# RST – Beginning of a New Year

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. (Melody Beattie)

The first meet for 2019 was definitely an unusual way to begin the new year. Saturday was wet and rainy, Sunday was bone-chilling cold (until the sun came out). 12 and under swimmers with BRW (Blue, Red, or White) times got to swim while only 13 and overs with a NT (no time) or White time could swim. This definitely was a strange format but it did give our 13 and overs the opportunity to challenge themselves and swim those elusive 200's and other distance events they had been postponing.

#### **OUTSTANDING SWIMS**

We were represented by 54 swimmers who were all looking to make their season goals. These swimmers had a really good meet and will most likely have to set some new goals.

*Lucas Chiang*, 5-8, set 3 TEAM RECORDS (100 free, 50 back, and 100 IM). The 100 IM had been standing for 6 years and he smashed it by 5 seconds! Lucas placed 1<sup>st</sup> in 7 events and 2<sup>nd</sup> in the 8<sup>th</sup> event. And 7 of his 8 swims were TOP 10 TIMES (more below).

**Dalton Lista**, 11-12, had **BEST TOTAL TIME DROP** (-55.14). Usually when a swimmer has a huge time drop one event accounts for the majority of the time. What's truly remarkable about **Dalton**'s time drop is that he had **FOUR** (4) events with more than 10 seconds time drops each: 100 Back (-11.21), 100 Breast (-16.29), 100 Free (-11.57), and 100 IM (-10.73).

**Zeke Serrano**, 11-12, picked up 5 RED TIMES (100 Back, 200 Free, 50 Back, 50 Fly, 50 Free) and a NEW WHITE TIME (100 Fly). Two of those swims were FIRST TIME RED TIMES (100 Back, 200 Free).

**Jovee Andrade**, 5-8, got a new RED TIME (25 Breast) and a new BLUE TIME (100 IM), placed 1<sup>st</sup> in 5 events (100 IM, 25 Breast, 25 Fly, 25 Free, 50 Breast), and 2<sup>nd</sup> in 2 events (50 Back, 50 Free). Plus all 7 of her swims were TOP 10 TIMES.

#### **TOP 10 ALL TIME SWIMS**

Set your goals high, and don't stop till you get there. (Bo Jackson)

Did you know we are keeping all kinds of interesting statistics about meet results and performance. Check the web site under the 'Statistics' tab for Team Records, Meet Results, Season Best Times, Performance at-a-glance, IMR/IMX standings, and All Time Top 10.

The Season Best Times is a listing of the best swims of the (2018-2019) season by gender, age, and event for every swimmer.

The All Time Top 10 are the fastest 10 swims since the beginning of the team. These swimmer's times were in the TOP 10 fastest. How many met their goals? Hummmm.

- Alan DiBello (7-10 200 Free, 100 Back, 100 Fly, 100 Free, 100 IM, 50 Back, 50 Breast);
- *Daniel Hsieh* (13 & Over 100 Back, 100 Breast, 100 Free, 50 Free);
- *Jill Adams* (11-12 100 Back);
- Jovee Andrade (5-8 100 IM, 25 Breast, 25 Fly, 25 Free, 50 Back, 50 Breast, 50 Free);
- *Kai Anolin* (11-12 200 IM);
- Lucas Chiang (5-8 100 Free, 100 IM, 25 Fly, 25 Free, 50 Back, 50 Fly, 50 Free);
- Luke Pedroche (13 & Over 200 Breast);
- *Makayla Hatzfeld* (11-12 200 Free);
- *Mayumi Pedroche* (7-10 100 Fly, 100 Back, 50 Back);

- *Nathan Lee* (13 & Over 400 IM):
- Vincent Frausto (11-12 100 IM, 100 Breast, 100 Fly, 200 Free, 500 Free);

#### **NEW TIMES**

As we approach the end of the short course (SCY) season we are running out of meets to get those Blue and Red times. EVERY RED TIME will qualify for the Eastern Committee Championships in March and ALL BR Long Course (LCM) meets.

### **JAG Cuts**

Getting new SCY JAG cuts are:

Daniel Hsieh (13 & Over 100 Breast, 50 Free); Jill Adams (11-12 100 Breast); Makayla Hatzfeld (11-12 200 Free, 50 Back).

#### **New Blue Times**

First Time Blue Times: Arwen Castillo (13 & Over 200 Breast); Luke Pedroche (13 & Over 200 Breast); Nathan Lee (13 & Over 400 IM);

New Blue Times: *Alan DiBello* (7-10 200 Free); *Daniel Hsieh* (13 & Over 100 Back); *Jovee Andrade* (5-8 100 IM); *Kai Anolin* (11-12 100 Fly); *Lucas Chiang* (5-8 100 IM, 25 Free).

