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Orinda Country Club once again OMPA Champions



Grayson Menard, 9 year old, from Sleepy Hollow Photo Gint Federas

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Each of the coaches has their own way of doing things though there are many similarities in their approaches. The keys for success for these coaches range from technique to character and attitude. If there is one consistency for all of them, it's important for their swimmers to have fun.

For Haufler, "It's not just the kids in the top 10 but the kids in the top 20 that helps our team. It's all about stroke technique, start, turn and finish." Allen says: "It's hard work, effort and sportsmanship. We want to mix the balance between hard work and play perfectly."

Cavallero has taken a unique approach: "We don't swim and train yardage which is the old school men-

tality of swim. We go the opposite of that. We focus on good technique, balancing that with making it a positive experience. We want it to be fun and enjoyable and we want to build that team spirit and comradery."

Gessling points to "competitiveness and striving to be their best as an individual and always trying to find something to push themselves, like internal motivation because it's really hard for a coach to always yell but if the swimmer is in to it, setting their own goals and pushing themselves, you're going to have success."

Allen's formula is "to put time in the water but you have to make sure that your swimmers are having fun and they want to compete and get better and faster. The balance between hard work and play is what we

want to mix perfectly." For Armanini, "It's just being very consistent with our structure and routine. The younger kids feed off and thrive in that and we have been able to develop a system that on several days a week we do certain stroke groups and the rest of the week we do dives and other days we do free style."

Lee goes for "technique and the little details of the stroke along with motivation. We try and get the kids pumped up and believing in themselves and realize that they can accomplish their goals if they have no doubt in themselves at all."

For Rose, it's character: "You got to want to try every day or else you can't succeed when you compete. You have to care as much about shaking someone's hand as you do winning the event. You have to care as much about a workout as you do a championship meet swim. It's doing the right things as a human and as a teammate that is way more important to us than fast swimming though the fast swimming is a by-product of all that."

Ehrenberger keeps it simple: "We just try and work hard day in and day out and we try not to worry too much about things that we can't control, just the things that we can control. It's consistency over the years of coaching and the kids and parents buying into system."

It's been more than just taking care of the swimmers for Nakamura and Speron: "We've been preparing for this meet since last October," said Nakamura. "It's setting up vendors and food trucks. Selling ads and finding sponsors like Zuma, Creative Energy, LAMO Water Polo, Tice Valley among others."

For both of them and for

most of the community, it's more than a meet, says Speron: "The most fun is having all the kids come in and seeing the excitement build up all week. All of this generates great comradery with everyone talking about OMPA all over town and in the community."

TEAM RESULTS

- Orinda Country Club – 4462 (244 swimmers)
- Meadow Swim – 3018.5 (225 swimmers)
- Moraga Valley – 3000 (284 swimmers)
- Sleepy Hollow – 2962 (226 swimmers)
- Moraga Ranch – 2151 (165 swimmers)
- Orinda Park – 2090.5 (219 swimmers)
- Moraga Country Club 2046 (143 swimmers)
- Miramonte Swim Team – 1129 (74 swimmers)
- Campolindo Cabana Club – 758 (111 swimmers)

INDIVIDUAL MEET RECORDS BROKEN

- GIRLS**
- Evelyn Gaffney (Miramonte) – 6& Under breast stroke (20.38)
 - Lily Holloway (Meadow) – 9-10 50 yard back stroke (31.01)
 - Grace Clark (Meadow) – 13-14 50 yard back stroke (26.71)
- BOYS**
- Grant Kurtz (Moraga Valley) – 11-12 50 yard fly (26.54)

HIGH POINT WINNERS

- | | | | |
|----------------------------|--------------------------------|---------------------------|---------------------------------|
| 6 & Under Girls | Evelyn Gaffney – Miramonte | 6 & Under Boys | Henry Shamia – Orinda C.C. |
| 7-8 Girls | Hayden Holloway – Meadow | 7-8 Boys | Jack Deal – Orinda Park |
| 9-10 Girls | Lily Holloway – Meadow | 9-10 Boys | Ellis Culleton – Miramonte C.C. |
| 11-12 Girls | Elisabeth Butler – Orinda C.C. | 11-12 Boys | Grant Kurtz – Moraga Valley |
| 13-14 Girls | Grace Clark – Meadow | 13-14 Boys | Matteo Petty – Moraga Valley |
| 15-18 Girls (Tie) | Mackenzie Murphy – Orinda C.C. | 15-18 Boys | Narayan Sharma – Sleepy Hollow |
| | Katie Lyons – Orinda C.C. | | |

Lamorinda Water Polo All-Americans



Katie Lyons, Miramonte Photo Gint Federas

By Jon Kingdon

The National Interscholastic Swimming Coaches Association is a professional organization that supports high school coaches of all aquatic sports. It is dedicated to coaches education and athlete recognition through the All-American programs.

They recently named the 2018-19 NISCA Girls Water Polo All American Teams, encompassing all 50 states, and Lamorinda was very much represented from the first team to sixth team, each team having 13 girls listed.

Senior Katie Lyons (Miramonte) and junior Jewel Roemer (Acalanes) were named to the first team. Seniors

Zoe Crouch (Campolindo), Lexi Rowell (Acalanes) and her sister, sophomore Claire Rowell (Acalanes) were named to the third team. Senior Christina Crum (Campolindo) was named to the fourth team and junior, Sally Fellner (Miramonte) was named to the fifth team.

Lyons and Lexi Rowell will be playing for Stanford next year, Crouch will be playing for Indiana and Crum will be playing for USC.

Claire Rowell was one of only 13 freshmen and sophomores named to the teams.

Look for another strong year for girls water polo in Lamorinda this coming season.

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