

CAMPOLINDO

Swimming

2023

Parent Meeting – January 11, 2023



<p>Leadership Teamwork Selflessness</p>	<p>Creating a bridge, a link, from the past to the future, from senior to freshman.</p>
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Go Cougars – Cougar Pride

www.camposwim.com

Welcome

Welcome to the 2023 season for Campolindo High School Swimming. We are pleased to have the opportunity to coach another swimming season at Campolindo. We as coaches are fortunate to have been at Campo for many years. The continuity of coaching is important to provide stability in many areas, in particular, the team's attitude and expectations. We look forward to getting back to the Mission Viejo Invitational for our Varsity swimmers this season after a 3 year absence.

Our experience at Campolindo has been extremely rewarding and enjoyable beyond measure. We are grateful to the parents, the administration and to the swimmers for giving us the opportunity to be a part of this outstanding school and this special program.

We are truly excited to be coaching this year's team. We have outstanding young talent and tremendous upper-class leadership. In our program, **leadership is invaluable to the team's success** and to the process of maintaining our **tradition of excellence**. Furthermore, the entire group, from freshmen to senior, is extremely mature. Our girls team looks to defend its NCS title from last season as our men's team looks to get back to one of the top teams in NCS. We are also looking forward to great performances at the CIF State Meet to wrap up the season.

While we have had much success on a competitive level over the last ten years, our primary objectives have included much more than achieving competitive goals. Our intention throughout has been to instill values that will have a lasting effect on our athletes long after they leave the program. We believe that our student athletes have much to learn about themselves and about life through the sport of swimming.

It is our commitment to these values that has set the foundation for our success. And it is our intent to remain steadfast in our commitment to these values. Ultimately, we believe that each of us will, individually and collectively, be better off for being a part of Campolindo Swimming. Cougar Pride lives on.

Our team has won fourteen NCS titles in the last eighteen years. We have also won the unofficial Combined North Coast Team Title thirteen of the last eighteen years. Beyond all this, we see our greatest achievement to be the growth in character and leadership skills that our athletes take with them from this program. We have been blessed with a talented, dedicated and enthusiastic group of student athletes and we look forward to the possibilities in the season to come.

Note to the parents

We greatly appreciate your support throughout the season. The success of this program is a reflection of your continued dedication. We rely on you at meets and with activities. If you have questions on how you may help please contact the team's chairperson (Ginger, Kimberly, & Jean-Ann). **Your time and energy are greatly appreciated!!!**

Sincerely,

Ronnie, John, & Tiffany

Coaching Staff

Ron Heidary: *Co Varsity Head Coach*

Twenty-six years of “rec” coaching (ten County Championships). Ron is Co-Head Coach and Founder of Orinda Aquatics. Ron was voted Pacific Swimming age-group Coach of the Year in 1998, NCS Honor Coach in 2005, and California Coaches’ Association High School Swimming Coach of the Year in 2006. Under Ron and Don’s guidance, OA has won Junior National and Far Western Championships and many of his swimmers have ranked among the best in the United States. This will be Ron’s 32nd year coaching high school aquatics: 6 years at Pinole Valley coaching varsity swimming and water polo and 26 years at Campolindo coaching swimming. Campolindo, under Ron, has won 16 North Coast titles, 6 women and 10 men. Ron is a 1984 graduate of UC Berkeley with a major in economics.

John Studebaker: *Co Varsity Head Coach, Jr Varsity Support*

John graduated Campolindo High School in 2004. He then went to California State University, Sacramento where he received a BS in Kinesiology with an emphasis in physical education and concentration in adapted physical education in 2010. While at Sacramento State John was a member of the men’s rowing team for 4 years. This will be John’s 6th summer as the Assistant Head Coach at Moraga Ranch. Before moving to Ranch, John spent 13 years coaching at Moraga Country Club. He has also coached the Orinda Aquatics high school preseason group the past 11 years as well as the Polar Bears Program. This will be John’s 13th season coaching at Campolindo. In John’s time at Campolindo the men’s team has won 7 North Coast Titles while the girls have secured 1 Title. John has also helped oversee the success of the JV program for the past 9 years as well.

