

Orinda Park Pool

2006 Swim Team Committee

Swim Team Directors	Jeannie Fitch Claire Peterson
Treasurer	Sydney Furtado
OMPA Rep	Brian Wentzel
Volunteer Coordinator	Jaime Zaffanella
Desk Coordinators	Juliet Montagnon
Kevin/Kathy Marker	
Computer Chair	Cynthia Funai
Meet Directors	Bob Finertie Craig Stewart
Head Timers	Sheila/Frank Yeh Richard/Lisa Walsh
Stroke and Turn Awards	Jane Allen Kimiko Kogure (Wilkinson) Ana Marie Schneir
OPP Relays	Diane Cuyler
Jennifer Lyons	
Alumni Meet	Kennedy Fleischauer Sara Curran
Clothing	Devra Laner Nancy Macler (Reilly)
Food	Jean Wasserman
Lesson Coordinator	Meg Vaughn
New Parent Liaison	Josie Kelley
Ribbons and Records	Dina Fiatarone Roxanne Wieber
Starters	Dave Anderson Rick Wenning Todd Taapken
Timing System	Tom Mills Steve Sernett
Social Committee	Agnes Lord Ann Hecht
Spirit Committee	Sarah Taines (Gordon) Michele Spitulnik
13 & Up Activities	Liz Nicolaou
Announcer	Suzanne Schoenfeld Melinda Hall
End of Season Party	Becki Gilbert
Janet Franklin (Ginsburg)	
10 and Under Awards	Stephanie Ringquist
OMPA Desk	Genie Goodreault
Invitational Coordinator	Lori Adams
Cabana Men	Doug Whitsitt
Allan Tagg	
Team Photographer	Ed Casey
Publicity	Debbie McKeen

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Goals and Philosophy

Families are often attracted to Orinda Park Pool swim team because of its reputation as a fun, nurturing environment where competition is balanced with team building, family-oriented social activities and a sense of community. We are proud of that legacy and work hard to incorporate these ideals in everything we do.

Our coaching philosophy is based on meeting individual goals and fostering self-esteem in every swimmer. We measure success when every child reaches his or her own potential through individual effort, encouragement and consistent, positive coaching. Each year we strive to realign ourselves with these priorities and recommit to meeting our team goals:

- Offer a healthy and positive environment for younger and older swimmers where they can gain self-esteem, develop team-building skills and foster friendships.
- Provide opportunities and resources for each swimmer, regardless of ability, to be successful: age-appropriate instruction, technical development and meeting personal goals.
- Demonstrate strong character and positive leadership.
- Promote sportsmanship, fairness, camaraderie and respectfulness to our teammates and competitors.



ORINDA PARK POOL SWIM TEAM

Co-Directors Jeannie Fitch & Claire Peterson

Welcome, new and returning swimmers and families to the Orinda Park Pool 2006 swim season! We are looking forward to the summer ahead and the debut of our newly remodeled pool. The rain has postponed our reopening, but hasn't dampened our Stingray spirit! Park Pool has long-standing traditions of fun, community and sportsmanship and is one of the oldest community pools establishments in Lamorinda, and one of the few to participate 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. Our longevity and rich history are a testament to the goals and philosophy we hold true to this day.

We feel extremely lucky to have such a talented and valuable team of coaches this year. Many of our well-loved coaches are returning. Please join us in welcoming our new Co-Head Coach Dianna Clark. Dianna has an extensive coaching background beginning as Head Fall Program Coach with Terrapins Swim Team, Assnt. Coach at Cal Poly, Head Coach at Las Trampas and Head JV Coach at Clayton Valley High School. Dianna is an elementary teacher at Wagner Ranch and knows many of the Park Pool families already. She will be partnering with our 9-year veteran, Brad Allen to lead our team of 22 coaches! Please take a moment to congratulate John Benbenek on his promotion to Assistant Head Coach. We are also so thankful for the continued support of our swim team committee members and parent volunteers that make all of this fun possible.

The Directors and Head Coaches have been working hard over the winter to prepare for the season. We are happy to announce that swim team will be purchasing a new state of the art Colorado timing system, LED single-line scoreboard and 6 new Paragon starting blocks! The coaching staff will also enjoy a little more space and a few upgrades to their office. We'd like to give special thanks to Morgan Gilhuly and Jay Wasserman for incorporating these new features for swim team into the renovation schedule.

