

2018 YST BR LC Meet Recap

Hard Work Pays Off

I've always believed that if you put in the work the results will come.- (Michael Jordan)

25 of our swimmers put in the hard work and got some unbelievable, amazing, mind blowing results at our first long course meet of the season.

AMAZING SWIMS

There were so many amazing swims we know these kids put in the hard work and we want to acknowledge their dedication and commitment.

Nathan Lee: First time LCM swim 200 Back and **qualified for Summer JO!** **Nathan** already has 3 qualifying times for SumJO based on his short course times and now he makes it 'official'. **Nathan** ... you blew our minds!

First Time Red and Blue Swims

The highest compliment that you can pay me is to say that I work hard every day, that I never dog it." – (Wayne Gretzky)

To get a red or blue time on a first time swim shows that these kids work hard every day. No dogging it for these swimmers and their results show it!

Vincent Frausto: First time swims for Blue – 200 Back; First time swims for Red – 50 Breast, 100 Breast. Vincent ... you are an inspiration!

Brooke Etter: 4 First time swims ... 50 Free, 100 Free, 200 Free, and 200 Breast, and **ALL BLUE!** Plus she also qualified the 50 Breast and 100 Breast for 'official' **Summer JO cuts**. This girl's on fire!

Ethan Lopez: 3 First time swims ... 50 Back, 50 Free, 200 Back and **ALL BLUE!** It's hard to believe Ethan's only been competing for 6 months! Crazy incredible!

Kai Anolin; First time Red (100 Back, 100 Free, and 200 Free). WOW!

Isabella Ferrari: First time Red (50 Free)

Makayla Hatzfeld: First time Red (200 IM)

Paul McNaughton: First time Red (50 Free, 200 Breast)

Sofia Salas : Frist time Red (50 Free)

XiaoRui Sun: First time Red (100 Back, 200 Free)

Makaila Valenzona : First time Red (200 Breast)

Team Records

Don't count the days, make the days count. (Muhammad Ali).

Setting the first Team Records of the Long Course season and making their swims count are:

- **Michael DiBello:** 13-14 200 Breast

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- **Vincent Frausto:** 11-12 200 Back
- **Teagan O'Dell:** 11-12 50 Fly, 50 Breast, 100 Breast
- **Rachel Oler:** 13-14 200 Breast
- **Maddie Wheeler:** 11-12 200 IM

New SumJO and/or JAG

I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.' (Muhammad Ali).

Congrats to our champion swimmers with new qualifying times:

Samantha Cummins : 50 Back (JAG), 50 Fly (JAG & SumJO);

Garrett Dykier: 100 Free (JAG & SumJO);

Teagan O'Dell: 50 Fly (JAG & SumJO), 100 Breast (JAG & SumJO);

Victoria Villarreal: 50 Breast (JAG & SumJO), 50 Fly (JAG & SumJO), 100 Back (JAG & SumJO), 100 Free (JAG & SumJO);

Maddie Wheeler : 200 IM (JAG & SumJO), 50 Back (JAG & SumJO), 50 Breast (JAG), 100 Breast (JAG) ;

New Blue Times

It's hard to beat a person who never gives up. (Babe Ruth)

These swimmers work hard and don't give up:

Jill Adams (50 Back, 100 Back); **Samantha Cummins** (100 Free, 200 Free, 50 Breast, 50 Free); **Garrett Dykier** (200 IM); **Vincent Frausto** (100 Back); **Elizabeth Ortiz** (50 Free); **XiaoRui Sun** (100 Free); **Maddie Wheeler** (50 Free, 100 Fly).

New Red Times

"Excellence is the gradual result of always striving to do better." – Pat Riley

Demonstrating some excellent swims and always doing better are:

Jill Adams (200 Free, 50 Breast); **Kai Anolin** (50 Free, 50 Back); **Brooke Etter:** (100 Fly, 50 Back); **Vincent Frausto** (50 Free, 50 Fly, 100 Fly); **Makayla Hatzfeld** (50 Free, 50 Back, 100 Back); **Joshua Jenkins** (200 Free); **Nathan Lee** (50 Free); **Albert Ma** (100 Breast); **Elizabeth Ortiz** (200 Free); **XiaoRui Sun** (100 Fly); **Nikki Tse** (50 Breast, 50 Fly, 100 Back, 100 Free); **Makaila Valenzona** (50 Free).

New White Times

You're never a loser until you quit trying." – Mike Ditka

Our first time event swimmers didn't quit and picked up some new times:

Isabella Ferrari: (200 Free, 100 Breast); **Joshua Jenkins** (200 Back); **Albert Ma** (200 Free); **Paul McNaughton** (100 Back, 100 Breast, 100 Fly, 100 Free, 200 Free, 200 IM); **Rachel Oler** (100 Fly, 400 Free); **Elizabeth Ortiz** (200 Back); **Sofia Salas** (100 Breast, 200 Free); **Zachary Woods** (100 Fly, 200 Free, 200 Breast).