Tiffany Forbes: *JV Head Coach*

Tiffany graduated from the University of Colorado – Boulder, with a M.S. in Exercise Physiology in 1992. She was the BAM assistant swim coach from 1993-2011 and the Founder/CEO of the Boulder Swimming Academy in 2003. She moved to the Bay Area and started coaching at Orinda County Club where she coached from 2012 – 2018. Tiffany took over the Orinda Aquatics Master’s program in the fall of 2012. She also spent most of 2014-2019 as the Speed Swimming coach for the USA Synchronized Swimming National Team. Tiffany also assisted the Cal Master’s program for 2 years before being hired as the Aquatics / Youth Rec Swim Teach Coach from 2018 – 2020. She is currently still coaching with Orinda Aquatics Masters, Polar Bears and High School Pre-Season Groups. This will be Tiffany’s 2nd year helping with Campolindo Swimming.

Coaches Emails

Varsity / Team Questions = varsitycoaches@camposwim.com

JV = jvcoaches@camposwim.com

Workout Schedule

The workout schedule should remain as planned. If there are any changes they will be minor and we will let you know as soon as possible. **The first day of practice is Monday, February 6 at 3:45 p.m. (no water workout)**

Varsity Workout

Competition Pool	PM	Mon / Wed / Fri	3:30 – 5:15
	PM	Tues in Feb / All Thursdays	4:00 – 5:45
Competition Pool	AM	Tues in March / April	6:00 – 7:30
Competition Pool	AM*	Friday	6:00 – 7:30

* Morning workouts begin on March 4th

Junior Varsity Workout

Group (s)	AM/PM	Days	Times	Pool
Group A (1)	Same Schedule as Varsity Above			Comp Pool
Group B	PM	Monday / Wednesday	3:30 – 5:15	Dive Pool
	PM	Tuesday / Thursday	4:00 – 5:30	Dive Pool
Both Groups	PM	Friday	3:30 - 5:15	Comp Pool
Some JV not all	AM	Friday	with varsity	

- 1) Some Swimmers will be invited to do AM workouts with the Varsity Group. Coaches will inform those swimmers directly.
- 2) Coaches will inform swimmers what group they will be in the first week of practice.

Special Schedule

Holidays	2/17	Fri (JV & Varsity)	8:00 – 10:00 AM
Spring Break	4/3 – 4/7	Mon - Fri (JV & Varsity)	8:00 – 10:00 AM

Attendance:

The coaches will take attendance daily. You must maintain the 80% attendance rate to stay on the team. ***Your attendance will affect the meets in which you participate.*** The simplest way to deal with the attendance issue is to go to all the practices then there will never be a problem. **If swimmers do need to miss a workout, please let the coaches know in advance.**

2023 Meet Schedule

Day	Date	Team	Place	Time	Comments
		Possible out of league		4:00	
		Acalanes	Home	4:00	League
Saturday	March 18	Mission Viejo Invitational	Mission Viejo H.S.	9:00	4 entries per event
		Northgate	Away	4:00	League
		Las Lomas	Away	4:00	League
Friday	April 21	Miramonte	Home	4:00	League Senior Day
Saturday	April 29	JV Invitational	Soda Center	TBD	JV League Championship
Thursday	April 27	DAL Varsity Trials	Soda Center	2:30	Varsity League Championship
Saturday	April 29	DAL Varsity Finals	Soda Center	TBD	Varsity League Championship
Saturday	April 29	DAL Diving	TBA	TBA	League Championship
Thursday	May 4	NCS Diving	TBA	TBA	*must qualify
Friday	May 5	NCS Trials	Concord Community Pool	9:00	*must qualify (max. 4 per event)
Saturday	May 6	NCS Finals	Concord Community Pool	9:00	Top Sixteen
Friday	May 12	CIF State Trials	Clovis West	2:30	Must Qualify
Saturday	May 13	CIF State Finals	Clovis West	2:30	Top 16

DAL = Diablo Athletic League.