We ask you to be especially patient with this years Swim Team program. It will be a little tricky operating "off-site". We intend to provide the same quality workouts and lessons that you normally receive at Park and of course a full slate of fun social events to fill your summer calendar! We understand the inconvenience of having to drive to Lafayette for practices and lessons and will do everything possible to minimize the hassles and make Swim Team as fun as ever!

Because we will be operating remotely for preseason and most of June, team communications will be primarily delivered through email and our website. We will have family folders available on deck at Soda Center but please check the Park Pool website for updates. Once we are back at Park you can get the latest information by checking the bulletin boards outside the coaches office and near the blacktop.

A Swim Team Committee directory is included in the front of this handbook for direct inquiries but please feel free to contact either of us with questions or concerns during the season. We are happy to help in any way we can.

GO PARK!

PARK POOL COACHES



Head Coach Brad Allen

Brad Allen is back for his ninth season as a coach for Park Pool and his second as Head Coach. After nine years of devout coaching understudy, Brad is more than prepared to accept added responsibilities that Head Coaching entails. **Says Brad, "O.P.P has always been like a second home for me, and this year is no exception. I am looking forward to another exciting season of fast swims and great friends."** Since the age of 5, Brad has spent every summer basking in the sun on the shores of O.P.P. If you look, you can still find Brad's 6 and under freestyle time on the record board. Brad's ability to have fun but still work hard demonstrates the true essence of the Park Pool Swim Team



Head Coach Dianna Clark

Dianna Clark has an extensive coaching background beginning as Head Fall Program Coach with Terrapins Swim Team, Assnt. Coach at Cal Poly, Head Coach at Las Trampas, and Head JV Coach at Clayton Valley High School. This will be her first year at Park Pool as Co-Head Coach, so be especially nice to her we want her to come back! Dianna is an elementary teacher at Wagner Ranch and knows many of the Park Pool families already. She plans on adding addition and subtraction problems to the daily workouts to fuel Stingray brain power.



Assnt. Head Coach
John Benbenek

John, "Booyah", Benbenek returns for his third season at OPP this summer as Assistant Head Coach. 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's enthusiasm, experience and willingness to learn, even as a coach, make him one of the most likeable coaches among both swimmers and parents. John is an avid film buff, loves reading, and is a lifelong Chicago Cubs fan (we try not to hold that last one against him).



Senior Coach Tyler Black

Tyler Black, or Gunther, as he is affectionately known among the swimmers, is back for his sixth year as a Senior Coach for Park. A newly retired lifelong swimmer, Tyler is very excited to help Park excel. Tyler's enthusiasm and tough work ethic is a result of his devotion to O.P.P and swimming excellence. **Says Tyler, "I'm willing to work hard this season to help everyone reach All-Orinda Gold, that is, if the swimmers are willing to work hard, too."** Tyler has just completed his sophomore year at Emory University in Atlanta where he enjoyed his second year of his educational journey.



Senior Coach Erin Todd

Erin Todd, a life long swimmer and former coach at MCC, returns to the coaching staff at O.P.P this summer for her third season. Erin has finished her Junior year at Cal, before that she swam freestyle, backstroke, and butterfly on the DVC swim team. She is WSI certified, and has taught Red Cross swim lessons for over 5 years. Erin's quiet calm and sweet smile beguile even the most timid swimmer. **Says Erin, "I'm so glad to be a part of the O.P.P. program once again! Go Stingrays!"** When not swimming, Erin enjoys bowling and mini golf.



Senior Coach Ashley Hall

Ashley Hall is back for her sixth year as a coach. Cool, calm, and extremely patient, Ashley's approach to coaching has always been one to learn from. You can usually find Ashley driving her white Cabriolet with the license plate "SWMOPP." That sort of dedication makes Ashley a vital part of the Park Pool family. **Says Ashley, "I've made so many memories here; hopefully I will make many more this summer. Let's Go Park!"** Ashley has just finished her sophomore year at Chico State University. She hopes to construct the world's largest domino rally this fall.



Senior Coach Kimmie Ralph

Kimmie Ralph returns for her sixth season as a coach for O.P.P. A recent retiree of the recreational swimming program, Kimmie is eager to view the swimming world from another perspective. Along with being an experienced coach, Kimmie was also an accomplished swimmer. She is a former All-Orinda champion in the 50 fly, and her name can be found across the record boards here at Park. **Says Kimmie, "Park Pool has always been like a family to me. I love it here!"** Kimmie returns to us after her sophomore year at Indiana University, where she played rugby and was the center on the basketball team.



