"Life is not about warming yourself by the fire. Life is about building the fire And generosity is the match. If you want happiness for an hour, take a nap, but if you want happiness for a lifetime, help somebody". Lucchino



Orinda Aquatics Class of 2024

"Do all the other things, the ambitious things–travel, get famous, innovate, lead, fall in love, make and lose fortune … but as you do, to the extent that you can, err in the direction of kindness". George Saunders

We will miss you and wish you the very best!





Orinda Aquatics Class of 2024

A Strong History of Collegiate Swimming and Academic Success

	First	Last	College	Aquatics	Rec Team/Previous
1	Natalie	Aiken	Georgetown	Swimming	Sleepy Hollow
2	Mollie	Appl	Pomona	Swimming	Sleepy Hollow
3	Emilia	Barck	Brown	Swimming	Pacifica USA Swim
4	Maddie	Blackwell	Dartmouth	Swimming	Danville
5	Meliana	Calica	Westmont	Swimming	Indian Valley
6	Mikey	Chu	USC	Swim - TBD	Tokyo Mudsharks
7	Parker	Etnyre	Indiana University	TBD	LMYA
8	Jasmine	Fok	Georgetown	Swimming	Larkey Sharks
9	Theo	Holtzman	Pomona	Swimming	Claremont
10	Audrey	Hoover	Cal Poly	Club	Larkey Sharks
11	Reid	Lalli	Occidental	Swimming	Springbrook
12	Kaitlin	Lee*	Georgetown	Swimming	Dublin
13	Lulu	Martin del Campo	Carleton College	Swimming	Alameda
14	Olivia	Pettit	Tufts	Swimming	Vallejo
15	Adelie	Reiner	USC		MVP
16	Adriana	Smith	Cal	Swimming	OPP
17	Parker	Smith	Middlebury	Swimming	Moraga Ranch
18	Miranda	Stevenson	UC Santa Barbara	Swimming	Del Amigo
19	Lily	Struempf	U of North Carolina	Swimming	Concord
20	Taryn	Veronda	Amherst	Swimming	Springbrook
21	Whitney	Wilkalis	UOP	Swimming	Moraga Ranch

**Transferred mid-year*

Congratulations to the parents of these individuals, on raising the class of youth in the world; of students, of athletes, and of people. Their discipline, maturity, respect, and humilty is the by-product of your love, support, and sacrifice. You have raised and created young men and women who have profoundly impacted our team, their peers, and the community, and they will undoubtedly influence future generations and the world. You are the silent heroes in this success story and the "we" in "we did it". Thank you and congratulations!

Graduating Senior Letters

Lily Struempf – University of North Carolina, swimming



- **Summer Junior National Qualifier**
- **Swimming/Academic All American**
- **Team Record Holder**
- **State Meet Finalist**
- **Junior National Consol Final**
- **PacSwim Zone/Athlete Rep**

Dear Orinda Aquatics,

This team has made me who I am today, teaching me valuable life lessons and skills that will set me apart for the rest of my life. I am forever grateful for the opportunity to swim at Orinda Aquatics. The most impactful lesson I have taken away from this team is my outlook on life.

At a young age, we are forced to answer the question: "Who are you?" I chose to define myself with swimming. At just 13 years old, I was a Far Westerns high-point winner, a Sectionals level swimmer, and top 10 in my respective events nationwide. And I was profoundly unhappy.

When I joined the team, Donnie told me to "look at the big picture." I assumed this referred to swimming: By focusing on balanced strokes and good technique early in life, swimmers are set up for healthy, long-term swimming. I developed shoulder tendinitis from improper technique and the stress of the COVID-19 pandemic. I became frustrated as my peers continued to get faster. I was stagnated, forced to kick in the lap pool for over a month. During this time, Ronnie continued to remind me to "look at the big picture." I was sure that my swimming career was over, that I was forced to peak at 14, and that I would never reach the same level of competition again.

And yet, the support of Orinda Aquatics kept me coming to practice. Every day, I was greeted by my own negative thoughts, combated by the encouraging shouts of older kids, the smiling faces of my friends, and the caring voice of my coach. Despite the very real threat that my shoulder wouldn't get better, I kicked harder than I ever had. With the support of my team, my shoulder got better, and I returned to normal swimming. A year and a half later, I had the best meet of my life, with lifetime bests in every race I swam. I thought that this was the big picture. Sometimes, you have to take a step back, in order to move forward.

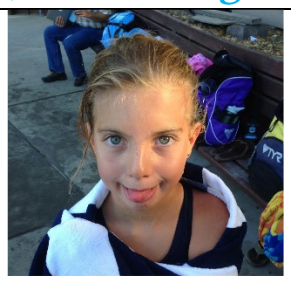
While this is all true, I have come to realize that the "bigger picture" is more than just a time on the scoreboard. I have many more athletic and academic accolades than I did when I was 13. However, they do not matter to me in the same way they used to. During the high-school season, one of my best friends on Orinda Aquatics, swimming under a different high school, was aiming for a specific time in the 500 free. The solution seemed easy to me: As a 500 freestyler, I would pace her for the race. Together, we swam the race perfectly, allowing her to achieve a lifetime best and make the record board.

At the time, there seemed to be no other option for me. I cared more about my teammate's performance than my own. This is the bigger picture. Today, I define myself by who I am, not what I do. I am a good leader, a caring friend, a giving sister, a grateful daughter, and a teammate with integrity. Swimming has taught me many skills, but this team has taught me who I am *without* swimming.

I am forever grateful to Donnie for taking a chance on a 13-year-old girl and for forcing me to slow down. Thank you, Ronnie, for taking the time to listen to what I had to say and supporting me through my tumultuous high school experience. Thank you for taking me to the next level of swimming and allowing me the opportunity to swim in college. Thank you to my teammates, who asked me if I was doing okay on the days I needed to hear it most. Thank you to the parents and volunteers for giving up your weekends to let all of us kids have fun. Thank you to this team for allowing me to see the bigger picture.

Favorite quote:	"The best and most things in the world cannot be seen or even touched – they must be felt with the heart." Helen Keller
Favorite coach saying (or bad joke):	Look at the bigger picture!
Best memory (swimming):	Pacing my good friend Emilia in the 500 free at DAL Senior year
Best memory (team):	Senior group bonding on the field with water ballons
Best lesson learned (swimming):	Change takes time, and sometimes you have to step back to ultimately move forward.
Best lesson learned (life):	Swimming is not everything.
Best "random act of kindness" to another	A girl was having a panic attack and I pulled her away and sat with her until she calmed down.
Best "random act of kindness" from another	When someone bought me my food in front of me.

Adriana Smith – Cal, swimming



- **Academic/Swimming All American**
- **NCS Champion/State Champion**
- **Team Record Holder**
- **Summer Junior National Qualifier**
- **Winter Junior A Finalist**

After reading countless articles (provided by Ronnie) and observing teenage behavior among my peers, it is obvious 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 those who might be least likely 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. Adriana

Favorite quote:	Success is not the key to happiness. Happiness is the key to success.
Favorite coach saying (or bad joke):	It's a slippery slope!
Best memory (swimming):	My favorite memory was when my relay team won at the CIF championships my Junior year.
Best memory (team):	My favorite memory was when my raft got stuck in a tree during our team rafting trip in 2022.
Best lesson learned (swimming):	Consistency during practice is essential in building the mental and physical strength needed to race.
Best lesson learned (life):	No matter how much time and energy I put into swimming, it is imperative for me to find who I am outside of the sport. I am more than just a swimmer, yet I am forever thankful for the skills that swimming taught me.
Best "random act of kindness" to another	I took a young freshman to Starbucks and paid for their breakfast after morning practice.
Best "random act of kindness" from another	My buddy surprised me with my favorite dessert (Nothing Bundt Cakes) after practice because she knew I loved them.

Kaitlin Lee – Georgetown, swimming



- **Academic All American**
- **Swimming All American**
- **Scholastic All American**
- **Summer Junior National Qualifier**
- **State Meet Finalist**

Although my time at Orinda Aquatics has been so short, I have to say that this move has been the best decision I have made in my short 18 years of my life. These past few months have been nothing short of transformative, shaping not only my athletic path, but my character and worldview as well.

Through such a short amount of time on this team, I have grasped and learned a few life lessons. One that resonated with me the most was the lesson of empathy and compassion. Interacting with such diverse and inspiring teammates within this community has opened my eyes to the power of understanding and kindness. From teammates to coaches, each person has contributed to my understanding of different perspectives and the importance of empathy in building meaningful connections. The love and support that is spread throughout this community is unmatched.

Not only have I learned about empathy and compassion whilst on this team, I have learned the power of perseverance. Throughout these past 6 months, I have encountered challenges that tested my resolve and determination. Whether it was tackling the adaptation to a new environment, or learning to step outside of my comfort zone, or struggling to find my love for the sport again, each obstacle taught me the importance of resilience and the rewards of perseverance. This team's unwavering support and encouragement during these times have been instrumental in my growth, and for that, I am extremely grateful.

Furthermore, I am thankful for the lesson of leadership. Through the many opportunities we had during the activities, meetings, and practices during Theme Week, I have discovered the transformative impact of effective leadership. Learning to listen, inspire, and collaborate with others has been an invaluable experience that I will carry with me into the next phase of my life.

