



04

Orinda Park Pool

S U M M E R S W I M T E A M H A N D B O O K

Orinda Park Pool

2004 Swim Team Committee

Head Coach	Becky Watkins	Sorry, no phone numbers in the online version of this Handbook.
Swim Team Directors	Lori Adams	-
	Kathe Friel	-
Treasurer	Sydney Furtado	-
OMPA Rep	Drew McDonald	-
Volunteer Coordinator	Suzanne Schoenfeld	-
Desk Coordinator	Juliette Montagnon	-
	Kevin/Kathy Marker	-
Computer Chair	Michelle/Eric Merrill	-
Meet Directors	Roxanne Wieber	-
	Jamie Zaffanella	-
	Diane Jacobson	-
Head Timers	Sheila/Frank Yeh	-
	Richard/Lisa Walsh	-
Stroke and Turn	Jane Allen	-
Awards	Dianna Condon	-
	Joan Cannon	-
OPP Relays	Susan Hamilton	-
	Suzanne Pietrykowski	-
Clothing	Beth Selvin	-
	Dianna Condon	-
Food	Sydney Meek	-
	Julie Maxworthy	-
Lesson Coordinator	Susan Able	-
	Janet Franklin	-
New Parent Liaison	Melanie Light	-
Ribbons and Records	Dina Fiatarone	-
	Jeannie Goodreault	-
Starters	Dave Anderson	-
	Rick Wenning	-
	Todd Taapken	-
Social Committee	Jean Wasserman	-
	Jeannie Fitch	-
Spirit Committee	April Murphy	-
	Kitty Wendt	-
13&Up Activities	Liz Nicolaou	-
Announcer	Melinda Hall	-
	Bob Finertie	-
End of Season Party	Maria Rescalvo	-
10 and Under Awards	Stephanie Ringquist	-
OMPA Desk	Monique Parrish	-
Invitational Coordinator	Diane Cuyler	-
Cabana Man	Doug Whitsitt	-

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ORINDA PARK POOL SWIMMING

Co-Directors: Lori Adams & Kathe Friel

Welcome to new and returning swimmers and families to the Orinda Park Pool 2004 swim season! Park Pool Swim team has a long and storied tradition. Park Pool participated in the first All Orinda swim meet in 1957, (now known as the OMPA championship meet) as well as the first County Meet in 1961. Park Pool swim team continues to take pride in providing a balance of competition with an environment of fun and a true sense of community.

The Park Pool swim team is open to all swimmers, ages 4 to 18. For our youngest swimmers, who are not ready for swim meets but are ready to learn, the Little Stinger program is provided. These 4 and 5 year olds will develop basic skills, participate in social activities, and if appropriate, will be encouraged to swim in meets. This decision is typically discussed first with the parents.

We are happy to welcome Becky Watkins as Head Coach. Joining Becky will be many members of the coaching staff from last season, as well as a few new faces. Brad Allen will return as Assistant Head Coach, and Chris H, formerly an Assistant Head Coach for the Diablo Sea Devils, will join him. Senior Coaches will be Trevor Rose, Lauren Miller and John B., the assistant swim team coach at Amador High school. Our returning Coaches are Ashley Hall, Kimmie Ralph, and Tyler Black, and we welcome Erin Todd to the staff. Our ever enthusiastic Junior Coaches, Kevin Railsback, Greg Allen, Andy Bluhm, Devin Gilhuly, and Danny Schultz, will once again be manning the decks, as well as Ellen Hamilton and Rob Anderson. We are also welcoming Kelly Marker, Sara Normington, Michelle Raaka and Emily Selvin to the coaching staff this year. The life of the team directly relates to the attitude of our outstanding coaches who set the tone for a hard working yet FUN filled summer.

Our coaches encourage team effort and spirit by all those involved in the Park Pool swim team. We encourage parents to promote the values inherent in our pool's philosophy, such as the importance of attending workouts, arriving in a timely manner, and encouraging your teammates. This includes following through with work commitments and balancing the competitive spirit with good sportsmanship. Friendship, fun and improved swimming are the goals set forth by the team. We are fortunate to have wonderful role models in all of our coaches who daily reinforce these values.

Swim team can be confusing whether it is your first time or you have been doing it for years. Please know that there are many resources available to answer your questions and concerns. For new parents to the team, Melanie Light, our new parent liaison, is on call to answer your questions. Becky Watkins, our head coach, and all of our other coaches, are also available to talk with you regarding any issues you may have concerning your swimmer(s). Of course, feel free to call one of us to answer any general concerns or questions as well. Have a great summer!

Park Pool Families:

I am so excited about coaching at OPP this year. The season hasn't even begun, but my pursuit to make this a very successful coming summer began months ago and has been completely exciting. I am here to support the team, to foster the things that have worked in the past while also bringing in new ideas.

The Coaches' Page in this handbook presents my coaching history and education, though that is a small definition of who I am. I absolutely love coaching, and I feel very blessed to have found a job that feeds my spirit. Coaching is the job I would do if I never had to work for money again, like if I won the lottery. I am still a swimmer and still compete at times. I have been facing the "Slow down with age," factor, but my passion for swimming remains. I just reset my goals every year.

My biggest philosophy about swimming is that through fundamentals, through breaking down the strokes and learning the technique, one can find their greatest abilities in swimming. A thousand yards of bad swimming, although fast, is not good coaching. I try to stop every child I see swimming incorrectly, and offer positive instruction. I ask this of the other coaches also.

I am thinking that I may have to coach from a kayak or a canoe to do this at OPP, for I have never seen such a pool, ever. I will get to coach in probably the most unique pool in the state and I think it is great!

I coach with a philosophy that I am a teacher to the kids. I teach the kids that success is defined not by comparison, even though we do compete. Success is setting a goal and working your hardest to reach it. It is the drive one has that is the success. My success will be my dedication to this team, the drive I have to make this summer and summers to come successful at its highest level.

I will make myself available during the season to make connections, to resolve questions and to just be that mediator between all coaches, swimmers and parents. Look for my office hours posted on the coaches' office door. I know some of you may have questions, especially those that are new, so I encourage you to ask me. I will be more than happy to answer them!

I look forward to continuing the Park Pool traditions and making this another memorable summer experience!

HERE WE GO!

*Thank you,
Coach Becky*

COACHES PAGE

The new Matriarch of the Park Pool family, *Becky Watkins* joins us as Park's Head Coach. Becky is a seasoned veteran of many pool decks, both as a competitor and as a coach. She

comes to us with lots of prior coaching experience with both rec and USS teams, and was most recently the head coach for the Danville Station Sea Devils. She is currently the head coach at Amador High School, where she is well known for her team spirit building activities. Becky is a graduate of Sacramento City College and Cal State Hayward. Outside of coaching, Becky

Brad Pizzaz Allen is back for his seventh season as a coach for Park Pool and his first as Assistant Head Coach. Brad just completed his senior year at UCLA, and he is ready for yet another season of dancing at the OPP Relays and defending his ping pong title, not necessarily in that order. A lifelong Park swimmer, Brad's free style record can still be found on the record board. Brad's contagious humor and elevated spirit is the epitome of the Park program, and he is a huge favorite among the 8 and Unders. Aside from coaching, Brad enjoys playing DJ as well as playing board games like Monopoly. He is currently conducting an experiment to once and for all determine the existence of the Himalayan Yeti.

