

Fusion Meet – A Coming Together

*Coming together is a beginning, keeping together is progress, working together is success.
(Edward Everett Hale)*

Our last season was a huge success. As we come together for a new season we now find our **TEAM** as the **'defending champions'**. If our first swim meet of the season is any indication we are stronger than ever, making amazing progress, and headed for success.

Because our kids didn't have much training prior to this first meet, the coaches were looking for the swimmers to "get their feet wet" and see how they were doing with technique (strokes, starts, turns). You know ... those things they need to work on in practice. The coaches weren't worried about or focused on dropping time. One of the afternoon swimmers, upon hearing this after 2 days of (tortured) racing, commented, "I sure wished the coaches had told me that! I wouldn't have been so stressed!"

NOTABLE SWIMS

Michael DiBello has been on a streak and at this meet exceeded almost every goal he had set for himself. He had 8 out of 10 personal bests dropping (an amazing for him) -29.25 seconds, placed second in points, set **3 TEAM RECORDS**, picked up 3 new **SENIOR CUTS**, 4 new **SprJO cuts**, 5 new **Far Western cuts**. One of his teammates was heard to say, "Michael's so fast it's scary!" Needless to say, we are very proud of Michael.

TEAM RECORDS

- **Ayaan Chudasama:** 8 & Under Boys, 100 Free, 500 Free, 100 Back, 50 Breast, 100 Breast
- **Lucas Chiang:** 8 & Under Boys: 200 IM
- **Alan DiBello:** 9-10 Boys: 50 Back, 100 Back
- **Michael DiBello:** 13-14 Boys: 100 Breast, 200 Breast, 200 IM
- **Garrett Dykier:** 15-18 Boys: 100 Fly, 200 IM
- **Beaver Haygood:** 15-18 Boys: 100 Free, 200 Free
- **Nathan Lee:** 15-18 Boys: 100 Breast, 200 Breast
- **Teagan O'Dell:** 11-12 Girls: 50 Back

NEW TIMES

We had 96 swimmers competing in 530 events. 12 Titanium; 18 Platinum, 22 Gold, 24 Silver, 8 Bronze Elite, 12 Bronze. Just look at all these new times. If this performance, with very little practice, is any indication our team is headed for greatness this season.

(Note: At the time of this analysis the SCS SprJO and WAG time standards had not been released. An attempt was made to identify the Spring JO qualifiers for this analysis. Complete Spring JO and Winter Age Group (WAG) championship qualifiers can be found under the tab 'Times (Stats) / Performance' on our web page.)

First Time Blue Times:

Makayla Hatzfeld (11-12 400 IM); **Beaver Haygood** (15 & Over 100 Back, 100 Fly, 200 IM, 400 IM); **Marisa Huang** (13-14 200 Breast); **Samantha Lee** (11-12 200 Breast); **Mayumi Pedroche** (11-12 200 Back); **Jacqueline Shen** (13-14 200 Breast); **Victoria Villarreal** (13-14 200 Fly); **Norton Yang** (13-14 200 Breast).

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New Blue Times

Gabriel Allen (15 & Over 50 Free); *Jovee Andrade* (5-8 25 Breast, 25 Fly, 50 Fly); *Ryan (Yeh) Chen* (11-12 50 Breast); *Lucas Chiang* (7-10 50 Fly); *Aeden Crain* (13-14 50 Free); *Kate Fassbinder* (11-12 50 Free); *Joshua Jenkins* (Open 400 IM); *Jessica Li* (7-10 100 Back); *Sophia Pearson* (11-12 50 Free, 400 IM, 500 Free); *Jacqueline Shen* (13-14 200 Free, 50 Free); *Jun Yi Sun* (5-8 25 Free, 50 Free).

First Time Red Times

Gabriel Allen (15 & Over 200 IM); *Kate Alvarez* (Open 200 Breast); *Jenna Barajas* (15 & Over 200 IM, 500 Free); *Lucas Chiang* (7-10 200 IM); *Ayaan Chudasama* (7-10 200 IM); *Jessica Li* (7-10 100 Fly); *Nikki Tse* (Open 200 Back); *Wangqiao Xu* (13-14 100 Breast).

New Red Times

Jovee Andrade (5-8 100 Free); *Charlize Chen* (13-14 100 Breast); *Ryan (Yeh) Chen* (11-12 50 Back, 11-12 50 Free); *Ayaan Chudasama* (7-10 100 IM, 50 Back, 100 Breast, 100 Free); *Madison Falls* (7-10 50 Free); *Dominic Lee* (11-12 50 Breast); *Samantha Olivar* (15 & Over 100 Breast); *Jiashi Pan* (7-10 100 IM); *Mayumi Pedroche* (11-12 100 Breast, 100 Fly, 50 Breast); *Cristian Ruvalcaba* (13-14 100 Free); *Damian Serna Arbow* (7-10 100 Free); *Eliana Shin* (11-12 100 Back); *Ethan So* (7-10 100 Breast); *Reagan Tatgenhorst* (7-10 100 Breast, 50 Back); *Taylor Tatgenhorst* (11-12 100 Breast, 100 Free, 50 Free);

New White Times

Lukas Avellaneda (11-12 100 Breast, 50 Fly); *Anais Ayala* (11-12 100 Back); *Charlize Chen* (13-14 100 Fly); *Ryan (Yeh) Chen* (11-12 100 Fly); *Lucas Chiang* (7-10 500 Free); *Ayaan Chudasama* (7-10 500 Free); *Taylor Chwan* (11-12 50 Back); *Kian Devine* (13-14 100 Back, 100 Free, 200 IM); *Yusen Gao* (7-10 50 Free); *Alessandro Hernandez* (7-10 100 Back); *Ella Ibay* (Open 400 IM); *Dominic Lee* (11-12 100 Breast); *Sophia Pearson* (Open 1000 Free); *Cristian Ruvalcaba* (Open 500 Free); *Damian Serna Arbow* (7-10 200 IM); *Serenity Shibata* (5-8 25 Fly); *Skylar Shibata* (7-10 100 Back); (7-10 50 Breast); *Eliana Shin* (11-12 100 Fly, 50 Free); *Don Wong* (13-14 200 Free); *Wangqiao Xu* (13-14 100 Back, 100 Fly, 100 Free, 200 Free, 200 IM); *Mason Zhu* (7-10 100 Free);

