ORINDA AQUATICS

Parent Education

Orinda Aquatics and the Broader Swimming Landscape

Don & Ron Heidary

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Overview

1) Various entities
2) Orinda Aquatics

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Clarity on why you are here

- Love of sport
- Best use of time (and money)
- Willing to embrace work, team, and culture
- A desire to continue on in the sport
- Square peg – square hole

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Trajectory/Purpose

- "You stole my daughter's childhood"
- "You changed my child's life."

- "You have to run it as a business." – or, Money, swimming, people
- OA – 1) people, 2) swimming, 3) Money

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Ultimate Goal for Every Athlete

To learn invaluable life lessons through sports (at Orinda Aquatics)

To enjoy a long-term career, at highest level, in the most positive and productive environment possible

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OVERVIEW/PATHWAYS

- SUMMER LEAGUE (REC)
- HIGH SCHOOL
- USA SWIMMING
- COLLEGE SWIMMING

-- OPEN WATER – MIX OF MASTERS, USA SWIMMING, LOCAL (TIBURON MILE)

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Rec Swimming - General

No governing body

- one attempt to unify

Privately run

- no coach certification, club requirements

Organized leagues or conferences

Ability ranges from novice to NVSL (Northern Virginia Swim League) 100 team, ~20,000 swimmers, swimming & diving

Rec (USA Swimming) restrictions – OMPA (no USA Swimming) vs. Katie Ledecky

NVSL – role model, evolution/options to expand

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Rec Swimming - Benefits

Learn-to-swim

Intro to teams, events, racing

Social outlet

Intro to high school

For OA (a filter)

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Rec Swimming - Drawbacks

All race/speed oriented – compromising for early stroke development (we see this at OA and high school)

No access to longer events (access to aerobic vs. anaerobic kids)

Virtually no distance-per-stroke (length/balance) development

Kids get "locked into" environment – friends, coaches, winning, etc.

Generally (less experienced coaches)

Does not develop for high school swimming

Virtually impossible to reach potential

Little connection/pathway to college

For OA – few choose to leave rec swimming

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High School - General

NFHS (National Fed of State High Schools), CIF (CA Interscholastic Fed), NCS (North Coast Section), Leagues

Separate coaching requirements

Not USA Swimming

"Observed" meets submitted to SWIMS Database

Some rule differences

NISCA – coaches association (All Americans)

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High School – Positive

Represent school (friends)

Camaraderie/spirit

Short season intensity

All Americans (swim/acad.)

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High School - Negatives

Territorial vs. club swimming

Many conflicts with USA Swimming (club swimmers – coaches, schedules, philosophy)

Quality difference

Event limitations

Unattached issue

Limited collegiate pathway

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High School & OA

Strike a "fair" balance

Leverage league/NCS swims

Promote leadership/role models

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USA Swimming

National Governing Body (NGB)

30,000 clubs, 300,000 swimmers

Club, athlete, coach certification and registration required

Insurance

National meet calendar

Selects National/Olympic Teams

Times (SWIMS) database

Subset of United States Aquatic Sport (Swim, Dive, Synchro, WP)

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USA Swimming

4 Zones (Meets, Camps, etc.)

~16 Sections (California/Nevada)

~60 LSC's (Local Swimming Committees)

Pacific Swimming (our LSC)

- third largest LSC: 750 coaches, 17,500 swimmers, 100+ clubs
  - 5 Zones – 1N, 1S, 2,3,4,5
  - PacSwim BOD + Zone Boards

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International

IOC – International Olympic Committee

FINA – recognized by IOC to oversee aquatics sports

USOPC – US Olympic Committee

US Aquatic Sport – represents US aquatics at the world level (FINA)

USA Swimming – national NGB

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College

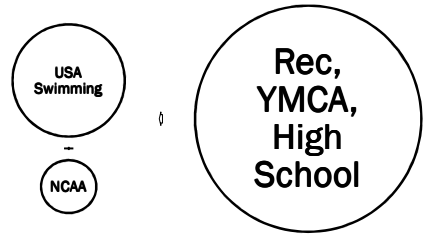
NCAA - Division 1, 2, 3

- **Oversees student athletes (500k) at 1,250 institutions**
- **Division 1&2 – scholarship**

NAIA – smaller colleges Junior College

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Big Picture



USA S – 300k, NCAA 25,000, high school – 350k, rec – 1MM????