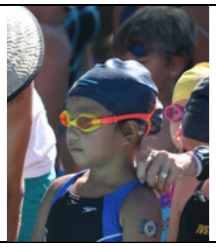
Lastly, I am grateful for the lesson of lifelong learning. The pursuit of knowledge and personal growth has been at the heart of my journey while on this team. The guidance and mentorship provided by the coaching staff has fueled my curiosity and passion for learning, instilling in me a commitment to continuous improvement and a thirst for new experiences.

I am profoundly grateful to each and every one in this community who has contributed to my growth and development during my time on this team. As I prepare to embark on new adventures beyond this familiar pool deck and community, the lessons and memories I have made while on Orinda Aquatics will forever hold a special place in my heart.

Kaitlin Lee

Favorite quote:	"I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us." -Romans 8:18
Favorite coach saying (or bad joke):	"Fins are for wimps" -Ronnie
Best memory (swimming):	Touching in at 2nd at States in 2023 with a shock of a best time
Best memory (team):	The chaos that unfolded, yet the leadership and collaboration that happened on the rafting trip during theme week
Best lesson learned (swimming):	You are not defined by your times in the pool, but rather your actions and words
Best lesson learned (life):	Words don't mean anything if there are no actions put into place to show that the words said are meaningful and true
Best "random act of kindness" to another	Helping a young boy on his technique while I was swimming for fun at a recreational pool
Best "random act of kindness" from another	Friend surprising me at home with flowers when I was having a rough day

Meliana Calica – Westmont, swimming



- **Hall Inspirational Award Winner**
- **Academic All American**
- **Coaches Award Winner**
- **Dry Land Leader/Leader**

Resilience is the ability to persevere through adversity while maintaining composure and positivity. For me, it has been an ongoing battle. It was staying motivated and continuing to pursue swimming after being told that I could not perform at the level I had aspired to be at due to a diagnosis at the start of senior year. Adversity is difficult to endure, especially when you don't see the fruits of your labor. I've striven for consistency, determined to stay the course, to be the best student-athlete I could be, and to keep my faith. I battled myself every morning to get out of bed. Every day, I had to choose to give it my all, be mentally tough, and commit to working harder. The toughest lesson I learned: no one's success could affect the blessings or successes I could experience. When my health storm began, I struggled to truly celebrate other's achievements because I believed my happiness, both in and out of the pool, had been robbed from me. I had to learn to be thankful in all seasons, recognize the blessings around me, and see my hardships as an opportunity for personal growth. The temporary happiness I longed for was nothing compared to the unconditional love and support my parents, family, and loved ones continued to show me when I was at my lowest. The challenges I have encountered throughout my swim and health journey have taught me to shift my perspective of my struggles and myself, to be joyful in all circumstances, and to support the ones I love. Hardships are temporary and will never compare to the eternal joy I experience in God. The true test of character is determined in the face of adversity. I may have been last to touch the wall or struggled to balance school, but I acquired humility, lots of it. When you love something so much, you commit to giving it your all, every day, regardless of your circumstances.

My faith and values are my compass, not just in swimming, but in life. Donnie has often talked about living in a "black and white world," and I have grown to recognize that when your values are clear to you, decision-making becomes easier. In a sport that demands so much, it is easy to view myself negatively and believe less of myself and my abilities, especially when I fail to meet my expectations. There are countless times my dad has had to remind me that swimming is just a sport. It doesn't define who I am but is rather part of me. "Put your thoughts on what's above and not on earthly circumstances," he often said. From a young age, my parents taught me to be grounded in something greater than myself. Throughout my journey, this lesson has shown me that no time, test score, or person could define me because God determines my identity and will love me, regardless. I have learned balance, can remain poised, and can look at the bigger picture because of my ability to remain steadfast in my faith. Without my faith, I would be nothing and nowhere near the individual I am today.

Always be the light and show compassion. Since I was young, my mom ingrained this phrase in me and the importance of doing everything wholeheartedly. For me, the goal of joining OA was to not only further my swim career, but to hopefully make a difference and leave a lasting impact on the team. I have always strived to be kind, show love, and support others, especially those who go unnoticed, because I know how it feels to be unseen and the longing to be heard. I am thankful for my trials and my journey because, without them, I would not have gained compassion. Remember, to always be loving and unassuming, especially towards those you don't know, because "each of us is fighting a hard battle that others know nothing about".

Most importantly, thank you, Mom and Dad, FOR EVERYTHING. Thank you for getting me into the sport, never giving up on me, always supporting me, and for your unconditional love. You have done so much for me, and I promise to always make you proud and follow God. Calei/Kai: I will always be your #1fan/cheerleader in all you do, wherever I am. I love you both (equally) and more than you know. Kati: For your compassion and friendship. You've always seen potential in me and have given me numerous opportunities beyond the pool. Matt: My first OA coach, the shoulder I cried on, taught me to always sign up for big meets, and forced me to "be a rock, not a cupcake." Marc: For being the person on deck I could always talk to and share love for country music. Ronnie: You always showed up for me when it counted, especially during the high school season. Thank you for keeping me positive during my

storms. Donnie: You have been my coach, mentor, advocate, and friend for the past six years. I wouldn't be the swimmer or person I am today without you. You have done more than you know for me. I am indebted to you. I am grateful to have you in my life and to know that you will always be in my corner.

With love and gratitude, Meliana Calica

Favorite quote:	For I can do all things through Him who gives me strength. - Philippians 4:13
Favorite coach saying (or bad joke):	"You could rob a bank and I would say, she probably had a good reason". - Donnie
Best memory (swimming):	At 2022 JO's Long Course at Hollister, after Calei's 200-meter breast prelims, when I was the first she ran up to in tears after getting her first sectional cut.
Best memory (team):	2024 Clovis, 400 F.R. - When I got to swim my last ever Clovis race on a relay with my younger sister, Calei.
Best lesson learned (swimming):	Persevere and remain steadfast, especially when you don't see the fruits of your labor right away.
Best lesson learned (life):	God's plans are greater than anything I have tried to plan for myself.
Best "random act of kindness" to another	During the 2022 Summer Long Course FW's, I stepped up to coach and help the Junior swimmers when one of the coaches had gotten sick.
Best "random act of kindness" from another	Coach Donnie who advocated for me and went above and beyond to ensure I got into my dream school. He has also been the greatest mentor, friend, and coach a swimmer could ask for.

Parker Smith – Middlebury

Middlebury



- **Eagle Scout**
- **National Merit Scholar**
- **Academic All American**
- **Futures Qualifier**
- **NCS Finalist**

Dear OA,

I can say with certainty that nothing has had a larger impact on my life than swimming and Orinda Aquatics. It has been a long and bumpy journey to become the athlete and the person that I am today, but I can confidently say that I am better because of both the successes and setbacks that I have experienced. I can point to the exact moment when my life changed course for the better. It was early in my junior year, and Ronnie was furious with me over my lack of commitment to the team. I was not sure if I would ever be able to make it to his group again.

Everyone that I looked up to was in Senior 4, and I knew I would truly have to earn my place among them. I also realized how much the sport of swimming meant to me and how much I wanted to earn back my place among those amazing athletes. It led me to put 100% effort into making every practice and proving myself at every workout. After weeks of tiresome morning practices, dryland sessions, and test sets, I was finally able to rejoin their practice group. A side effect of my hard work came in my swim times. I started to drop time and became competitive in my events. Suddenly, swimming in college went from a distant dream to a realistic goal.

The deeper lesson this experience taught me was the importance of finding passion for what you are doing. You must love what you do enough to be able to put all of your effort, thought and skill into it. Before my junior year, I was not really sure what I wanted to do, and had my attention divided among many different sports and activities. This led to

stress and a lack of purpose in my everyday life. However, after focusing on just Orinda Aquatics and swimming, it felt as if a weight was lifted off my shoulders and I found a real love for the sport of swimming. I know this lesson will only continue to be more important as I grow older, and I could not be more grateful to the coaches, team and my parents for enabling me to find this truth at such a young age.

Furthermore, I know the connections that I have made on this team will last my whole life. From breakfasts after practice to weekend hangouts, I am thankful for every second I got to spend with my friends and teammates. A huge reason why I wanted to swim in college was to be able to easily connect with a group of people that share my same interests. OA has shown me that family can form with shared struggles, and I hope that I will be able to find that bond once again at Middlebury College.

All in all, I cannot express in words the gratitude I feel for this team. The life lessons that are taught to all swimmers are priceless, and I feel lucky to have learned these lessons as I venture into the world. The relationships and memories I have made with my peers and coaches I will make sure to cherish for my entire life. Thanks again for everything you do Ronnie and Donnie.

Sincerely, Parker Smith

Favorite quote:	"What's on the other side of pain"? "Greatness" – Brandon Fischer
Favorite coach saying (or bad joke):	We can't get a bigger clock - Donnie
Best memory (swimming):	Finishing 1-2 with Nate Levy in the 100 Breast at DAL in 2023
Best memory (team):	The Clovis trips (all) – team dinners, In-N-Out, ice baths, and the bus rides
Best lesson learned (swimming):	It takes discipline and effort every day to really make progress.
Best lesson learned (life):	"Character First" and the lessons above are essential in life.
Best "random act of kindness" to another	Staying late at home meets to help clean-up/take-down
Best "random act of kindness" from another	The countless times my breaststroke peers have supported me with stroke advice, video-taped races, and always keeping me motivated.

