albany Armada Aquatics (AAA) is a year-round USA Swimming team established in 2012. AAA is a coach-owned program with a professional coaching staff and is based at the Albany Aquatic Center, located at Albany High School on Portland Avenue in the city of Albany.

Mailing Address:

Albany Armada Aquatics
PO Box 5479
Richmond, CA 94805

Pool Location:

Albany Aquatic Center
1311 Portland Ave
Albany, CA 94706

Coaching Staff

Helen Garcia – Head Coach (Gold Group) – hgarcia@albanyarmada.com
Jesus Salcedo – Head Age Group Coach (Mini Blue & Junior Groups) – jsalcedo@albanyarmada.com
Evgenii Somov – Assistant Coach (Gold Group & Dryland) – esomov@albanyarmada.com
Daniel Choy – Assistant Coach (Blue Group) – dchoy@albanyarmada.com
Brandon James – Assistant Coach (Yellow & Navy Groups) – bjames@albanyarmada.com
Kayden McIntosh – Assistant Coach – kmcintosh@albanyarmada.com

Team Billing

Team dues are billed monthly and processed on the **1st of each month** to the credit card on file. All members are required to keep an active credit card on file.

Billing Options:

- **Annual Membership:** Covers 12 months of participation. Families who pay in full receive a \$100 discount.
- **Monthly Membership:** Dues are billed monthly on the 1st.

Additional Fees:

- **USA Swimming Registration:** \$90 annually. Required for all swimmers as it serves as the team's liability insurance. Registration is completed via the USA-S Team Portal.
- **Team T-Shirt Fee:** \$20 per season. All swimmers receive a team shirt prior to team picture day.

Payment Method:

All payments must be made by credit card.

Armada Team Fees Policy:

Armada is a year-round swim team with an annual season running **August through July**. While the calendar includes scheduled breaks (see our Swim Meet & Event Calendar), team fees are structured to support full-year operations, including year-round coaching staff pay. For accessibility, fees are divided into 12 monthly payments.

Pausing Membership:

Swimmers may take breaks during the year for other sports or commitments. However, **a swimmer's spot cannot be held** unless full membership dues continue to be paid.

Withdrawals must be submitted in writing **30 days in advance**. This policy supports our ability to offer openings to swimmers on the waiting list.

Resuming Membership:

Swimmers who previously withdrew must contact their group coach and the head coach to inquire about returning. If space is available, they may rejoin and pay a **\$60 re-enrollment fee**.

Team Withdrawal:

To withdraw from the team, families must provide a **30-day written notice** to the head coach.

Late Fees, Outstanding Balances & Refunds

- A **\$10 late fee** will be added to accounts with unpaid balances after the 5th of the month.
- Accounts unpaid for **more than 60 days** will be suspended, and the swimmer will not be allowed to participate until the balance is cleared.
- **No refunds** will be given for missed practices.

Armada Dues Schedule: 2025-26 season

Roster Group	Monthly Membership
Mini Blue Group	205
Blue Group	290
Yellow Group	350
Junior Group	430
Navy Group	430
Gold Group	480

Roster Group	Annual Membership
Mini Blue Group	2360
Blue Group	3380
Yellow Group	4100
Junior Group	5060
Navy Group	5060
Gold Group	5660

Parent Volunteer Requirements

As part of the Albany Armada Aquatics (AAA) community, all families are required to volunteer at AAA-hosted meets, regardless of whether their swimmer is competing. If you will be out of town during a home meet, you must notify the volunteer coordinators at volunteerdirector@albanyarmada.com to arrange for your obligations to be fulfilled before or after the meet.

AAA-Hosted Swim Meet Dates

- November 8-9, 2025
- March 28-29, 2026

Total Points Required

The total number of points required per family depends on the duration of the meet:

- **One-day meets:** 5 points total (4 points for volunteering & 1 point for donations)
- **Two-day meets:** 10 points total (8 points for volunteering & 2 points for donations)

Most job shifts are between **2-4 hours**, with some all-day positions available. Points are assigned based on the length and complexity of each job. Families may need to work multiple shifts to fulfill their requirement. Parents are encouraged to work more than 4 points per day to consolidate their schedules. Additionally, some volunteer opportunities are available before the meet for families who will be unavailable on the competition days.