First Time SprJO

Joshuah Jauregui (Open 200 Fly)

New SprJO

Michael DiBello (13-14 200 Back, 100 Fly, 100 Breast, 200 IM); *Jiashi Pan* (7-10 50 Breast); *Luke Pedroche* (13-14 50 Free, 100 Fly); *Victoria Villarreal* (13-14 200 IM).

New Far West Times

Michael DiBello (13-14 100 Breast, 200 IM, 200 Breast, 100 Back, 100 Fly); *Luke Pedroche* (13-14 100 Fly).

New Senior Times

Michael DiBello (13-14 100 Breast, 200 IM, 200 Breast); *Beaver Haygood* (15 & Over 200 Free); *Victoria Villarreal* (13-14 200 IM).

TIME DROPS

I guess the coaches forgot to tell these swimmers the goal of this meets wasn't necessarily time drops. 80 of our 96 swimmers had one or more time drops for a total of -815.92 seconds!

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BEST TOTAL TIME DROP goes to *Sophia Pearson* who dropped an amazing -37.89. Sophia had the Best Total Time Drops for Last Season and she's off to a great start this season.

BEST SINGLE TIME DROP goes to *Ethan So* who dropped -27.69 for his 50 Fly. Guess he was 'flying'!

Just look at all these time drops! Very well done swimmers!

Sophia Pearson (-37.89); *Ethan So* (-37.14); *Mayumi Pedroche* (-31.79); *Lukas Avellaneda* (-31.5); *Michael DiBello* (-29.25); *Jiashi Pan* (-28.21); *Nikki Tse* (-23.66); *Ayaan Chudasama* (-23.33); *Victoria Villarreal* (-22.95); *Vincent Frausto* (-21.85); *Jacob Trujillo* (-21.29); *Taylor Tatgenhorst* (-18.47); *Sean Chen* (-18.44); *Jessica Li* (-17.16); *Reagan Tatgenhorst* (-16.72); *Taylor Chwan* (-15.56); *Benson Chuang* (-14.38); *Jacqueline Shen* (-14.32); *Colin Martin* (-14.14); *Cristian Ruvalcaba* (-13.34); *Aidan Martin* (-13.31); *Anais Ayala* (-13.11); *Norton Yang* (-12.49); *Eliana Shin* (-12.32); *Nathan Lee* (-11.89); *Jill Adams* (-11.83); *Diana Dira* (-11.46); *Serenity Shibata* (-10.62); *Ethan Lopez* (-10.5); *Charlize Chen* (-10.08); *Noel Barbero* (-9.61); *Makayla Hatzfeld* (-9.54); *Mason Zhu* (-9.16); *Ryan (Yeh) Chen* (-9.09); *Don Wong* (-8.58); *Joshuah Jauregui* (-8.21); *Alan DiBello* (-7.97); *Jennifer Liang* (-7.87); *Damian Serna Arbow* (-7.78); *Chloe Hong* (-7.75); *Brooke Etter* (-7.72); *Isaac Jung* (-7.69); *Beaver Haygood* (-7.38); *Knox Strand* (-7.38); *Ella Ibay* (-7.32); *Nailyn Lopez* (-7.04); *Sofia Salas* (-6.71); *Samantha Olivar* (-6.45); *Joshua Jenkins* (-6.19); *Dahlia Farahanchi* (-6.05); *Amy Dinh* (-5.46); *Jovee Andrade* (-5.41); *Dominic Lee* (-4.88); *Luke Pedroche* (-4.84); *Skyler Shibata* (-4.68); *Yik Ning Xu* (-4.67); *Jaida Torres* (-4.43); *Kevin Zheng* (-4.42); *Dennis Zhang* (-4.34); *Aeden Crain* (-4.29); *Yimo Zou* (-4.29); *Gabriel Allen* (-4.14); *Alina Nichols* (-4.08); *Madeline Wheeler* (-3.92); *Jun Yi Sun* (-3.05); *Makaila Valenzona* (-2.84); *Jenna Barajas* (-2.83); *Kieran Martin* (-2.59); *Nicole Zhang* (-2.57); *Zakary Mokdad* (-2.19); *Shi Chen* (-2.13); *Lucas Chiang* (-2.09); *Wangqiao Xu* (-1.74); *Madison Falls* (-1.59); *Samantha Lee* (-1.46); *Charlize Avila* (-0.95); *Jake Poon* (-0.81); *Teagan O'Dell* (-0.45); *Jesie Castaneda* (-0.16); *Samantha Cummins* (-0.13);

AWARDS

Our swimmers brought home **241** awards. **41** 1st place, **43** 2nd place, **39** 3rd place, **48** 4th place, **38** 5th place, and **32** 6th place. Congrats to our award winners. We're on our way!