Reid Lalli, Occidental



- **Sectional Qualifier**
- **NCS Consol Finalist**
- **Scholar Athlete**
- **Coaches Award Winner OA**
- **Coaches Award High School**

As I was thinking about how I should start this letter, I realized that most of my important moments in my childhood can tie back to Orinda Aquatics. Joining the team at just 11-years-old, I came from a rec swimming atmosphere where everything was centered around the swimmer, or themselves, and didn't know what to expect when I was joining the team. My first day on the OA pool deck I sat there, clenching onto my kickboard for dear life, scared of what was going to happen next. To my surprise, everyone was accepting of me with open arms and within a few months I found people that I could call some of my closest friends.

Over the next few years it was obvious to me of how supportive everyone on Orinda Aquatics truly were for each other. Whether it be cheering for people for making 100s on the 1:30 with fins in Junior 1 or getting that time cut one had finally been longing for, everyone was always so positive when someone else did something good, rather than themselves. Over my following years on Orinda Aquatics, I strived to be this said person. Over the years to follow on the program, through the mentorship of my coaches and fellow teammates, they have been able to show me what this sort of positivity truly is.

I want to thank everyone who made it possible for me to become the swimmer and person who I am today:

OA Swimmers: You guys have never failed to make me smile or laugh, and I have valued having the privilege to spend the last seven years with you guys. Whether it be us spending time together in the scorching Roseville heat or in the numbing Clovis cold, I have never regretted a second I have spent with you guys. I am so excited to see what you will all accomplish in the future.

Ronnie: Thank you for always being very understanding of me, whether it be me underperforming at a practice or missing a practice entirely. Since moving up to your group in my junior year of high school, it always felt like I was going on a different adventure every day that I was at practice. Whether it be a story you told about the Thai divers who almost didn't make it out, or pulling some senior 4 swimmers and myself aside to talk about water crystals, it didn't feel like I would just "go through the motions" at practice every day. I am going to miss "pulling a Reid" when another Google Doc is sent out from you, just for you to ask us the times and how we felt on a certain set.

Donnie: Thank you for always being so selfless to other swimmers and me. You have taught me what being truly humble is all about, and how it is more fulfilling to give to others rather than just taking from others for personal benefit. You made every swimmer felt like they were worth being at the pool every single day, and you gave your character first values to us so we could help you to push those forward to the future generations, and will teach myself and many to come lessons that will benefit them for the rest of their lives.

Marc and Matt: You guys were my first ever coaches on this team, and without you guys I would not be where I am today. You were the coaches that would always encourage me to get out of my comfort zone, and without you two I would probably be stuck swimming only 50s and 100s. Your undivided dedication to each and every one of your swimmers is unmatched, and you were the ones to show me that although the sport was painful, there was still lots of fun involved!

Kati: Although I was never coached by you in an OA group, I wanted to thank you for always bringing radiantly positive energy to the pool. You were the one I would always go to when I needed stretches after injuring myself, and even helped me rehab my ankle when I sprained it running cross-country, and I would probably be injured all the time if it wasn't for you.

Mom and Dad: I want to give you the most heartfelt thank you possible. From waking up at 4:45 or 5:00 a.m. to take me to morning practices to always being my biggest supporter in every race, you have always been there for me, even when I have been a bit unbearable at times. You two were the ones who recommended me to join Orinda Aquatics to pursue my love for the sport, and without you two I would not be the person I am today.

I could write much more about my experience on Orinda Aquatics, maybe even turn it in a book, but this is all the space I have for a letter. I know each and every one of you will do amazing things in the future.

Much love, Reid

Favorite quote:	"We can't help everyone, but everyone can help someone." – Ronald Reagan
Favorite coach saying (or bad joke):	"Help them." - Ronnie
Best memory (swimming):	Having a bunch of people cheering me on during the 200 Breast and it made me light up.

Best memory (team):	The Clovis bus rides
Best lesson learned (swimming):	Don't always just swim the same things over and over again, have a variety and make the sport a bit more interesting/fun
Best lesson learned (life):	Talk to people, because you were once in that position where you knew no one and reaching out can really make their day
Best "random act of kindness" to another	Mel and Emma + friends making the Clovis lanyards for everyone!
Best "random act of kindness" from another	Summer Far Westerns '22 — Cheering for Bella and Julian 400IM finals and trying to get team to cheer for them too!

Whitney Wilkalis, UOP - Swimming



- **Sectional Qualifier**
- **NCS Consol Finalist**
- **Scholar Athlete**
- **Most Inspirational Award – Campolindo 2024**

Swimming for Orinda Aquatics the past five has taught me a lot and given me so much to be thankful for. I feel beyond lucky to have been able to surround myself with a group of people with the same passion who support and motivate each other to be their best every day. Time does fly when you are having fun and I do not think I would be where I am today without these people. The environment you put yourself in has a great impact on who you are as a person, and I feel very fortunate to have been part of the encouraging and competitive atmosphere that OA has created.

Donnie- I cannot thank you enough for your support and guidance throughout my time on this team. I am grateful for the life lessons and advice you have shared that I will take with me into my college years and beyond. You have taught me that dedication, integrity, leadership, and always looking at the bigger picture are a few of the many skills leading to success in swimming, but also how important it is to implement these into a life outside of sports. I remember one day when I was in the Senior 2 group being pulled aside and asked what my biggest swimming-related goal was. From that day on, I could tell you cared about my goals and believed in me as a swimmer and as a person, which I will forever appreciate.

Ronnie- Thank you for teaching me how to push myself further than I thought I could and providing me with opportunities that have helped me grow as an athlete and a person. You have helped me learn that the value of the work put in at the pool is just as important as the things outside of the pool that feed into overall success. I have learned what discipline looks like and what it means to be a better person to yourself and to those around you. I hope you will always sing Happy Birthday as loud and proud as you do now and that your passion for coaching and dedication to your swimmers continues for many more years.

To my teammates- You have inspired me to work hard and push myself even when I was feeling exhausted and have also given me lifelong memories and friendships. I am going to miss spending hours on end together. You are great people and I know you all will be successful and I cannot wait to see what the younger kids on the team accomplish. With love and thanks, Whitney Wilkalis

Favorite quote:	"Everything you do has an impact on someone's life in one way or another, so always do your best to make it positive." Ronnie
Favorite coach saying (or bad joke):	"Let's go boys!"

Best memory (swimming):	Getting my first Sectionals time at NCS Sophomore year
Best memory (team):	Team travel Clovis 2023
Best lesson learned (swimming):	Good things take time, and the bumps along the road are all part of the journey, and of success.
Best lesson learned (life):	Discipline and time management
Best "random act of kindness" to another	At the State Meet, Ronnie gave Lucy Kao and I $20 to give to someone sitting outside of Chipotle.
Best "random act of kindness" from another	Every "good job" after a hard set is small but means a lot.

Adelie Reiner, USC



- **Western Zone Qualifier**
- **Academic All American**
- **Scholar Athlete**
- **High School Team Captain**

Thank you so much for everything you have taught me over the years. I have found myself in many instances where I realize that how I think and act is largely due to you and this team. As a high school team captain, I found myself caring more than ever about people helping, cheering, etc., and it made me realize how fortunate I have been to be on Orinda Aquatics where everyone is striving to be a better teammate. You have helped shape my core values as a person, and I am so fortunate have had you as a coach.

Sincerely, Adelie

Mollie Appl, Pomona - Swimming



- **Futures Qualifier**
- **Academic All American**
- **Scholar Athlete**
- **High School Team Captain**
- **Founding Japanese American Club**
- **NCS Finalist**

People often ask how long I have been swimming for Orinda Aquatics, and I am always surprised when I respond with "six years." These past six years have flown by. As I reflect on the past and think about who I want to become as I start college, memories and values from Orinda Aquatics come to mind.

One of the most important lessons Orinda Aquatics has taught me is that the process is more important than the results. It's really about the steps you take and the people you meet along the way. I think swimming is often viewed as an individual sport, but this team has allowed me to find joy in my teammates' successes, even when things didn't go as well for me. I have learned that having a selfless and positive outlook on life will bring me a lot more happiness. And I have learned commitment and hard work are the drivers of growth. If my race didn't go as I wanted, I was motivated to work even harder during practice.

Orinda Aquatics has become a second family to me. At practice, I am surrounded by people who genuinely want the best for me. My teammates are always ready to help and support me when needed. During hard practices, their words of encouragement and jokes on the wall were what got me through the sets. I have met some of the most amazing people on this team and have formed lifelong friendships. After a long, challenging academic or social day at school, I always found comfort in knowing I could relax and be myself around my teammates.

I am so fortunate to have parents who care so much about all aspects of my life. Whether it was waking up at 5 AM every morning practice with me, preparing my special pre-meet breakfast, or cheering and recording all my races, I wouldn't be where I am today without their constant support. I cannot thank them enough for the opportunities they have provided me.