Donation Points

We require **1 donation point per swim meet day** to provide hospitality for coaches and officials. This includes breakfast items, snacks, drinks, and lunches, which are mandatory at all meets. The donation will be billed to your account.

Examples of Meet Jobs

General Positions:

Timer, Snack Bar, Marshal, Check-In, Hospitality, Awards, Set-Up & Take-Down, Runner, Head Timer

Positions Requiring Training:

Official, Announcer, Colorado Time Operator, Intermediary, Administrative Official, Head Marshal, Administrative Office Assistant

Job descriptions can be found on the **Parent Information** tab on our website.

Buy-Out Option

Families may opt out of their volunteer responsibilities by notifying the head coach and volunteer coordinator **at least two weeks** before the meet. The buy-out payment is **\$150 per meet day** to cover the cost of hiring additional staff.

Non-Volunteer Fines

Families who do not fulfill their volunteer obligations will be assessed a **\$250 fine per meet day**. Additional penalties include:

- **\$50 fine** for failing to show up for a scheduled shift
- **\$25 penalty** for arriving late to a shift
- **\$25 fine** for signing up to donate an item but failing to do so

How to Sign Up for Volunteer Shifts

To sign up for volunteer shifts, follow these steps:

1. **Log in** to your team account.
2. Navigate to the meet job sign-up section.
3. Select your preferred shifts by clicking the available box next to the job.
4. Click **Sign Up**, then enter your **cell phone number** and the **name of the person working the shift** (if different from the account holder).
5. Ensure your cell number is included for communication purposes.

Supporting Our Team

Our goal for AAA-hosted meets is to run successful events that serve as fundraisers and provide our swimmers the opportunity to compete at their home pool. Your participation in volunteer roles ensures that meets run smoothly and allows coaches to focus on the swimmers. **Thank you for your support!**

Monthly Meet Volunteer Requirements (AAA non hosted meets)

For every meet on our calendar, AAA will be assigned meet jobs by the host team, such as timing & officiating. Parents with swimmers participating in the meet ARE REQUIRED to work one shift per day your swimmer is attending the meet. **This includes if your swimmer is carpooling or in other cases with older**

swimmers driving themselves to meets. These jobs will be posted a few days prior to the date of the meet and are typically a 2 hour shift.

Championship Meet & Quad Meet Volunteer Requirements

AAA is part of two swim leagues: Pacific Swimming Zone 2 and Redwood Swim League (RESL). Each league hosts a swim meet every year. For these swim meets, our team is required to take on a job to assist with running the meet. These meets will require more volunteer jobs. Parents with swimmers participating in the meet are required to work one shift per day if your swimmer is attending the meet.

Zone 2 Championships, Late January

RESL Championships, mid July

Parents not signed up by the deadline with swimmers participating in the meet will be assigned a job shift.

Swimmer & Parent Expectations:

Also - See Code of Conduct & Group Expectation agreements by group

- Be on time. Swimmers should be ready for workout at the group start time with their equipment at the side of the pool.
- If a swimmer has a schedule conflict and cannot be on time, please inform your coach of an expected late arrival.
- Attend the specified number of workouts required for their group.
- Attend swim meets regularly. This is the expectation and an essential part of the swim team experience. Swim meets allow us to assess the swimmer's progress and what skills need improvement. Swimmers will also connect and understand the importance of the skills they are practicing each day in workout.
- Swimmers new to the team should consult their coach before signing up for meets for guidance on what events to swim and if they are ready for meets. Reference the Focus Events for your swimmer's group and age.

Parent Expectations:

- Be supportive of the Team!
- Volunteer! We need your support to help organize our events and make them great for our swimmers.
- Make sure to complete your volunteer requirements. We have many opportunities to fill these hours/points. Please plan accordingly.
- Donate snacks for Friday Snack Day. We need small snack size items that can be stored. Healthy snacks please!
- Make sure your child behaves in the locker rooms. Many swimmers are unsupervised in the locker room, and we expect swimmers to respect the facility and represent Armada appropriately. If you observe any concerning behavior, please speak up and notify a coach.