#### **Red Times**

First Time Red Times: *Ella Ibay* (11-12 100 Back, 200 IM); *Norton Yang* (11-12 500 Free); *Samantha Lee* (11-12 200 IM); *Zekiah Serrano* (11-12 100 Back, 200 Free);

New Red Times: Daulton Lista (11-12 100 Breast); Gabriel Allen (13 & Over 200 Free); Joshua Jenkins (13 & Over 200 Breast); Jovee Andrade (5-8 25 Fly); Kate Alvarez (11-12 200 Free); Lily Torres (7-10 100 Free, 200 IM); Lucas Chiang (5-8 25 Fly); Norton Yang (11-12 200 Free); Samantha Lee (11-12 100 Free); Zekiah Serrano (11-12 50 Back, 50 Fly, 50 Free);

#### **New White Times**

Aeden Crain (13 & Over 200 Back); Aidan Martin (13 & Over 100 Breast); Alessandro Hernandez (5-8 25 Fly); Darian Farahanchi (11-12 100 Fly); Gabriel Allen (13 & Over 100 Breast); Isabella Ferrari (13 & Over 500 Free); Jaida Torres (11-12 100 IM); Kate Fassbinder (11-12 500 Free); Kieran Martin (7-10 100 Back, 100 IM); Knox Strand (5-8 25 Back); Preston Hu (11-12 100 Fly); Reagan Tatgenhorst (7-10 50 Fly); Samantha Olivar (13 & Over 200 Fly); Sofia Salas (13 & Over 200 Breast); Taylor Tatgenhorst (7-10 100 IM); Xuanyu Li (7-10 50 Back, 50 Fly, 50 Free); Yimo Zou (13 & Over 200 Back, 200 Free); Zekiah Serrano (11-12 100 Fly); Zhimu Liu (7-10 100 Free, 100 IM, 50 Back, 50 Breast, 50 Free).

#### **AWARDS**

Our 54 swimmers brought home 144 awards. 39 1<sup>st</sup> place, 33 2<sup>nd</sup> place, 19 3<sup>rd</sup> place, 21 4<sup>th</sup> place, 15 5<sup>th</sup> place, and 17 6<sup>th</sup> place. Congrats to our award winners.

# 1<sup>ST</sup> Place

- Jill Adams (11-12 100 Fly, 100 IM), Back),
- Jovee Andrade (5-8 100 IM, 25 Breast, 25 Fly, 25 Free, 50 Breast),
- Kai Anolin (11-12 200 IM),
- Lucas Chiang (5-8 100 Free, 100 IM, 25 Fly, 50 Back, 50 Breast, 50 Fly, 50 Free),
- Alan DiBello (7-10 100 Fly, 200 Free, 50 Back, 50 Breast),
- Vincent Frausto (11-12 200 Free, 500 Free).
- Makayla Hatzfeld (11-12 200 Free),

- Alessandro Hernandez (5-8 25 Fly),
- Daniel Hsieh (13 & Over 100 Back, 100 Breast),
- Ella Ibay (11-12 100 Back),
- Daulton Lista (11-12 100 Breast),
- Mayumi Pedroche (7-10 100 Fly, 100 IM, 50 Fly),
- Damian Serna Arbow (7-10 100 Free),
- Zekiah Serrano (11-12 50 Back, 50 Fly),
- Lily Torres (7-10 100 Free, 200 Free, 200 IM, 50 Breast, 50 Free),

# 2<sup>nd</sup> Place

- Jill Adams (11-12 100 Back, 100 Breast, 50 Breast),
- Gabriel Allen (13 & Over 200 Free),
- Kate Alvarez (11-12 200 Free),
- Jovee Andrade (5-8 50 Back, 50 Free),
- Kai Anolin (11-12 100 Fly),
- Arwen Castillo (13 & Over 200 Breast),
- Lucas Chiang (5-8 25 Free),
- Alan DiBello (7-10 100 Back, 50 Fly),
- Vincent Frausto (11-12 100 Breast, 100 Fly, 100 IM),
- Makayla Hatzfeld (11-12 100 Free, 100 IM, 50 Back),
- Alessandro Hernandez (5-8 25 Breast),
- Daniel Hsieh (13 & Over 100 Fly, 100 Free), 50 Free),
- Samantha Lee (11-12 100 Free),
- Luke Pedroche (13 & Over 200 Breast),
- Mayumi Pedroche (7-10 100 Back, 50 Back, 50 Free),
- Damian Serna Arbow (7-10 100 IM),
- Taylor Tatgenhorst (7-10 50 Fly),
- Lily Torres (7-10 100 Fly),
- Nikki Tse (11-12 50 Fly),
- Norton Yang (11-12 100 Fly, 500 Free),

