

# 2019 October MESA TRI BRW Meet

## MESA TRI BRW Meet – Competition

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*It was good competition for our kids. It's always good to play (swim) against good competition.  
(Pete Pijl)*

The October TRI Meet at MESA was the first time we had been invited to this type of meet. Two teams (Dual Meets), three teams (Tri meets), or four teams (Quad meets) get together for a day of competitive fun. These are small, one day, limited events meets where teams can compete against swimmers from geo-committee teams they don't normally get to compete against. This meet featured MESA, North Coast Aquatics (NCA), and the Sharks.

### NOTABLE SWIMS

Swimming an event for the first time and picking up Red, Blue, and even WAG times is amazing. Considering that the events were 200 and 400s is even more incredible. We had a lot of swimmers making First Time Reds or Blues, see New Times below, but these swimmers really stood out.

**Jacqueline Shen**, Platinum, got **FIRST TIME BLUE TIMES** for both her 200 Back and 400 IM. Great swims Jacqueline.

**Wangqiao (James) Xu**, Gold, managed a **FIRST TIME RED TIME** for both the 200 Breast and 400 IM. In addition he also picked up a **NEW WHITE TIME** for the 200 Fly. That's quite a set of events for first time swims. Way to Go James!

**Aidan Martin**, Gold, picked up **FIRST TIME RED TIMES** in both his 200 Fly and 400 IM.

**Jessica Li**, Silver (age 10), swam a 200 Breast for **11-12 FIRST TIME BLUE TIME**. Move over Teagan!

**Kai Anolin**, Platinum, swam the 200 Fly and 200 Breast for **FIRST TIME WAG TIMES!** Kai wasn't waiting around for last ditch.

### TEAM RECORDS

- **Teagan O'Dell** (Open 200 Fly, 400 IM)
- **Michael DiBello** (Open 200 Breast)
- **Jessica Li** (Open 200 Breast)

### NEW TIMES

We had 49 swimmers competing in 144 events. 9 Titanium; 14 Platinum, 9 Gold, 12 Silver, 5 Bronze Elite.

#### First Time WAG Times:

- **Kai Anolin** (Open 200 Breast, 200 Fly);

#### New WAG Times

- **Jill Adams** (Open 200 Back, 200 Breast);
- **Garrett Dykier** (Open 200 Breast);
- **Brooke Etter** (Open 200 Breast);
- **Vincent Frausto** (Open 200 Fly);
- **Joshuah Jauregui** (Open 400 IM);
- **Madeline Wheeler** (Open 400 IM);
- **Yimo Zou** (Open 200 Breast);

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### First Time Blue Times:

- *Christopher Haygood* (Open 200 Back);
- *Jennifer Liang* (Open 200 Breast);
- *Ethan Lopez* (Open 400 IM);
- *Jacqueline Shen* (Open 200 Back, 400 IM);
- *Jessica Li* (Open 200 Breast)

### New Blue Times

- *Joshuah Jauregui* (Open 200 Breast);
- *Sophia Pearson* (Open 200 Breast);

### First Time Red Times

- *Makayla Hatzfeld* (Open 200 Breast);
- *Aidan Martin* (Open 200 Fly, 400 IM);
- *Eros Santana* (7-12 100 Back);
- *Wangqiao Xu* (Open 200 Breast, 400 IM);

### New Red Times

- *Tristan Noel Flores* (7-12 100 Free);
- *Taylor Tatgenhorst* (7-12 200 IM, 200 Free);

### New White Times

- *Jovee Andrade* (7-12 100 Fly);
- *Mila Chan* (7-12 100 Back);
- *Makayla Hatzfeld* (Open 200 Fly);
- *Yuta Ioriya* (Open 200 Fly);
- *Dominic Lee* (7-12 100 Back, 100 Fly);
- *Boyao Li* (7-12 100 Back, 100 Free);
- *Eros Santana* (7-12 100 Free, 200 Free);
- *Reagan Tatgenhorst* (7-12 200 IM);
- *Wangqiao Xu* (Open 200 Fly);

### New Senior Times

- *Victoria Villarreal* (Open 200 Breast, 200 Free);

## TIME DROPS

	# Group Swimmers	# Attending Meet	% of Group Attend	# Dropping Time	% of Group Dropping Time	Total Time Drops - Meet	Avg Drop Per Grp/ Swimmer	% of Drops by Group
<b>Titanium</b>	12	9	75%	4	44%	-25.71	-6.43	11%
<b>Platinum</b>	19	14	74%	8	57%	-69.58	-8.70	29%
<b>Gold</b>	37	9	24%	6	67%	-14.99	-2.50	6%
<b>Silver</b>	39	12	31%	8	67%	-88.54	-11.07	37%
<b>Bronze Elite</b>	28	5	18%	2	40%	-39.74	-19.87	17%
	<b>135</b>	<b>49</b>		<b>28</b>		<b>-238.56</b>		

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*Taylor Tatgenhorst* had both the **BEST TOTAL TIME DROP** (-30.29) and **BEST SINGLE TIME DROP** 200 Free (-17.63).