- Please pay your dues in a timely manner. If you receive a credit card declined or expired notice, please communicate with Coach Helen to avoid a late fee. hgarcia@albanyarmada.com
- Attend swim meets according to your group's meet schedule. Our coaches have planned the season and selected meets according to training cycles. Look ahead at the meets on our calendar and plan around swim meets as much as possible.
- Only attend meets that the team is attending. Check in with your coach for approval so we can best support your swimmer.

Parent Expectations: Swimmer Support

- Participate in Team Fundraisers. We have many fundraisers hosted by the Armada Boosters throughout the year. All proceeds help fund our scholarship program and the Armada Boosters sponsored events.
- Swimming is a challenging sport. It takes a tremendous amount of time, energy, skill, effort and commitment. Be proud of your swimmer!
- Support them in goal setting! Look at their times and see where they fall in the time standards for USA Swimming. Make a goal to reach the next level of time standard – C, B, BB, A, AA, AAA, AAAA.
- Encourage your swimmers to participate in swim meets.
 - Look at their group's swim meet calendar and plan around monthly meets.
 - Sign them up as soon as a swim meet opens for registration.
 - Arrive at meets at the required time for their swim group.

Parent Expectations: Coach Support

- Need to talk to a coach? Our coaches are often coaching back-to-back swim groups with no time in between. You are encouraged to contact them by email and set up a time to talk away from the workout.
- Please sit in the bleacher area of the pool during the workouts. You can also watch from the handicap ramp on the east end of the pool. Deck space is limited and reserved for coaches and swimmers only.
- If you have any questions for our coaches on the pool deck, please keep them brief or set a time to meet with them outside of our workout time.
- Help your swimmer get to practice on time. Being on time is our first expectation of each swimmer. We appreciate your help making this a priority and expectation for your swimmer.
- Help your swimmer set a consistent practice schedule. If your swimmer has a change in their schedule, keep your coach informed and communicate accordingly.

Swim Groups

Mini Blue Group

Group Structure: Technical 100% Type: Introductory

Criteria: Swimmers should be able to swim one length Freestyle with side breathing, one length of Backstroke, and be comfortable working in a group setting.

Objective: Improve stroke technique, learn basics of Breaststroke and Butterfly, learn competitive diving, and introduction to turns. Prepare swimmers to compete in their first swim meet.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of 2 workouts per week.

Stroke work: Highly emphasize stroke efficiency, timing and balance. Introduce drills they will use in the higher level swim groups.

Blue Group

Group Structure: Technical 80% & Training 20% Type: Introductory

Criteria: Swimmers must meet all basic swim team standards to join Blue Group. Freestyle with side breathing, Backstroke with good body position, basic knowledge of Breaststroke with legal Breast kick, and basic knowledge of Butterfly.

Objective: Improve stroke technique and balance. Improve conditioning and gain competitive knowledge.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of 3

Stroke work: Highly emphasize stroke efficiency and develop a foundation for all four strokes.

Training: The group will focus on specific drills that will help swimmers develop all four strokes as well as dives and turns. Gain competitive skills and work towards competing at meets monthly.

Yellow Group

Group Structure: Technical 70% Training 30% Type: Introductory & Developmental

Criteria: Swimmers must meet the goal set standard for the Blue group. Must be able to swim a 50's & 100's of all four competitive strokes, know how to do a dive start as well as a flip turn and all *IM* turns.

Objective: Improve stroke balance and timing and technique. Introduce training and compete regularly at monthly swim meets.

Attendance: Swimmers are encouraged to attend as many workouts as possible with a minimum of 4 workouts per week.

Stroke work: Efficient stroke balance, distance per stroke, starts, turns to become a more competitive swimmer.

Training: Training will be introduced to help prepare for 100 and 200 events

Goal Set: 8x50 kick on 1:10, 6x50 Free on :50, 4x100 IM on 2:00, 8x100 Free on 1:45, with proper technique and legal turns. Able to swim 500 Free & 1000 Free events.