### 3<sup>rd</sup> Place

- Benson Chuang (7-10 50 Back),
- Kate Fassbinder (11-12 100 Back, 500 Free),
- Makayla Hatzfeld (11-12 100 Back),
- Ella Ibay (11-12 100 Free, 200 IM),
- Nathan Lee (13 & Over 400 IM),
- Samantha Lee (11-12 50 Breast, 50 Fly),
- Daulton Lista (11-12 50 Breast),
- Keira Lorenzana (7-10 50 Breast),
- Mayumi Pedroche (7-10 100 Free),
- Damian Serna Arbow (7-10 50 Free),
- Zekiah Serrano (11-12 100 Back, 100 Fly, 50 Free),
- Lily Torres (7-10 100 IM),
- Nikki Tse (11-12 100 IM, 50 Back)

### 4<sup>th</sup> Place

• Gabriel Allen (13 & Over 50 Free),

- Kate Alvarez (11-12 100 Breast),
- Benson Chuang (7-10 50 Free),
- Alan DiBello (7-10 100 Free),
- Kate Fassbinder (11-12 50 Free),
- Makayla Hatzfeld (11-12 50 Breast, 50 Free),
- Alessandro Hernandez (5-8 25 Back, 25 Free),
- Ella Ibay (11-12 200 Free, 50 Fly),
- Joshua Jenkins (13 & Over 200 IM),
- Samantha Lee (11-12 200 IM),
- Kieran Martin (7-10 100 Back),
- Zakary Mokdad (11-12 50 Fly),
- Samantha Olivar (13 & Over 200 Fly),
- Sofia Salas (13 & Over 100 Breast),
- Taylor Tatgenhorst (7-10 50 Free),
- Lily Torres (7-10 50 Fly),
- Dennis Zhang (11-12 100 Breast),
- Yimo Zou (13 & Over 100 Breast),

### 5<sup>th</sup> Place

- Gabriel Allen (13 & Over 100 Free),
- Aaron Choi (13 & Over 100 Fly),
- Dahlia Farahanchi (7-10 100 Back),
- Ella Ibay (11-12 50 Back),
- Samantha Lee (11-12 100 IM),
- Zakary Mokdad (11-12 100 Free, 50 Free),
- Sofia Salas (13 & Over 200 Fly),
- Damian Serna Arbow (7-10 50 Back),
- Taylor Tatgenhorst (7-10 100 Free, 50 Back),
- Nikki Tse (11-12 100 Breast),
- Norton Yang (11-12 100 IM, 50 Breast, 50 Free),

### 6<sup>th</sup> Place

- Gabriel Allen (13 & Over 100 Fly),
- Kate Alvarez (11-12 50 Fly),
- Kai Anolin (11-12 50 Breast),
- Kate Fassbinder (11-12 200 Free, 50 Back),
- Isabella Ferrari (13 & Over 500 Free),
- Preston Hu (11-12 50 Breast),
- Ella Ibay (11-12 100 IM),
- Xuanyu Li (7-10 50 Fly),
- Daulton Lista (11-12 100 IM),
- Keira Lorenzana (7-10 100 Back),
- Zakary Mokdad (11-12 100 Fly, 50 Back),
- Damian Serna Arbow (7-10 50 Breast),
- Knox Strand (5-8 25 Back),
- Norton Yang (11-12 100 Breast),
- Nicole Zhang (5-8 25 Back),

### **POINTS**

No points were awarded but if points had been awarded it's a good bet we would have been in a tight contest with RST for top points.

### **WRAP UP**

A goal is a dream with a deadline. (Napoleon Hill)

The end of the Short Course (SCY) season is fast approaching with only a few 'everybody can swim' meets left. Congratulations to all the swimmers who reached their goals and (hopefully) set new ones. I have the privilege of keeping track of the statistics from each meet and get to see some amazing performances from swimmers who seemed to come out of nowhere and elevated their swimming to new levels. It's very exciting and puts a smile in my heart. I often wonder if they blew away their goals. But one thing is not in doubt. They are working hard in training, signing up for swim meets, and challenging themselves ... and have parents who demonstrate the highest level of commitment. Thank you parents. And they have coaches who bring out the best in them. Thank you coaches.

So, keep up the good work and set even more challenging goals for Long Course season. Remember ... **EVERY RED TIME**, regardless of distance or event, QUALIFIES to swim that event at EVERY BR Long Course (LCM) meet.

Dream on 2019!

**GO SHARKS** 

**GMA Sherry**