*Taylor Tatgenhorst* (-30.29); *Rachel Lee* (-29.13); *Sofia Salas* (-19.26); *Yuta (Roy) Ioriya* (-17.7); *Sophia Pearson* (-16.33); *Jaida Torres* (-16.11); *Yimo Zou* (-11.33); *Victoria Villarreal* (-10.94); *Panru (Loretta) Zhang* (-10.61); *Garrett Dykier* (-9.77); *Ethan Lopez* (-8.58); *Charlize Chen* (-6.73); *Lily Torres* (-6.64); *Joshua Jenkins* (-5.86); *Kieran Martin* (-5.52); *Damian Serna Arbow* (-5.32); *Jill Adams* (-5.06); *Jennifer Liang* (-3.64); *Michael DiBello* (-3.21); *Reagan Tatgenhorst* (-3.21); *Vincent Frausto* (-3.07); *Jessica Li* (-2.35); *Eliana Shin* (-2.27); *Madeline Wheeler* (-1.79); *Kate Alvarez* (-1.59); *Tristan Noel Flores* (-0.72); *Jovee Andrade* (-0.68); *Mayumi Pedroche* (-0.42); *Alan DiBello* (-0.34); *Brooke Etter* (-0.09).

### AWARDS

At this meet all the swimmers were put into 3 mixed age groups; 8 & Under, 7-12, and Open (13-18). Awards weren't given but swimmers did place in their respective age groups. These "awards" indicate where the swimmers placed within the mixed groups. Because "youngsters" were competing with "olders" I included places to 16.

#### 1<sup>ST</sup> Place

- *Michael DiBello* (Open 200 Breast);
- *Christopher Haygood* (Open 200 Free);
- *Luke Pedroche* (Open 200 Back);

#### 2<sup>nd</sup> Place

- *Michael DiBello* (Open 200 Back);
- *Teagan O'Dell* (Open 400 IM);

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

- *Michael DiBello* (Open 200 Free);
- *Garrett Dykier* (Open 200 Back, 200 Breast);
- *Teagan O'Dell* (Open 200 Fly);

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

- *Christopher Haygood* (Open 200 Fly);
- *Sophia Pearson* (7-12 100 Fly);
- *Luke Pedroche* (Open 200 Free);
- *Yimo Zou* (Open 200 Breast);

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

- *Kate Alvarez* (7-12 100 Back);
- *Ella Ibay* (7-12 100 Free, 200 IM);
- *Ethan Lopez* (Open 200 Fly);

#### 7<sup>th</sup> thru 15<sup>th</sup>

*Vincent Frausto* (Open 200 Back / 7th); *Joshuah Jauregui* (Open 200 Fly / 7th); *Mayumi Pedroche* (7-12 100 Back / 7th); *Kate Alvarez* (7-12 100 Free / 8th); *Christopher Haygood* (Open 200 Back / 8th); *Ella Ibay* (7-12 100 Breast / 8th, 100 Fly / 8th); *Joshuah Jauregui* (Open 400 IM / 8th); *Jennifer Liang* (7-12 100 Back / 8th); *Ethan Lopez* (Open 200 Free / 8th); *Victoria Villarreal* (Open 200 Breast / 8th); *Kai Anolin* (Open 200 Fly / 9th); *Jennifer Liang* (7-12 100 Breast / 9th); *Jesie Castaneda* (Open 200 Back / 10th); *Joshua Jenkins* (Open 200 Free / 10th); *Jennifer Liang* (7-12 100 Fly / 10th); *Mayumi*

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*Pedroche* (7-12 200 IM / 10th); *Yimo Zou* (Open 200 Fly / 10th); *Samantha Cummins* (Open 400 IM / 11th); *Brooke Etter* (Open 200 Breast / 11th); *Vincent Frausto* (Open 200 Breast / 11th); *Taylor Tatgenhorst* (7-12 100 Fly / 11th, 200 IM / 11th); *Victoria Villarreal* (Open 200 Back / 11th, 200 Free / 11th); *Kai Anolin* (Open 200 Back / 13th, 200 Breast / 13th); *Alan DiBello* (7-12 200 IM / 13th); *Vincent Frausto* (Open 200 Fly / 13th); *Xuanyu Li* (7-12 100 Fly / 13th); *Madeline Wheeler* (Open 400 IM / 13th); *Ethan Lopez* (Open 400 IM / 14th); *Eliana Shin* (7-12 100 Back / 14th); *Alan DiBello* (7-12 100 Breast / 15th, 100 Free / 15th); *Joshuah Jauregui* (Open 200 Breast / 15th); *Madeline Wheeler* (Open 200 Fly / 15th).

