

2018 CHS Sharkfest SCY Meet Recap

COURAGE

This article is dedicated to all our swimmers who faced their fears and competed at a swim meet for the very first time and to those who tried those scary ‘distance’ events.

Courage is resistance to fear, mastery of fear, not absence of fear. (Mark Twain)

95 of our most courageous swimmers showed up to swim a total of 447 events. That’s an average of 4.7 events per swimmer! 131 or 29% of the 447 were **first time ever** swims. That’s pretty amazing and shows just how much courage our swimmers have.

First Time Swimmers

Courage is being scared to death and saddling up anyway. (John Wayne)

16 Sharks (swimmers) competed for the very first time ever. Bravo to: **Cassie Du, James Hsiao, Nathan Hsu, Zijun Huang, Alice Jiang, Anna Jiang, Issac Jung, Celeste Li, Elaine Liang, Carly Lo, Mittal Suthar, Elina Tian, Sophia Tian, Preston Tsai, Tyler Tsai, and Yimo Zou.** We are so proud of you. This is only the beginning. You are on your way!

2 of our first time swimmers not only saddled up but they showed that horse who was boss. Both got **FIRST TIME RED TIMES** ... **Elaine Liang** (500 Free and 1st place) and **Elina Tian** (50 Free, 50 Breast).

First Time Swims

Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you.

These swimmers didn't let fear stop them from trying new events for the first time.

First Time Blue Times

3 of our Pre-Senior 2 swimmers found the courage to swim those distance (200 yard) events (not including freestyle) and got 4 **FIRST TIME BLUE TIMES**. **Nick Brock** (200 Breast); **Makalia Valenzona** (200 Breast); and **Maddie Wheeler** (200 Back, 200 Breast).

First Time Red Times

12 more of our very determined and hard working swimmers didn't need much courage to swim to 17 **FIRST TIME RED TIMES**. It's in their blood. **Jovee Andrade** (50 Breast); **Nick Brock** (200 Back); **Sure Chen** (100 IM); **Lucas Chiang** (50 Breast, 50 Fly); **Ayaan Chudasama** (50 Back, 50 Breast); **Mariam Farag** (100 Breast, 200 Fly, 200 IM); **Tristan Noel Flores** (50 Fly ... and it's a **TEAM RECORD**); **Noah Jung** (100 Back); **Ethan Lopez** (500 Free); **Lyric Radke** (50 Back); **Sofia Salas** (200 Back, 400 IM); **XiaoRui Sun** (200 Back).

First Time White Times

31 fearless swimmers racked up a total of 107 brand new white times to add to their collection: **Charlize Avila, Ruoxi (Isabella) Chen, Sean Chen, LeighAnne Chow, Ayaan Chudasama, Aeden Crain, Dahlia Farahanchi, Darian Farahanchi, Preston Hu, Kara Ihrig, Noah Jung, Isabella Le, Ianna Lin, Daulton Lista, Gary Long, Keira Lorenzana, Edie Miller, Aidan Mulqueen, Kieran Mulqueen, Jiashi**

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Pan, Sophia Pearson, Lyric Radke, Sofia Salas, Sophie Sanchez, Damian Serna Arbow, Eliana Shin, Ethan So, Jun Yi Sun, Reese Tiang, Christian Urena, Zachary Woods.

To see the 107 new times check out the Meet Results under the Athletes tab.

Red Times & Blue Times

Our swimmers raced to 59 new red times and 40 new blue times. For details on who got what visit the meet performance data under Athletes tab / Meet Results.

Surprising Swims

Courage isn't having the strength to go on. It's going on when you don't have the strength.

Since this was a Red/White (RW) Beginner/Novice meet it is not typical to see swimmers getting Junior Olympic (JO) cuts. But we had 4 swimmers finding the strength to go from red to JO times.

Maddie Wheeler, who just aged up, had 4 red times she could swim and they were all 200 yards (200 Free, 200 Back, 200 Breast, and 200 Fly). Since Maddie really likes Freestyle we figured that was her best chance at a JO cut. Guess the 200 Fly liked her better. Maddie made the **JO** qualifying time plus 1st place in the 200 Fly.

Michael DiBello, who also just aged up, had 1 red time he could swim. And that was the 200 Fly he had been avoiding for almost a year. Not only did Michael blow away the competition grabbing 1st place but he nailed the **JO** cut. After the race Michael was heard to say, "Guess that means I'll have to swim the 200 Fly at JO's, darn". Avoidance is over.

Victoria Villarreal, who is about to age up, had 2 red times left (500 Free, 100 Fly). She swam that 500 Free to a **JO** qualifying time and 1st place.

Alan DiBello surprised everyone, including his coaches, by swimming his 100 Free to a **JO** qualifying time and missing a **JO** cut in his 50 Fly by a split second. Who thinks hundredths of a second doesn't matter. Both swims were 1st place.