NCS = North Coast Section

CIF = California Interscholastic Federation

NCS Entry Information

Each team may submit four individual entries in each event (one entry per relay event). If more than four swimmers qualify for an event, the coaching staff will make the final decision as to which swimmers will be entered in NCS. Criteria in this decision may include and may not be limited to: entry time, shaven or unshaven entry time, attendance, attitude, and commitment to the team. The top 40 times submitted will qualify to swim in the meet. The list of NCS qualifying swimmers will be posted on the NCS website (www.cifnsc.org) in the afternoon of Monday, May 1st.

2023 Other Dates

Date	Day	Event	Time	Who
Jan 19	Thursday	Apparel Fit Day @ Soda Center	3:30-5:00 pm	Full Team
Jan 20	Friday	Apparel Fit Day @ Soda Center	2:00-3:30 pm	Full Team
Jan 27	Friday	Apparel Orders Due	10:00pm	Full Team
Feb 6	Monday	First Day of Practice No Swimming	3:45pm	Full Team
Feb 17	Fri	Presidents Day Practice No Monday	8-10am	Full Team
TBD	TBD	Team Photo	3:30pm	Full Team
April 3-7	Mon - Fri	Spring Break Practice	8-10am	Full Team
April 28	Friday	JV Pasta Feed	5:00pm	JV Swimmers
April 26	Wednesday	DAL Dinner	5:30pm	Varsity Swimmers
May 4	Thursday	NCS Dinner	5:30pm	NCS Qualifiers
May 12	Friday	CIF State Dinner	TBD	State Qualifiers
May		Awards Banquet	6:00 pm	Full Team

“Every accomplishment starts with the decision to try.” **Unknown**

“If everyone is moving forward together, then success takes care of itself.” **Henry Ford**

“When you make a mistake, don’t look back at it long. Take the reason of the thing into your mind, and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.”

Phyllis Bottome

Swim Meet Information

Teachers will be notified if swimmers are to be excused from class. ***However, it is the swimmers' responsibility to make up any tests or missed assignments. All student athletes are expected to communicate with their teachers if and when they are to miss class.*** The coaches will make all meet entries.

If you are unable to attend a meet, please let the coaches know at least one week prior in writing.

Away Meet Time Table

2:00 PM* Varsity and JV team excused

2:10 PM Meet at Bus

4:00 PM Meet begins±

7:00 PM Approximate return to school

* If meet requires longer travel, swimmers may be excused earlier.

ALL swimmers MUST remain at the pool until the conclusion of the meet.

Acalanes district regulations require all team members to ride the bus to and from the meet. However, a swimmer may ride home with his or her parents. Students are NOT allowed to drive to any meet if there is a team bus.

Order of Events

200 Medley Relay

200 Free

200 IM/100 IM JV

50 Free

Diving (10 minute break)

100 Fly/50 Fly JV

100 Free

500 Free

200 Free Relay

100 Backstroke

100 Breaststroke

400 Free Relay

*There will be at least four heats for each event in the following order:
JV Girls, JV Boys, Varsity Girls, Varsity Boys.*

Entries may be limited to 4 or 5 swimmers per team per event.

*Each swimmer may swim up to 4 events but not more than
2 individual events.*

General Information

Team Overview

- For decades, Campolindo has been a very competitive program.
- We have an outstanding tradition of quality swimmers and character athletes.
- We have, and will continue to have, the highest expectations for this program.

Swimmer Expectations (from the coaches)

- **Maturity**
 - (including personality, attitude and language) Be mature in all dealings with coaches, parents and teammates.
- **Responsibility**
 - Adhere to all expectations. Take responsibility for everything.
- **Integrity**
 - Be honest with yourself, with the coaches, and with your parents. Teenagers often justify subtle deception but we would rather have them be honest and accountable.
- **Team Priority**
 - Understand and accept positively that the team, in most situations, comes first.
- **Leadership** (for upperclassmen) – **maybe the most important to the team**
 - Be a role model. Impact the younger swimmers in a positive way. It is more than an expectation. It is a **duty and responsibility**.
- **Excellence as a student/athlete**
 - Try to live up to what would be the highest standards of an outstanding student/athlete.
 - Swimmers are accountable to maintain their studies and grades. Laziness and poor time management are not reasons to miss workout in order to finish homework or study for a test.
 - Swimmers need to understand their priorities and make appropriate choices.
 - Swimmers need to be willing to make sacrifices. **A teenager cannot be a successful student/athlete if they do not.**

A true student/athlete is NOT a great student and a part-time athlete or an outstanding athlete and an apathetic student.