I am incredibly grateful for my coaches who have supported me throughout my swimming career. From Matt, who taught me how to swim and inspired me to join Orinda Aquatics, to Donnie who welcomed me to the Sr3 group and helped grow my passion for swimming, to Marc who has always been there to talk about life and personal challenges, and to Ronnie. Ronnie, thank you for caring about me both in and out of the pool. Our conversations about character growth and health, as well as our group meetings, have guided me toward a more-balanced lifestyle, which has improved not only my swimming but also my mental and physical health. You have motivated me to become a better person and have helped me form a foundation of character and values that I will carry with me throughout my life.

Being part of Orinda Aquatics has been a life-changing experience. I am confident that the lessons I have learned from Orinda Aquatics have prepared me well for the next chapter of my life. Thank you everyone for making my time on this team so impactful/memorable. To all the younger swimmers on the team: embrace these moments because they pass by so quickly. It is truly special to be on a team like Orinda Aquatics.

Love, Mollie Appl

Favorite quote:	"If you want to fly, you have to give up the things that weigh you down" - Toni Morrison
Favorite coach saying (or bad joke):	Don't take the path of least resistance
Best memory (swimming):	Going under 56 in my 100 fly at NCS my junior year
Best memory (team):	Splashing and pulling my friends in the water while river rafting
Best lesson learned (swimming):	Hard work and consistency will allow you to achieve your goals
Best lesson learned (life):	Always take the high road, even when others choose not to.
Best "random act of kindness" to another	I would stay up and help my classmates with homework or studying for tests, or just to motivate them while they study.
Best "random act of kindness" from another	My friend wrote me notes of encouragement whenever I was having a tough day at school

Olivia Pettit – Tufts, swimming



- **Futures Qualifier**
- **Academic All-American**
- **Congressional App Challenge Winner**
- **NCS Consol Finalist**
- **Scholar Athlete**

People often ask me, "Why do you drive so far to swim on a team in Moraga?" and the obvious answer would be that I simply love the sport. However, the answer to this question goes beyond the mileage and bridge tolls that I've accumulated in order to get to swim practice.

Swimming has been an immensely important part of my life for the past ten years. Although only my last two years swimming were spent on Orinda Aquatics, I feel these were the most impactful years of my swim career because I didn't just grow as an athlete during this time, I grew as a person. This was in large part because of the people I met through the team. The people who have become some of my best friends, who have supported me endlessly, and who I know I can lean on no matter what I face.

Additionally, the amount of positive change I have seen in myself throughout the two years I have spent on Orinda Aquatics is profound. Looking back, I would never have seen myself in the position I am in today. I tend to be a person who is resistant to change, but joining Orinda Aquatics before my junior year of high school really showed me that change can be positive, even if it's scary. Two years ago, it was difficult to even imagine leaving the team I had swam on for 8 years, and I never would have guessed the changes that would take place within myself just from making that small leap. At that time, I never would have considered going to college across the country, let alone believed I had the capacity to swim in college. Yet being a part of Orinda Aquatics allowed me to see that those goals were possible and to believe in myself enough to make those very dreams a reality.

Before joining Orinda, I had been told by someone I would get lost in the sea of people, that I would just be a number and receive little to no personalized attention or recognition. This could not be further from the truth. Ronnie and Donnie truly take the time to not only know their swimmers as athletes, but also as people. Additionally, from the first day I stepped on deck, that sea of people quickly transformed into a large support system.

Day in and day out perfecting technique, working stroke rate, and underwaters can get tedious and quite difficult. However, I never felt like going to practice was a chore, despite my complaints. It was actually my favorite part of the day, getting to train with my friends and knowing they were there for me no matter what happened in or out of the pool. From getting ready for school in the locker room after 5 AM practices to talking for hours in the Soda Center Parking Lot, there is no lack of fond memories I have made before, during, and after demanding workouts.

Joining Orinda Aquatics was truly one of the best decisions I ever made and changed the trajectory of my life. My only regret is that I didn't join sooner. Every day I walk on deck, I am greeted by some of my favorite people and a community that has become the reason I have a renewed passion for swimming and am happy to make the long drive to Moraga each day, sometimes twice a day. During my years on the team, there was never a time I felt lost, a time where I felt I wasn't surrounded by family, or a time when I worried I was just another face in a sea of people. I have nothing but gratitude for the coaching staff, the team, and above all the community that welcomed and supported me endlessly throughout my two years on the team.

With love, Olivia

Favorite quote:	"If you want to lift yourself up, lift someone else up"- Booker T Washington
Favorite coach saying (or bad joke):	"Warm down is for wimps."- Ronnie
Best memory (swimming):	The bus ride back from Clovis 2024, laughing, singing, and hearing bedtime stories from Ronnie.
Best memory (team):	The 200 back finals at 2023 LC sectionals, digging deep in the last 25m and racing my teammates.
Best lesson learned (swimming):	Growth isn't linear and you are defined not by your times but by the person you are and your actions.
Best lesson learned (life):	It is vital to surround yourself with people who are positive and uplifting because these people can be some of the most important influences in your life.

Best "random act of kindness" to another	Teaching Taryn how to drive on the freeway for the first time.
Best "random act of kindness" from another	When Taryn woke up at 4:30 AM to pick me up in Benicia before a meet even though she was backtracking from Lafayette after learning to drive on the freeway

Miranda Stevenson – UC Santa Barbara, swimming



- **Summer Junior National Qualifier**
- **Swimming All American**
- **Academic All American**
- **State Finalist**
- **USA Swimming Top Ten**
- **Team Record Holder**

Adjustability, Adaptability and overcoming Adversities. In addition to a moral compass, these three A's guide my life – whether I'm facing a challenge, making an important decision or charting the course for the next year - or five years.

Adjustability. The people I admire most share this trait – without making a big deal, they're able to confidently and humbly **adjust** to changing circumstances or surprises. I strive for this every day.

Adaptability is being flexible and open to new ways or ideas. I never needed help with math until high school when classes got harder. I decided to meet with my teachers, introduce myself, share where I was struggling and make full use of their office hours. I was surprised to discover they always appreciated my initiative and were truly interested in supporting my success. It's a strategy I've used ever since.

Overcoming **adversities** is a catalyst for character development. Excited to gear up for the college recruiting process, a devastating shoulder injury derailed my sophomore swim season and I was unable to compete for nearly a year. In hindsight, this developed strengths that've been so important in every aspect of my life. I learned to dig deep to find a positive attitude even when at first I felt devastated. When one 'door' closes, I learned to actively seek 'open doors'. I learned to focus on what I can do, rather than what I can't – I went to every practice, strengthening other areas of my body and components of my race strategy like underwaters. It wasn't easy, and there were plenty of bad days – but ultimately this journey gave me grit, perseverance, strategic perspective, and a quiet confidence that only comes from encountering the depths of a setback like this. Dealing with adversity also delivers a healthy dose of humility.

Reflecting on my time at OA, I think my greatest successes were because of, not despite, my injury. Through recovery, Ronnie & Donnie helped me learn to trust the process, and believe I would come out stronger in the end. Today, I'm finishing my OA career with two Junior National cuts and anchoring my high school's relay with a 21.99 for our second place finish at State. I'm excited to start my next chapter this fall swimming at UCSB.

To Marc, (Go Gauchos!) thank you to you & Dom for your kindhearted support as I transitioned from rec to club during the pandemic. You guys helped me realize that life doesn't have to be so serious and that it's important to stop and take a breath and appreciate what I have now.

To Donnie, thank you for believing in me, and teaching me that leadership comes from service. My 2020 self would never have imagined the ways OA would impact my life inside and outside of the pool. Through many of our team meetings, you'd stress the importance of community and character - things people often overlook and dismiss. Many of us swimmers thought of these topics as minor, however by the end of my Orinda Aquatics career, I finally understand the impact us kids have upon the world and the great examples we must lead by.

To Ronnie, thank you for guiding me to find my inner strength and how to navigate adversity and uncertainty. These are skills I'll use for the rest of my life. Although we had a rocky relationship at first, you helped me realize when things become difficult or feel impossible- keep going, there is always a light at the end of the tunnel, even if it's not what you anticipated. And just remember, one misstep turns into a slippery slope ;).

To my parents, knowing the support I have from you both allowed me to take chances and also to form my own opinions to navigate my life how I wanted to. When situations became tough, we were all able to talk things over and decide the best course of action. I never really realized how lucky I was to have a welcoming family to walk into at the end of each day, many people I knew procrastinated going home due difficult family situations. Appreciating things like this helped me understand how much I took for granted all these years.

To my teammates, make the most of your time at OA. Have fun! Remember that you're learning so much more than 'swimming' by being a part of our team. Take the character and leadership lessons and apply them in other parts of your life. There is always someone looking up to you whether you know it or not. Believe in the difference you make by being a good teammate and a positive example. Be kind, be inclusive and trust that setbacks are sometimes a blessing in disguise.

Thank you for everything, Miranda

Favorite quote:	"It's your reaction to adversity, not adversity itself that determines how your life's story will develop." Dieter F. Uchidorf
Favorite coach saying (or bad joke):	"I have two words for you – gap year." Ronnie; and "Robbing a bank is a slippery slope." Also Ronnie
Best memory (swimming):	Celebrating Ronnie and I's one-year anniversary of when we spoke to each other for the first time, even though I had been in his group for about a year.
Best memory (team):	Clovis bus ride on the way home – 2024
Best lesson learned (swimming):	Challenge and adversity weeds out the weak.
Best lesson learned (life):	No one is going to remember what you wore to class on a random Thursday afternoon. Make the most of your time in middle school and high school. Be yourself.
Best "random act of kindness" to another	Welcoming the freshmen to the Senior 4 Group
Best "random act of kindness" from another	A group of my friends supported me at my graduation. I had no idea they were coming. It made my day 100 times better.

