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Orinda Aquatics Coach Travels to Swaziland

Submitted by Julie Carlson



Photo provided

Don Heidary, co-head coach of Orinda Aquatics, recently returned from a trip to Swaziland where he presented a coaching clinic to local swim coaches and parents in conjunction with the American Swimming Coaches Association. Over 25 coaches and parents attended the clinic.

During his visit, he was able to attend a swim meet.

"The meet was one of the most endearing and precious experiences I have enjoyed as a coach. It was an early season relay meet and included the elementary schools. The meet had no timers, no officials, no "stars," only a few streamlines, but more spirit than I have seen in my thirty-five year career," Heidary said, "It was powerful and refreshing and a stark reminder of the pure joy that can and should exist in sports - at all levels."

Reach the reporter at: info@lamorindaweekly.com

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