Chris Horner joins OPP this year as the Assistant Head Coach. Chris was the Assistant Head Coach for three years for the Danville Sea Devils. He is currently finishing college at Cal State Bakersfield, where he has been on the Division II National Championship swim team these past two years. Prior to that, Chris swam two years for Diablo Valley College and for the Walnut Creek Aquabears. Our resident Olympic hopeful, Chris also enjoys mountain biking and music (but not country). His band is still trying to get its name out, however. His most recent accomplishment: shuffle board rookie of the year.

Trevor Rose is back for his sixth season as a Park Coach. Being one of the most successful swimmers in Park history, Trevor is looking forward to spreading his knowledge about swimming to the entire team. Trevor is committed to the success of the team even after his personal career is finished. He just recently completed his junior year at UC Davis. His quest to become the OPP ping pong champion remains elusive, but his dancing at the OPP Relays is known world wide. Trevor has just completed his junior year at UC Davis. When he's not in the water, Trevor is in the process of designing his own line of men's fashion wear. Good Luck with that Trevor!

John booyah Benbenek will be one of the new faces on the coaching deck at OPP this summer. A former student and swimmer at Amador Valley High School in Pleasanton, John is now an English teacher and swim coach at the same school. John also swam for the Pleasanton Seahawks. John's really branching out this summer, coming all the way to Orinda. (We're here to support you, John.) He teaches English, ELD, Sheltered English, and Journalism. John brings a strong swimming background to the senior staff, and has been a real favorite of the high school swimmers at Amador Valley H.S. He is an avid film buff, loves reading, and is a lifelong Cubs fan. He was hired despite this.

Lauren Miller returns for her third season as a coach and her first year as a retired swimmer. She had a very successful season in 2003, ending a terrific career at Park that included breaking a 13-year old pool record in the 100 yard breast stroke. She has quickly become a favorite among many of the youngsters and will be in charge of the Little Stinger Program. Lauren has recently completed her freshman year at UC Davis, where she and fellow Aggie Trevor Rose are members of the Backgammon Club. Outside of the water, Lauren enjoys collecting pieces of Pop Sensation Clay Aiken s dirty laundry.

Erin Todd, a life long swimmer and former coach at MCC, joins the coaching staff at OPP this summer. Erin just finished her first year at DVC where she swims freestyle, backstroke, and butterfly on the swim team. She is WSI certified, has taught Red Cross swim lessons for the past 4 summers, and is collecting a few other swim degrees. Erin s quiet calm and sweet smile beguile even the most timid swimmer! When not swimming, Erin enjoys collecting bottle caps and will bring samples from her collection to share every Friday after practice.

Tyler Black is back for his fourth year as a coach. As a sixteen year-old at last year's championship meet, Tyler excelled in his individual events and was a part of the winning Medley Relay. Tyler has just completed his senior year at Miramonte where he was a member of the cross country and swim teams. Looking forward to college, Tyler has the tough decision of which school to attend. He has it down to M.I.T., Oxford, and The International Institute for Amazingly Intelligent People (I.I.F.A.I.P.) in Calcutta, India. Yet some other sources indicate that he s leaning towards The University of Michigan or Emory University

Kimmie Ralph returns for her fourth season as a coach. Kimmie also had a very successful campaign as a 16-year old last season, making a huge impact on last year s 15-18 women. She is an amazing swimmer and one of the fastest underwater specialists around. She has just completed her senior year at Miramonte where she was an avid member of the water polo team. She is a former All-Orinda champion in the 50 fly, and she has developed a great 100 race in that event as well. When she is not doing that, Kimmie is currently devising a plan to infiltrate the White House, overthrow the president, and take power for herself as Dictator of America. We support you Kimmie!!!

Ashley Hall is back for her fourth year as a coach. Cool, calm, and extremely patient, her approach to coaching has been a key element in the development of the mini-stinger program. Showing incredible resilience after a recent shoulder injury, Ashley had a spectacular breaststroke swim at last year's championship meet. This season will be the last for Ashley, and we all wish her luck. During her career as a Stingray, Ashley has shown all of us caring and compassion. She has just completed her senior year at Acalanes, and will soon be heading off to college. When she is not involved in the aquatic arena, Ashley spends most of her time at her secret lab in Ohio, designing a new letter to add to the alphabet. We have inside sources who tell us that the new letter will look like this: $_$. She will name it fauve .

Greg Allen, an OPP record holder in the backstroke, returns to the coaching staff for his third year. Greg had an amazing swim season in 2003, making it to the finals in the 50 freestyle at the All-Orinda. He has just completed his junior year at Miramonte where he was a member of the North Coast Champion water polo team. He enjoys relaxing and thinking of memories past, and when he is not doing any of that, he regularly travels to Zimbabwe to uncover ancient methods on paper airplane-ing. And in case anyone was wondering, his birthday is June 16th and he wears size 32 pants.

Kevin Railsback is also back for his third season as a junior coach. Kevin had an outstanding season as a 16-yr old and finished in the finals for backstroke at the All-Orinda. His enthusiastic personality has made him quite popular among the youngsters. Kevin has just completed his junior year at Miramonte where he was on the Champion water polo team. He is also quite the thespian, involving himself in leading roles in the drama and choir programs at Miramonte. When not involved in those activities, Kevin can be found riding his pet donkey Mortimer through the Californian countryside.

DevinMcGillicudy" Gilhuly is back for his third season as a junior coach. Devin is continually an important factor in the success of the men in his age group. Devin has just finished his junior year at Miramonte where he is a member of the Champion water polo and swim teams. He continues to be one of the hardest working members of the team and can often be found working out on his own in the afternoons. When he's not doing that, Devin spends most of his time developing a scientific way to simultaneously sleep and eat burritos.

Danny Schultz, an OPP record holder in the backstroke, is back for his third season as a junior coach. He had a great season in 2003 as a 16 yr-old, making the finals of the All-Orinda in backstroke and 100 free. "Schultzie" can usually be found poolside with blue zinc plastered all over his face and his cliché aviator sunglasses. He has just finished his junior year at Miramonte where he is a member of the swim team and the North Coast Champion water polo team. When not in the water, Danny enjoys basketball, Super-Nintendo, and throwin' beats as an amateur disc jockey.

Andy Bluhm returns for his third year as a junior coach. Bloomen Shtag, as he is known around the coaches, brings his ability and willingness to swim to every meet. He possesses a strong work ethic and unmatched enthusiasm. Andy has been a contender in all areas of the swimming spectrum, having been both a sprinter and distance swimmer. He has just finished his junior year at Miramonte, where he is a member of the soccer and swim teams. When not involved in those activities, Bloomer dedicates most of his time developing an innovative rolled-up newspaper that has a speaker installed inside of it that yells "Go!" and is easy on the palm for maximum slapping.