Mikey Chu – USC



- **Sectional Qualifier**
- **Scholar Athlete**
- **Academic All American**
- **National Merit Commended Scholar**
- **Student Body Vice-President**
- **Campolindo High School Inspirational Award**

I joined the Junior 1 group on a cold November day back in 2015. During that first practice, Coach Marc decided that "Mikey" was a better fit for my personality. From that day forward, Orinda Aquatics would forever change my life (and my name).

After joining, I spent five years in the junior group and two more in the Senior 3 group before being moved up to Senior 4. For those of you still in the junior group, I encourage you to savor every moment of the journey. While it may seem like there are endless team-building activities, fall jamborees, and new senior buddies ahead, it'll all pass by

in a blur. Cherish every moment you have on this team, because someday you'll be a senior, wishing you could relive all of it.

What makes OA so unique are the special bonds formed with your teammates. Unfailingly, there seems to be an inherent creed amongst all who walk onto the Soda deck. Every season, the veterans and older kids have taken on responsibility as team leaders, providing inspiration and mentorship to the rest of the team. I've had the privilege of watching eight senior classes pass through Orinda Aquatics, each stacked with extraordinary leadership. In particular, Isaac Kim, Henrik Barck, Théo Yavuzer-Judd, Ben Kang, and Nate Levy were gold-standard role models who have inspired me to become a better teammate.

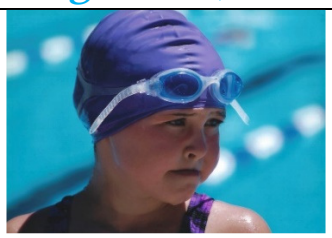
I'd like to thank the coaches who not only improved my swimming, but whose accountability made this truly feel like a family environment. To Marc, who I had the pleasure of being coached by both in Junior 1 and in Senior 3, thank you for laying a great foundation for me and always being a positive and supportive role model. It's always great to catch up with you on the pool deck. To Matt, who coached me for a year in the Junior 2 group, your humor always made coming to your practices exciting. Thank you for teaching me valuable lessons during the short time I was in your group. To Dom, thank you for bringing so much energy as a coach. I knew there would never be a dull moment when you were on the pool deck. And thank you for introducing us to the greatest set ever with "the pit." To Coach Donnie, ever since you started coaching me six years ago, you've meant so much more than just someone who improved my technique. Your unshakable devotion to instilling the highest moral values in all of us from a young age is one of the most commendable life choices I've seen from anyone. Thank you for your kindness, patience, and determination in giving this team your all. Your profound impact on me, both in and beyond swimming, will endure for a lifetime. And to Coach Ronnie, it's been an incredible experience closing out my OA career with you. It's easy to trust your decision-making, knowledge, and judgment (minus the conspiracy theories) because I know how deeply you care about the success of all of your swimmers. Being coached by you in a high-level training group has been character-developing, life-changing, and fun.

To my parents, thank you for being my biggest supporters–my time on Orinda Aquatics wouldn't have been possible without your volunteering, encouragement, and rides to the pool. Finally, I'd like to thank my training group that has made coming to practice in the past couple of years more than just swimming laps. Reid, Theo, Eason, Zach, Ethan, Garrett, Parker E, and Parker S: thank you for being the best teammates I could've asked for. Your friendship and unwavering support have made every workout an unforgettable experience.

All the best, Mikey

Favorite quote:	"It's not about what you're capable of, it's about what you're willing to do." - Mike Tomlin
Favorite coach saying (or bad joke):	"If you keep doing that with your technique you'll be on the slippery slope to jail" - Ronnie
Best memory (swimming):	Swimming the 1000 free on night 1 of Clovis my junior year with everybody cheering.
Best memory (team):	Going to the trampoline park during last year's theme week.
Best lesson learned (swimming):	The mental side of swimming is the most important aspect of the sport.
Best lesson learned (life):	True respect is earned through the actions of people, not something that's given.
Best "random act of kindness" to another	Giving my goggles to a teammate right before their relay when their goggles broke.
Best "random act of kindness" from another	Seven of my teammates staying in the pool with me during a tough practice to finish a long workout

Natalie Aiken - Georgetown, swimming



- **Swimming All American**
- **Academic All American**
- **Starting a non-profit: Swim Liberia**
- **Two-year Varsity captain of Carondelet**
- **National Honor Society member**
- **NCS Finalist**

I started swimming at the ripe age of 6. Ever since then, I have had a strong love for the sport. My rec team, Sleepy Hollow Legends, is where this love for the sport began. I had a drive to improve, never missing a single practice, trying as hard as I could on every lap, and doing no breather butterflies for Red Vines. I was naturally very good, breaking numerous records throughout the OMPA and County. I played a bunch of other sports up until high school, but swimming was what I enjoyed the most.

When I was 13 I decided to move year-round. In the beginning, it didn't feel that much different from summer rec. However, as the practices got more grueling and events were no longer just 50 yards, I realized that I had a long road ahead of me. The summer after my 8th grade year was when I would say my real swimming battle began. I injured my left shoulder that would leave me kicking and in physical therapy for 9 months. All throughout high school I dealt with shoulder pain and a worry that if I overused my shoulders, I would end up back in the injured lane. But my shoulders were the least of my worries.

My four years of high school were a rollercoaster of emotional ups and downs. I went through periods of time where I felt the love and drive to swim of my 6-year-old self. But more often than not, I found myself forgetting why I loved the sport. This led to a plateau in my junior and senior year. I hadn't dropped in a year and a half, and my times were not recruitable for the colleges I wanted to attend. Ever since I was that little 6-year-old, I had put all of my self-worth on how fast I swam. During this plateau, I would get upset after races and tried to brush it off, but it hurt deeply. It was difficult to go to practice every day and find the motivation to get better. I lost confidence in my swimming ability, and I even questioned if I wanted to swim in college.

All throughout this time Ronnie and Donnie were still giving us character meetings. These info meetings helped me refocus on all of the other aspects of being a teammate and an athlete. They brought my attention to something other than myself and my own performance in the water. During my junior season I tried to be the most supportive and uplifting person on my high school team. Even though I didn't perform how I wanted to, Ronnie and Donnie's focus on leadership and character helped me lead my high school team to win NCS. It was the most happy and proud I have ever been in my swimming career.

In April of my senior year, I ended up getting into my dream college academically and was offered a spot to walk on to the swim team. At the end of that season, I swam the best I ever had and regained the enjoyment for the sport that had been lost. I realized that the times and places I got were miniscule in the bigger picture. Looking back on this time, something that stands out to me is the quote from Donnie, "Adversity does not build character, it reveals it".

With Ronnie and Donnie's help, Orinda Aquatics has taught me three things:
1. Life will have many ups and downs, no matter who you are.
2. It is how you deal with these ups and downs that reveals your true character.
3. Life is not about waiting for these storms to pass; it is about learning how to dance in the rain.

Thank you, Ronnie and Donnie, for everything you have given me. You have set me up with a lifelong supply of lessons and tools, and for that I am forever grateful.

Love, Natalie Aiken

Favorite quote:	"Fight for the things you care about but do it in a way that will lead others to join you." – Ruth Bader Ginsburg
Favorite coach saying (or bad joke):	"If you ever find yourself in jail use your one call on me." - Ronnie
Best memory (swimming):	Clovis relays
Best memory (team):	OA rafting trips and Clovis 2024 bus ride home with Ronnie's "bedtime" stories
Best lesson learned (swimming):	The day you plant the seed is not the day you eat the fruit.
Best lesson learned (life):	A happy person isn't someone who's happy all the time. It's someone who effortlessly interprets events in such a way that they don't lose their innate peace.
Best "random act of kindness" to another	Being the "mom" teammate with a bag full of anything anyone could ever need (especially hair ties).
Best "random act of kindness" from another	Miranda stretching my fins out for me when they were new so they wouldn't hurt my feet.

Taryn Veronda – Amherst, College, swimming

AMHERST COLLEGE



- **Academic All American**
- **California Scholarship Federation Lifetime Member**
- **Co-Founded Equity Committee**
- **Scholar Athlete**
- **Sectionals Qualifier**

As a society, people do not realize how lucky they have it until it is gone. Unfortunately, I am no exception to this. I have always been looking to the future, thankfully I am going to college soon, is a sentence that I used to frequent. However, ever since I graduated, I have had the opportunity to sit, slow down and reflect. Over the past weeks, I have realized that the most prominent, positive, and influential aspect of my life was not my high school experience itself, but my swimming experience at Orinda Aquatics.

Joining my sophomore year of high school from a recreational swim team, I quickly realized that I plunged from the top of the swim chain to the very bottom. Unable to finish sets without stopping on the wall, practically getting pulled in the other direction by my parachute, and constantly getting lapped by everyone in my lane, I was sure I would eventually return to my rec swim team in December. However, there was something in the atmosphere that kept me from quitting. Initially, I didn't recognize it, but I realized it was a close-knit community of amazing individuals shaped by Orinda Aquatics.

