

2019 RAA Q Meet Qualifier Meet Recap

RAA – I Love To Race

"In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?"
(Jesse Owens)

RAA hosted a special meet for the fastest swimmers in the Eastern Geo-Committee. The objective of this meet was to qualify the 6 fastest swimmers in each event to represent the Eastern Geo-Committee at the Southern California Swimming (SCS) Senior Q Challenge meet in February. All events were 'open' which means 11 year olds competed against 18 year olds. There were no age groups.

In February the Eastern Geo-Committee fastest swimmers will compete against the other Geo-Committees within SCS. The Geo-Committees are: Coastal, Desert, Eastern, Metro, Orange, and Pacific. For a discussion on how USA Swimming is organized and the different level of swim meets see our web page, tab 'Parents Info / About USA Swimming'.

FINALS

The format for the meet was 'heats & finals'. All swimmers swim the preliminary open events in the morning. The top 18 times qualified to swim the finals in the afternoon, with 2 alternates. If a swimmer elects not to swim an event in the finals they have 30 minutes to scratch. When swimmer(s) scratch the finals all swimmers move up. That means swimmers who might not otherwise have an opportunity to compete in the finals 'scratch up'.

Placing in the top 6 in the finals did not guarantee the swimmer a spot on the Q Challenge team. The 'fastest' 6 times could be picked from both the preliminaries and the finals. The meet coach will select the team and let coaches know.

Our team was represented by 21 of our fastest swimmers. Every one of our swimmers who made the finals or 'scratched up' to the finals stayed to compete. Very well done to:

- **Jesie Castaneda** (Open 100 Breast, 100 Free, 200 Breast, 200 Free, 200 IM, 50 Free);
- **Arwen Castillo** (Open 200 Fly; 400 IM);
- **Alexis Chion** (Open 200 Back);
- **Samantha Cummins** (Open 100 Fly, 200 Fly, 200 IM);
- **Michael DiBello** (Open 100 Breast, 200 Back, 200 Breast);
- **Garrett Dykier** (Open 100 Back, 100 Fly, 100 Free, 200 Free, 50 Free, 500 Free);
- **Brooke Etter** (Open 200 Breast);
- **Nathan Lee** (Open 100 Back, 100 Breast, 200 Back, 200 Breast);
- **Teagan O'Dell** (Open 100 Back, 100 Breast, 100 Free, 200 Back, 200 Breast, 200 Free);
- **Rachel Oler** (Open 100 Breast, 200 Breast);
- **Luke Pedroche** (Open 100 Back, 200 Back, 200 Fly);
- **Victoria Villarreal** (Open 100 Back, 200 IM, 50 Free);
- **Madeline Wheeler** (Open 200 Fly)

OUTSTANDING SWIMS

Teagan O'Dell continues to dominate, placing in the top 3 in every event assuring her a spot on the 'Q Challenge meet team'. Her 200 Back set a Southern California Swimming 11-12 RECORD and every one of her swims were SECTIONAL cuts (that's faster than seniors).

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Samantha Cummins (our little mermaid), was flying. Her 200 Fly set a **NEW TEAM RECORD** and her 100 Fly was her first **SENIOR** cut.

Garrett Dykier dropped a total -20.31 to claim **BEST TOTAL TIME DROP** and dropped -14.07 in the 500 Free for **BEST SINGLE TIME DROP**. He is also very close to qualifying for the Q Challenge team. We'll just have to wait and see.

TOP 10 ALL TIME SWIMS

Coach Marni challenged the swimmers to achieve **TOP 10 TIMES**. And our swimmers rose to the challenge. Look at all these TOP 10 swims!