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Orinda Aquatics

Polar Bears 1985 (25 kids)

Founded 1995 - OAPB (26th year)

Soda Center built in 2000

Team has averaged 150 swimmers

D/R founded, Matt from beginning, Marc – original member

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Orinda Aquatics – Governance/Oversight

501c3 – non-profit

Board of Directors - nine members (meet regularly)

Accountant, Bookkeeper, Treasurer

Best of both worlds (BOD/Staff run)

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Parent Commitment

Financial – dues/See's
Host Meet - shifts
Social – events/activities (one)

THANK YOU FOR YOUR SUPPORT THROUGH COVID

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Programs

Fall Swimming/Polar Bears (35 years)
Masters (AM 6-7)
Spring Clinics (rec only)
High School preseason – (rec only)

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Background/Culture

Rec swimming origin (highly successful)
- -Culture/relationships
- -Technique
- -Racing/winning

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Staff (OA) Exposure

ASCA Board/Board President
USA Swimming Board
PacSwim Board – Senior Vice-Chair, Club Development Committees – Investment, DEI, Scheduling
Traveled/presented to China, Canada, Ireland, Africa
Designed ASCA Summer-League course
Presented ASCA Certification – Level 1, 2, 4, 5, Parent
Speak at World Clinic, LSC workshops

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Staff Overview

Donnie – Junior 3/Senior support, Junior character/leadership – team macro/admin

Ronnie – Senior 4/National, Senior org/Senior culture, finance, schedules

Matt – Junior 2, Junior org, Membership/billing, meet support, updates

Marc – Senior 2/3, Fall Swimming, High School pre-season

Kati – Junior 1, Senior 4 support, Merchandise, Intake, admin support

Dom – Senior 2/3, Masters

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Success

Junior Nationals – within first five years

Club Excellence – Silver Medal

Virtual Club Championships – top team under 200

Won Sectionals, Far Westerns, Western Zone, etc.

Level 4 Club Recognition (USA Swimming)

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Structure

Junior vs. Senior (high school) - rationale

Junior 1, 2, 3

Senior 2, 3, 4

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Criteria (not B/W or exact)

Times, Ability, Potential

Attendance

Training ability

Technique

Maturity

Meet commitment

Team commitment

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Meet Schedule – who, how, why?

- Zone 2 meets (age-group)
- LSC meets (senior – 13+, championship)
- USA Swimming meets – Sectional, Futures, National
- Invitational meets – private
- Calendar Planning

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Meets

- Pacswim.Org
- Entry ASAP - and a broad event range, unless "Peak"
- Swim Connection or FastSwims (on-line)
- Results at Meet Mobile
- There will be a talk on the broader meet/event philosophy

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Time Standards - who, how, why? – at PacSwim.org

- PC-LSC age-group – JO, Far Westerns
- USA S - age-group – National Motivational (AAAA etc.)
- PC-LSC Senior – Sr Open, 2, etc.
- USA Swimming – Sectionals, Futures, Junior Nationals, Olympic Trials

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Parenting an Athlete Questions Parents Don't Ask

- Demand effort, team commitment, integrity
- Expect life lessons – the real value
- Be transparent
- Be a parent and not a coach
- Assume integrity from the staff
- Ask questions to understand

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Academics and Swimming

Done correctly, swimming enhances academics

- **Disciplined schedule/discipline life**
- **Life values**
- **Like-minded peer group**
- **Academics promoted through club**
- **Academic link to swimming in college**
- **OA Senior group GPS near 4.0**
- **Very demanding but best route**

Community mind trap/parent misconception hurts kids

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Ideal Member

Mature, self-disciplined

Loves swimming (training not racing)

Embraces culture – leader/role model, value system

Academic

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OA Goals

Number 1 team in USA under 200 swimmers (2,500+)

Best culture in youth sports (the model) – see travel presentation from ASCA World Clinic 2019

Best a developing healthy long-terms careers to national and collegiate levels

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OA Long-term Goals

Swim School

Club Advising

Promote character-driven culture

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Future Talks

2) Technical Development/Training Philosophy and Methodology

3) Character/Culture philosophy and implementation

4) Competition Overview

5) College

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Thank You



For joining the call

For your participation and support

For supporting us through COVID

For supporting your children to be student-athletes

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