In the future, I will not remember the amount of yardage swam every day or the amount of time I dropped or added on a given meet, but I will remember the unwavering support and camaraderie that has shaped me to be the person that I am today. I am grateful to have learned that success is not individual, but a bond formed together through encouragement and community. I am forever thankful for the laughs, companionship, and determination that this team has provided. I am so lucky for the stable environment that this team has provided me for the past three years.

To my teammates, I am fortunate to call you my best friends and my second family. No matter if it is a friendly competition during workouts and meets, or listening to me talk for another hour in the parking lot after a three-hour practice, you never fail to motivate me to be the person I am today, all while making me laugh. I will forever reminisce on the post-practice yogurt shack runs and travel trip bus rides that I will treasure for a lifetime.

To Donnie, thank you for taking a chance on me. Never turning down a time to answer my numerous questions from workouts to college, you never gave up on me. Writing the nicest and most convincing emails to college coaches encouraging them to consider me for their team, I am so grateful for your dedication to my improvement and character.

To Ronnie, thank you for teasing me. Although I do not care to admit it, the friendly teasing helped me immensely. It did not just improve my underwaters but also brought out a side in me that I had never seen before. You successfully found a way to push me to new heights that I would have never imagined.

To my parents, you two are one of the most dedicated parents that I know. Although you always tell me that my success is reflected in the countless hours in the pool, I argue that without the strong parental support system you have set up, I would not have achieved anywhere close to what I have accomplished.
Even though you are extremely busy yourselves and live your own lives, I cannot recall a single swim meet that you both have not attended. There are not many parents that would drive to Roseville three times in a row in 110-degree weather to watch me race for less than two minutes. I am so lucky to have such supportive and loving parents.

Lastly, to my sister, Tess, we have done so many activities over the past years together, but nothing has bonded us like swimming has. You have inspired me to do the best that I can. No matter if it is as little as saying hello to me during my workout or rallying your friends to create a cheering squad and stand behind my lane, you have undoubtedly been one of my greatest supporters. I don't know what I am going to do without my other half next year and could not imagine a life without you. I love you so much Tess, thank you for being my best friend and inspiration every day.

Although I am having a hard time accepting that my time at Orinda Aquatics is coming to a close, I am beyond fortunate for the amazing memories that this family has provided for me throughout these three years. I am so lucky to have gained friendships and wisdom that will guide me through the rest of my life. Words cannot express the amount I will miss this team.

Thank you. Taryn Veronda

Favorite quote:	"Sometimes I wish that I could freeze the picture. And save it from the funny tricks of time" - ABBA
Favorite coach saying (or bad joke):	"Wouldn't have happened if you were juicing" - Ronnie
Best memory (swimming):	Racing next to my sister, Tess, in the long course 100 fly at the 2023 Long Course Summer Finale
Best memory (team):	Laughing so hard on the In and Out stop and bus ride back home on the 2024 Clovis trip I peed my pants.
Best lesson learned (swimming):	Your potential exceeds your expectations. You are capable of so much more than you think.
Best lesson learned (life):	Trust the process, everything happens for a reason.
Best "random act of kindness" to another	Waking up at 4:30 am to pick up Olivia Pettit from Benicia and faced my fear of driving across bridges for the George Haines International Meet.
Best "random act of kindness" from another	Olivia Pettit, Miranda Stevenson, and Mollie Appl for constantly pushing my underwaters in backstroke sets, and for being so welcoming to me when I first joined the senior 4 group.

Lulu Martin del Campo – Carleton College, swimming



- **Academic All American**
- **Scholar Athlete**
- **Coaches Award Winner**
- **OA Dry land leader**
- **Western Zone Qualifier**

When I first joined OA, in my sophomore year of high school, I didn't know much about it at all, save for that the people that I knew on the team were kind, supportive, and willing to help out. When I chose to switch teams, it was simply because I figured that OA must have more people who were as wonderful and helpful as them. I remember my first day trying out the team. I walked in and hung out by the wall, nervous, and didn't speak to anyone for a solid like 2 minutes. Suddenly I was greeted by one person, then two, then three, and before I know it was engaged in welcoming conversation. By the end of the practice, people were arguing over who would give me my first OA cap. I never spent a minute after that debating whether I made the right choice.

OA gave me the ability to look beyond what I saw in everyday, normal life. It gave me an alternative norm, one where people strive to be the best they can be and actually succeed due to the supportive atmosphere, coaches, and people around them. I learned how to truly be a leader and not a follower, how to be who I wanted to be, with guidance from a better peer group. I always felt like a part of something bigger than myself for as long as I've been with OA, and that has really taught me that my actions do have consequences for a group that I'm a part of, despite what I may think, and often far reaching ones. OA has become one of the few experiences in my life where I know that without it, I would be far worse off.

Donnie, you in particular have helped me shape my life into what I wanted it to be. You have pushed me every day to be the best version of me, helped me call into question some things I never would have otherwise, and supported me through my various injuries and aliments without hesitation. I always knew you were 100% in my corner, in all of our corners, supporting us and hoping for our support in return, and I want you to know you will always have mine. I am honored to have been a part of such a wonderful, magical, incredible team that is showing the world that swim teams do not need toxic cultures to get results, and I am honored to have been coached by you.

I think the thing that I will most treasure from this team is not only the amazing group of friends I have, or the fantastic support network, but how you have given me the ability to truly delve into what I love. Before I came to OA, I had an interest in teaching swimming, but I never felt that I had the right words, drills, or movements to correctly express what I thought the kids should be doing. While teaching me the correct technique, teaching me how long it takes to correct a stroke, in giving me a multitude of drills and actually explaining what they do, you also gave me the ability to take all that and apply it to the kids I taught. I got better at what I love because of you, and OA, and I will forever remember that.

Thank you from the bottom of my heart, Lulu MDC

Favorite quote:	"Do or do not. There is no try."
Favorite coach saying (or bad joke):	Be above the weather.
Best memory (swimming):	Clovis – being in that meet and most importantly, spending high-quality time with my teammates.
Best memory (team):	Rafting 2023
Best lesson learned (swimming):	How to mentally prepare for my races – to stay calm and swim to the plan

Best lesson learned (life):	To question widely accepted norms, such as complaining. I have realized that we have a choice and do not need to follow mainstream thinking. Also how to be resilient in the face of mental and physical challenge.
Best "random act of kindness" to another	On my first Clovis trip, I requested to room with and support a very shy, timid, and nervous swimmer. I felt like (and Donnie told me) that it made a big difference.
Best "random act of kindness" from another	My very first day at OA when Reid took me under his wing. That meant so much.

Emilia Barck – Brown, swimming

BROWN



- **Swimming/Academic All American**
- **Scholastic All American (4x)**
- **NCS Champion/State Finalist**
- **Team Record Holder**
- **Summer Junior National Qualifier**

When contemplating how to condense the lessons I have learned and the experience Orinda Aquatics has given me into one letter, more than ten years' worth of memories on this team flash through my mind. At the beginning of my first practice, Coach Sophie introduced me, a timid and quiet 7-year-old, to the Junior 1 group. I was the youngest team member and had no idea what kind of impact this community of thoughtful, driven, and caring people would have on my life from that moment on. As I prepare to leave the OA family that helped raise me, one rare value that this team fosters stands out to me.

While the phrase "Character First" has been repeated countless times and manages to encompass one of the most prominent principles OA stands for, this mantra is present in more ways than one might expect. As a younger swimmer, like many others, I was focused on my times. I pushed through grueling sets in the pool to prove something to myself, my coaches, my parents, and my friends. Anxiety kept me awake the night before my races, and asking my mom to convince me that my results were not the end of the world was the only way to ground myself. While I always strived to be the best teammate and version of myself in and out of the pool, my success as an athlete was my true motivation to work hard.

As I continued to swim for Orinda Aquatics, my swimming mentality began to change and shape into something that reflects growth as a person instead of just as an athlete. Another layer of motivation to swim developed alongside pushing my limits in the pool to achieve my goals. Not only did the success of my teammates feel more rewarding than mine alone, but creating a positive environment for younger swimmers to learn healthy team culture and work ethic became my motivation to push through sets and stay positive during the most punishing days. Seeing their growth and improvement as both people and athletes has given me a greater sense of pride and gratification compared to any personal best time. The emphasis OA puts on developing as a selfless leader and caring about others more than just yourself is not something found in many other teams.

With this in mind, I want to extend my utmost gratitude to those who have cared for me in this way since the beginning. Thank you to my parents for helping me see that the journey and experience far outweigh the results. Thank you to my brother, Henrik, for always being there for me no matter what. Thank you, Ronnie, for your unwavering confidence in me when it was sometimes hard to see myself the same way. Thank you, Donnie, for helping me learn what discipline truly means. Thank you to Sophie, Marc, and Matt for helping me grow up to be the person I am from the shy little girl I came into this team as. Finally, thank you to my friends and teammates for being the unparalleled reason for loving this sport.