Junior Group

Group Structure: Technical 40% & Training 60%

Type: Training & Development

Criteria: Swimmers should be physically, technically and mentally prepared for an intensive and focused training group. Swimmers should have exceeded the goals set in Yellow groups. Swimmers should be goal oriented and self motivated.

Objective: Prepare swimmers for Gold Group level swimming and train to reach their goals. Create a training base with dryland workouts and interval training. Teach race strategies that will prepare swimmers for the elite level.

Attendance: 4-7 workouts a week, swimmers who have goals to swim on the senior team should attend one morning a week in addition to Saturdays.

Stroke work/Training: Swim 3,000 – 4,000 yards per workout. Intensity will increase, technique will always be emphasized, improve overall stroke, balance and improve race strategies/concepts.

Navy Group

Group Structure: Technical 50% & Training 50%

Type: Developmental & Fitness

Objective: Athletes in this group are at or near high school age. This group is for swimmers training for a high school season or a training group with swimmers their age. Competing at swim meets is not required for this swim group but encouraged at a rate of about one per quarter.

Stroke Work/Training: The primary focus is to optimize the swimmer's stroke and improve turns and underwater movement. We want to prepare swimmers for the high school swim season.

Attendance: Swimmers are encouraged to attend as much as possible with a minimum of 80% attendance.

Gold Group

Group Structure: Technical 30% & Training 70%

Type: Training & Development

Criteria: Swimmers should be physically, technically and mentally prepared for an intensive and focused training group. Swimmers need to have exceeded the goals sets in Junior group. Swimmers need to be goal oriented and self motivated.

Objective: Prepare swimmers for college level swimming and train to reach their goals. Create a training base with dryland workouts and interval training. Teach race strategies that will prepare swimmers for Senior level swim meets: Far Westerns, Sectionals, Futures & Nationals.

Attendance: 8 workouts a week, swimmers must attend weekday morning workouts in addition to Saturdays.

Stroke work/Training: Swim 4,000 – 5,000 yards per workout. Intensity will increase, technique will always be emphasized, improve overall stroke balance and improve race strategies/concepts

Group Promotions

When is my swimmer ready for the next level group?

Coaches will make group move ups when swimmers are ready to take on the challenge of the next level group. We assess swimmers Fall, Spring & Summer and invite candidates to do a group visit.

It's important to note that swimming is not like school where swimmers progress into the next grade level each year. It is not uncommon for swimmers to be in a group for 2-3 years. We have 7 ability groups that will span across a swimmers career in the sport from beginner swimmer to elite level swimmer.

Criteria:

- Swimmers must know all the skills thoroughly outlined in the group description.
- Swimmers must comfortably achieve the goal sets outlined in the group description with proper form.
- We aim for swimmers that move up to fit into the middle of the group. We want it to be a smooth transition and don't want swimmers to struggle and lose motivation if they are at the bottom of the group.
- Ultimately it is the coach's decision.
- Keep in mind, as coaches we want to keep challenging and progressing our swimmers rather than holding them back.
- For more detailed info on our Group Move on Policies refer to the Parent info tab our website

Our Website: www.Albanyarmada.com

Be sure to keep your email up to date. This is our primary source of communication.

Set Up your Password and gain access to your Member Account:

- Log in instructions are sent to your primary email address when you join.
- Your log-in is the primary email address you entered when you registered for the team.
- If you are having trouble logging in to your account you can reset your password through the website.

Member Account

- View billing statement & view payments
- Update Credit Card for billing
- Swimmers Info
- Emergency Contact Info- please make sure this is up to date
- Volunteer Job Sign Up
- Swim Team Meets & Events

Schedules

- Swim Meets by Group
- Workout Schedules – Remember there are changes in Nov & Feb
- Non Swim Days: Holidays & winter summer breaks

Team Information Tab

- Team Records
- Equipment Requirements by Group
- Links for ordering

Parent Information Tab

- How to enter a Swim Meet
- Swim Meet Survival Guide
- Swim Meet Job descriptions

How to sign up for meets:

- All meets will use **FAST swims** www.ome.fastswims.com
- AAA will email when meets are open and available for registration.
- AAA will set up an “event” on the teams “event & calendar tab” on our website. Here you will find direct links to connect you to the meet sign up page. All updates regarding the meet will be posted to the event page.