1ST Place

- *Jovee Andrade* (5-8 100 Free, 25 Breast, 25 Fly, 50 Breast, 50 Fly, 50 Free);
- *Ryan Chen* (11-12 50 Free);
- *Lucas Chiang* (7-10 200 Free, 200 IM);
- *Ayaan Chudasama* (7-10 50 Back);
- *Samantha Cummins* (11-12 100 Breast, 200 Free);
- *Alan DiBello* (7-10 100 Back, 200 Free, 200 IM, 50 Back, 50 Breast, 500 Free);
- *Michael DiBello* (13-14 100 Back, 100 Breast, 200 Breast);
- *Garrett Dykier* (15 & Over 50 Free);
- *Christopher Haygood* (15 & Over 100 Free);
- *Nathan Lee* (15 & Over 100 Breast);
- *Teagan O'Dell* (11-12 100 Back, 100 Free, 100 IM, 200 IM, 50 Back, 50 Free, 200 Back);
- *Sophia Pearson* (11-12 500 Free);
- *Luke Pedroche* (Open 200 Back);
- *Mayumi Pedroche* (11-12 100 Fly);
- *Jun Yi Sun* (5-8 25 Fly, 25 Free, 50 Fly, 50 Free);
- *Reagan Tatgenhorst* (7-10 50 Back);
- *Nikki Tse* (13-14 100 Fly);
- *Victoria Villarreal* (Open 400 IM).

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2nd Place

- *Jill Adams* (11-12 100 Breast);
- *Gabriel Allen* (15 & Over 100 Back);
- *Jovee Andrade* (5-8 50 Back);
- *Jesie Castaneda* (13-14 100 Breast);
- *Ayaan Chudasama* (7-10 100 Back, 100 Breast, 200 IM, 500 Free);
- *Samantha Cummins* (11-12 100 Back, 100 Free, 200 IM, 200 Back, 400 IM);
- *Alan DiBello* (7-10 100 Free, 50 Fly);
- *Michael DiBello* (13-14 100 Free, 200 IM, 200 Back);
- *Makayla Hatzfeld* (11-12 200 Free);
- *Christopher Haygood* (15 & Over 200 Free);
- *Chloe Hong* (7-10 200 IM, 50 Fly);
- *Marisa Huang* (13-14 100 Fly);
- *Joshuah Jauregui* (Open 200 Fly);
- *Jessica Li* (7-10 100 Back, 100 Fly);
- *Jennifer Liang* (7-10 200 IM);
- *Samantha Olivar* (15 & Over 100 Breast, 200 Free, 200 IM);
- *Jiashi Pan* (7-10 100 Breast, 100 IM);
- *Sophia Pearson* (11-12 50 Free);
- *Luke Pedroche* (13-14 100 Back, 200 Free);
- *Jacqueline Shen* (13-14 50 Free);
- *Jun Yi Sun* (5-8 25 Back, 50 Breast);
- *Victoria Villarreal* (13-14 200 Free, 200 IM, 500 Free);
- *Yik Ning Xu* (7-10 50 Back);
- *Kevin Zheng* (11-12 200 Free).

3rd Place

- *Jill Adams* (11-12 100 Back);
- *Gabriel Allen* (15 & Over 100 Fly, 50 Free);
- *Jesie Castaneda* (Open 400 IM);
- *Ryan Chen* (11-12 100 Back, 50 Breast);
- *Lucas Chiang* (7-10 100 Breast, 100 IM, 50 Back);
- *Alan DiBello* (7-10 100 Breast, 100 IM);
- *Michael DiBello* (13-14 100 Fly, 200 Fly);
- *Diana Dira* (5-8 50 Free);
- *Garrett Dykier* (15 & Over 200 IM);
- *Brooke Etter* (Open 200 Breast);
- *Dahlia Farahanchi* (7-10 200 Free);
- *Chloe Hong* (7-10 100 Back, 50 Free);
- *Dominic Lee* (11-12 50 Breast);
- *Samantha Lee* (11-12 50 Back);
- *Ethan Lopez* (Open 200 Back);
- *Nailyn Lopez* (15 & Over 100 Free);
- *Aidan Martin* (13-14 200 IM);
- *Jiashi Pan* (7-10 50 Back);
- *Sophia Pearson* (11-12 50 Fly);
- *Mayumi Pedroche* (11-12 50 Breast);

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- *Jake Poon* (5-8 50 Free);
- *Sofia Salas* (Open 1000 Free);
- *Damian Serna Arbow* (7-10 200 IM, 500 Free);
- *Blake Shen* (5-8 25 Fly);
- *Eliana Shin* (11-12 100 Fly);
- *Taylor Tatgenhorst* (11-12 100 Free);
- *Makaila Valenzona* (13-14 100 Back);
- *Victoria Villarreal* (13-14 100 Back, 50 Free, 200 Fly);
- *Nicole Zhang* (5-8 50 Back).

4th Place

- *Jill Adams* (11-12 100 IM, 200 IM);
- *Gabriel Allen* (15 & Over 200 Free, 200 IM);
- *Jenna Barajas* (15 & Over 100 Breast, 100 Free, 200 IM);
- *Jesie Castaneda* (Open 200 Back);
- *Ryan Chen* (11-12 50 Back);
- *Sean Chen* (11-12 100 Back, 200 Free);
- *Lucas Chiang* (7-10 50 Fly, 50 Free, 500 Free);
- *Ayaan Chudasama* (7-10 100 Free, 100 IM, 50 Breast);
- *Michael DiBello* (13-14 200 Free, 50 Free);
- *Brooke Etter* (13-14 100 Breast);
- *Madison Falls* (7-10 50 Free);
- *Dahlia Farahanchi* (7-10 100 Back);
- *Vincent Frausto* (Open 200 Back, 200 Fly);
- *Makayla Hatzfeld* (Open 400 IM);
- *Marisa Huang* (13-14 100 Back);
- *Dominic Lee* (11-12 100 Breast);
- *Nathan Lee* (Open 200 Breast);
- *Samantha Lee* (11-12 100 Back);
- *Jessica Li* (7-10 100 IM, 50 Back);
- *Jennifer Liang* (7-10 100 Breast, 50 Breast);
- *Ethan Lopez* (13-14 100 Back);
- *Nailyn Lopez* (15 & Over 100 Fly);
- *Nohely Lopez* (15 & Over 200 IM);
- *Zakary Mokdad* (11-12 100 Fly);
- *Jiashi Pan* (7-10 50 Breast);
- *Sophia Pearson* (Open 1000 Free);
- *Luke Pedroche* (13-14 100 Fly, 100 Free);
- *Mayumi Pedroche* (11-12 100 Breast);
- *Serenity Shibata* (5-8 50 Free);
- *Nijal Suthar* (15 & Over 50 Free);
- *Reagan Tatgenhorst* (7-10 100 Back);
- *Taylor Tatgenhorst* (11-12 50 Fly);
- *Kevin Zheng* (11-12 50 Free);
- *Yimo Zou* (15 & Over 100 Back).