School & Team Logistics

Athletic Clearance

Before you can begin working out, you must get clearance via sports net. Get your **Athletic Clearance Forms** turned in as soon as possible.

Academic Eligibility

You must maintain a GPA of 2.0 or better. This has not been a problem with the prior teams however, if you think you may have a problem with grades please talk to the coach or your counselor. Some students have appealed a low GPA, but you must have a valid reason. You are allowed one appeal in your high school career.

Rules and Regulations for Athletes Form

Athletes must read and sign this form and be willing to comply with every rule and regulation.

General Information

Promptness

It is your responsibility to **be on time** for all team activities. As a team, we will do things together and that includes being prompt for practices, meet warm-ups, team meetings and social activities.

Objectives

The team will have many objectives. Winning as a team is certainly enjoyable but ultimately it is out of our control. The only thing we can do is **work hard and be as prepared as possible**. Our primary goals will be the following:

- to swim well and achieve our individual and team goals
- to grow personally from the experience of being on this swim team
- to have fun and enjoy the season

*To accomplish the above with any significance you will need **full participation**. Regarding the issue of **having fun, fun** on this team has been realized more through **team success** than from individual accolades. This is not possible to achieve without a commitment to **the team**.*

Training Philosophy

We have had success emphasizing strokework in conjunction with training. In terms of your training, we will work hard and focus on strokework. This should help all the swimmers.

Examples:

- **Fly Stroke Balance – difference between 50 and 100**
- **Underwater technique and speed – all that is involved**

Practice Quality

You should perceive practices as **opportunities** to improve. Every day is a chance to become a better swimmer. Every workout missed is a lost opportunity.

It is your responsibility to let a coach know in advance if you will miss practice.

Registration Process

There are **5 Steps** you will need to complete to finish the registration process for Campolindo swimming. The first 3 Steps must be completed before we will let your swimmer in the water.

1. **Athletic Clearance** -Campolindo High School Website

www.acalanes.k12.ca.us/campolindo

- Athletics Tab

- Sports Registration

- Follow all onscreen directions – This must be done before a swimmer can attend practice.

2. Campolindo Swimming Registration – www.camposwim.com

- **Registration** tab on the far right of the home screen.

- Follow all onscreen directions and make sure to provide your swimmer's T-shirt size.

3. Team Apparel - www.camposwim.com

- **Apparel** Tab on the far right of the screen.

- Each swimmer receives 1 Free Team T-Shirt and 1 Free Team Suit.

- You still need to provide the size your athlete needs for their Team Suit.

- Girls Suit – please put your swimmers suit size on the google form.

- Boys Suit – Turbo link please use \$0.00 for your suit unless you are ordering an extra suit.

- All other apparel (Spirit Wear) is optional.

- Highly recommended that you get a sweatshirt and/or jacket as some of our meets can be on the cooler side.

4. **Athletic Contribution** – Campolindo High school Website.

- Parents Tab

- Click on Webstore – Spring Sports – Swimming, OR click on the Contributions Tab on the right side of the www.camposwim.com Home Page.

- We rely on these contributions to pay for the Coaching Staff, New Equipment, Team Shirt, Caps, Suits, Team Food at dual meets, End of year award banquet, etc.

- THANK YOU VERY MUCH FOR YOUR 2022 CONTRIBUTION.

5. **Parent Jobs**

- The Job Signup will be released in early February when we know how many jobs each family will be responsible for filling. Please see the Jobs Tab on the Campolindo Swim Team Website more information.