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AWARDS

“It’s not the will to win that matters—everyone has that. It’s the will to prepare to win that matters.” – Paul “Bear” Bryant

Our 25 swimmers took home 51 awards! How’s that for remarkable. 1st place = 10 (20%); 2nd place = 10 (20%); 3rd place = 6 (12%); 4th place = 7 (14%); 5th place = 10 (20%); and 6th place = 8 (16%).

Blue Awards

- 1st: **Teagan O’Dell** (50 Breast, 50 Fly, 100 Back)
- 2nd: **Teagan O’Dell** (100 Breast, 100 Free, 50 Back)
- 3rd: **Garrett Dykier** (100 Free); **Vincent Frausto** (200 Back); **Nathan Lee** (200 Back)
- 4th: **Teagan O’Dell** (50 Free)
- 5th: **Samantha Cummins** (50 Fly); **Alan DiBello** (50 Back, 100 Back); **Michael DiBello** (400 IM); **Victoria Villarreal** (50 Breast); **Madeline Wheeler** (200 IM)
- 6th: **Victoria Villarreal** (100 Free); **Madeline Wheeler** (50 Breast)

Red Awards

- 1st: **Samantha Cummins** (50 Free, 100 Free); **Brooke Etter** (50 Breast, 100 Breast); **Vincent Frausto** (100 Back); **Teagan O’Dell** (200 Free)
- 2nd: **Garrett Dykier** (200 IM); **Brooke Etter** (50 Free); **XiaoRui Sun** (50 Free); **Victoria Villarreal** (50 Fly); **Madeline Wheeler** (100 Breast)
- 3rd: **Samantha Cummins** (200 Free)
- 4th: **Jill Adams** (100 Back); **Samantha Cummins** (50 Breast); **Garrett Dykier** (200 Breast); **Nathan Lee** (100 Breast); **Makaila Valenzona** (100 Breast); **Madeline Wheeler** (50 Free);
- 5th: **Paul McNaughton** (200 Breast);
- 6th: **Jill Adams** (50 Back); **Brooke Etter** (100 Fly, 200 Breast); **Ethan Lopez** (50 Free); **Albert Ma** (100 Breast); **Elizabeth Ortiz** (100 Fly)

White Awards

- 1st: **Nathan Lee** (50 Free), **XiaoRui Sun** (100 Free)
- 2nd: **XiaoRui Sun** (100 Back, 100 Fly)
- 3rd: **Albert Ma** (100 Free); **XiaoRui Sun** (200 Free)
- 5th: **Joshua Jenkins** (50 Free); **Albert Ma** (200 Breast)

No points were awarded at this meet.

TIME DROPS

The will to win is important, but the will to prepare is vital.” – Joe Paterno

Vincent Frausto had **BEST TOTAL TIME DROP** (-80.95) and **BEST SINGLE TIME DROP** (200 IM - 34.63).

Our swimmers had a total time drop of 603.12 minutes or 10 hours, 3.12 minutes. That was enough time to drive to Far Westerns and back! Truly astounding!

Vincent Frausto (-80.95); **Makaila Valenzona** (-53.91); **Makayla Hatzfeld** (-51.16); **Madeline Wheeler** (-50.60); **Brooke Etter** (-46.71); **Samantha Cummins** (-40.87); **Teagan O’Dell** (35.05); **Jill Adams** (-

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30.18); **Albert Ma** (-22.82); **Victoria Villarreal** (-22.75); **Garrett Dykier** (-20.50); **Nikki Tse** (-19.82); **Rachel Oler** (-19.62); **Joshua Jenkins** (-19.19); **XiaoRui Sun** (-19.15); **Elizabeth Ortiz** (-9.47); **Kai Anolin** (-7.66); **Nathan Lee** (-5.70); **Alan DiBello** (-2.64); **Michael DiBello** (-1.62)

WRAP UP

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will. (Vince Lombardi).

We have 87 Pre-Senior, Gold, and Silver swimmers. 56 (or 65%) of these swimmers already have Blue or Red qualifying times. 25 of these 56 swimmers (or 45%) competed in the YST meet and got a lot of new Red and Blue times and even some JAG/JO cuts. This just goes to show our team has a great deal of potential! So let's strive for 100% attendance at meets and show all the other teams the Sharks are a force to be reckoned with!

The long course season is short and there are only a few opportunities for our swimmers to get those JAG and Summer JO cuts. There is ONLY 1 'everybody can swim' long course meet in our committee. The Las Vegas meet is an everybody can swim meet and gives our NT and white swimmers an additional opportunity to get those red times and to give our B/R swimmers one additional opportunity to get those JAG and JO cuts. (Besides being a great opportunity to get to know each other.)

The remaining Long Course meets for this season are:

- Hemet – May 19-20 Blue/Red qualifying for 12 and under .. all 13 and over can swim. Entry deadline May 2.
- Desert Storm (Las Vegas) – May 25-27 .. everybody can swim Entry deadline May 5
- TCC Last Ditch – June 2-3 ... everybody can swim
- JAG – June 14-17 – must have JAG cuts
- SLO Firecracker – June 29-July 1 .. BRW (travel team qualifier)
- Eastern (Geo) Committee Championships – July 13-15 – usually Blue/Red qualifying
- Jr Olympics – July 25-29 – must have JO cuts

GO SHARKS!

GMA Sherry