5th Place

- *Gabriel Allen* (15 & Over 100 Breast);

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- **Lukas Avellaneda** (11-12 100 Breast);
- **Charlize Chen** (13-14 100 Free);
- **Ryan Chen** (11-12 100 Breast);
- **Benson Chuang** (11-12 100 Back);
- **Garrett Dykier** (15 & Over 100 Fly);
- **Dahlia Farahanchi** (7-10 100 IM);
- **Vincent Frausto** (13-14 100 Back);
- **Makayla Hatzfeld** (11-12 100 Free, 200 IM, 50 Free);
- **Christopher Haygood** (Open 200 Fly);
- **Ella Ibay** (11-12 100 Breast);
- **Jessica Li** (7-10 100 Free);
- **Jennifer Liang** (7-10 50 Back, 50 Fly);
- **Samantha Olivar** (15 & Over 100 Free);
- **Jiashi Pan** (7-10 50 Fly);
- **Sophia Pearson** (Open 400 IM);
- **Luke Pedroche** (13-14 50 Free);
- **Mayumi Pedroche** (11-12 100 IM);
- **Cristian Ruvalcaba** (13-14 100 Free);
- **Damian Serna Arbow** (7-10 100 Back, 100 Free, 50 Back, 50 Free);
- **Blake Shen** (5-8 50 Free);
- **Eliana Shin** (11-12 100 Back);
- **Ethan So** (7-10 100 Breast);
- **Knox Strand** (5-8 25 Fly);
- **Reagan Tatgenhorst** (7-10 100 Breast);
- **Taylor Tatgenhorst** (11-12 100 Breast);
- **Jacob Trujillo** (13-14 200 IM);
- **Madeline Wheeler** (Open 200 Breast);
- **Norton Yang** (13-14 100 Fly);
- **Kevin Zheng** (11-12 50 Breast);
- **Yimo Zou** (15 & Over 100 Free, 200 Free).

6th Place

- **Jesie Castaneda** (13-14 200 Free)
- **Charlize Chen** (13-14 100 Breast);
- **Ryan Chen** (11-12 100 Fly);
- **Ayaan Chudasama** (7-10 50 Free);
- **Diana Dira** (5-8 25 Breast);
- **Kate Fassbinder** (11-12 100 Back, 50 Free);
- **Christopher Haygood** (15 & Over 100 Fly);
- **Chloe Hong** (7-10 100 Free);
- **Ella Ibay** (11-12 50 Fly);
- **Joshua Jenkins** (Open 400 IM);
- **Isaac Jung** (11-12 100 Breast);
- **Dominic Lee** (11-12 50 Fly);
- **Jennifer Liang** (7-10 200 Free);
- **Zakary Mokdad** (11-12 100 IM, 50 Breast);
- **Samantha Olivar** (15 & Over 100 Back);
- **Jiashi Pan** (7-10 100 Free);

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- *Sophia Pearson* (11-12 100 Back);
- *Jacqueline Shen* (Open 200 Breast);
- *Serenity Shibata* (5-8 25 Fly);
- *Eliana Shin* (11-12 100 Free);
- *Knox Strand* (5-8 50 Free);
- *Nijal Suthar* (15 & Over 200 Free);
- *Reagan Tatgenhorst* (7-10 50 Fly);
- *Taylor Tatgenhorst* (11-12 50 Free);
- *Jacob Trujillo* (13-14 100 Fly, 100 Free);
- *Madeline Wheeler* (Open 200 Back);
- *Wangqiao Xu* (13-14 100 Breast, 200 IM);
- *Yik Ning Xu* (7-10 50 Fly)

POINTS

We had a total of 5,258 points! That's really astounding! **TOP POINTS** goes to *Alan DiBello* with 186. Followed by:

Michael DiBello (173); *Ayaan Chudasama* (158); *Lucas Chiang* (145); *Teagan O'Dell* (140); *Jovee Andrade* (137); *Samantha Cummins* (137); *Jennifer Liang* (123); *Victoria Villarreal* (119); *Mayumi Pedroche* (118); *Jun Yi Sun* (114); *Jiashi Pan* (113); *Ryan (Yeh) Chen* (106); *Sophia Pearson* (105); *Jessica Li* (104); *Coco Hong* (102); *Luke Pedroche* (98); *Jesie Castaneda* (94); *Gabriel Allen* (93); *Jill Adams* (92); *Makayla Hatzfeld* (90); *Christopher Haygood* (90); *Damian Serna Arbow* (88); *Taylor Tatgenhorst* (84); *Samantha Olivar* (83); *Ella Ibay* (78); *Reagan Tatgenhorst* (77); *Jenna Barajas* (74); *Eliana Shin* (73); *Garrett Dykier* (71); *Ethan Lopez* (71); *Kate Fassbinder* (63); *Vincent Frausto* (63); *Nathan Lee* (63); *Yimo Zou* (62); *Jacqueline Shen* (61); *Brooke Etter* (60); *Wangqiao Xu* (60); *Dahlia Farahanchi* (56); *Dominic Lee* (56); *Jacob Trujillo* (56); *Charlize Chen* (55); *Joshuah Jauregui* (55); *Sean Chen* (54); *Samantha Lee* (53); *Madeline Wheeler* (51); *Diana Dira* (50); *Nikki Tse* (50); *Zakary Mokdad* (47); *Yik Ning Xu* (47); *Kevin Zheng* (46); *Kieran Martin* (45); *Aidan Martin* (44); *Nailyn Lopez* (43); *Makaila Valenzona* (38); *Isaac Jung* (36); *Kate Alvarez* (35); *Norton Yang* (35); *Nicole Zhang* (34); *Marisa Huang* (32); *Nohely Lopez* (32); *Cristian Ruvalcaba* (31); *Blake Shen* (30); *Serenity Shibata* (28); *Nijal Suthar* (28); *Lukas Avellaneda* (27); *Knox Strand* (27); *Jaida Torres* (27); *Benson Chuang* (26); *Sofia Salas* (26); *Amy Dinh* (20); *Joshua Jenkins* (20); *Dennis Zhang* (20); *Kian Devine* (16); *Jake Poon* (16); *Ethan So* (16); *Aeden Crain* (15); *Madison Falls* (15); *Preston Hu* (15); *Don Wong* (11); *Charlize Avila* (7); *Anais Ayala* (5); *Alina Nichols* (5); *Mariam Farag* (3); *Noah Jung* (3); *Colin Martin* (3).

