

Published July 20th, 2011

Orinda Aquatics "Character First" Camp

Submitted by Julie Carlson

Orinda Aquatics' motto is "Character First" and for the first time, coaches Don and Ron Heidary emphasized this to their student athletes at Character Camp.

Swimmers age 10-and-older spent two hours a day practicing but also working on more than just stroke development and technique; the coaches spent time discussing character, leadership, personal responsibility and perseverance.

The proceeds of the camp are being donated to OA's Swaziland, Africa Swimming Program.



Photo Don Heidary

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