Senior Coach Andy Bluhm

Andy Bluhm returns for his fifth year as a coach. Bluhm Burger as he is known among 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. **Says Andy, "I have been resting my vocal cords all year, so now, I can out-yell anyone. Let's go all the way this year!"** Andy has just finished his freshman year at UC Davis. He looks forward to having fun during workouts and seeing lots of best times.



Senior Coach Danny Schultz

Danny Schultz returns for his fifth season as a coach for Park. Having completed his swimming career as of last summer, Danny left quite a legacy behind at O.P.P. A lifelong swimmer for Park and record holder in the backstroke, "Schmaltz" can usually be found poolside with his characteristic blue zinc plastered on his face, and with his cliché aviator sunglasses. **Says Danny, "I want this season to be the best ever! Oh, The Doooooooooog!"** Danny has just finished his freshman year at Bucknell University in Pennsylvania, where he was a member of the chess and checkers teams.



Senior Coach
Kevin Railsback

Kevin Railsback looks forward to begin his fourth season coaching at Park Pool. He ended his swim career after the 2005 season, where he posted very impressive times and showed good leadership. He plans to help everyone have a fun season, especially during the swim meet. **Says Kevin, "Nothing can compare to the summer life at Park Pool. Let's get it on!"** Once a stingray, always a stingray! Kevin just finished his freshman year at the U.C.L.A acting school. Kevin enjoys other activities such as playing pool and listening to Danger Zone by Kenny Loggins.



Coach Greg Allen

Greg Allen, third in an extensive-reaching family of Park Pool swimming folklore, returns to the coaching staff for his fifth year. Greg had an amazing swim season in 2005, in which he anchored the team record breaking Freestyle Relay at the All-Orinda. He hopes to be part of more records for his final season. **Says Greg, "I hope we can have a great year in 2006! Let's see some hard work and fast times! I love O.P.P! Woo!"** Greg has just completed his freshman year at San Diego State University.



Coach Devin Gilhuly

Devin, "McGillicudy", Gilhuly is back for his fifth season as a coach. Focused and determined, Devin is sure to get the job done. Devin has always demonstrated strong encouragement for the entire team. He is an important factor in the success of the men in his age group, acting as a key motivator and supporter. Entering his final season swimming at Park, Devin says, **"If we work hard all season long, and make practice worthwhile everyday, this season will be a success."** Devin has just finished freshman year at Bucknell University in Pennsylvania..



Coach Rob Anderson

Rob Anderson, another O.P.P record holder in the backstroke, returns for his fourth year of coaching. Rob, aka Bart Kiezerowski, has just completed his senior year at Miramonte, where he was a part of the North Coast section winning water polo team. Yet another lifelong O.P.P swimmer, Rob has long been a key motivating factor for the swimmers and his booming voice can be heard all the way across the pool. This sort of outlandish enthusiasm is classic Kiezerowski behavior, and proof that Rob truly bleeds blue and white for O.P.P. **Says Rob, "Woot."** As for college, Rob is still undecided, but hopes to pursue music and/or Japanese. But before he leaves, Rob plans on constructing the world's largest Popsicle stick house.



Coach Ellen Hamilton

Ellen Hamilton returns to the Park Pool staff for her fourth year of coaching. She has just completed her junior year at Miramonte HS, where she is on the basketball team and a sprinter on the swim team. Ellen is very excited to start the new season and continue the excellence that is O.P.P tradition. **"This year is going to be a season of new beginnings. I can't wait to see how it turns out,"** says Ellen. A real favorite of the younger swimmers, Ellen is looking forward to years of progressive coaching and hopes one day to single handedly conquer a small island-nation in the Pacific.



Junior Coach
Christina Schultz



Junior Coach
Sara Normington



Junior Coach
Kelly Marker



Junior Coach
Emily Selvin



Junior Coach
Lindsey Allen

Moving up the ranks as Junior Coaches this year, we welcome back **Christina Schultz, Sara Normington, Kelly Marker, Emily Selvin, and Lindsey Allen.** 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.



Coach In Training
Matt Nicolaou



Coach In Training
Sammy Brasch

New Faces to the staff are Coaches In Training **Matt Nicolaou and Sammy Brasch.**

PARK POOL SWIM TEAM INFORMATION

New Families: 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, Josie Kelley, our “**New-Parent Liaison**”, is on call to answer your questions. The New Parent Liaison will act as contact persons for new families to the swim team. She 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, she 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.

The Swim Team Directors and all of the coaches are also happy to answer questions. Drop a note in their mailbox or leave a personal message on the coaches’ direct line (925) 254-3970.