TOP 10 TIMES

Since the team was founded we have been keeping track of the **ALL TIME TOP 10 TIMES**. It is truly impressive to see how many of our swimmers are dominating and moving up the charts. The Top 10 Time records can be found on the web under Stats.

New Top 10 Times

Congratulations to these swimmers who made the **Top 10 Times** in their events for the very first time.

- *Jill Adams* (11-12 100 IM - 1:11.64Y);
- *Lucas Chiang* (7-10 200 IM - 3:18.04Y) / (500 Free - 7:56.32Y);
- *Ayaan Chudasama* (7-10 200 IM - 3:18.53Y) / (500 Free - 7:41.99Y);
- *Samantha Cummins* (Open 200 Breast - 2:44.79Y);
- *Garrett Dykier* (15 & Over 100 Back - 1:00.38Y); / (100 Breast - 1:09.09Y) / (100 Fly - 57.50Y);
- *Brooke Etter* (13-14 100 Free - 59.95Y);

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- **Vincent Frausto** (13-14 200 IM - 2:18.13Y) / (200 Breast - 2:37.40Y);
- **Makayla Hatzfeld** (11-12 200 IM - 2:33.50Y) / (400 IM - 5:37.54Y);
- **Christopher Haygood** (15 & Over 100 Back - 1:02.17Y) / (100 Fly - 58.04Y) / (100 Free - 49.54Y) / (200 IM - 2:13.29Y) / (400 IM - 4:57.91Y);
- **Chloe Hong** (7-10 100 Back - 1:22.01Y);
- **Ella Ibay** (Open 400 IM - 5:56.62Y);
- **Joshuah Jauregui** (13-14 100 Breast - 1:13.73Y) / (100 Fly - 1:00.51Y) / (200 IM - 2:17.82Y) / (200 Fly - 2:15.16Y);
- **Joshua Jenkins** (13-14 50 Free - 25.77Y);
- **Jessica Li** (7-10 100 Breast - 1:31.88Y);
- **Jennifer Liang** (7-10 100 Breast - 1:26.61Y) / (100 Free - 1:10.34Y) / (100 IM - 1:18.14Y) / (200 Free - 2:35.76Y) / (200 IM - 2:52.10Y) / (50 Back - 37.22Y) / (50 Breast - 40.77Y) / (50 Fly - 35.51Y) / (50 Free - 32.03Y);
- **Ethan Lopez** (13-14 100 Back - 1:03.30Y) / (200 IM - 2:17.50Y) / (50 Back - 29.49YL);
- **Nailyn Lopez** (15 & Over 100 Fly - 1:05.97Y) / (200 IM - 2:32.05Y);
- **Nohely Lopez** (15 & Over 200 IM - 2:29.49Y);
- **Samantha Olivar** (15 & Over 100 Back - 1:14.35Y);
- **Sophia Pearson** (Open 1000 Free - 13:32.28Y);
- **Mayumi Pedroche** (Open 200 Back - 2:40.31Y);
- **Damian Serna Arbow** (7-10 200 IM - 3:26.33Y);
- **Jacqueline Shen** (13-14 100 Breast - 1:17.54Y) / (200 IM - 2:29.64Y);
- **Jun Yi Sun** (5-8 25 Free - 17.40Y);
- **Victoria Villarreal** (Open 200 Fly - 2:30.77Y);
- **Yimo Zou** (15 & Over 100 Breast - 1:11.41Y) / (200 Breast - 2:39.32Y) / (200 Fly - 2:32.53Y);

Top 10 Times

Continuing to swim times in the **Top 10** are:

- **Jill Adams** (11-12 100 Back - 1:09.14Y) / (100 Breast - 1:19.80Y) / (200 IM - 2:31.53Y) / (200 Breast - 2:45.57Y);
- **Jovee Andrade** (5-8 100 Free - 1:20.59Y) / (25 Breast - 22.52Y) / (25 Fly - 20.26Y) / (50 Back - 44.44Y) / (50 Breast - 49.70Y) / (50 Fly - 45.87Y) / (50 Free - 36.50Y);
- **Jesie Castaneda** (13-14 100 Back - 1:05.81Y) / (100 Breast - 1:13.11Y) / (100 Fly - 1:05.21Y) / (200 IM - 2:22.54Y) / (50 Free - 27.17Y) / (200 Back - 2:24.54Y) / (400 IM - 5:00.30Y);
- **Lucas Chiang** (7-10 100 Breast - 1:45.69Y) / (100 IM - 1:33.69Y) / (200 Free - 2:55.81Y) / (50 Back - 44.55Y) / (50 Breast - 51.95Y) / (50 Fly - 45.06Y) / (50 Free - 36.66Y);
- **Ayaan Chudasama** (7-10 100 Back - 1:33.08Y) / (100 Breast - 1:45.52Y) / (100 Free - 1:19.94Y) / (100 IM - 1:33.85Y) / (50 Back - 43.57Y) / (50 Breast - 49.08Y) / (50 Fly - 46.95Y) / (50 Free - 37.57Y);
- **Samantha Cummins** (11-12 100 Back - 1:04.60Y) / (100 Breast - 1:17.18Y) / (100 Free - 57.92Y) / (200 Free - 2:08.86Y) / (200 IM - 2:22.73Y) / (50 Free - 26.59YL) / (200 Back - 2:21.38Y) / (400 IM - 4:58.52Y);
- **Alan DiBello** (7-10 100 Back - 1:13.78Y) / (100 Breast - 1:34.83Y) / (100 Free - 1:10.33Y) / (100 IM - 1:21.93Y) / (200 Free - 2:35.17Y) / (200 IM - 2:52.58Y) / (50 Back - 35.45Y) / (50 Breast - 39.72Y) / (50 Fly - 36.33Y) / (50 Free - 32.73YL) / (500 Free - 7:12.38Y);
- **Michael DiBello** (13-14 100 Back - 57.49Y) / (100 Breast - 1:02.97Y) / (100 Fly - 57.87Y) / (100 Free - 52.14Y) / (200 Free - 1:58.13Y) / (200 IM - 2:05.07Y) / (50 Free - 24.21Y) / (200 Back - 2:11.61Y) / (200 Breast - 2:19.42Y) / (200 Fly - 2:23.64Y);
- **Garrett Dykier** (15 & Over 200 IM - 2:06.81Y) / (50 Free - 23.31Y);

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- **Brooke Etter** (13-14 100 Breast - 1:14.23Y) / (200 IM - 2:26.90Y);
- **Vincent Frausto** (Open 200 Fly - 2:30.57Y);
- **Christopher Haygood** (Open 200 Fly - 2:12.29Y) / (200 Free - 1:52.05Y);
- **Chloe Hong** (7-10 50 Back - 37.58Y);
- **Joshuah Jauregui** (13-14 500 Free - 5:35.79Y);
- **Joshua Jenkins** (Open 400 IM - 5:16.14Y);
- **Nathan Lee** (15 & Over 100 Back - 1:02.09Y) / (100 Breast - 1:06.11Y) / (200 IM - 2:09.26Y) / (200 Breast - 2:23.87Y);
- **Jessica Li** (7-10 50 Breast - 43.21Y);
- **Ethan Lopez** (13-14 100 Fly - 1:03.08Y) / (100 Free - 55.70Y) / (200 Free - 2:01.89Y) / (200 Back - 2:16.78Y);
- **Nailyn Lopez** (15 & Over 100 Free - 59.44Y);
- **Teagan O'Dell** (11-12 100 Back - 58.85Y) / (100 Free - 52.95Y) / (100 IM - 59.42Y) / (200 IM - 2:09.30Y) / (50 Back - 26.50Y) / (50 Free - 24.04Y) / (200 Back - 2:08.63Y);
- **Jiashi Pan** (7-10 100 Breast - 1:30.73Y) / (50 Breast - 41.69Y);
- **Sophia Pearson** (Open 200 Back - 2:36.73Y) / (400 IM - 5:44.12Y);
- **Luke Pedroche** (13-14 100 Free - 52.59Y) / (200 Free - 1:55.95Y) / (50 Free - 24.25Y)
- **Sofia Salas** (Open 1000 Free - 13:08.47Y);
- **Damian Serna Arbow** (7-10 500 Free - 7:42.06Y);
- **Jun Yi Sun** (5-8 25 Back - 22.61Y) / (25 Fly - 21.74Y) / (50 Fly - 51.26Y) / (50 Free - 39.08Y);
- **Nijal Suthar** (15 & Over 50 Free - 27.65Y);
- **Victoria Villarreal** (13-14 100 Back - 1:03.50Y) / (200 Free - 2:05.98Y) / (200 IM - 2:18.30Y) / (50 Back - 29.29Y) / (50 Free - 26.03Y) / (400 IM - 4:56.74Y) / (500 Free - 5:35.75Y);
- **Madeline Wheeler** (13-14 100 Back - 1:08.40Y) / (100 Fly - 1:05.86Y) / (200 Back - 2:29.58Y) / (200 Breast - 2:43.10Y);

USA MOTIVATIONAL TIMES

Check out the web page under Time Standards for more information on these times.

AAAA Times

- **O'Dell, Teagan** (11-12 100 Back, 100 Free, 100 IM), 200 IM, 50 Back, 50 Free), 200 Back).

AAA Times

- **Cummins, Samantha** (11-12 100 Back, 50 Free, 400 IM);
- **DiBello, Michael** (13-14 100 Breast, 200 IM, 200 Breast);
- **Pedroche, Luke** (13-14 200 Back).