Rob Anderson, another OPP record holder in the backstroke, returns for his second year of coaching, this year as a junior coach. Robbie, aka Anne Landers, has just completed his sophomore year at Phillips Academy in Andover, MA. He is a member of the swim team, rows crew on the varsity boat, and will be captain of the water polo team in the fall. Because of all his extracurricular activities, he is well suited for his job writing the advice column for his school newspaper, Just Ask Igor. What might surprise you is that this is written in Japanese, Robbie's second language. Got a problem? Just ask Robbie. And watch out for the driver behind the wheel of the car with the license plate holder Caution Pube at the Wheel .

Ellen Hamilton returns for her second year of coaching, this year as a junior coach. As a 14 year old, she made it onto the OMPA freestyle relay last year. She has just completed her freshman year at Miramonte, where she is on the JV basketball team and a sprinter on the swim team. Ellen is very excited to join the elite group of 15-18s swimmers and be part of the OPP tradition. In her spare time, Ellen loves to read and babysit (if her family doesn't get her first.). A real favorite of the young swimmers, Ellen is developing a new device that allows a coach to walk easily with half a dozen kids hanging from various limbs.

Teaching the Free Lesson Program this year, and making their coaching debut, we welcome *Kelly Marker, Sarah Normington, Michelle Raaka and Emily Selvin* to the coaching staff. These four individuals are wonderful with little kids and their dedication to the pool is evident. They bring a great attitude and positive energy to the program.

PARK POOL SWIM TEAM INFORMATION

COST: The swim team fee per swimmer is \$225. There is a discount of twenty five dollars for the third or more swimmer(s). Swimmers who are 15-18 pay a reduced rate of \$90. This fee includes a team T-shirt, an All-Orinda T- Shirt, Team Cap, Team Trophy, all meet fees, some social activities and a terrific summer of sun and fun at Park Pool! Refunds will be available for withdrawals prior to June 1, 2004 (less \$25.00).

Scholarship: Families in need of financial assistance should contact the swim team directors about the Samantha Wong swim team scholarship, established in 2003 to honor Samantha s contributions to the OPP team as both a swimmer and a coach.

Little Stinger s workouts start with the regular season, on June 14th. There will be no pre-season workouts for Little Stinger s.

WORKOUT TIMES:

PRE-SEASON (May 17 — June 14)

Age	Mon-Thurs	Friday (10 and under)
6&U	3:45-4:15	4:00-5:00 Dive Clinic
7-8	4:15-5:00	4:00-5:00 Dive Clinic
9-10	-----	5:00-6:00 Turn Clinic
9-11	5:00-6:00	-----
12-18	6:30-7:45	-----

REGULAR SEASON (June 14 — August 4)

Age	Monday - Thursday
13+(non High School)	7:20-8:40
13+(High School)	8:00-9:20
11-12	9:20-10:10
9-10	10:10-11:00
7-8s	11:05-11:45
6 & Under/Little Stingers	11:45-12:15

Age	Friday
13+	9:00-10:00
11-12	10:00-10:45
9-10s	10:45-11:30
8 and Under/Little Stinger s	11:30-12:15

SWIM FINS: Each swimmer age 9 and up needs to purchase a set of swim fins and have them at every practice during regular season.

MAKE UP PRACTICE: Make up practices will be held Tuesdays and Thursdays from 5:00-5:45. (Regular Season only) There will be at least two coaches for this workout. Age and ability will be mixed in these workouts. Workouts may be adjusted to accommodate certain schedules. Make up practices are for swimmers 9 and up; swimmers 8 and younger are encouraged to sign up for lessons if they miss excessive morning practices.

VACATION BOOK: The Vacation Book is very important to the swim coaches. They need to know when you are not going to be available, so please make sure you fill in the date of meets your child will be missing. This makes scheduling much easier and more cost effective if we are swimming an invitational. This book is located on the cabinet outside the coaches office.

RECORDS AND TIMES BOOK: This book is also located in the cabinet outside the coaches office. This will list the times of your child s swims from each meet through the summer. It's a good way for you and your child to keep track of how they are doing.

BULLETIN BOARD: The Bulletin Board is extremely crucial for the swim team: It is the Coaches' and Parent Committees' way of communicating information about upcoming meets, activities, swim lessons and important announcements. PLEASE CHECK THIS BOARD EVERYDAY to keep up with Park Pool activities.

BEST TIMES BOARD: The Best Times Board recognizes those swimmers who receive best time(s) for each meet. It will be located on the side of the lifeguard s office.

PHONE MESSAGE CENTER: Call the phone message machine in the coaches' office to receive information regarding meets, activities or changes with the schedule. You can also leave a message for the coaches. The phone number is 925-254-3970.

WEBSITE: Check out our website at WWW.ORINDAPARKPOOL.ORG. The website will include information on the calendar, coaches, practice schedules, results and the handbook.

TIME TRIALS

Time Trials are scheduled for Sunday, June 6th at 3:00 p.m., but please show up by 2:30. This is a mock meet, run as a regular meet with timers, recorders and a starter. Our swimmers compete only against themselves to establish times in each event. All swim team members are **strongly** encouraged to participate in time trials and to swim in each event. This meet also helps the coaches schedule swimmers for the first swim meet. This is a fun, casual, practice meet with our team only, and a great opportunity for new swimmers to get comfortable in the swim meet environment.

After Time Trials, there will be a BBQ for all of our swimmers and their families. The new coaches will be introduced, and the returning coaches will be welcomed back. Don t miss this great, all team event, as we kick off the 2004 season with a big dose of STINGRAY spirit!

PARK POOL COMPETITIVE LESSONS

Competitive lessons are available for all swim team members at Park Pool, starting **June 14th**, from 1-5 pm. The lesson book will be available for sign-up starting June 1st. Lessons can be very beneficial to a swimmer's success during the season. For new swimmers, it can be an extra little boost, and for returning swimmers, it helps refine their strokes. If you have any questions, please speak with Becky.

The lessons will run in a "Swim School" fashion. The lessons will generally run Monday, Tuesday, and Thursday, with the exception of the weeks of 6/21 and 7/26. Each lesson will be 30 minutes long, and each class will have between 2-3 swimmers depending on the coach, and the ages and abilities of the swimmers. If only 1 swimmer shows up for the lesson, it becomes a private, 20 minute lesson.

Swimmers will be grouped by ability and age. If you have some special circumstances, please speak with a coach or list it in the book when signing up for lessons. The lesson schedule will be posted on the website @ www.orindaparkpool.org on Thursday evenings, as well as on the bulletin board outside the coaches office on Thursday mornings.

Swimmers will sign-up, and **pre-pay**, for a session of lessons using the registration form located in the lesson book, outside the coaches office. Register before June 7th and pay \$30/session. After June 7th, each session will be \$35. Payment will be due on Monday by 5pm the week prior to the lesson. Only those who have pre-paid will be scheduled for lessons. There will be no refunds for missed lessons.

Before June 7th, mail your checks to Susan Abel, 1 Via Corte, Orinda 94563. Checks and forms must be received by June 7th to qualify for the discount. After June 7th, deposit forms and checks in the box near the coach's office. Thank you for your cooperation with the payment policy. If you have any questions regarding the payment policy, please call Susan Able @ 254-0702.