Thank you for everything, Emilia

Favorite quote:	"No act of kindness, no matter how small, is ever wasted." - Aesop
Favorite coach saying (or bad joke):	"Solid" - Ronnie
Best memory (swimming):	Swimming in the mixed medley relay at Summer Juniors last year.
Best memory (team):	Building rafts made out of cardboard with the team during theme week last year.
Best lesson learned (swimming):	If you always do what you've always done, you'll always get what you've always got." - Henry Ford
Best lesson learned (life):	Always appreciate what you have and show gratitude towards the people who care for and help you.
Best "random act of kindness" to another	Swimming the 100 free at NCS instead of 100 breast so that every other qualifying breaststroker had the opportunity to swim their best event.
Best "random act of kindness" from another	Jasmine letting me come to her house after countless morning practices before school started to provide hospitality

Parker Etnyre – Indiana



- **Future Qualifier**
- **Academic All American**
- **Scholar Athlete**
- **NCS Finalist**
- **High School Team Captain**

I still clearly remember my first day with Orinda Aquatics. I tried out for the team in 8th Grade and was unsure if I even wanted to swim year-round as I had been a water polo player up to that point. The main reason I joined Orinda Aquatics was because of my sister, Lauren, who had gone through Orinda Aquatics years earlier. Lauren's persuasion made me commit to joining OA, and looking back on that decision, it has been one of the best decisions I have made in my life.

Orinda Aquatics has provided a platform to grow and excel both as an athlete and a person. After my time on OA, I realize there is no other swim team, let alone a sports team, where I could have achieved the same level of growth. Having different groups divided by skill and age, although initially frustrating, was essential for gaining maturity and athleticism because it motivated me to work harder to reach my goals.

They say your 5 closest friends influence the person you are, my five closest friends on the team have made me who I am today; compassionate, caring, and understanding. To my friends and peers on the team, I cannot thank you enough. You have provided me with some of the best company I'll ever have in my life. You were always there for me when I needed you, and helped me grow to be a better teammate and a leader on the team. The people on this team truly meet the definition of being "Character First" and that is what I am forever grateful for, and it is one of the primary things that keeps me motivated every day and ready to improve as a teammate.

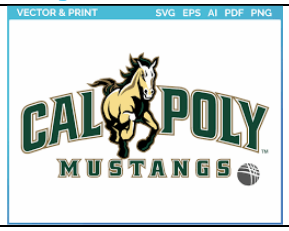
To the coaches, I want to thank you for laying the groundwork to create the most positive environment I have ever been a part of. Without the coaches being there to initially guide, create, and influence the teams culture it would not be what it is today. The amount of dedication you have put into creating an environment where kids can swim fast and learn to be truly fantastic people is awe inspiring, thank you. I know as a swimmer it is not easy to wake up at 5 AM for morning practices but doing that for decades shows the true passion the coaches have for this team.

Lastly, I want to thank my family. Without my family I would have never even gone to year round swim, or be where I am today. The constant dedication to show up to every meet I competed in, whether a 20 minute or 8 hour drive, is truly meaningful. I cannot thank my parents for the level of commitment they have given to me as both a swimmer and their son.

As my time being on Orinda Aquatics and swimming in general comes to a close, I know the time I have spent on this team will be reflected in my future. The idea of being the best person I can be will guide and stay with me into my future, and will help me succeed as a person. Parker

Favorite quote:	"You must be the change you wish to see in the world" - Mahatma Gandhi
Favorite coach saying (or bad joke):	"Between you and Parker Smith, there's good Parker and bad Parker. And you want to be the good Parker" - Ronnie
Best memory (swimming):	4x200 freestyle relay at 2022 winter sectionals
Best memory (team):	Every single rating trip
Best lesson learned (swimming):	That it is the small things in practice that are often overlooked, that can make the big drops in swim meets.
Best lesson learned (life):	I am the only person that can truly dictate my own success through my own hard work.
Best "random act of kindness" to another	Being there to talk to teammates after they are very down and disappointed after having a bad swim at peak meets. Like the time in summer Colvis where I spent 30 minutes talking to Theo after his race.
Best "random act of kindness" from another	Theo and Parker Smith being more excited than me, after I got futures in the 200 free at the 2022 Winter Sectionals. And having them be very good teammates in the way they were happy for me.

Audry Hoover – Cal Poly





- **Academic All American**
- **Scholar Athlete**
- **High School Team Captain**
- **OA Dry Land Leader**
- **Western Zone Qualifier**

When my dad told me I was trying out for Orinda Aquatics I was very upset. I told him I didn't want to move from my familiar rec team to a new one. I remember feeling as if I was dragged to the tryout. I was ungrateful and rude to my father, who was trying to give me a better opportunity. When I got the email that I made the team, I merely shrugged and said that come December, I would quit and swim for my rec team.

From my first practice to my first year, to the end, I have realized how wrong I was. I am grateful that I realized how much I would have missed out on if my dad and coaches didn't believe in me. If I had not joined, I would have missed out on great friendships and impeccable mentorship from my coaches. Character being put above all else has shone time and time again to elevate both my mindset in and out of the pool. Using what I have learned from my coaches, I know that I will walk on to be a better person.

As I leave, I hope to show my gratitude to my teammates, coaches, and family. Without them, I wouldn't be the person that I am today. I consider it a privilege that they have been a present source of positivity when I needed it most. I have nothing but the utmost respect for them. I am only excited about returning from college and seeing a team that continuously becomes kinder and more continuous in exceeding its excellence.

Much Love, Audrey Hoover

Favorite quote:	"No one can make you feel inferior without your consent." -Eleanor Roosevelt
Favorite coach saying (or bad joke):	"What's up PH-homey!!" -Coach Marc
Best memory (swimming):	Getting scratched into a 100 fly long course final and driving back to Novato to get a best time. (I had just pulled into my driveway and was eating a burger when I got the call).
Best memory (team):	OA team rafting trip
Best lesson learned (swimming):	Working hard and staying consistent is the best gift you can give to yourself.
Best lesson learned (life):	Being kind to others can have a lasting impact on not only them, but yourself.
Best "random act of kindness" to another	Reaching out to teammates who were having a tough time in practice or in life.
Best "random act of kindness" from another	Emma Bustamante kept asking me during my first TABS if I was ok, because I was obviously struggling through the iron cross.

Theo Holtzman – Pomona, swimming



- **Sectional Qualifier**
- **Academic All American**
- **Scholar Athlete**
- **High School Team Captain**
- **NCS Consol Finalist**

I wanted to start by saying thank you, from the bottom of my heart, for the support and stability that Orinda Aquatics has provided me throughout my middle and high school journey. I arrived at OA at a time in my life when everything seemed simple and straightforward. Little did I know that just months later, my life would turn upside down. And little did I know that OA would be so crucial to my ability to navigate the path that laid ahead. The constant positivity and structure that this team has provided throughout daily life gave me - almost more than anything else in my life - the tools in order to conquer the challenge.

The pool has been my source of calmness and focus; the team has been the foundation of my ability to overcome obstacles, some ordinary and some extraordinary, starting with my mom's death - the same horrible night my grandfather died too - just four months after I had joined the team. My first day back to practice a couple weeks later, I was greeted by dozens upon dozens of letters and cards from my teammates, all of them heartfelt and unbelievably supportive. That support has not ceased for four years.

While I could talk for hours about what this team has taught me, I can narrow down the team's impact by highlighting two tools that have stood out to me most.

One of these tools is integrity and self-confidence to stand up for myself and uphold my ideals no matter the situation. At multiple points, I've had to stand up to social pressure, and the only way I've been able to do so is through self-discipline that the team has taught me. I still have on my refrigerator the calendar page for May 2020, when OA assigned the task of every day writing down a character trait that I wanted to aspire to. Every one of those words on that calendar had meaning, and still does.

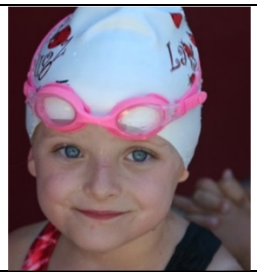
Another one of the tools OA has provided is the ability to create structure and organization within my life. Being a student athlete is a huge challenge, and with OA's constantly tough workout schedule, finding ways to manage my time is necessary for succeeding academically. While OA's workout schedule has been grueling over the past four years, it has provided me with the structure necessary to conquer procrastination and to work past the barriers of everyday life.

I will also carry these tools with me. I genuinely don't think I would've made it to where I am today without the help of OA's structure, strong ideals, and constantly supportive community. This is not just about character. It is about relationships. Orinda Aquatics has given me relationships that I will have for the rest of my life and an overwhelming gratitude for what I have.

I can't thank you enough, Theo Ho

Favorite quote:	"The superior man is distressed by the limitations of his ability; he is not distressed by the fact that men do not recognize the ability that he has." Confucius
Favorite coach saying (or bad joke):	"You should cut your hair" - Ronnie
Best memory (swimming):	Swimming the mile thirty minutes after getting to the pool during the 2023 short course sectionals in Novato and then later that night watching Parker, Andrew, Thèo, and Nate crush the 4x200 freestyle relay.
Best memory (team):	The one day during 2023 winter clovis where the weather was so bad that they had to cancel the prelims session, so people were making ice baths and were bonding as a team during a bad situation.
Best lesson learned (swimming):	To always warm-up right before my races no matter the circumstance.
Best lesson learned (life):	Always stick around and cheer for someone during their race and support them afterwards no matter the outcome, and they will do the same for you in the times that it matters most.
Best "random act of kindness" to another	After Eason had a bad race during the 2024 winter Clovis meet during a finals session, I hugged him and offered him words of encouragement, and it helped me a lot too.
Best "random act of kindness" from another	After an undesirable 400 free during 2022 long course Western Zones in a finals session, I was really mad at myself and I was sitting in the warm down pool and Parker Etnyre came up to me and talked to me for a while about its insignificance.