AA Times

- **Adams, Jill** (Open 200 Breast);
- **Castaneda, Jesie** (Open 400 IM);
- **Cummins, Samantha** (11-12 100 Free, 200 Free, 200 IM, 200 Back, 200 Breast);
- **DiBello, Alan** (7-10 100 Back);
- **DiBello, Michael** (13-14 100 Back, 100 Fly, 100 Free, 50 Free);
- **Dykier, Garrett** (15 & Over 50 Free);
- **Haygood, Christopher** (15 & Over 100 Free);
- **Liang, Jennifer** (7-10 100 Breast);
- **Pedroche, Luke** (13-14 100 Back, 100 Fly, 100 Free, 200 Free, 50 Free);
- **Villarreal, Victoria** (13-14 200 IM, 50 Free, 400 IM, 500 Free);

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A Times

- *Adams, Jill* (11-12 100 Back, 100 Breast, 100 IM, 200 IM, 50 Free);
- *Castaneda, Jesie* (13-14 100 Back, 100 Breast, 100 Fly, 200 IM, 50 Free);
- *Cummins, Samantha* (11-12 100 Breast);
- *DiBello, Alan* (7-10 50 Back, 50 Breast);
- *DiBello, Michael* (13-14 200 Free, 200 Back);
- *Dykier, Garrett* (15 & Over 100 Fly, 200 IM);
- *Etter, Brooke* (13-14 100 Breast, 100 Free, 200 IM, 200 Breast);
- *Hatzfeld, Makayla* (11-12 100 Free, 200 Free, 200 IM, 50 Free);
- *Haygood, Christopher* (15 & Over 200 Free);
- *Jauregui, Joshua* (13-14 100 Fly, 200 Fly);
- *Lee, Nathan* (15 & Over 100 Breast, 200 IM, 200 Breast);
- *Li, Jessica* (7-10 100 Breast);
- *Liang, Jennifer* (7-10 100 Free, 100 IM, 200 IM, 50 Breast, 50 Fly);
- *Lopez, Ethan* (13-14 100 Free, 200 Free);
- *Lopez, Nailyn* (15 & Over 100 Free);
- *Shen, Jacqueline* (Open 200 Breast);
- *Villarreal, Victoria* (13-14 100 Back, 200 Free);
- *Wheeler, Madeline* (13-14 100 Fly, 200 Breast);

BB Times

- *Adams, Jill* (11-12 100 Free, 50 Back);
- *Allen, Gabriel* (15 & Over 50 Free);
- *Alvarez, Kate* (11-12 100 Back, 100 Free, 100 IM, 50 Free);
- *Barajas, Jenna* (15 & Over 50 Free);
- *Castaneda, Jesie* (Open 200 Back);
- *Crain, Aeden* (13-14 50 Free);
- *DiBello, Alan* (7-10 100 Breast, 100 Free, 100 IM, 200 Free, 200 IM, 50 Fly, 50 Free, 500 Free);
- *DiBello, Michael* (Open 200 Fly);
- *Dykier, Garrett* (15 & Over 100 Back, 100 Breast);
- *Etter, Brooke* (13-14 200 Free, 50 Free);
- *Farag, Mariam* (13-14 100 Free);
- *Farahanchi, Dahlia* (7-10 100 IM, 200 Free, 50 Free);
- *Fassbinder, Kate* (11-12 100 Free, 50 Free);
- *Frausto, Vincent* (13-14 100 Back, 100 Free, 200 Free, 200 IM, 200 Back, 200 Breast);
- *Hatzfeld, Makayla* (11-12 100 Back, 400 IM);
- *Haygood, Christopher* (15 & Over 100 Fly, 200 IM, 200 Fly, 400 IM);
- *Hong, Chloe* (7-10 100 Back, 100 Breast, 100 Free, 200 IM, 50 Back, 50 Breast, 50 Fly, 50 Free);
- *Huang, Marisa* (13-14 50 Free);
- *Ibay, Ella* (11-12 100 Breast, 100 IM, 200 Free, 200 IM, 50 Breast, 50 Fly, 400 IM);
- *Jauregui, Joshua* (13-14 100 Breast, 200 Free, 200 IM, 50 Free, 500 Free);
- *Jenkins, Joshua* (13-14 200 Free, 50 Free, 400 IM);
- *Jung, Noah* (Open 200 Breast);
- *Lee, Nathan* (15 & Over 100 Back, 100 Free, 50 Free);
- *Lee, Samantha* (11-12 100 Back, 100 Breast, 200 Breast);
- *Li, Jessica* (7-10 100 Back, 100 Fly, 100 Free, 100 IM, 50 Breast, 50 Fly);

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- *Liang, Jennifer* (7-10 200 Free, 50 Back, 50 Free);
- *Lopez, Ethan* (13-14 100 Back, 100 Fly, 200 IM, 200 Back);
- *Lopez, Nailyn* (15 & Over 100 Fly, 200 IM);
- *Lopez, Nohely* (15 & Over 100 Free, 200 IM);
- *Martin, Aidan* (13-14 50 Free);
- *Olivar, Samantha Ayesha* (15 & Over 50 Free);
- *Pan, Jiashi* (7-10 100 Breast, 50 Breast);
- *Pearson, Sophia* (11-12 100 Back, 50 Fly, 50 Free, 500 Free, 1000 Free, 200 Back, 400 IM, 500 Free);
- *Pedroche, Mayumi* (11-12 100 Back, 200 IM, 50 Back, 50 Free, 200 Back);
- *Shen, Jacqueline* (13-14 100 Back, 100 Breast, 100 Free, 200 Free, 200 IM, 50 Free);
- *Suthar, Nijal* (15 & Over 50 Free);
- *Tatgenhorst, Reagan* (7-10 100 Breast);
- *Tse, Nikki* (13-14 200 IM);
- *Valenzona, Makaila* (13-14 100 Breast, 200 Breast);
- *Villarreal, Victoria* (Open 200 Fly);
- *Wheeler, Madeline* (13-14 100 Back, 100 Breast, 100 Free, 50 Free, 200 Back);
- *Yang, Norton* (13-14 100 Free, 200 Breast);
- *Zou, Yimo* (15 & Over 100 Breast, 100 Free);

