PDSC -Personal Excellence

I can only control my own performance. If I do my best, then I can feel good at the end of the day. (Michael Phelps)

Way back in November, 2018 we went all the way to Palm Desert for our 3rd swim meet of the season. This was our first time ever swimming at Palm Desert and 64 of our swimmers were treated to a beautiful facility and a very well run meet.

We had 64 swimmers competing in 360 events, achieving:

- 21 new white times:
- 9 new red times of those 3 were first time red times;
- 15 new blue times of those 2 were first time blue times;
- 22 new WAG cuts of those an amazing 3 were first time swims;
- 3 new Spring JO cuts
- 6 new Far Western cuts unbelievably, 4 of those were first time swims.

TIME DROPS

Now that we have had 2 previous BRW (Blue, Red, White) meets since the short course season began time drops are harder to get. These swimmers continue to demonstrate personal excellence through hard work. **BEST TOTAL TIME DROP** goes to *Aeden Crain* (-65.53). **BEST SINGLE TIME DROP** goes to *Jaida Torres* for her 50 Fly (-42.84).

Getting those harder to get time drops are:

Jaida Torres (-59.03); Eliana Shin (-40.92); Rachel Lee (-26.07); Dahlia Farahanchi (-25.43); Isabella Le (-25.13); Kate Alvarez (-24.54); Aidan Martin (-24.52); Joshua Jenkins (-21.21); Isaac Jung (-21.09); Joshuah Jauregui (-18.1); Sophia Pearson (-17.23); Lucy Landherr (-14.18); Jesie Castaneda (-13.75); Kate Fassbinder (-13.18); Vincent Frausto (-12.59); Kai Anolin (-12.09); Samantha Cummins (-11.98); Ella Ibay (-11.85); Kieran Martin (-11.56); Arwen Castillo (-11.48); Samantha Lee (-11.31); Mayumi Pedroche (-10.92); Makayla Hatzfeld (-10.78); Michael DiBello (-10.77); Sean Chen (-10.74); Teagan O'Dell (-10.73); Nathan Lee (-10.7); Taj Seton (-10.27); Alan DiBello (-8.73); Ethan Lopez (-8.61); Kevin Zheng (-8.5); Gabriel Allen (-8.13); Reagan Tatgenhorst (-6.39); Lucas Chiang (-5.7); Damian Serna Arbow (-5.59); Brooke Etter (-5.51); Sam Tang (-5.04); Taylor Tatgenhorst (-4.68); Jill Adams (-4.59); Blair Landherr (-4.58); Alexis Chion (-4.39); Norton Yang (-4.29); Sofia Salas (-3.81); Madeline Wheeler (-3.8); Andrew Tuason (-3.56); Yik Ning/Neil Xu (-3.35); Luke Pedroche (-3.14); Darian Farahanchi (-2.91); Mia Perez (-2.73); Kayla Shin (-2.68); Edie Miller (-2.56); Victoria Villarreal (-1.29); Nicole Zhang (-1.11); Rachel Oler (-0.91); Makaila Valenzona (-0.53); Noah Jung (-0.38).

FIRST TIME SWIMS

Our swimmers continue to work hard on technique. Here we acknowledge the swimmers who accepted the challenge of swimming an event for the very first time.

New White Times

Attaining personal excellence and getting their first white times are:

Aeden Crain (13-14 100 Fly); Cristian Ruvalcaba (13-14 100 Back, 200 Free); Dahlia Farahanchi (7-10 50 Breast); Darian Farahanchi (11-12 200 Free); Edie Miller (7-10 50 Back); Ella Ibay (11-12 100 Fly); Gabriel Allen (13-14 100 Back); Jaida Torres (11-12 100 Free); Katie Ramirez (13-14 200 Free); Mandy Huang (13-14 100 Breast, 100 Free); Mia Perez (13-14 100 Back); Nicole Zhang (5-6 50 Free); Noah Jung (Open 200 Breast); Rachel Lee (7-10 50 Back); Sam Tang (7-8 100 Free, 25 Fly); Sean

Chen (7-10 100 Fly, 200 Free); Sophia Pearson (Open 400 IM); Taj Seton (11-12 100 Back, 50 Breast); Taylor Tatgenhorst (7-10 100 Fly, 50 Breast); Yik Ning/Neil Xu (7-10 100 Fly); Zekiah Serrano (11-12 200 IM).

First Time Red Times

Taking personal excellence to the next level these swimmers reached red times the first time swimming these events.

Ella Ibay (11-12 200 Free); Gabriel Allen (13-14 50 Free); Sam Tang (7-8 25 Breast).