PARK POOL ACTIVITIES

The social committee has been scheduling and refining each of our team's social activities to ensure that each event goes as planned. The chairperson of each activity needs to contact the members of the social committee in a timely manner before each event. The social committee will instruct each chairperson on the details of each event and be available for questions and direction. The social committee will have all the necessary information to ensure the event goes smoothly.

We have many fun filled activities planned for swimmers and families this season. The Welcome Back party will take place after Time Trials, on June 6th. Back by popular demand are 8 & Under Bowling, the 9&Up Movie Night, the Stingray Ball, the 8 & U Overnight, Spirit Week activities and much more! **If you are 13 & up**, the coaches have special plans for you (video scavenger hunt, surprise breakfasts at Millie's, disco bowling). We have added Friday arts and crafts and some fun inner squad swim meets as well. Who needs summer camps?!

We have several venues to keep you posted this season! Please be sure to check the web site, newsletters, and bulletin board between the bathrooms for social activities dates, deadlines for sign ups, and times.

Please keep in mind that our coaches are happy to interact with your child(ren), but these are not drop off activities. **Most activities involving children 8 and under will need your parental supervision.**

PARENT OBLIGATION TO SWIM TEAM

The success of Park Pool Swim Team does not lie just on the swimmer's shoulders. The team's success lies with the coaches, parents, and swimmers working together to make it a great summer. Coaches and swimmers depend on the wonderful parents to work at meets and activities. In order for each meet to run smoothly, approximately 40 volunteers are needed. The meets cannot run without us, so let's work together to make this a fun and successful season.

The volunteer commitment for Park Pool Swim Team families consists of 5 work obligations for one swimmer and 8 work obligations for two or more swimmers. Parents of 15-18's have 3 obligations per swimmer. Sign-ups for obligations are held on registration days or through the volunteer coordinators. Obligations include working meets or special activities. Additionally, each family is required to work one obligation at the All-Orinda meet or All-Orinda party. Swimmers will not be eligible to swim unless their parents have signed-up for their work obligations. Swimmers will be ineligible for the next meet if their parents have missed one or more obligations. Please help our swimmers stay committed by keeping your commitments to the team.

STAFFING FOR HOME MEETS

10 Timers
3 Recorders
1 Starter
2 Stroke & Turn
1 Head Timer
2 Runners
6 Desk Positions
1 Meet Director
2 Computer Entries
1 Announcer
7 Food concessions
4 others
40 volunteers for home meets

STAFFING FOR AWAY MEETS

9 Timers
3 Recorders
3 Desk
1 Meet Director

15 volunteers for away meets *

* some meets may require additional staffing

WORK POLICY: The Volunteer Coordinators will be posting your obligations on the bulletin board at least two days prior to each meet. Please arrive 30 minutes before the meet starts to check in. ***WE CANNOT START THE MEET WITHOUT YOU!*** If you are unable to work your obligation, you may find a substitute or trade with another person. Subs cost \$30 and must be paid in advance. A paid sub list is available through the volunteer coordinators.

If you do not show up for your obligation and we have to provide a sub for you, **you will be obligated to pay the sub \$30 and pay a fine of \$30 to the swim team.** It is quite inconvenient to run around and try to find a substitute at the last minute. Please make sure you try to find someone ahead of time if you know you cannot make it. We will be enforcing this policy due to previous no shows.

NEW PARENT LIAISON: The New Parent Liaison will act as a contact person for new families to the swim team. They will conduct orientation meetings at Swim Team Registration and before the OMPA for new (and returning) families to define basic swim team procedures and events. Each month, they will distribute a monthly newsletter to swim team families with important dates, events, and swim team philosophy. In addition, there will also be mentor families, paired with new families, who will help show our new team members the ropes. Feel free to contact the liaison throughout the season to answer questions or orient late registering families. This year's liaison is Melanie Light (925-254-5979).

MEET INFORMATION

We usually have two meets a week throughout the summer. Most meets are dual meets with one other team. We also participate in Invitational meets, which are typically on the weekends and cater to different groups of swimmers. Invitational meets usually involve all or most of the swim teams in the OMPA league, and last longer than dual meets. Last, but not least, we have the Championship Meets to determine the top team in our OMPA league and County. Our team works very hard all season to peak at the OMPA League meet, **so please try to schedule your vacations around that meet!**

DUAL MEETS

SATURDAY MORNING DUAL MEETS:

The meet officially begins at 9:00 a.m. and runs until approximately 12:00 p.m. For home meets, swimmers need to be at Park Pool by 7:50 a.m. For away meets, swimmers need to arrive no later than 8:15 a.m.

WEDNESDAY NIGHT DUAL MEETS:

The meet officially begins at 6:00 p.m. and runs until approximately 9:00 p.m. For home meets, swimmers need to be at Park Pool by 4:50 p.m. For away meets, swimmers need to arrive by 5:15 p.m.

SIGN-UPS FOR DUAL MEETS:

Coaches will post the Dual Meet entries two to three days prior to the meet. If your swimmer's name is highlighted, the coaches have asked your swimmer to participate. To confirm your swimmer's participation, please place a check next to his/her name so that the coaches know your swimmer will be there. If your swimmer is unable to participate, please draw a line through his/her name. However, we recommend that you sign out in the vacation book whenever possible. On the day of the meet, the exact line-up will be posted so that swimmers can see what they will be swimming.

A MEETS:

An A+1 meet is a meet that has 2 heats for each event; an A+2 meet has 3 heats for each event.° Each team enters 3 swimmers per heat, so an A+1 meet will have the top 6 swimmers from each team swim an event.° If someone in the top 6 misses a meet, then typically it is the 7th person listed in the Top Times Report that is entered in the event.° The coaches ultimately determine who swims in each event, however, and may choose to schedule a swimmer that is not in the top 6 in order to give other swimmers more chances to compete.

(An A swimmer is one of the fastest 3 swimmers in an event, based on the Top Times Report.° This is updated after **every** meet, so the list of A swimmers can change from week to week, depending on how much individual swimmers improve their time.)°

B MEETS :°

A B meet is for non-A swimmers and will have more than one heat per event.

THINGS TO REMEMBER AT MEETS

Swimmers should bring: team suit, team cap, goggles, 2 towels, sweats, sleeping bag, (to lie in if cold, or sit on and rest) healthy snack, and sun screen. Swimmers all need to: be on time, participate in warm-up, participate in the team cheer, and cheer on your teammates. **WE ARE A TEAM!** Before and after you swim, you should rest, and talk to your coach about your race. Before you leave: Make sure you ask the coaches if you are finished swimming (sometimes additional swimmers are needed for relays), and **CLEAN UP YOUR AREA!**

INVITATIONAL MEETS

SLEEPY HOLLOW 'B' INVITATIONAL:

This is a special meet for B swimmers, and it involves all 10 teams in the OMPA league. Sleepy Hollow establishes time standards for participation in this event. This meet will be at Sleepy Hollow; it starts at 9:00 a.m. and runs until about 3:00 p.m.