Lastly, please reference this Swim Team Handbook and FAQ sheets near the coach’s office. There is a lot of valuable information readily available.

Cost: The swim team fee per swimmer is \$250. There is a family discount of \$25.00 for the third swimmer and each subsequent swimmer there after. This fee includes a team T-shirt, an OMPA 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, 2006 (less \$25.00 administrative fee).

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 O.P.P. team as both a swimmer and a coach.

Team Suit & Equipment: Team suits will be on sale during both registration days and are also available at Norski & Sports in Lafayette. A wide selection of goggles may also be purchased at the pool on registration days. Team fee includes a team T-shirt, an OMPA T- Shirt and team cap. Devra Laner and Nancy Reilly, will be accepting orders for additional team clothing on registration days. Graphic Design: Square Peg Design and Logo Apparel Provided by Sweatshop Apparel.

Adult Swim will be offered to members again this year. Workouts will be Mon., Tues., and Thurs. evenings from 6:45-7:45 starting June 12th. Registration forms will be available on registration days or at the coaches’ office.



PARENT OBLIGATION TO SWIM TEAM

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

Parent Obligations: 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 social activities. Additionally, each family is required to work one obligation at the OMPA meet or OMPA 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.

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 \$50 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.

STAFFING FOR HOME MEETS

9 Timers
1 Runner (picks up recorder slips/DQ's)
1 Rover (timer sub/water person)
1 Starter
2 Stroke & Turn
1 Head Timer
1 Desk Positions
1 Meet Director
2 Computer Entries
1 Announcer
6-12 Food concessions
2 Shepard's
1 Timing System Set up
35 volunteers for home meets

STAFFING FOR AWAY MEETS

9 Timers
3 Recorders
3 Desk
1 Meet Director
16 volunteers for away meets *
** some meets may require additional staffing*

STAFFING FOR VISITING TEAMS

9 Timers
1 Desk/Ribbon
1 Stroke & Turn
1 Meet Director
12 volunteers for visiting teams



WORKOUT SCHEDULE

The Park Pool swim team is open to all swimmers, ages 4 to 18. Our coaches ask that every Park Pool swimmer always give their best effort, support their teammates and demonstrate good sportsmanship. We encourage parents to promote these values to their children along with the importance of attending workouts, arriving on time, and respecting your peers and coaches. For parents, we also ask that you model a competitive spirit balanced with good sportsmanship and follow through with your swim-team work obligations. Friendship, fun and meeting personal goals are the priorities of the team, but to realize these goals we need everyone's support and commitment. Swimmers are expected to make every effort to be at practice everyday and participate in as many meets as they are able.

Little Stinger's 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. Little Stinger workouts start with the regular season, on June 12 Mon. thru Thursday. There will be no pre-season workouts for Little Stinger's.

6 and Under Swimmers should be able to swim a full length of the pool without assistance. If your swimmer is moved up from Little Stingers to 6 and Unders please notify a head coach or the Directors so that they can make your child's transition a smooth one.

Age Group Swimmers We encouraged all age-group swimmers to participate in Spring Clinics and Pre-Season workouts if possible. Although they are not mandatory, we recommend that swimmers take every opportunity to build endurance and refine stroke development. If this is your child's first year on the swim team the pre-season workouts are especially helpful.

WORKOUT TIMES

PRE-SEASON (May 16 – June 8) *No practice June 9th*

Age	Monday-Friday
6&U	3:45-4:15 p.m.
7-8	4:15-5:00 p.m.
9-11	5:00-6:00 p.m.
12-18	6:30-7:45 p.m.

REGULAR SEASON (June 12 – Aug. 6th)

Age	Monday - Friday
13-18	7:00-9:00 a.m. M-W-F (8:30-9 dry land)
15-18	7:00-8:30 a.m. T-Th
13-14*	4:45-6:00 p.m. T-Th*
11-12	8:30-9:45 a.m.
9-10	9:45-10:50 a.m.
7-8	10:50-11:40 a.m.
6& Unders	11:40-12:15 a.m.
Little Stingers	11:00-11:30 a.m. (M-TH)

**13-14 with a conflict may attend the morning workout if approved by a head coach.*

MEET INFORMATION

Time Trials are scheduled for Sunday, June 4th warm ups at 12:00. 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 stroke. All swim team members are strongly encouraged to participate in time trials and to swim in each event. This meet 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.