First Time Blue Times

Talk about personal excellence! Getting a Blue time for a first time swim. Amazing.

Samantha Cummins (Open 200 Back); Sophia Pearson (Open 200 Back).

First Time Wag Times

Getting a WAG cut for a first time swim blows the mind! Beyond personal excellence!

Luke Pedroche (Open 200 Fly); Madeline Wheeler (Open 1000 Free); Mayumi Pedroche (7-10 200 IM).

First Time Far Western Times

Getting a Far Western cut for a first time swim is just beyond imagination. Wow!

Samantha Cummins (Open 400 IM); and Teagan O'Dell (Open 1650 Free, 200 Fly, Open 400 IM).

NEW TIMES

More typical are the swimmers exhibiting personal excellence by moving up the time standards from White to Red, or to Blue, or to WAG / JO. These swimmers demonstrate their hard work pays off.

New Red Times

Kate Alvarez (11-12 100 Breast, 50 Back); *Kevin Zheng* (7-10 50 Breast); *Norton Yang* (11-12 50 Back); *Samantha Lee* (11-12 100 IM); *Sophia Pearson* (11-12 50 Fly)

New Blue Times

Ella Ibay (11-12 100 Breast); Jill Adams (11-12 100 Free); Joshuah Jauregui (13-14 200 IM); Kai Anolin (11-12 100 Breast); Kate Fassbinder (7-10 100 IM, 50 Fly); Kayla Shin (15 & Over 100 Back); Mayumi Pedroche (7-10 100 Free, 50 Free); Norton Yang (11-12 100 Free); Sofia Salas (13-14 100 Back); Sophia Pearson (11-12 100 Back); Victoria Villarreal (Open 200 Breast).

CHAMPIONSHIP QUALIFIERS

Personal excellence goals for swimmers are usually to attain those championship qualifying cuts. Congratulations to these swimmers for reaching their goals.

New WAG Qualifiers

Ethan Lopez (11-12 200 IM, 50 Fly, 50 Free); Jesie Castaneda (Open 200 Breast, 400 IM); Jill Adams (11-12 100 Back); Kai Anolin (11-12 100 Free); Lucy Landherr (11-12 100 Breast, 200 Free); Luke Pedroche (13-14 100 Free); Victoria Villarreal (13-14 100 Breast); Vincent Frausto (11-12 100 Fly, 100 IM, 200 IM, 50 Breast); Madeline Wheeler (Open 200 Back); Mayumi Pedroche (7-10 100 Back, 50 Back).

New Spring JO Qualifiers

Alan DiBello (7-10 50 Back); Jesie Castaneda (Open 400 IM); Samantha Cummins (11-12 50 Back).

New Far Western Qualifiers

Samantha Cummins (11-12 100 Fly, 50 Fly).

TEAM RECORDS:

Our swimmers repeatedly demonstrate the highest level of personal performance as team records continue to be broken. The latest records to fall are:

Alan DiBello (7-10 50 Back); Alexis Chion (Open 200 Back); Jesie Castaneda (Open 400 IM); Michael DiBello (Open 400 IM); Rachel Oler (Open 200 Breast); Teagan O'Dell (11-12 100 Fly, 100 IM, 200 IM, 50 Back, 1650 Free, 200 Fly, 400 IM).

AWARDS & POINTS

Our 64 swimmers brought home 171 awards. 30 1st place, 35 2nd place, 29 3rd place, 30 4th place, 21 5th place, and 26 6th place. These are our 1st thru 3rd place winners. For places 4th thru 6th see the meet results under the Statistics / Meet Results tab.

1st place

- Jovee Andrade (7-8 25 Back, 25 Free)
- *Kai Anolin* (11-12 100 Breast)
- *Jesie Castaneda* (13-14 200 IM)
- Lucas Chiang (7-8 25 Back)
- Alexis Chion (15 & Over 100 Back, 200 Back, 50 Back)
- Samantha Cummins (11-12 100 Back, 50 Fly, 50 Free)
- *Alan DiBello* (7-10 200 IM, 50 Back)
- *Michael DiBello* (Open 200 Back)
- *Brooke Etter* (11-12 50 Breast)
- *Kate Fassbinder* (7-10 100 IM, 50 Breast, 50 Fly)
- Teagan O'Dell (11-12 100 Fly, 100 IM, 200 IM, 50 Back, 1650 Free, 200 Fly, 400 IM)
- Sophia Pearson (11-12 100 Back)
- *Mayumi Pedroche* (7-10 200 IM, 50 Free)
- *Kayla Shin* (15 & Over 100 Back)
- *Sam Tang* (7-8 25 Breast)