BOTTOMS UP:

This meet is for all swimmers at the bottom of their age group (5,7,9,11,13, and 15 year olds as of June 15th), and involves all of the teams in the OMPA league. This meet is a great opportunity for swimmers at the bottom of their age group to shine when they may be having a challenging season. This meet is held at Moraga Valley Pool. Bottoms Up is an all day event.

MEADOW MINI-MEET:

This meet is for all 8 and under swimmers. The competition is with swimmers the same age on the day of the meet, (the June 15 rule does not apply at this meet). The morning session is for 4, 5 and 6 year olds, and the afternoon session for 7 and 8 year olds. The meet is at Meadow Pool.

PARK POOL RELAYS:

This is the most exciting meet of the year! This fast paced and thrilling meet is run by the parents and swimmers of Park Pool. The top 6 teams from last season's OMPA Championship meet will compete in this meet. There are five relays in which 5-6 swimmers from each age group participate. The meet will conclude with the Parents Relay and the Coaches Relay. After the meet, everyone is invited to stay for a Park Pool picnic. It is our way of thanking all those wonderful volunteers and swimmers for their hard work.

SIGN-UPS for INVITATIONALS:

Sign-ups for invitational meets will be posted approximately 2-3 weeks before the date of the meet. The coaches will post the names of all swimmers eligible to swim in the meet. Please have your swimmer or you, the parent, check off the swimmers name if they are going to swim. The club pays a fee per swimmer registered for each invitational, so please let coaches know ahead of time if your child will not be swimming.

CHAMPIONSHIP MEETS

ALL-ORINDA/OMPA Championship:

The All-Orinda/OMPA Championship is the League Championship for the OMPA. Every swimmer participates in this team event. All 10 teams in the league participate in this 2 day event. There will be a parent information meeting a week prior to the meet to answer any questions regarding this event. This meet determines the OMPA Champion.

COUNTY MEET:

This meet is held on the weekend after the OMPA meet. It is open to all swimmers who meet the County qualifying time. Please see the girls and boys time standards in this handbook for county qualifying times. Swimmers will be able to swim only two events at the County Meet. This is one of the most competitive meets in the country, involving over 60 teams. There will be a County Qualifier meeting on Monday, August 9th. Please see Becky for details.

SIGN-UPS FOR CHAMPIONSHIP MEETS:

All swimmers will be entered in the All-Orinda/OMPA Championship. The swimmers will be able to choose the events they would like to swim. All swimmers who have achieved the County qualifying time will swim at the County Meet.

PARK POOL AWARDS

RIBBONS: Awarded at each swim meet. At 'A' home meets, ribbons are given to the top 3 finishers (Top 6 for 10 and Under). At 'B' Home meets, ribbons are awarded to all swimmers 12 and under (Top 3 for 13 and up).

BEST TIME RIBBONS: Awarded on a weekly basis to swimmers who achieve a best time in an event. Save these for the Best Time Award.

BEST TIME AWARD: Awarded to those in the 14 & Under age group who receive 10 or more best times during the season. Swimmers in the 6 & Under age group receive a Best Time Award with 7 or more best times.

TEAM AWARD: A Team Trophy will be given to all Park Pool Swimmers. It will recognize the swimmers level of achievement (Bronze, Silver, or Gold time standard).

MOST VALUABLE SWIMMER: Awarded to a boy and girl in each age group. This award will be based on a combination of dual meet and championship meet performances, as well as attendance, enthusiasm, and leadership.

MOST IMPROVED SWIMMER: Awarded to a boy and a girl in each age group.

PEG KIRBY AWARD: Awarded to one boy and one girl (13 and over) who have demonstrated outstanding enthusiasm, spirit, and commitment to the team.

MOST OUTSTANDING RELAYS: Awarded to the boys and girls relay team who have broken the team record by the greatest percentage, or who have come closest to breaking a team record.

PEG KIRBY-HARRIS RETIREMENT AWARD: Awarded to those swimmers who are finishing their last year of eligibility.

10 AND UNDER WEEKLY AWARDS: Given to swimmers who show enthusiasm and commitment to the team and personal growth throughout the season.

ABBREVIATIONS AND DIRECTIONS TO POOLS

CAMPO Campolindo Cabana: 3700 Campolindo Dr., Moraga 284-9816.

Hwy 24 to the Central Lafayette exit. Turn left onto Mt. Diablo, go one block to Moraga Rd. and turn right. Follow Moraga Rd. to Moraga. Turn right onto Campolindo Dr. Pool is on left just beyond Campolindo High School. This is a meter pool.

LMYA Lafayette-Moraga Youth Assoc: Acalanes High School.

Hwy 24 to Pleasant Hill Rd. exit in Lafayette. Go North on Pleasant Hill Rd. Acalanes High is at the corner of Stanley Blvd. and Pleasant Hill Rd., where you can turn right at the Shell Station. Turn left into parking lot and pool is beyond northeast end of parking lot. Use walkway parallel to large pool.

MEAD Meadow Pool: is at the end of Valley Dr., Orinda, 254-9957. Hwy 24 to Orinda exit. South on Moraga Way about 1 mile to Glorietta Blvd. Turn left and almost immediately turn left again onto Orchard Rd. Go a short way and turn a sharp right on Valley Rd. Continue to end of road.

MCC Moraga Country Club: 1600 St. Andrew's Dr., Moraga. 376-1670

Hwy 24 to Orinda exit. South on Moraga Way 3-4 miles. Turn right at St. Andrew's Dr. Club and pool are on the right and you can park in back. This is a meter pool.

MR Moraga Ranch: Baitx and Camino Fores, Moraga, 376-9879. Hwy 24 to Orinda exit. South on Moraga Way about 4-5 miles to Moraga (town) Moraga Way ends at light. Turn right onto Canyon Rd. and continue to Larch. Turn left and continue to Baitx. Turn right and continue one block. Pool is on corner.

MIRA Miramonte: Miramonte High School, Orinda. Hwy 24 to Orinda exit South on Moraga Way 3-4 miles to second intersection of Ivy Dr. (stoplight) Turn right onto Ivy Dr. at light and continue to end of the road. Turn right into parking lot and pool is in back of the high school.

MTSC Moraga Tennis and Swim Club: 1161 Larch Ave., Moraga, 376-1622 Hwy 24 to Orinda exit. South onto Moraga Way to town of Moraga. Moraga way ends at the light. Turn right onto Canyon Rd., go about 1/4 mile to Larch and turn left. Continue on Larch to pool. Entrance on left.

MVP Moraga Valley Pool: Bottoms-up Invitational Meet is held here. Risa Ct., Orinda, 376-9977. Hwy 24 to Orinda exit. South onto Moraga Way about 2 miles to north end of Ivy Dr. and continue to Risa Ct. and turn left (almost opposite entrance to Orinda Intermediate School). Pool is on left.

OCC Orinda Country Club: 315 Camino Sobrante, Orinda, 254-1842. Hwy 24 to Orinda exit. North on Camino Pablo to 2nd light (Camino Sobrante at Safeway). Turn right onto Camino Sobrante to stop sign at Orinda Way. Continue straight across Orinda Way on Camino Sobrante up to stop sign at Lake Cascade. (comes to a T) Turn left and club is on left. When you turn left into club area, make a hard left and go down the narrow lane to pool on left. You can park near pool area.

