

2018 TMEC RW Recap

Red, White, Wet and Wild

No matter how slow you go, you are still lapping everyone on the couch.

33 of our Red, White, and first time swimmers showed up on a cold, wet and windy day for the one day TMEC R/W meet. Their GOAL! ... to improve their times and get those BLUE / RED cuts for our upcoming Long Course season.

EVERY 50 yards and above short course RED time QUALIFIES for the B/R (Blue / Red) long course meets.

There are only 2 meets left for 12 and unders to get those cuts and qualify for our first LCM meet at Yucaipa a month from now.

New RED and Blue Times:

Swimmers with new qualifying times for the LCM season are: **Kai Anolin** (100 Free - Red, 50 Back - Red); **Kate Fassbinder** (100 Free - red, 50 Free - Blue); **Vincent Frausto** (50 Breast - Blue); **Joshua Jenkins** (100 Free - Red); **Noah Jung** (50 Breast - Red, 50 Free - Red); **Ethan Lopez** (100 IM - First time and Blue, 50 Free - Blue); **Ezekiel Mora** (200 Free - Red); **Luke Pedroche** (50 Breast - Blue); **Nathan Tak** (50 Breast - Red); **Sadie Tak** (100 Free - Red); **Norton Yang** (100 Free - Red, 50 Breast - Red, 50 Free - Blue).

First Time Swims

Swimmers who began their quest for those red times with first time swims are: **Sean Chen** (50 Back, 50 Free); **LeighAnne Chow** (50 Free, 50 Back, 50 Fly, 50 Breast); **Preston Hu** (50 Breast); **Joshua Jenkins** (500 Free); **Noah Jung** (100 IM); **Samantha Lee** (50 Fly); **Daulton Lista** (50 Free, 50 Back, 50 Free); **Teng Long** (50 Fly); **Yue Long** (50 Fly); **Ethan Lopez** (100 IM); **Sophia Pearson** (50 Free, 50 Breast); **Radke, Lyric** (25 Breast); **Maya Reiland** (100 IM).

Notable Swims

Congratulations to our new **TRAVEL TEAM** swimmers: **Sadie Tak**, **Norton Yang**, and **Ethan Lopez**. They reached a minimum of 5 red times. Good work!

Huge kudos to our **RISING STAR**, **Lucas Chiang** (age 6), who placed 1st in ALL 4 events and earned the max points of 80 for the team. Tremendous swims!

Time Drops

Our swimmers completed 112 individual events and achieved 81 personal bests for 72%. Way to go parents (who drag their kids to practice) and coaches (who train them to excel)!

BEST SINGLE TIME drop goes to **Norton Yang** for his 50 Breast (-18.44). **BEST TOTAL TIME** drop also goes to **Norton Yang** with a huge -50.75.

Also achieving personal bests are: **Sophia Pearson** (-23.91); **Noah Jung** (-19.83); **Yvonne Jia** (-19.23); **Kate Fassbinder** (-14.21); **Kai Anolin** (-12.01); **Isabella Ferrari** (-11.58); **Lucas Chiang** (-11.00); **Sadie Tak** (-10.68); **Preston Hu** (-9.85); **Zeke Mora** (-7.48); **Nathan Tak** (-7.40); **Maya Reiland** (-6.95); **Teng Long** (-6.01); **Makaila Valenzona** (-5.98); **Alessandra Paredes** (-5.92); **Ayaan Chudasama** (-5.22);

2018 TMEC RW Recap

Christian Urena (-4.92); *Luke Pedroche* (-2.99); *Samantha Lee* (-2.91); *Ethan Lopez* (-2.82); *Aeden Crain* (-2.19); *Kieran Mulqueen* (-2.01); *Vincent Frausto* (-0.93); *Yue Long* (-0.91); *Joshua Jenkins* (-0.71); *Mayumi Pedroche* (-0.51); *Nikki Tse* (-0.30).

Awards & Points

Our swimmers came away with 53 awards which means 43% of their swims were in the top 6 of their events. Pretty darn good.