- Create a FAST Swims account. When you set-up your account, request to receive email notifications of new swim meets open for registration.
- For detailed steps on account set-up, look at the article “How to Sign Up for Meets” on our Parents Information Tab.
- Some meets do not allow “No Time” entries. If this is your swimmer’s first meet you can make up a time. If you need help with this just email your coach. Or use this as a reference:
 - 25’s= :45.00 seconds
 - 50’s= 1:30.00 (1 minute, 30 seconds)
 - 100’s= 3:00.00 (2 minutes)
 - 200’s= 4:00.00 (4 minutes)
- Swim meets only stay open as long as there is space, so immediate sign-up is highly advised.
- Find info on current time standards and other information at the Pacific Swimming Website: www.pacswim.org. If you are not familiar with time standards and what that means reference “Time Standards FAQ” on the Parent Information Tab
- Track your swimmers progress, see national rankings, and receive patches by creating a USA Swimming Deck Pass account at www.usaswimming.org
- Quick reference to course designation:
 SCY=Short Course Yards/ LCM= Long Course Yards
- After completing your meet entry, you will receive an email confirmation. You must pay for the meet entry to get the email confirmation- don’t skip this step!
- Get ready for the meet by referencing our “Swim Meet Survival Guide” on our Parents Information Tab.

Equipment Requirements

Equipment Needs for each group are detailed below. Each swimmer will need an Armada team suit for competition, which is only available through our team vendor, Conejo Swim Works. You can find the link to our team store on our home page,

<http://www.conejoswimworks.com/albany-armada-aquatics/>

For detailed info on Suit Sizing, look at the article "Suit Sizing FAQ" on our Parents Information Tab.

For details in fin type go to "Equipment Needs" under the "Team Apparel" tab on our website.

For team apparel: Parkas, T-shirts, & hats refer to our team apparel link on our home page.

Team Suit:

Swimmers are welcome to wear any suit for practice as long as it is a lycra or nylon base suit suitable for workout. For girls, no two-piece swimwear or tie up style suits. No stringy strap suits, or U back style suits. Girls should also have a crossback suit that will give them full support and appropriate coverage. For boys, no board shorts or baggy suits. Suits should be nylon or lycra base swimsuits. All swimsuits should be in good condition and fit snug. Once a suit fades in color and is baggy, it no longer gives appropriate support or coverage.

Team Suit: ARENA Navy Blue Suit with Embroidered Team logo

Girls Suit: Challenge back (recommended for 13 & Up) &

Light Drop back (recommended for 12 & Under)

Boys Suits: Brief or Jammer

Mini-Blue, Blue & Yellow Swimmers

Fins

Juniors

Junior Snorkel

Arena Fins (if your swimmer's foot is still growing stick with floating fins)

Mesh bag

Navy Group

Paddles

Arena Fins

Gold Group

Snorkel- Junior or Senior Size

Arena Fins

Mesh bag

Paddles- Strokemaker (Green or Yellow size)

Pull buoy

O2 Trainer

Extra's

Team Parka, Team Backpack

USA Swimming: Minor Athlete Abuse Prevention Program (MAAPP's)

www.usaswimming.org/maapp

USA Swimming's top priority continues to be keeping our athletes safe. No form of abuse, including child sexual abuse, has a place in our sport. Under our leadership, this organization will continue to make abuse prevention and response an important piece of everything we do.

For several years, USA Swimming has either required club policies, enacted national rules or recommended best practices in most of these areas. This means that MAAPP requirements should be familiar to USA Swimming members.

MAAPP will apply to all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. The language used in the policy is Applicable Adult. All Applicable Adults will be required to follow MAAPP.

USA Swimming requires regular and consistent training for all adults who interact with and have direct and frequent contact with minor athletes, including adult athletes. All USA Swimming non-athlete members must regularly complete Safe Sport training, known as Athlete Protection Training. Now, ALL adult athlete members & Parents will be required to complete Athlete Protection Training. This training will be required to be completed annually.