SH Sleepy Hollow Swim and Tennis: 1 Sunnyside Lane, Orinda , 254-9935

Hwy 24 to Orinda exit. North on Camino Pablo to Miner Rd. (4th Light), turn right on Miner and continue to stone pillars (entrance to Sleepy Hollow area) Go through pillars onto Lombardy Lane to 3rd left (2nd stop sign) Van Tassel Lane. Turn left and continue to Sunnyside Lane. Turn right and continue until you come to the club. Turn left between tennis courts to pool area.

Soda Center @ Campolindo High School: 300 Moraga Rd, Moraga.

Hwy 24 to Central Lafayette exit. Turn left on Mt. Diablo, go one block to Moraga Rd. and turn right. Follow Moraga Road to Rheem, turn right on Campolindo, Parking lot is on the left.

Glossary of Swim-Team terms

Word	Meaning
A Meet	The current top three swimmers in an event from each team are entered. These meets are scored first through third place for individual events and first and second place for relays. Ribbons are awarded to those individuals scoring points. A+1 meets are A meets with one more heat for each event, while A+2 meets have 3 heats. OPP can enter 3 swimmers for each heat.
Barrier	At Park Pool, 8 and Under individual races start from the narrow structure at the far end of the pool. It is also the 25 yard mark for 9 and up races.
Blocks	Risers located at the end of each lane. Swimmers dive off these at the sound of the starter s gun.
B Meet	Meets for non A Swimmers. They are generally not scored. There can be more than one heat per event. Ribbons are awarded for places first through sixth at most pools. B+ meets are for the top three B swimmers in an event.
County Championships	The second of two large meets at the end of the season. This is the last meet of the summer and is hosted by LMYA. It is the only meet with time standards, meaning you have to qualify. Each swimmer can only swim two individual events. The swim clubs from the entire County are invited. (60-70 teams)
Desk	Area where times are recorded, scores kept, and ribbons labeled during the meet. Located near the picnic tables under the oak trees.
DQ	Disqualification of a swimmer by a stroke and turn judge or other meet official. Common examples are: a false start, illegal stroke (illegal breaststroke kick, or a one hand touch in Breaststroke or Butterfly)
Dual Meet	A meet where two teams compete.
Event	An age group swimming a particular stroke.(The first event in most meets is the Girls 6u medley relay)

Family Folders	Ribbons from meets will be placed in folders with the swimmer s names. This is usually done a day or two after the meet. The folders are in a box next to the coach s office. There are also other fliers with important swim team information put in the folders, so check them regularly.
Heat	One group of swimmers in an event. An event can contain more than one heat of swimmers.
IM	Individual Medley. A single swimmer completes a lap of each of the four strokes, in the following order, FLY, BACK, BREAST, FREE.
Invitational Meet	A meet by invitation only. Often a special meet where entries, along with entry fees, are required two weeks in advance.
Island	The larger of the two permanent structures in the pool. Relays and 9-up events begin at this end of the pool. The large starting blocks are located at this end.
Lanes	Space allowed for a swimmer to swim. The home-team has lanes 2, 4 and 6. The visiting team has lanes 1, 3, and 5
Lap	One length of the pool. 25 Yards
Mixed Relay	A relay of two girls and two boys. In OMPA if coaches agree a mixed relay can replace 6 and under girls and boys relays.
OMPA Championship Meet	Our league meet. This is the first of the 2 large meets at the end of the season. We swim with the other 9 teams in the league.
OMPA	Orinda Moraga Pool Association. Governing board of the member pools in our league. Teams include: Campolindo, Miramonte, Meadow, Moraga Country Club, Moraga Ranch, Moraga Tennis and Swim Club, Moraga Valley, Orinda Park Pool, Orinda Country Club and Sleepy Hollow Swim and Tennis Club.
Points	Dual meet scoring: First=5 points Second=3 points Third=1 point First place relays earn 7 points and second place relays earn 3 points.
Recorder	A volunteer in each lane on the island records the times and gives them to the runner. The timers give the recorder the times.

Relay	Four swimmers, each swimming a leg of the race, compete with the other team's relay. The first relay in a meet is the medley relay. At the end of each meet there is a free relay.
Scratch	When a swimmer does not show for a scheduled event. 9 and up swimmers are responsible for getting themselves to the blocks. 8 and unders will be taken over by a coach or shepherd.
Shepherd	A volunteer who helps to get the 8 and unders to the blocks when it is time for their races.
Split	An individual time for one leg of a relay. Times are generally faster than an individual race.
Timer	A volunteer who stands behind the blocks and times the swimmers with a stop watch.

2004 Boys Time Standards

Free:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	32.00	25.00	19.60
7-8	25 yards	22.00	18.50	16.00
9-10	50 yards	41.00	37.00	32.00
11-12	50 yards	35.50	32.50	28.28
13-14	50 yards	31.00	28.50	25.88
15-18	50 yards	29.00	27.00	
15-18	100 yards	1:04.00	59.00	53.20

Breast:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	40.00	34.00	27.90
7-8	25 yards	29.00	26.00	21.57
9-10	50 yards	52.50	48.00	42.10
11-12	50 yards	46.00	42.00	37.05
13-14	50 yards	41.00	37.50	33.49
15-18	50 yards	38.50	36.00	
15-18	100 yards	1:23.00	1:17.00	1:09.47

Back:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	38.00	33.00	25.34
7-8	25 yards	27.50	24.00	20.35
9-10	50 yards	49.00	44.00	38.53
11-12	50 yards	43.00	39.50	35.04
13-14	50 yards	39.00	35.50	31.69
15-18	50 yards	36.00	33.00	
15-18	100 yards	1:19.00	1:13.00	1:05.80

Fly:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	39.00	32.00	25.00
7-8	25 yards	26.50	23.00	18.58
9-10	50 yards	48.00	43.00	37.08
11-12	50 yards	42.00	38.00	32.95
13-14	50 yards	37.50	33.50	28.99
15-18	50 yards	33.00	29.50	
15-18	100 yards	1:14.00	1:09.00	1:02.05

I.M:

Age group	Distance	Bronze	Silver	Gold
8 and under	100 yards	2:10.00	1:55.00	1:37.44
9-10	100 yards	1:45.00	1:35.00	1:23.67
11-12	100 yards	1:33.00	1:24.00	1:14.83
13-14	100 yards	1:22.00	1:15.00	1:08.07
15-18	100 yards	1:15.00	1:09.00	1:02.66

2004 Girls Time Standards

Free:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	32.00	25.00	19.88
7-8	25 yards	22.00	19.00	16.24
9-10	50 yards	41.00	37.00	31.88
11-12	50 yards	36.00	33.00	28.97
13-14	50 yards	34.00	30.50	27.78
15-18	50 yards	32.50	30.50	
15-18	100 yards	1:12.00	1:08.00	59.57