During Time Trials, there will be a **Mandatory Parent Meeting**. The new coaches will be introduced, returning coaches will be welcomed back and a terrific picnic dinner for all of our swimmers and their families. Don't miss this great, all team event, as we kick off the 2006 season with a big dose of STINGRAY spirit!

Regular Season, June 12-Aug. 20, Generally there are 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 week-ends 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!

Meet Sign-In Book: The Meet Book is very important to the swim coaches. They need to know when your swimmer is not going to be available, so please make sure you fill in the date of all the meets your child will be participating in. This makes meet scheduling much easier and more cost effective if we are swimming an Invitational. The Meet Book is located on the cabinet outside the coaches' office. **If you sign up for a meet and are unable to attend due to a family emergency or illness, please notify a coach or call the coaches' office at 925-254-3970. If you sign up for a meet and do not show up, unless due to an illness or emergency, you will not be permitted to swim in the next meet in which you are eligible to swim.**

Meet Sheet: Coaches will post a meet sheet listing all of the swimmers scheduled to swim in each meet. The meet sheet will be sorted by age, gender and order of stroke. The usual order of events is Medley Relay (MR), Individual Medley (IM), Freestyle (FR), Breast (BR), Back (BK), Butterfly (FLY) and Free Relay (FRR). Individual swimmers are listed by last name under the strokes they are scheduled to swim. Their “seed” (best) time, lane and heat may also be indicated. HOME teams generally fill lanes 2-4-6, the AWAY team lanes 1-3-5. The fastest swimmers are usually given the middle lanes. For the individual strokes the first number listed represents the heat and the second the lane. In a relay, the first number listed indicates the lane and the second the order they swim. If there is more than one MR the second heat may be indicated by a circle or some other symbol. *See sample below.*

Age	Gender	Swimmer	MR	IM	FR	BR	BK	FLY	FRR
5	F	Moran, Reily				1-2			
5	F	Murphy, Kelly					2-2	2-6	
5	F	Vaughn, Lucy				1-6	2-4		
5	F	Wahl, Jessica			2-2			2-4	4-2
6	F	Ajdari, Emma					1-6		4-3
6	F	Alvarado, Madison	FR		1-6			2-2	
6	F	Curran, Charlotte			2-6			1-6	
6	F	Fitch, Ali	FLY				1-4		4-1
6	F	Houston, Charlotte			1-4			1-4	4-4
6	F	Sernette, Caroline					2-6	1-2	
6	F	Templeton, Leah	BR		2-4	1-4			
6	F	Whitsitt, Corinne	BK		1-2		1-2		

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 5:30 p.m. and runs until approximately 9:00 p.m. For home meets, swimmers need to be at Park Pool by 4:20 p.m. For away meets, swimmers need to arrive by 4:45 p.m.

SIGN-UPS FOR DUAL MEETS:

Coaches will post the Dual Meet entries two to three days prior to the meet. You will also receive a confirming email. If your swimmer's name is listed, the coaches are planning for 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 or reply immediately to the meet confirmation email that your child will not be swimming. However, we recommend that you always sign-in the Meet Book if you know your child will be participating.

On the day of the meet, the exact line-up will be posted as well as a confirming email so that swimmers can see what they will be swimming. During the meet, parents are asked help facilitate the process by writing their child's event, heat and lane on their child's hand so the coaches can quickly organize their swimmers. See page 12 for a detailed example of a meet entry. Parents should also listen for announcements for up-coming races and be prepared to "shepherd" their child to the appropriate coach or holding area.

"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.

Note to Parents a child may be a "A" swimmer in one stroke and a "B" swimmer in another, or may qualify as an "A" swimmer due to the absence of another swimmer with a close seed time. Always check the meet entry or speak directly with a coach to confirm whether or not your child is scheduled to swim.

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 8:30 a.m. and runs until about 3:00 p.m.

BOTTOMS UP: This all day event 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.

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 is a fast-paced and thrilling meet hosted 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, all O.P.P. Swim Team families are 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 check off the swimmers name if they are going to swim. **The club pays a fee for every swimmer registered for each invitational**, so please notify your child’s coach coaches 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 3-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 two weeks after the OMPA meet Aug. 19th & 20th. It is open to all swimmers who have achieved 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 county, involving over 60 teams.

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.