1st Place Awards = 12 (23%):

- *Lucas Chiang* – 5-6 25 Free, 25 Back, 25 Breast, 25 Fly
- *Kate Fassbinder* – 7-10 100 Free
- *Vincent Frausto* – 11-12 50 Fly
- *Noah Jung* – 11-12 50 Breast
- *Ethan Lopez* – 11-12 50 Free
- *Lyric Radke* – 5-6 25 Breast
- *Sadie Tak* – 13-14 100 Back
- *Makayla Valenzona* – 13-14 100 Breast
- *Norton Yang* – 11-12 50 Free

2nd Place Awards = 15 (29%):

- *Chudasama, Ayaan* – 5-6 25 Back, 25 Fly
- *Kate Fassbinder* – 7-10 50 Free
- *Vincent Frausto* – 11-12 50 Free
- *Joshua Jenkins* – 13-14 100 Free
- *Ethan Lopez* – 11-12 100 Free, 50 Fly, 100 IM
- *Ezekiel Mora* – 13-14 200 Free, 100 Fly
- *Luke Pedroche* - 11-12 50 Breast
- *Lyric Radke* – 5-6 25 Fly
- *Sadie Tak* – 13-14 100 Free
- *Nikki Tse* – 11-12 50 Back
- *Norton Yang* – 11-12 50 Breast

3rd Place Awards = 11 (21%):

- *Kai Anolin* – 11-12 50 Back
- *Ayaan Chudasama* – 5-6 25 Free
- *Vincent Frausto* – 11-12 100 Free, 50 Breast
- *Joshua Jenkins* – 13-14 50 Free, 500 Free
- *Noah Jung* – 11-12 50 Free
- *Kieran Mulqueen* – 7-8 25 Back
- *Lyric Radke* – 5-6 25 Back
- *Sadie Tak* – 13-14 200 IM
- *Makayla Valenzona* – 13-14 100 Fly

4th Place Awards = 8 (15%):

- *Kate Fassbinder* – 7-10 50 Fly

2018 TMEC RW Recap

- *Ezekiel Mora* – 13-14 100 Back
- *Mayumi Pedroche* – 7-10 50 Back
- *Lyric Radke* – 5-6 25 Free
- *Sadie Tak* – 13-14 100 Breast
- *Makayla Valenzona* – 13-14 200 IM
- *Norton Yang* – 11-12 100 Free, 50 Back

5th Place Awards = 6 (12%):

- *Kai Anolin* – 11-12 50 Free, 100 Free
- *Joshua Jenkins* – 13-14 100 Fly
- *Nathan Tak* – 11-12 50 Breast
- *Nikki Tse* – 11-12 50 Breast
- *Makayla Valenzona* – 13-14 50 Free

6th Place Awards = 1 (2%):

- *Nikki Tse* – 11-12 50 Free

These swimmers earned a total of 1,003 points for the team: *Lucas Chiang* (80); *Ethan Lopez* (71); *Vincent Frausto* (69); *Lyric Radke* (68); *Sadie Tak* (68); *Norton Yang* (67); *Makayla Valenzona* (65); *Kate Fassbinder* (63); *Joshua Jenkins* (63); *Nikki Tse* (55); *Ayaan Chudasama* (50); *Ezekiel Mora* (49); *Noah Jung* (48); *Kai Anolin* (47); *Nathan Tak* (37); *Kieran Mulqueen* (22); *Mayumi Pedroche* (20); *Isabella Ferrari* (19); *Luke Pedroche* (17); *Alessandra Paredes* (12); *Samantha Lee* (7); *Sophia Pearson* (5); *Aeden Crain* (1). Great job all.

Wrap Up

We challenge every swimmer and every parent to **set goals** for the long course season beginning with the YST meet April 21-22. This is a beautiful Olympic size pool and was used for the 2004 Athens Olympic Trials. Your swimmer could be standing on the same starting block that Michael Phelps, Jason Lezak, Aaron Peirsol, Ryan Lochte, Dana Vollmer, Natalie Coughlin, and Amanda Beard, among others, stood on.

*Give a man a bow and arrow and tell him to, “**SHOOT!**” and his first response would be, “At what?” When there is no target there is no purpose for shooting. He could shoot the arrow anywhere and wherever the arrow ended up would be where the arrow ended up. Not much to it.’*

On the other hand, if you gave the archer a target and challenged him to hit the bullseye – everything changes. You now gave him something to aim at, something to challenge his skills against, something to measure his progress with, and something that gives all of his effort – purpose. All by adding in a simple target.

*That’s what a goal does to a person’s life – **It changes everything.***

So what’s your Long Course goals? Work with your coaches to set those goals, sign up for the swim meets, then

GO SHARKS!

GMA Sherry