MAAP: USA swimming requirements of all its Athletes & Coaches & Volunteers

All parents must complete the Athlete Protection Training APT- by 11/2019

Once completed, email the certification to albanyarmada@gmail.com

Use this link to register and click on Non-member Parents:

<https://learn.usaswimming.org/registration>

- APT is REQUIRED for ALL parents, volunteers & swimmers 18 and older
- Electronic Communication- 1-1 texts must include a Parent
- Group Texts- ex Group Me must include 2 coaches
- All electronic communication between coaches and athletes: email, text, phone calls must only take place between 8am-8pm.
- Social Media: Swimmers age 18 or older cannot "friend" on Facebook or follow on InstaGram any swimmer under the age of 18
- Travel meet rules: Swimmers cannot share a hotel room with someone other than their own parent.
- For Travel meets, swimmers 11 & under must travel with a parent.
- Swimmers 18 & up cannot share a room with a swimmer under the age of 18 unless prior written approval has been obtained by the minor's parents.
- Renting houses or apartments on Air B&B for travel meets is no longer allowed.

Armada

Code of Conduct

The 3 R's



Respect yourself &
your teammates



Respect your coach &
ALL Armada staff



Respect your facility

The 4 R's – Armada Athlete Expectations

RESPECT: Yourself - Your Teammates- -Your Coaches, & Your Home Pool

Armada Athlete:

Respecting yourself means valuing your growth and development as both a swimmer and an athlete. You are a student of the sport, and with that comes the responsibility to learn proper technique, movement, and power in the water. Each stage of development is important and takes time, focus, and dedication. Embrace the process—do the work and trust your journey.

Armada Teammates:

Respecting your teammates is a core value of the Armada culture. Everyone is at a different point in their swimming journey—support each other through every step. Swimming is a demanding sport, but with positive teammates, the challenges become more manageable and the experience more rewarding. When we lift each other up, we all grow and contribute to our collective success.

Armada Coaching Staff:

Your coach is your partner in development and is committed to your success. Respect and trust in this relationship are key. Coaches guide, challenge, and support you in reaching your goals. Show appreciation through your effort, your attitude, and your commitment to the group.

All Armada staff members—from assistant coaches to admin staff—are here to support you. Treat every staff member with courtesy, kindness, and respect.

Armada Home Pool:

The Albany Aquatic Center is where our team trains, competes, and builds community. Respect the space by:

- Following all pool and facility rules
- Taking care of your belongings and leaving no mess
- Being courteous to lifeguards, staff, and others using the facility

As an Armada athlete, you represent the team at all times. Carry yourself with pride, honor, and respect.

In accordance with the **Armada Code of Conduct**, all athletes are expected to uphold these standards as members of Albany Armada Aquatics.

Please review and agree to each expectation below.

Every athlete is required to complete and submit this form before participating in team practices.

Thank you!

*Athlete code of conduct will be submitted via electronic signature:

<https://forms.gle/vJ2hA3cZ7ZNZVtm56>

TEAM CODE OF CONDUCT: PARENTS

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a member of Armada parent(s)/guardian(s) are required to electronically sign this document for each season.

I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

Lead by example: I will set the right example for my child by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parent volunteer coordinator, and all facilities.

Be involved: I will be involved by volunteering and fulfilling all required volunteer hours. I will contribute to the team in the ways specified by the team and training group handbooks. I will exemplify and make sure my child understands the philosophy of team above self.

Be Informed: I will read the team and training group handbooks, the weekly team emails, and understand the team policies for athletes & parents. I will communicate with the coaches about any scheduling conflicts.

Parent Role: I will refrain from coaching my child from the stands/pool deck during practices and meets. Your role as a parent is important. Let the coach do the coaching, so you can provide unconditional support as a parent.

Appropriate Behavior: I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.

Officials: I will respect the integrity of the officials and represent Armada appropriately.

Follow the Protocol: If I have concerns I will direct them first to my child's lead coach; then, if not satisfied, to the head coach.

Athlete Protection Training: I will complete the required Athlete Protection Training course by November 30th, 2022.

Covid Health & Safety Protocols: I will follow the covid protocols set forth by the team and the Albany Aquatic Center.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

*Parent code of conduct will be submitted via electronic signature:
<https://forms.gle/VUQ5og35YWnviUEw5>