Maddie Blackwell – Dartmouth, swimming



- **Academic All American**
- **Swimming All American**
- **Futures Qualifier**
- **NCS Finalist/Sate Finalist**
- **Junior National Relay Finalist**
- **PacSwim Athlete Rep**

By the end of my first week on Orinda Aquatics, Coach Matt had a human hamster ball in his Amazon cart that was reserved for me as I had multiple injuries. Needless to say, I was physically off to a rough start on my new team. Years earlier, when I was swimming with my rec team, I ended up with growth plate fractures in my shoulders due to terrible technique. My doctor sent me to a new coach who improved my stroke but the team was far too intense and I contemplated finding a new sport.

My family encouraged me to consider OA before bailing and thank goodness they did. The injuries persisted, but I learned so many important lessons in the process. One, OA was the right team for me, even if I couldn't train to my full ability. Two, it is grit and determination that determines whether or not you succeed as an athlete, not your talent. And three, the environment that you are in can either hurt you or help you. Orinda Aquatics was the latter. Coming from an overly-intense team, I was wary about a team that preached "Character First", because it sounded too good to be realistic.

However, after my first couple weeks on the team, I realized that the motto was true. I broke another bone and sustained a brain injury in a freak accident at a swim camp. I managed to survive this difficult time due to Coach Donnie encouraging me to come to practice and focus on what I could do versus what I was missing. I learned to cheer and take splits while receiving pointers on race technique. I found older role models, who quickly became my supportive and uplifting friends. Donnie introduced me to Pacific Swimming leadership, and I became an Athlete Representative, which was a more valuable experience than I ever could have thought. Most importantly, I found a team culture that emphasized integrity, rather than focusing on how fast they swam in the pool.

When I finally recovered, I was slower than my friends and put enormous pressure on myself to catch up. After one particularly bad swim, I learned one of Donnie's many mantras, "Find the value in every race". Of course, this meant that I should look for all the silver linings, including the important lessons I learned swimming in the "injured lane" every day.

And then the pandemic hit. Like the rest of the world, I was stuck at home and unable to exercise or go to school. I certainly had my moments of despair, but decided to focus on, yet again, what I could do. I used the life lessons that I learned from Orinda Aquatics and wrote a petition to open pools that was featured in Swimming World magazine. I attended virtual meetings with PacSwim and we all worked together to get back in the water.

Once back in the pool, I was separated from my friends who were all in Senior 4 with Sectionals cuts. I was crushed at the loss of not seeing them every day and losing great training partners. I also took it as a reflection of my swimming ability and had a moment when I questioned my entire swimming career. However, Donnie's voice was always over my shoulder, and I didn't want to let him, or myself, down. I focused on leadership and got the Harbor House learn-to-swim day back up and running. I also learned about the Special Olympics and immersed myself in coaching people with disabilities. The lessons I learned from these two groups will be with me forever.

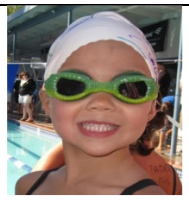
During my first race after the shelter-in-place, I swam as hard as I could and moved up to Ronnie's group. The lessons I learned from him are too many to count. I watched him buy food for homeless people on the way home from the Clovis meet. I was also schooled in the dangers of social media, alcohol and drugs, and crop circles.

What I know I will stick with is valuing myself, my family, my teammates, and my community above all else. I am off to swim at a Division 1 college and I know it will be challenging, but I am well prepared because of the personal and character development that I learned from Ronnie and Donnie. I cannot thank them enough for helping me become more resilient, focused, and determined to be the kind of person who looks for opportunities to be the best version of myself.

I will miss all of Orinda Aquatics, but I look forward to returning this Fall and swimming through the turkey and gratitude sets that I have come to actually enjoy!

Favorite quote:	"I always wondered why somebody didn't do something about that. Then I realized I am somebody." - Lily Tomlin
Favorite coach saying (or bad joke):	"You should really try curling. It might be a better fit." - Ronnie
Best memory (swimming):	At Novato Sectionals 2023, I anchored our 4x100 free relay with a 50.5 and out-touched the lane next to us by 0.07 to get 1st. We all went wild and it was awesome.
Best memory (team):	Bonding with the younger swimmers who were my roommates at Clovis.
Best lesson learned (swimming):	Ronnie is usually right (about swimming).
Best lesson learned (life):	What doesn't kill you really does make you stronger.
Best "random act of kindness" to another	I drove about an hour to Far Westerns in Morgan Hill to cheer on my buddy, Stella Canoles, and to bring her and Donnie snacks.
Best "random act of kindness" from another	Maddie Smith recognized that my mom and I had no idea where we were supposed to go at the Jamboree (I was brand new and doing fall swim at the time). She immediately introduced herself and offered to help us figure out where to go.

Jasmine Fok – Georgetown, swimming



- **Academic All American**
- **Swimming All American**
- **Junior National Qualifier**
- **NCS Champion**
- **State Finalist**

I have been swimming with Orinda Aquatics for almost ten years, so as it is ending, it is difficult for me to feel like I can fully reflect on my time with the team so quickly. However, what I can say is that since I joined at nine years old, the experiences I have had and the people I have met have shaped who I am. I would have had a very different path in life had I not grown up swimming on Orinda Aquatics.

Joining the team at a young age was challenging over the years, though now I recognize that it was beneficial during a crucial time in my development. My early commitment to the sport served as an avenue to learn and exercise essential skills as I matured. I went from Junior 1 with Coach Mark to Junior 2 with Coach Matt until I made it into Junior 3 with Donnie. As I moved from group to group, I made and stayed friends with my teammates, whom I would get to train with throughout the years. I gained a hard-working and competitive nature through these relationships, and every day we would aim to push each other while having fun. Not a day would pass that I wouldn't have a good laugh with my teammates and also use every bit of my energy to race them in sets. The discipline it took for me back then to show up every day and work hard in the pool has been ingrained in me.

As my time in the junior group was coming to a close, the Covid pandemic started and swimming with Orinda Aquatics was shut down indefinitely. During this time, I could have laid back and given up on training as I waited for an end to come, though the discipline and desire to improve myself kept me working towards my goals throughout the lockdown. I kept in touch with my friends and grew even closer to them as time passed and continued even past when it was over. School restarting and the end of the pandemic were new challenges for me, though I felt prepared and ready to carry what I had learned into my high school career and the Senior 4 group with Ronnie. Although, this new chapter in my swimming quickly proved to be more difficult than ever before. With the stresses and pressures of school and extensive life changes, I struggled with motivation and discipline more than ever. While trying to balance everything on my shoulders and live up to what I believe to be my potential, I felt like I was losing sight of why I have swam for all these years and with this team. As my journey is coming to an end, I am now able to reflect on the bigger picture. Orinda Aquatics has taught me to be a diligent and hard-working person through the skills I gained from my

experiences, as well as providing me with friends that I will always hold close to my heart and hopefully maintain connections with for the rest of my life. I will forever be grateful for what this team has gifted me.

Favorite quote:	"Keep your eyes on the stars, and your feet on the ground" -Theodore Roosevelt
Favorite coach saying (or bad joke):	"It's a slippery slope" -Ronnie and Donnie
Best memory (swimming):	2023 State meet, finally felt confident and in peak shape after a long plateau, was able to swim fast and have a lot of fun with my teammates.
Best memory (team):	Travel meets like Juniors and Clovis, where I feel like I have always gotten closer with my teammates over the years and make new friends while racing and showcasing all of our work in the pool.
Best lesson learned (swimming):	Times do not define you and the sport is more than that, about improving yourself and the lifelong friendships and connections you make on the team.
Best lesson learned (life):	It is the most important thing in life to foster connections with people and show care and appreciation to everyone, especially those who are closest to you. When you have thriving relationships with friends and family, you are the happiest you have ever been.
Best "random act of kindness" to another	While working at Slice House, a customer was a dollar short while paying for their pizza and I offered and used some of my money to cover it for them.
Best "random act of kindness" from another	When I was practicing my piano in Downtown Walnut Creek and a man walked up to me and told me my song sounded very nice and that I had made his day.

The main message. . . there is a lot more to this than just swimming.



Promise Yourself -

**"To be so strong that nothing
can disturb your peace of mind.
To talk health, happiness, and prosperity
to every person you meet.**

**To make all your friends feel
that there is something in them
To look at the sunny side of everything
and make your optimism come true.**

**To think only the best, to work only for the best,
and to expect only the best.
To be just as enthusiastic about the success of others
as you are about your own.**

**To forget the mistakes of the past
and press on to the greater achievements of the future.
To wear a cheerful countenance at all times
and give every living creature you meet a smile.**

**To give so much time to the improvement of yourself
that you have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.**

**To think well of yourself and to proclaim this fact to the world,
not in loud words but great deeds.
To live in faith that the whole world is on your side
so long as you are true to the best that is in you."**

— Christian D. Larson, *Your Forces and How to Use Them*


BEHIND YOU
all your memories.
BEFORE YOU
all your dreams.
AROUND YOU
all who love you.
WITHIN YOU
all you need.