Breast:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	40.00	34.00	27.97
7-8	25 yards	29.00	26.00	21.46
9-10	50 yards	52.50	49.00	40.98
11-12	50 yards	46.50	42.50	37.61
13-14	50 yards	43.00	39.50	35.93
15-18	50 yards	42.00	39.00	
15-18	100 yards	1:34.00	1:27.00	1:18.37

Back:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	38.00	32.00	25.75
7-8	25 yards	27.50	24.00	20.69
9-10	50 yards	49.00	44.00	38.33
11-12	50 yards	43.00	40.00	34.66
13-14	50 yards	41.00	37.50	32.57
15-18	50 yards	40.00	37.00	
15-18	100 yards	1:26.00	1:19.00	1:10.99

Fly:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	38.00	31.00	24.15
7-8	25 yards	26.00	23.00	18.18
9-10	50 yards	48.00	43.00	36.60
11-12	50 yards	42.00	38.00	32.49
13-14	50 yards	39.00	34.50	31.05
15-18	50 yards	39.00	34.50	
15-18	100 yards	1:24.00	1:17.00	1:09.29

I.M:

Age group	Distance	Bronze	Silver	Gold
8 and under	100 yards	2:10.00	1:55.00	1:37.90
9-10	100 yards	1:45.00	1:35.00	1:23.10
11-12	100 yards	1:35.00	1:26.00	1:15.54
13-14	100 yards	1:26.00	1:19.50	1:11.87
15-18	100 yards	1:23.00	1:16.00	1:08.51

Orinda Park Pool 2004 Swim Season

Pool Records — Boys

	6 & Under	Ages 7 & 8	Ages 9 & 10	Ages 11 & 12	Ages 13 & 14	Ages 15 - 18	Ages 15 - 18
Freestyle	Mike Armstrong 16:90 MVP 1977	N.Lenzi Mira, 1973 M.Armstrong MVP, 1979 14:23	Justin Chiles 27:98 MTSC 1994	Andrew Stoddard 26:27 OPP 1992	Andrew Stoddard 23:57 OPP 1994	Dave Born 21.66 (50 yds) OPP 2002	Matt Murphy 49:62 (100 yds) OPP 1984
Breaststroke	Paul Sandell 22:70 OPP 1972	Michael Sargenti 19:07 Miramonte 1983	G. Barta 37:30 RC 1980	Chris Skinner 33:56 OPP 1998	Trevor Rose 30:58 OPP 1998	David Black 28:81 (50 yds) OPP 1999	David Black 1:03:27 (100 yds) OPP 1999
Backstroke	Robby Anderson 21:12 OPP 1994	Trevor Rose 18:06 OPP 1992	Ray Meadows 33:57 Pinole Y 1990	Kevin Brown 31:19 MCC 2000	Ian Fischer 27:53 Meadow 1994	John Moore 27:19 (50 yds) OPP 1985	Reed Gallogly 59:26 (100 yds) OPP 1998
Fly	Tony Balestrieri 17:86 OPP 1992	Trevor Rose 15:15 OPP 1992	Andrew Stoddard 31:49 OPP 1990	S.Carroll OPP, 1979 J.Kitagawa Mira, 1988 29:00	Scott Millman 25:60 WC 1978	Matt Murphy 24:09 (50 yds) OPP 1984	Jon Boone 54:80 (100 yds) OPP 1981
Individual Medley	Robbie Anderson 1:46:52 OPP 1994	Joe Born 1:24:51 OPP 1990	Justin Chiles 1:10:75 MTSC 1994	Andrew Stoddard 1:07:57 OPP 1992	Trevor Rose 59:45 OPP 1998	Trevor Rose 56:50 OPP 2000	
Medley	Anderson, Balestrieri, Brasch, Allen 1:27:51 OPP, 1994	Meadow 1:09:93 2001	Govan, Noonan, Wooster, Devenish 2:19:77 OPP, 1985	Meadow 2:03:77 1998	Meadow 1:51:70 1994	Railsback Born, Rose, Wheeler 1:42:76 2002	OPP <u>Relay - Coach s</u> <u>Mixed</u> MTSC 1:42:75 2001
Free Relay	Anderson, Balestrieri, Brasch, Allen 1:14:80 OPP, 1994	Meadow 1:01:66 2001	Moraga Country Club 2:01:71 1991	Meadow 1:50:54 1993	Moraga Country Club 1:39:11 1983	Noyes, Born, Rose, Railsback 1:30:26 2002	Stoddard, Callahan, Robertson Wong 3:31:96 (400 yds) OPP, 1995

Orinda Park Pool 2004 Swim Season

Pool Records — Girls

	6 & Under	Ages 7 & 8	Ages 9 & 10	Ages 11 & 12	Ages 13 & 14	Ages 15 - 18	Ages 15 - 18
Freestyle	Artemis Daphnis 16:40 Pinole Y 1990	Missy LaCounte 15:20 OPP 1980	Artemis Daphnis 27:57 Sleepy Hollow 1994	Dawn Williams 26:25 CCC 1989	Pia Westeson 26:01 Meadow 1987	Caitlin Henry 25:10 (50 yds) MCC 2000	Sara Frane 57:13 (100 yds) OPP 1988
Breaststroke	Smallwood K.Meyers 23:50 OPP 1968 / 1985	Cameryn Korn 18:12 OPP 1995	Betsy Gherini 35:52 OPP 1987	Betsy Gherini 31:82 OPP 1989	Betsy Gherini 31:05 OPP 1990	Kathy Beckett 33:00 (50 yds) OPP 1983	Lauren Miller 1:14:58 (100 yds) OPP 2002
Backstroke	Artemis Daphnis 20:70 Pinole Y 1990	Betsy Gherini 18:46 OPP 1985	Shannon Brady 35:37 Mont. 1984	L.Alonso OPP, 1982 K.Davis SH, 1990 31:87	Samatha Wong 30:45 OPP 1995	Gina Vittori 29:63 (50 yds) OPP 1993	Laura Schoenrock 1:06:34 (100 yds) OPP 1990
Fly	Amanda Morando 19:25 OPP 1993	Katie Windle 15:76 OPP 1988	Artemis Daphnis 31:20 Sleepy Hollow 1994	Betsy Gherini 29:41 OPP 1989	Betsy Gherini 28:70 OPP 1990	Holly Kersten 27:90 (50 yds) OPP 1975	Katy Young 1:03:22 (100 yds) Scotts. 1985
Individual Medley	Mijo Brinkerhoff 1:42:81 OPP 1982	Betsy Gherini 1:24:70 OPP 1985	Artemis Daphnis 1:10:60 Sleepy Hollow 1994	Betsy Gherini 1:06:59 OPP 1989	Betsy Gherini 1:04:20 OPP 1990	Finola Murphy 1:04:94 OPP 1983	
Medley	Miramonte 1:31:88	Gliebe, Sikes, Gherini, Brown 1:12:50 OPP 1985	Meadow 2:21:24 1995	Meadow 2:03:62 1998	Sleepy Hollow 2:00:77 1995	Meadow 1:57:94 1995	
Free Relay	Pinole Y 1:19:12 1989	Reding, Magill, Windle, Devenish 1:03:60 OPP 1991	Meadow 2:05:21 1997	Pinole Y 1:52:00 1989	Sleepy Hollow 1:46:54 1995	Schoenrock, Liu, Mikkelson, Bailey 1:45:15 OPP 1990	Allen, Miller, Maxwell, Ralph 4:08:33 OPP 2002 4X100