Outstanding Swims

You gain strength, courage, and confidence by doing the thing which you think you cannot do. (Eleanor Roosevelt)

It takes a lot of strength, courage, and confidence to drop a total time of 1,604.74 seconds or 26 minutes and 45 seconds. **BEST TOTAL TIME DROP** goes to **Maya Reiland** (-77.11). **BEST SINGLE TIME DROP** goes to **XiaoRui Sun** (-51.77 – 500 Free).

Tristan Noel Flores set 3 **TEAM RECORDS** – 100 Free, 50 Breast, 50 Fly.

Whooo Hoooo! We added 12 new swimmers to our **TRAVEL TEAM**: **Kate Alvarez, Jovee Andrade, Sofia Chan, Lucas Chiang, Ayaan Chudasama, Tristan Noel Flores, Joshua Jauregui, Joshua Jenkins, Albert Ma, Paul McNaughton, Sofia Salas, and Rachel Yoon.**

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Awards

You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give. (Eleanor Roosevelt)

These swimmers gave their best. Out of 447 events the Sharks swam their hearts out and came away with 201 awards. That's 45% of the events placing in the top 6. 58 (29%) were 1st place, 42 (21%) were 2nd place, 29 (14%) were 3rd place, 22 (11%) were 4th place, 24 (12%) were 5th place, and 26 (13%) were 6th place.

Our 1st place winners were:

- **Adams, Jill** - 11-12 100 Free
- **Andrade, Jovee**, 5-8 25 Back, 50 Breast
- **Anolin, Kai**, 11-12 100 Back, 100 Breast, 200 Free, 50 Back, 50 Free
- **Brock, Nicholas**, 15 & Over 200 Breast, 200 IM
- **Chiang, Lucas**, 5-8 100 IM, 25 Back, 25 Breast, 25 Free
- **Chudasama, Ayaan**, 5-8 50 Breast
- **Cummins, Samantha**, 11-12 100 Breast
- **DiBello, Alan**, 7-10 100 Free, 50 Fly
- **DiBello, Michael**, 13-14 200 Fly
- **Etter, Brooke**, 11-12 100 Back, 50 Back
- **Farag, Mariam**, 13-14 100 Fly, 100 Free
- **Flores, Tristan Noel**, 5-8 100 Free, 25 Breast, 25 Free, 50 Back, 50 Breast, 50 Fly
- **Hatzfeld, Makayla**, 11-12 100 IM
- **Jauregui, Joshua**, 13-14 100 Back, 200 IM, 500 Free
- **Jenkins, Joshua**, 13-14 200 Free, 50 Free
- **Jung, Noah**, 11-12 50 Breast
- **Liang, Eliane**, 15 & Over 500 Free
- **Lin, Ianna**, 11-12 50 Free
- **Lopez, Ethan**, 11-12 100 Free, 200 IM, 50 Fly
- **Miller, Hayden**, 15 & Over 100 Back, 100 Fly, 100 Free, 200 Free, 50 Free. 500 Free
- **Pedroche, Mayumi**, 7-10 100 IM
- **Shin, Kayla**, 15 & Over 200 Back
- **Sun, XiaoRui**, 15 & Over 100 Fly, 500 Free
- **Tiang, Reese**, 5-8 25 Breast
- **Valenzona, Makaila**, 13-14 200 Breast
- **Villarreal, Victoria**, 11-12 100 Fly, 500 Free
- **Wheeler, Madeline**, 13-14 200 Fly, 200 Free
- **Yoon, Rachel**, 15 & Over 100 Breast

For a complete list of all the award winners see Athletes tab / Meet Results / Awards.

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WRAP UP

It takes courage to show up and become who you really are.

We wish to acknowledge not only the swimmers who competed and showed us who they really are, but also those who couldn't quite muster the courage this time around. For those who are still not sure we would like to let them know, it's OK not to win ... it's OK to DQ. Everyone on the team ... coaches, parents, your teammates ... are there to support you. We all understand every swimmer, even champions and the best swimmers on our team, will DQ on occasion. DQs are learning experiences. They are an opportunity to learn whether it's an error in technique or lack of concentration. There is one swimmer in particular whom I had the privilege of speaking with. She couldn't quite get the courage this time to reach the starting block. But to her and to those swimmers who are still uncertain or afraid to compete:

You are strong enough to face it all, even if it doesn't feel like it right now.

GO SHARKS!

GMA Sherry

PS: I love to read Mike's Mailbag on USA Swimming. There were 2 articles I really want to share with you. Please pass them on to your swimmers. They are also posted on line under the Athletes tab / Articles and Other Good Stuff

The Best Events to Swim When You're Really Really Out-of-Shape <https://www.usaswimming.org/news-landing-page/2018/07/11/the-best-events-to-swim-when-you're-really-really-out-of-shape>

The Worst Events to Swim When You're Really Really Out of Shape <https://www.usaswimming.org/news-landing-page/2018/07/18/the-worst-events-to-swim-when-you're-really-really-out-of-shape>