## POINTS

Points were calculated based on placement for this meet.

- *Michael DiBello* (53);
- *Ella Ibay* (50);
- *Christopher Haygood* (46);
- *Luke Pedroche* (35);
- *Teagan O'Dell* (33);
- *Garrett Dykier* (32);
- *Ethan Lopez* (28);
- *Jennifer Liang* (27);
- *Kate Alvarez* (25);
- *Joshuah Jauregui* (25);
- *Victoria Villarreal* (23);
- *Vincent Frausto* (22);
- *Yimo Zou* (22);
- *Mayumi Pedroche* (19);
- *Kai Anolin* (17);
- *Sophia Pearson* (15);
- *Taylor Tatgenhorst* (12);
- *Alan DiBello* (8);
- *Jesie Castaneda* (7);
- *Joshua Jenkins* (7);
- *Samantha Cummins* (6);
- *Brooke Etter* (6);
- *Madeline Wheeler* (6);
- *Xuanyu Li* (4);
- *Eliana Shin* (3)

## TOP 10 TIMES

### New Top 10 Times

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

- *Jill Adams* (Open 200 Back, 200 Breast);
- *Kai Anolin* (Open 200 Fly);
- *Garrett Dykier* (Open 200 Back, 200 Breast);
- *Christopher Haygood* (Open 200 Back);
- *Joshuah Jauregui* (Open 400 IM);
- *Joshua Jenkins* (Open 400 IM);
- *Xuanyu (Jessica) Li* (Open 200 Breast);

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- *Ethan Lopez* (Open 200 Fly, 400 IM);
- *Teagan O'Dell* (Open 200 Fly, 400 IM);
- *Sophia Pearson* (Open 200 Breast);
- *Sofia Salas* (Open 200 Back);
- *Jacqueline Shen* (Open 200 Breast, 400 IM);
- *Yimo Zou* (Open 200 Breast)

### Top 10 Times

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

*Kai Anolin* (Open 200 Back); *Jesie Castaneda* (Open 200 Bac, 200 Fly); *Samantha Cummins* (Open 200 Bac, 200 Breas, 400 IM); *Michael DiBello* (Open 200 Bac, 200 Breas, 200 Free); *Brooke Etter* (Open 200 Breast); *Tristan Noel Flores* (7-12 100 Bac, 100 Breas, 100 Fly); *Vincent Frausto* (Open 200 Bac, 200 Breas, 200 Fly); *Christopher Haygood* (Open 200 Fl, 200 Free); *Joshuah Jauregui* (Open 200 Breas, 200 Fly); *Joshua Jenkins* (Open 200 Free); *Ethan Lopez* (Open 200 Free); *Sophia Pearson* (7-12 100 Fly); *Luke Pedroche* (Open 200 Bac, 200 Free); *Damian Serna Arbow* (7-12 100 Fly); *Victoria Villarreal* (Open 200 Bac, 200 Breas, 200 Free); *Madeline Wheeler* (Open 200 Fl, 200 Free, 400 IM); *Yimo Zou* (Open 200 Fly).

## USA MOTIVATIONAL TIMES

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

### AAAA Times

*Teagan O'Dell* (400 IM);

### AAA Times

*Michael DiBello* (200 Breast), *Luke Pedroche* (200 Back)

### AA Times

*Samantha Cummins* (400 IM), *Michael DiBello* (200 Free, 200 Back), *Teagan O'Dell* (200 Fly), *Luke Pedroche* (200 Free), *Victoria Villarreal* (200 Fr, 200 Breast);

### A Times

*Jill Adams* (200 Breast); *Jesie Castaneda* (200 Back); *Samantha Cummins* (200 Back, Breast); *Brooke Etter* (200 Breast); *Christopher Haygood* (200 Free); *Joshuah Jauregui* (400 IM); *Joshua Jenkins* (200 Free); *Ethan Lopez* (200 Free); *Victoria Villarreal* (200 Back); *Madeline Wheeler* (200 Free, 400 IM).