Orinda Park Pool 2004 Swim Season

Team Records — Boys

	6 & Under	Ages 7 & 8	Ages 9 & 10	Ages 11 & 12	Ages 13 & 14	Ages 15 - 18	Ages 15 - 18
Freestyle	Brad Allen 16:55 1989	Trevor Rose 14:08 1992	Andres Stoddard 27:87 1990	Andrew Stoddard 25:02 1992	Andrew Stoddard 22:81 1994	Dave Born 21:66 (50 yds) 2002	Jon Boone 49:00 (100 yds) 1981
Breaststroke	Paul Sandell 22:70 1972	David Black 18:84 1990	Mike Gherini 36:30 1999	Chris Rynders 32:75 1995	Sam Brasch 29.21 2002	Matt Murphy 28:42 (50 yds) 1984	David Black 1:01:63 (100 yds) 1999
Backstroke	Robby Anderson 20:16 1994	Tony Balestrieri 17:47 1994	Danny Schultz 33:82 1997	Greg Allen 29:96 2000	Greg Allen 27.04 2002	John Moore 26:19 (50 yds) 1985	Trevor Rose 56:07 (100 yds) 2000
Fly	Tony Balestrieri 17:86 1992	Trevor Rose 15:15 1992	Andrew Stoddard 31:37 1990	Jon Boone 27:50 1976	Jon Boone 24:90 1978	Matt Murphy 23:65 (50 yds) 1984	Jon Boone 54:10 (100 yds) 1981
Individual Medley	Robbie Anderson 1:46:52 1994	Joe Born 1:22:37 1990	Andrew Stoddard 1:12:19 1990	Andrew Stoddard 1:05:80 1992	Trevor Rose 58:10 1998	Trevor Rose 55.27 2002	
Medley	Anderson, Balestrieri, Brasch, Allen 1:23:52 1994	Anderson, Balestrieri, Brasch, Allen 1:08:80 1996	Anderson, Brasch, Kao, Allen 2:15:41 1998	Boone, Peterson, Gove, Gavigan 2:02:90 1976	Allen, Brasch, Anderson, Gherini 1:50:34 2002	Railsback Born, Rose, Wheeler 1:42:76 2002	<u>OPP Relays-Fly</u> Rose, Born, Collins, Allen 1:40:69 2001
Free Relay	Anderson, Brasch, Balestrieri, Allen 1:10:24 1994	Wheeler, Renton, Rose, Railsback 1:00:65 1992	Govan, Noonan, Meyers, Devenish 1:58:47 1985	Gove, Gavigan, Piatt, Boone 1:48:70 1976	Cooke, Sanford, Gliebe, Bunch 1:36:94 1984	Noyes, Railsback Born, Rose 1:30:26 (200 yds) 2002	Wong, Callahan, Hughes, Stoddard 3:26:22 (400 yds) 1995

Orinda Park Pool 2004 Swim Season

Team Records — Girls

	6 & Under	Ages 7 & 8	Ages 9 & 10	Ages 11 & 12	Ages 13 & 14	Ages 15 - 18	Ages 15 - 18
Freestyle	Amanda Morando 17.40 1993	Katie Windle 13:94 1988	Katie Windle 28:31 1990	Betsy Gherini 26:40 1989	Corrie Allen 25:11 1999	Sara Frane 25:11 (50 yds) 1986	Corrie Allen 55:57 (100 yds) 2000
Breaststroke	Smallwood / K.Meyers 23.50 1968/1985	Cameryn Korn 18:12 1995	Betsy Gherini 35:52 1987	Betsy Gherini 31:82 1989	Betsy Gherini 31:05 1990	Kathy Beckett 31:99 (50 yds) 1983	Kathy Beckett 1:10:34 (100 yds) 1983
Backstroke	Cameryn Korn 21.77 1993	Katie Windle 17:26 1988	Laura Alonso 33:24 1982	Laura Alonso 30:24 1984	Laura Alonso 28:89 1985	Gina Vittori 28:70 (50 yds) 1993	Sue Brinkerhoff 1:02:71 (100 yds) 1993
Fly	Becky Penskar 18.34 1996	Katie Windle 15:04 1988	Katie Windle 31:04 1990	Betsy Gherini 28:60 1989	Betsy Gherini 27:77 1990	Finola Murphy 27:25 (50 yds) 1993	Finola Murphy 1:01:51 (100 yds) 1983
Individual Medley	Mijo Brinkerhoff 1:42:81 1982	Mijo Brinkerhoff 1:23:08 1984	Betsy Gherini 1:12:19 1987	Betsy Gherini 1:04:20 1989	Betsy Gherini 1:02:23 1990	Kathy Beckett 1:03:37 1983	
Medley	Morando, Korn, Ralph, P- Martinez 1:26:14 1993	Korn, Ellis, P-Martinez, Morando 1:10:63 1995	Reding, Gherini, Brinkerhoff, Schoenrock 2:20:92 1986	Caulfield, Floyd, Frane, Alonso 2:04:33 1983	Vittori, Brinkerhoff, Clevenger, Kenney 1:57:66 1992	Brinkerhoff, Riddervold, Brown, Vittori 1:57:26 1993	
Free Relay	Ellis, Korn, Morando, P-Martinez 1:11:40 1993	Korn, Ellis, P-Martinez, Morando 1:01:66 1995	Devenish, Magill, Windle, Woods 2:01:64 1993	Vittori, Clevenger, Killeen, Kenney 1:50:82 1990	Frane, Floyd, Prior, Alonso 1:45:93 1985	Schoenrock, Liu, Mikkelson, Bailey 1:43:23 1990	Allen, Miller, Maxwell, Ralph 4:08:33 OPP 4 x100 2002

Individual Time Record 2004

Name: _____

Meets	IM	Free	Breast	Back	Fly
Time Trials					
Sleepy Hollow A/B					
Sleepy Hollow A + 1					
MVP A+1					
OCC B					
MCC A+1					
Miramonte A/B					
Moraga Ranch A+ 1					
OPP Inner Squad					
OPP Inner Squad Mini Meet					
Bottoms up					
OPP Relays					
CCC A+1					
Meadow 9&Up Dual Meet					
Meadow Mini Meet					
OCC A + 1					
MTSC A/B					
SH B Invitational					
MCC B					
OMPA					
County					
Goal Times:					

Name: _____

Meets	IM	Free	Breast	Back	Fly
Time Trials					
Sleepy Hollow A/B					
Sleepy Hollow A + 1					
MVP A+1					
OCC B					
MCC A+1					
Miramonte A/B					
Moraga Ranch A+ 1					
OPP Inner Squad					
OPP Inner Squad Mini Meet					
Bottoms up					
OPP Relays					
CCC A+1					
Meadow 9&Up Dual Meet					
Meadow Mini Meet					
OCC A + 1					
MTSC A/B					
SH B Invitational					
MCC B					
OMPA					
County					
Goal Times:					