- *Jill Adams* (11-12 100 Back);
- *Kai Anolin* (11-12 100 Back, 100 Breast, 100 Free, 200 Free);
- *Jesie Castaneda* (13-14 100 Free, 200 Free, 200 IM, 50 Free, 100 Breast, 200 Breast);
- *Arwen Castillo* (13-14 200 Fly, 400 IM);
- *Alexis Chion* (15-18 200 Back, 100 Back, 100 Breast, 100 Free, 200 IM, 50 Free);
- *Samantha Cummins* (11-12 100 Fly, 200 IM, 100 Back, 100 Free, 200 Fly, 400 IM);
- *Michael DiBello* (13-14 100 Breast, 200 Back, 100 Back, 200 Breast, 200 IM, 50 Free);
- *Garrett Dykier* (13-14 100 Fly, 100 Back, 200 Free, 50 Free, 500 Free, 100 Free);
- *Brooke Etter* (13-14 200 Breast, 100 Breast);
- *Vincent Frausto* (11-12 100 Back, 100 Breast, 100 Fly, 100 Free, 200 Free, 500 Free);
- *Joshua Jenkins* (13-14 200 Free);
- *Nathan Lee* (15-18 100 Back, 100 Breast, 200 Back, 200 Breast, 200 IM);
- *Ethan Lopez* (11-12 100 Back, 100 Fly, 100 Free, 50 Free, 200 Free, 200 IM);
- *Teagan O'Dell* (11-12 100 Breast, 100 Back, 100 Free, 200 Back, 200 Breast, 200 Free);
- *Rachel Oler* (13-14 100 Breast, 200 Breast);
- *Luke Pedroche* (13-14 100 Back, 200 Fly, 100 Fly, 100 Free, 200 Back, 50 Free);
- *Kayla Shin* (15-18 100 Breast, 100 Free, 200 Breast);
- *Victoria Villarreal* (13-14 100 Back, 200 IM, 50 Free, 100 Free);
- *Madeline Wheeler* (13-14 200 Fly, 100 Back, 100 Fly, 200 IM);
- *Rachel Yoon* (15-18 100 Breast, 100 Free, 200 Free, 50 Free);

TEAM RECORDS

Some swimmers decided to get to the TOP of the TOP and set new **TEAM RECORDS**.

- *Jesie Castaneda* (13-14 100 Breast, 200 Breast);
- *Samantha Cummins* (11-12 200 Fly);
- *Michael DiBello* (13-14 200 Breast);
- *Garrett Dykier* (13-14 100 Back, 200 Free, 50 Free, 500 Free);
- *Nathan Lee* (15-18 200 Back, 200 Breast);
- *Teagan O'Dell* (11-12 100 Back, 100 Free, 200 Back, 200 Breast, 200 Free);
- *Luke Pedroche* (13-14 200 Back);

NEW TIMES

New Blue Times

Joshua Jenkins (13-14 200 Free); *Kayla Shin* (15-18 100 Free).

New Spring JO Cuts

Jesie Castaneda (13-14 100 Breast, 200 Breast); *Michael DiBello* (13-14 200 Breast); *Vincent Frausto* (11-12 100 Breast); *Ethan Lopez* (11-12 100 Fly, 200 Free, 200 IM); *Luke Pedroche* (13-14 200 Fly).

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New Far Western Cuts

Samantha Cummins (11-12 100 Back, 200 Fly); **Ethan Lopez** (11-12 200 Free, 200 IM); **Luke Pedroche** (13-14 200 Back);

AWARDS

Just play. Have fun. Enjoy the game. Michael Jordan

Awards were not given. This meet was for time only.

However, if awards were given for **TEAM SPIRIT** we would win hands down. Our kids were there behind the blocks supporting and cheering for each other. Well done kids!

POINTS

No points were awarded.

OUR SPRING JO QUALIFIERS ARE:

With only 2 SCY meets remaining before Spring JO's in March these are our JO qualifiers.

- **Kai Anolin (11-12)**
- **Jesie Castaneda (13-14)**
- **Samantha Cummins (11-12)**
- **Alan DiBello (7-10)**
- **Michael DiBello (13-14)**
- **Garrett Dykier (13-14)**
- **Ethan Lopez (11-12)**
- **Teagan O'Dell; (11-12)**
- **Luke Pedroche (13-14)**

Also qualifying to swim Spring JO with LCM qualifying times are:

- **Brooke Etter (13-14)**
- **Lucy Landherr (11-12)**
- **Rachel Oler (13-14)**
- **Madeline Wheeler (13-14)**

WRAP UP

Sports build good habits, confidence, and discipline. They make players into community leaders and teach them how to strive for a goal, handle mistakes, and cherish growth opportunities.
(Julie Foudy)

Many swimmers and a few teams scratched finals and left after the prelims. Some swimmers (and coaches) figured if the swimmer wasn't in the 'A' finals there was no point in staying while some swimmers who had some of the fastest times decided to scratch finals and take their chance with their time from the prelims.

Daniel Lee (Nathan's & Samantha's dad) and I were having a conversation about the swimmers and teams leaving while our swimmers stayed. Daniel's comment, "Character matters". Yes Daniel, character does matter and our team, our parents, and our coaches demonstrated the highest level of character and commitment.

On Saturday, after prelims, we were getting ready to leave when I was looking at the finals list and noticed Michael had 'scratched up'. We let Michael decide if he wanted to swim and he said he did.

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Then, same thing on Sunday. Michael 'scratched up' on 2 events. His mom and dad were ready to leave anyway but Michael really wanted to stay. So we did.

Later I asked Michael why he wanted to swim the finals because he didn't really have much chance to make the top 6. To which he replied, "I love to race".

GO SHARKS

GMA Sherry