2^{nd} place

- *Gabriel Allen* (13-14 50 Free)
- *Kate Alvarez* (11-12 50 Back)
- *Kai Anolin* (11-12 50 Back)
- *Jesie Castaneda* (13-14 100 Breast, 400 IM)
- *Arwen Castillo* (13-14 200 IM)
- *Sean Chen* (7-10 50 Back)
- *Lucas Chiang* (7-8 100 Free, 100 IM)
- Alexis Chion (15 & Over 200 Free)
- Ayaan Chudasama (7-8 50 Fly)
- Samantha Cummins (11-12 100 Fly, 100 IM, 50 Back)
- *Alan DiBello* (7-10 100 Breast)
- Michael DiBello (13-14 100 Breast)
- *Makayla Hatzfeld* (11-12 500 Free)
- *Ella Ibay* (11-12 100 Breast)
- **Joshuah Jauregui** (13-14 200 IM)

- Rachel Oler (Open 200 Breast)
- Sophia Pearson (11-12 100 IM, 50 Back, 50 Breast)
- Luke Pedroche (Open 200 Fly)
- *Mayumi Pedroche* (7-10 100 Free, 100 IM, 50 Back)
- Sofia Salas (13-14 100 Back)
- *Kayla Shin* (15 & Over 100 Breast, 200 IM)
- Victoria Villarreal (Open 200 Back)
- *Madeline Wheeler* (Open 1000 Free)
- *Nicole Zhang* (5-6 25 Free, 50 Free)
- Kevin Zheng (7-10 50 Breast)

3rd Place

- *Jill Adams* (11-12 100 Free)
- *Gabriel Allen* (13-14 200 Free)
- *Kai Anolin* (11-12 100 Back)
- Jesie Castaneda (Open 200 Breast)
- *Sean Chen* (7-10 100 Fly)
- *Lucas Chiang* (7-8 50 Fly)
- *Alexis Chion* (15 & Over 100 Fly)
- Ayaan Chudasama (7-8 100 Free)
- *Aeden Crain* (13-14 100 Free)
- Samantha Cummins (Open 200 Fly)
- *Alan DiBello* (7-10 200 Free)
- Michael DiBello (13-14 100 Back)
- *Brooke Etter* (11-12 500 Free)
- Vincent Frausto (11-12 50 Breast, 200 Back)
- *Ella Ibay* (11-12 200 Free)
- *Lucy Landherr* (11-12 100 Breast)
- *Ethan Lopez* (11-12 100 Free, 100 IM, 200 IM)
- *Rachel Oler* (13-14 100 Breast)
- *Sophia Pearson* (11-12 50 Flv)
- *Luke Pedroche* (13-14 100 Free)
- *Mayumi Pedroche* (7-10 100 Back, 50 Fly)
- *Victoria Villarreal* (13-14 50 Free)
- Madeline Wheeler (Open 200 Back)
- *Norton Yang* (11-12 50 Back)
- *Kevin Zheng* (7-10 100 Back)

POINTS

Points were not awarded at this meet.

RELAYS

Our relay teams continue to demonstrate the best in personal excellence. It seems when called upon for the team effort swimmers go above and beyond their personal bests. These relay teams did just that.

Our 11-12 girls A Relay Team: *Samantha Cummins, Brooke Etter, Lucy Landherr, Teagan O'Dell*, set a new TEAM RECORD and made the cut for both WAG and Spring JO in the Girls 11-12 200 Free Relay and the Girls 11-12 200 Medley Relay.

Our 11-12 girls B Relay Team: *Jill Adams, Sophia Pearson, Ella Ibay, Makayla Hatzfeld* made a WAG cut for their Girls 11-12 200 Medley Relay.

Our 13-14 girls Relay Team: *Victoria Villarreal, Arwen Castillo, Blair Landherr, Madeline Wheeler* also achieved a WAG cut for the Girls 13-14 200 Free Relay.

Our 11-12 boys Relay Team: *Ethan Lopez, Norton Yang, Vincent Frausto, Kai Anolin* made both a WAG cut and a Spring JO cut for their Boys 11-12 200 Free Relay.

WRAP UP

The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence. (Confucius)

Reaching personal excellence doesn't always mean getting some amazing cuts or new time standards. There are times when a swimmer preserves to finish the race and demonstrates true character. Such a swimmer was *Mia Perez* who was cheered on by fellow swimmers, the crowd, and even the announcer as she swam the last 25 yards of her first time 100 back, attaining her own level of personal excellence. To *Mia* we give the **TRUE GRIT AWARD.**

GO SHARKS

GMA Sherry