2006 OMPA Meet Schedule

Sun., June 4: Time Trials-Soda Center

Sat., June 10: Park vs. MCC-away

Wed., June 14: MEAD vs. Park-away

Sat., June 17: Park vs. MTSC-away

Wed., June 21: Park vs. MVP-away

Sat. June 24: SH vs. Park-away

Wed., June 28: Park vs. Miramonte-away

Sat., July 8: Bottoms Up-away

Sun., July 9: OPP Relays

Wed., July 12: OCC vs. Park-home

Fri., July 14: MCC vs. Park-away

Sun., July 16: Meadow Mini Meet-away

Wed., July 19: Park vs. CCC-home

Sat., July 22: Park vs. MR-away

Sat., July 23: SH "B" Invitational-away

Wed., July 26th: Intra-squad - home

Sat., July 29: OPP Alumni Meet-home

Fri., Sat. and Sun. Aug. 4, 5 and 6: OMPA Championship Meet

Sat and Sun. Aug. 19 and 20: County Meet

THINGS TO REMEMBER AT MEETS

SWIMMERS should bring: team suit, team cap, goggles, 2 or more towels, sweats, sleeping bag, (to lie in if cold, or sit on and rest) healthy snacks, and sun screen. A swim parka is a good investment for cool evening meets and early Saturday morning meets. They can be purchased at Teamworks in Rheem or online @ www.truwest.com. 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.**

PARENTS are asked to help facilitate the meet process by writing their child's event, heat and lane on their child's hand so the coaches can quickly organize their swimmers. See page 12 for a detailed example of a meet entry. Parents should also listen for announcements for up-coming races and be prepared to "shepherd" their child to the appropriate age-group coach or holding area.

Parents may follow their child to the blocks or meet them at the end of race with a warm towel as long as they are careful to respect the boundaries set by the coaches and meet officials. It is critical that the timers and record keepers are not interrupted or distracted with unnecessary by-standers.

MEET SIGN-IN BOOK: The Meet Book is very important to the swim coaches. They need to know whether or not your swimmer is going to be available to swim in each meet. Please make sure you check "yes" or "no" next to your child's name for every meet. This makes meet scheduling much easier and more cost effective if we are swimming an invitational. The Meet Book is located on the counter outside the coaches' office. **If you sign up for a meet and are unable to attend due to a family emergency or illness, please notify a coach or call the coaches office at 925-254-3970. If you sign up for a meet and do not show up, unless due to an illness or emergency, you will not be permitted to swim in the next meet in which you are eligible to swim.**

RECORDS AND TIMES BOOK: This book is also located in the counter 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.

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.

BULLETIN BOARD: The Bulletin Board is extremely crucial for the swim team: It is the Coaches' and Swim Team Committee's way of communicating information about meets, activities, swim lessons and important announcements.

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.

EMAIL REMINDERS & NOTIFICATIONS: The swim team directors, committee heads and coaches will be sending out meet confirmations, social events reminders via email. This information will also be posted on the team bulletin board.

WEBSITE: Check out our website at WWW.ORINDAPARKPOOL.ORG. Access practice and meet schedules, social calendar and event information, meet results and the handbook.

PARK POOL SWIM LESSONS

Orinda Park Pool offers swim lessons to children of all age levels, beginning Monday, June 12th. Three categories of lessons are offered: Competitive, Learn to Swim, and Free Lessons.

Competitive Lessons are for children currently on the swim team. **Learn to Swim Lessons** are offered to non-swim team members and cover the fundamental skills necessary to join the swim team. Both of these are paid lessons and the fee is dependent on the level of coach you request. **Free Lessons** are also offered to young children of pool members between the ages of 3-5 years old and at the *bubble blowing* stage. Water safety and beginning skills are introduced.

Competitive and Learn to Swim Lessons at Park will be the same as last year. All lessons will be private, that is, one-on-one. This allows the coaches to customize lessons to address each individual swimmer's needs and will be the most effective in accelerating the skills of Park's swimmers. The philosophy is that lessons and practice go hand-in-hand . . . lessons should never be a substitute for a well-run technique-based practice session. Private lessons allow a swimmer to work on skills they might be having difficulty mastering, and then the swimmer returns to practice with a new understanding of and confidence in the techniques being taught.

Lesson sign-ups will be available on deck in individual coach binders. Each coach will have a binder with a sign-up sheet for each week. In order to sign up, you must fill in your swimmer's name for an appropriate slot and place your check in the attached folder for the Lesson Coordinator to pick up. Please indicate the name of your child on the check. Your sign-up becomes official when both the coach and the Lesson Coordinator have initialed your lesson slot. This way, you will know exactly when and with which coach the lesson will take place. All binders will be on deck every day. The Lesson Coordinator this summer will be Meg Vaughn. You can contact her at megvaughn@comcast.com or 258-8626 with payment questions. Please contact the coaches directly for changes or cancellation notices.