B Times

- *Allen, Gabriel* (15 & Over 100 Fly, 200 Free, 200 IM);
- *Alvarez, Kate* (11-12 100 Breast, 50 Back, 50 Breast, 50 Fly, 200 Breast);
- *Andrade, Jovee* (5-8 100 Free, 50 Back, 50 Breast, 50 Fly, 50 Free);
- *Barajas, Jenna* (15 & Over 100 Free, 200 Free, 500 Free);
- *Chen, Ryan* (11-12 50 Breast, 50 Free);
- *Chiang, Lucas* (7-10 100 Breast, 100 IM, 200 Free, 200 IM, 50 Back, 50 Breast, 50 Fly, 50 Free, 500 Free);
- *Chudasama, Ayaan* (7-10 100 Back, 100 Breast, 100 Free, 100 IM, 200 IM, 50 Back, 50 Breast, 50 Free, 500 Free);
- *Crain, Aeden* (13-14 200 Free);
- *Etter, Brooke* (13-14 100 Back);
- *Falls, Madison* (7-10 50 Free, 100 Fly);
- *Farahanchi, Dahlia* (7-10 100 Back);
- *Fassbinder, Kate* (11-12 100 Back, 200 Free, 50 Back);
- *Frausto, Vincent* (13-14 100 Breast, 100 Fly, 50 Free, 200 Fly);
- *Hatzfeld, Makayla* (11-12 100 Breast);
- *Haygood, Christopher* (15 & Over 100 Back);
- *Huang, Marisa* (13-14 100 Back, 200 Free, 200 Breast, 500 Free);
- *Jung, Isaac* (11-12 100 Breast, 100 Breast, 200 Free, 50 Free);
- *Lee, Samantha* (11-12 100 IM, 50 Back, 50 Breast, 50 Fly);
- *Li, Jessica* (7-10 50 Back);
- *Lopez, Ethan* (13-14 100 Breast, 200 Breast);
- *Lopez, Nohely* (15 & Over 100 Fly);
- *Martin, Aidan* (13-14 100 Free, 200 Back);
- *Olivar, Samantha Ayesha* (15 & Over 100 Back, 100 Free, 200 Free, 200 IM);
- *Pan, Jiashi* (7-10 100 Free, 100 IM, 50 Back, 50 Fly, 50 Free);
- *Pedroche, Mayumi* (11-12 100 Fly, 100 IM);

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- *Ruvalcaba, Cristian* (13-14 100 Free, 50 Free);
- *Salas, Sofia* (13-14 100 Back, 200 Free, 200 IM, 1000 Free);
- *Serna Arbow, Damian* (7-10 100 Free, 200 IM, 50 Back, 50 Free, 500 Free);
- *Shin, Eliana* (11-12 100 Back, 100 Free);
- *So, Ethan* (7-10 100 Breast);
- *Suthar, Nijal* (15 & Over 200 Free);
- *Tatgenhorst, Reagan* (7-10 100 Back, 50 Back, 50 Free,
- *Tatgenhorst, Taylor* (11-12 100 Free, 50 Free);
- *Trujillo, Jacob* (13-14 100 Free, 50 Free);
- *Tse, Nikki* (13-14 100 Back, 200 Back, 500 Free);
- *Valenzona, Makaila* (13-14 100 Fly, 100 Free, 200 Free, 200 IM, 50 Free);
- *Xu, Wangqiao* (13-14 50 Free);
- *Xu, Yik Ning* (7-10 100 Breast, 100 Free, 50 Back, 50 Fly);
- *Yang, Norton* (13-14 200 Free, 50 Free, 500 Free);
- *Zheng, Kevin* (11-12 50 Free);
- *Zou, Yimo* (15 & Over 200 Free, 200 Breast, 500 Free).

GRANDMA'S CORNER

I've been asked how does Michael do it? Why are we chasing Michael and Alan around with a tub of watermelon and bottle of Propel water? What do we do if they complain about muscle aches? Or ear aches? So, I'm sharing a few tips we've learned over the years for you to use as you wish.

1. It's a fact that swimmers DO sweat! The harder they work the more they sweat. Besides fluids, our bodies also deplete electrolytes as we sweat. Electrolytes along with fluids are critical to combat dehydration and boost energy. We choose to use Propel packets in a bottle of cold water to replace the sodium and potassium electrolytes and promote energy. We choose not to use Gatorade because of the high sugar content. Propel is Gatorade without the sugar.

Sub note: Michael has very low blood pressure which, combined with dehydration, can cause a significant loss of energy to the point where he passes out. Salt raises blood pressure so we have bags of (salty) chips and snacks to help him keep his blood pressure up.

2. Sugars. Sugars provide a burst of energy. BUT... talk about artificial, processed sugars. Yes, these sugars can give a swimmer a burst of short term energy but they also cause the energy levels to crash. We don't want Michael's energy level to crash while he's in the middle of a race so we don't give him foods with processed sugars (no candy, etc.) on race day. On the other hand, fruit is full of natural sugars. Natural sugars give a boost of energy and they don't crash the body. Michael loves watermelon. But we also use bananas, oranges, apples, and strawberries.

3. Water in the Ear and Earaches: Every once in a while the boys complain about an earache or water in the ear. We immediately jump on it with 'Swimmer's Ear'. This product can be found in most pharmacies. 'Swimmer's Ear' has an ingredient that dissolves the water. Water that remains in the ear after swimming can create a moist environment that aids bacterial growth. Going untreated can lead to more serious complications including ear infections.

4. Muscle aches: Our kids work hard in training and put themselves all out during swim meets. It is common for swimmers to experience muscle inflammation in the shoulders, neck, and upper back. Breast stroke swimmers can also experience muscle inflammation in the knees. We use '*Blue Emu*' at the first sign of any muscle ache and after a particularly hard practice or swim meet. '*Blue Emu*' has NO harmful chemicals that burn the tender skin of younger swimmers and is safe for all ages. AND it works wonders. (I even use it on my arthritis.)

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WRAP UP

I always believe that the sky is the beginning of the limit. (MC Hammer).

As our team of swimmers, parents, and coaches come together for a new season and a new beginning let's all put our hands together and reach for the sky ...we have no limits!

“GO SHARKS”.

GMA Sherry