### BB Times

*Jill Adams* (200 Free, 200 Back); *Kate Alvarez* (100 Free, 100 Back); *Kai Anolin* (200 Back, 200 Breast, 200 Fly); *Jesie Castaneda* (200 Fly); *Garrett Dykier* (200 Back, 200 Breast); *Brooke Etter* (200 Free); *Tristan Noel Flores* (100 Back, 100 Breast, 100 Fly); *Vincent Frausto* (200 Free, 200 Back, 200 Breast); *Christopher Haygood* (200 Fly); *Ella Ibay* (100 Free, 100 Breast, 200 IM); *Joshuah Jauregui* (200 Breast, 200 Fly); *Joshua Jenkins* (400 IM); *Jessica Li* (100 Free, 100 Back, 100 Fly); *Jennifer Liang* (100 Breast, 200 Breast); *Ethan Lopez* (200 Fly, 400 IM); *Sophia Pearson* (200 Breast, 100 Fly); *Mayumi Pedroche* (100 Back, 200 IM); *Sofia Salas* (200 Free, 200 Back, 400 IM); *Damian Serna Arbow* (200 Free); *Jacqueline Shen* (200 Free, 200 Back, 200 Breast, 400 IM); *Reagan Tatgenhorst* (100 Back); *Makaila Valenzona* (200 Breast); *Madeline Wheeler* (200 Fly); *Yimo Zou* (200 Breast).

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### B Times

*Kate Alvarez* (200 Breast); *Jovee Andrade* (100 Free, 100 Back, 100 Breast, 100 Fly); *Alan DiBello* (200 IM); *Tristan Noel Flores* (100 Free); *Vincent Frausto* (200 Fly); *Makayla Hatzfeld* (200 Back, 200 Breast); *Christopher Haygood* (200 Back); *Ella Ibay* (100 Fly); *Joshua Jenkins* (200 Back); *Jennifer Liang* (100 Back, 100 Fly); *Aidan Martin* (200 Free); *Kieran Martin* (100 Free, 100 Breast); *Damian Serna Arbow* (100 Back, 100 Fly, 200 IM); *Eliana Shin* (100 Back); *Reagan Tatgenhorst* (100 Breast, 200 IM); *Taylor Tatgenhorst* (200 Free, 100 Fly, 200 IM); *Yimo Zou* (200 Fly).

### WRAP UP

*Eventually, you learn that the competition is against the little voice in you that wants you to quit.  
(George Sheehan, M.D.)*

Years ago I read an article by John Leonard that is truly inspirational and something parents as well as swimmers should take to heart. I'd like to share this with our team. **John Leonard** has been the Executive Director of the American Swimming Coaches Association in Fort Lauderdale, Florida, since assuming that post in January of 1985. In 41 years of coaching, he has become one of the best known names in the world of swimming, worldwide.

### "I Went To The Results Board To See How I Did..."

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*By John Leonard*

It was a great teachable moment. Out of the mouths of young people come things that "set up" the coach for an opportunity to do some great education. When an athlete came over to me and started with the sentence at the top of the page, here was my response.

***"Really? You didn't already know how you did?"***

"Well, I was sixth the 100 fly and 5th in the 100 back and...."

***"No, really, you didn't already know how you did?"***

"What do you mean?"

***"Well, what did you do incorrectly in the 100 fly and what do you need to do to improve?"***

"You said I have to keep my hips up on the back 50 and make sure I keep breathing every second stroke..."

***"and so....?"***

"Huh?"

***"and so, THAT is "how you did". Not the place. The place means nothing. I can take you to plenty of swim meets where you can finish first....and can take you to even more where you'll finish dead last.....where you finish depends on what others have done, not on how you have done..... You need to measure two things...your time versus your best time (which is you against the previous best you) and how you did compared to the assignment I gave you before you headed for the starting blocks. How was your time?"***

"Well, I don't know, I never swam long course before."

***"Of course you haven't, so now you have a time to measure yourself against...congratulations. And do you need a results board to tell you how you did?"***

"No, I guess not."

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*“Don’t guess. Know that you don’t. If you go to the blocks with clear goals, you know how you did without anyone else needing to tell you. You can evaluate the race for yourself, and “know how you did”.*

“So what is the race for?”

*“Two things...first, it’s always easier (and more fun) to swim fast when you are racing someone next to you. And second, as you mature, there is a purpose to “winning races”, but in the developmental stage, it’s a terrible way to evaluate yourself.....racing is stimulation, not measurement of you as an athlete, a learner, a person....anything.....Enjoy the race, but measure against your own best self.”*

Please everyone take that lesson to heart and mind.

All the Best, Coach John

“GO SHARKS”.

GMA Sherry