Lessons will begin the week of June 12th and will be offered for seven weeks through the end of July. Sign-ups will begin June 4th. **Each family will be limited to 1 week of lessons per child until June 18th.** This will allow more families to participate in lessons. After June 18th, **You may only sign up for two, one-week sessions at a time.** Lessons are taught on Monday, Tuesday, Thursday, and Friday and will be 20 minutes in length. **One-week sessions consist of four lessons (80 minutes of total instruction).** This guideline is important because lessons should not replace practice. Swimmers will learn plenty of new techniques to work on in practice at the end of a one-week session of lessons, and they will need time and space to do so. It is also necessary so that everyone has the opportunity to take lessons with the coach they want. As you finish one week of lessons, you may sign up for another week if space permits and the coach recommends it. Lesson sign-ups will begin by June 4th. The cost of the lessons range from \$25-\$80 a session and are based on the level of coach who is instructing. Fees are payable by check to Orinda Park Pool.

Single 20-minute lessons are also available for \$20 each. Fees are payable by check to Orinda Park Pool. If you would like to sign up for a single 20-minute lesson, you may do so for \$20. Please indicate that you are only signing up for a single lesson on the sign-up sheet.

Time slots are available from 1:00-3:00 for swim team members and siblings, from 3:00-5:00 for **Learn to Swim lessons, and then again from 5:20-6:00 for anyone.** It is possible that swim team members may take lessons during the 3:00-5:00 hours, but this will depend on space availability. **Lessons are taught on Monday, Tuesday, Thursday, and Friday and will be 20 minutes in length. One-week sessions consist of four lessons (80 minutes of total instruction).** The cost of the lessons will be based on the level of coach who is instructing.

- Lessons with a Head Coach or Assnt. head Coach will be \$80 a session.
- Lessons with a Senior Coach will be \$65 a session.
- Lessons with a Coach will be \$55 a session.
- Lessons with Junior Coach will be \$25 a session.

Free lessons will begin the week of June 12th. Sign up sheets will be available on the bulletin board by the coach's office the week before the lessons begin. These lessons will run Tuesday, Wednesday, and Thursday mornings from 9:15-10:30. Lessons will run for 15 minutes with a group of four in a lesson. There will be eight available spaces for each time slot. These lessons are offered on a first come, first serve basis.

PARK POOL ACTIVITIES

We have many fun filled activities planned for swimmers and families this season. The "Welcome Back" Picnic will take place during Time Trials, on June 4th. Back by popular demand are 8 & Under Bowling, 9 & Up Movie Night, Stingray Ball, 8 & U Overnight, Spirit Week activities and much more! If you are 13 & Up, the coaches have special plans for you.

Please be sure to check the web site, newsletters, and bulletin board for social activities' dates, deadlines for sign ups, and times. Please keep in mind that our coaches are happy to participate with your child (ren) at these events, but these are not "drop off" activities. **Most activities involving children 8 and under will need your parental supervision.**



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).

HIGH POINT AWARD: Awarded to a boy and girl in each age group. This award will be based on a combination of points scored at dual and championship meet performances.

COACHES AWARD: Awarded to a boy and a girl in each age group who has exemplified the principals and spirit of Park Pool: a dedicated work ethic, a willingness to learn and improve, sportsmanship and a great team spirit.

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

CCC Campolindo Cabana Club: 3700 Campolindo Dr., Moraga 284-9816. Hwy 24 east 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. Metered pool.

LMYA Lafayette-Moraga Youth Assoc: Acalanes High School. Hwy 24 east 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.

Las Lomas High School, 1460 S. Main St., Walnut Creek. Take Hwy 24 east to 680 South. Exit South Main. Turn left on S. Main right on Lilac. Walk past the tennis courts towards the stadium. The Pool is to the left of the stadium at the very end of the campus

MEAD Meadow Pool: is at the end of Valley Dr., Orinda, and 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 is on the right, park in back. Metered 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: 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. Bottoms-up Invitational Meet is held here.

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. Take 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 Terms

Word	Meaning
"A" Meet	Each team's current top three swimmers in an event. 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. O.P.P. 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. At Park the desk is 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 with one another.
Event	An age group swimming a particular stroke. The order of events is usually Medley Relay, Individual Medley, Freestyle, Breast, Back, Butterfly and Free Relay. Each stroke will have age-groups entries starting with 6 and Under through 15-18.

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 coaches' 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 Under will be taken over by a coach or shepherd.
Shepherd	A volunteer who helps to get the 8 and Under 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 stopwatch.

2006 Boys Time Standards

Free:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	32.00	25.00	20.19
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	28.74
7-8	25 yards	29.00	26.00	22.22
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	1:04.75

Fly:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	39.00	32.00	25.75
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

2006 Girls Time Standards

Free:

Age group	Distance	Bronze	Silver	Gold
6&U	25 yards	32.00	25.00	20.48
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	28.81
7-8	25 yards	29.00	26.00	22.10
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	24.81
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	30.82
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 2005 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	Matt Murphy 22.61 (50 yds) OPP 1984	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 Meadow 1998	Trevor Rose 30:58 OPP 1998	Sam Brasch 28:66 (50 yds) OPP 2005	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	Nicolas Deaver Meadow 30:50 Meadow 2005	Ian Fischer 27:53 Meadow 1994	Rob Anderson 26.13 (50 yds) OPP 2005	Rob Anderson 57:79 (100 yds) OPP 2005
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	Deavor, Ryner, Ashby, Moreau Meadow 1:09:93 2001	Govan, Noonan, Wooster, Devenish 2:19:77 OPP, 1985	Meadow 2:03:77 1998	Meadow 1:51:70 1994	Anderson, Schultz, Brasch, Allen 1:40:43 2005	<u>OPP Relay - Coach's Mixed</u> MTSC 1:42:75 2001
Free Relay	Anderson, Balestrieri, Brasch, Allen 1:14:80 OPP, 1994	Deavor, Ryner, Ashby, Moreau Meadow 1:01:66 2001	Moraga Country Club 2:01:71 1991	Meadow 1:50:54 1993	Moraga Country Club 1:39:11 1983	Anderson, Schultz, Railsback, Allen 1:28:68 2005	Black, Bluhm, Kirby, Schultz 3:28:47 (400 yds) OPP, 2005

Orinda Park Pool 2005 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	Alexa Wenning 1:14:23 (100 yds) OPP 2005
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	Scultz, Selvin, Marker, Ralph 4:02:60 OPP 2005 400

Orinda Park Pool 2005 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	Gabe Ostler 13.96 2004	Andres Stoddard 27:87 1990	Andrew Stoddard 25:02 1992	Andrew Stoddard 22:81 1994	Dave Born 21:59 (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	Sammy Brasch 27.40 (50 yds) 2005	David Black 1:01:63 (100 yds) 1999
Backstroke	Robby Anderson 20:16 1994	Gabe Ostler 16.66 2004	Danny Schultz 33:82 1997	Greg Allen 29:96 2000	Greg Allen 27.04 2002	Greg Allen 25.33 (50 yds) 2005	Rob Anderson 55:55 (100 yds) 2005
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	Anderson, Brasch, Schultz, Railsback 1:38.14 2005
Free Relay	Anderson, Brasch, Balestrieri, Allen 1:10:24 1994	Ostler, Wentzel, Furtado, Adams 59.47 2004	Govan, Noonan, Meyers, Devenish 1:58:47 1985	Gove, Gavigan, Piatt, Boone 1:48:70 1976	Cooke, Sanford, Gliebe, Bunch 1:36:94 1984	Anderson, Schultz, Allen, Railsback 1:27.27 (200 yds) 2005	Anderson, Scultz, Bluhm, Black 3:21.50 (400 yds) 2005

Orinda Park Pool 2005 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	Schultz, Selvin Marker Ralph 4:0802.60 OPP 400 2005

Individual Time Record 2006

Name: _____

Meets	IM	Free	Breast	Back	Fly
Time Trials					
MCC A/B					
MEAD A+2					
MTSC A+2					
MVP B					
SH A/B					
Miramonte A+1					
Bottoms Up					
OPP Relays					
OCC A+2					
MCC A+2					
Meadow Mini					
CCC A +2					
MR A +2					
SH B Invitational					
Intrasquad					
Alumni Meet					
OMPA					
County					
Goal Times:					

Name: _____

Meets	IM	Free	Breast	Back	Fly
Time Trials					
MCC A/B					
MEAD A+2					
MTSC A+2					
MVP B					
SH A/B					
Miramonte A+1					
Bottoms Up					
OPP Relays					
OCC A+2					
MCC A+2					
Meadow Mini					
CCC A +2					
MR A +2					
SH B Invitational					
Intrasquad					
Alumni Meet					
OMPA					
County					
Goal Times:					