

2019 September Sunday Senior Series #2

Experience – Ditto

“Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward.”
(Oscar Wilde)

We were definitely tested and lessons were definitely learned from the first experience in the series! We learned how fast the meet moves! We learned that there is no time for a cool down if you are swimming the first event after a relay (ask Garrett)! We learned you better know what event you will be swimming after your next event (you may not have a chance to look ... ask Garrett)! We learned back to back events are exhausting (especially a 200 IM 5 minutes after you swam a 500 Free ... just ask Garrett)!

Yes, this time around the meet was much more relaxed. Our swimmers and coach knew what to expect! No back to back events. Most swimmers only entered 2 events instead of 3. Our swimmers were much better prepared for the fast pace. No one needed oxygen (not even Garrett).

(I suggest you might want to scroll to the end of each meet recap, past all the boring data. The Wrap-Up may contain some really valuable information.)

OUR SENIOR TEAM

Your awe-inspiring Sharks all represented. Hats off to our young, senior team:

- *Jesie Castaneda,*
- *Samantha Cummins,*
- *Michael DiBello,*
- *Garrett Dykier,*
- *Beaver Haygood,*
- *Nathan Lee,*
- *Nailyn Lopez,*
- *Nohely Lopez,*
- *Teagan O'Dell,*
- *Luke Pedroche,*
- *Victoria Villarreal,*
- *Madeline Wheeler.*

TEAM RECORDS

Individuals

- *Sam Cummins:* 13-14 200 Fly;
- *Beaver Haygood:* 15-18 100 Free, 100 Fly
- *Nohely Lopez:* 15-18 100 Fly

RELAYS

Girls 400 Medley Relay Team placed 3th: 1) *Teagan O'Dell,* 2) *Maddie Wheeler,* 3) *Sammy Cummins,* 4) *Nohely Lopez.*

Boys 400 Medley Relay Team placed ??: 1) *Nathan Lee,* 2) *Michael DiBello,* 3) *Garrett Dykier,* 4) *Beaver Haygood.* No time was reported for their relay. We are sure they didn't DQ so we don't know why they didn't get a time. We know they swam their (you know what) off!

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NEW TIMES

New Spring JO

- *Luke Pedroche*: SCY 200 IM.

AWARDS

1ST Place

- *Michael DiBello* (Open 100 Back);
- *Nohely Lopez* (Open 100 Free);
- *Teagan O'Dell* (Open 200 IM)

2nd Place

- *Sam Cummins* (Open 200 Fly);
- *Beaver Haygood* (Open 100 Free);
- *Nohely Lopez* (Open 100 Fly);
- *Teagan O'Dell* (Open 100 Breast)

3rd Place

- *Sam Cummins* (Open 200 IM);
- *Beaver Haygood* (Open 100 Fly);
- *Victoria Villarreal* (Open 100 Back);
- *Maddie Wheeler* (Open 200 Breast)

4th Place

- *Sam Cummins* (Open 200 IM);
- *Beaver Haygood* (Open 100 Fly);
- *Victoria Villarreal* (Open 100 Back);
- *Maddie Wheeler* (Open 200 Breast)

5th Place

- *Jesie Castaneda* (Open 100 Breast, 200 Free);
- *Michael DiBello* (Open 200 Breast);
- *Garrett Dykier* (Open 100 Fly, 100 Free)

6th Place

- *Luke Pedroche* (Open 200 IM);
- *Victoria Villarreal* (Open 100 Free)

POINTS

- *Nohely Lopez* (12);
- *Teagan O'Dell* (12);
- *Michael DiBello* (9);
- *Sam Cummins* (8);
- *Beaver Haygood* (8);
- *Jesie Castaneda* (4);
- *Garrett Dykier* (4);
- *Victoria Villarreal* (4);

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- *Maddie Wheeler* (3);
- *Luke Pedroche* (1)

TIME DROPS

When swimmers get to this level time drops are few and far between. It takes hard work, dedication, attendance, tenacity, and the proper alignment of the sun, the moon, and the stars. Well done to these time drops.

Luke Pedroche (-6.07); *Nohely Lopez* (-4.26); *Maddie Wheeler* (-2.17); *Sammy Cummins* (-0.69); *Beaver Haygood* (-0.55)

WRAP UP

“Experience is the teacher of all things” (Julius Caesar).

Fortunately our swimmers don't have to learn those kind of tough lessons. Speaking of learning ... did you know there is all kinds of information (you can learn from) on our web site!

Home Page Banner: Located just below the menus. This banner contains important messages, usually related to changes to the training schedule and/or locations. Check this often as our schedule depends on high school events.

MENUS:

Meets and Events:

This is where you find all swim meets, jobs, special events, fundraising events, etc.. We try to plan as far ahead as possible to give our families time to plan vacations, etc.

About Meets: This is everything you need to know about swim meets.

- ***About USA Swimming:*** An overview about how USA Swimming is organized with a chart on the “Path To The Olympics”.
- ***Parent’s Guide to Swim Meets:*** This handbook is everything you need to know about swim meets, including entering and what to do when you get there.
- ***Timing Chair How-To:*** The who, what, when, where, and why of Timing Chairs.
- ***Championship Meets:*** About these meets.
- ***Definition & Terms:*** Self-explanatory. If there are terms that should be added let me know.

Times (Stats)

- ***Time Standards:*** These are the time standards for many of the meets we attend.
- ***Team Records:*** Self explanatory
- ***Performance:*** Contains all kinds of performance statistical data about the team and the swimmers including, Best Times for every swimmer (color for quick reference); Meet Attendance for every swimmer; Points for every swimmer, Time Drops for every swimmer; Swimmers who qualify for the Age Group Championships (WAG Spring JO, Far West) meets; Swimmers who qualify for the Senior + meets; plus more. Check it out!
- ***All Time Top 10 Times:***
- ***Season Best Times:***
- ***IMR/IMX Times:*** These are updated periodically
- ***Meet Results:*** Includes meet results, relay results, awards, awards by athlete, points, performance data, recaps

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Team Policies

- USAS Safe Sport Policies
- Team Suit Policy
- Service Hour Policy
- Fundraising Policy
- High School Policy
- Timing Chair Policy
- Parent on Deck Policy

Team Gear:

What to get and where to get it

- Required Equipment
- Uniforms
- Optional Team Apparel

Calendar At A Glance

Everything in one place. Billing schedules, events, changes to practice locations, and more. Calendar items can change so double check before you make plans.

Practice Schedule

The “normal” practice schedule for Chino Hills High School. When we need to change pools the times may vary slightly. ALWAYS check your email for last minute changes.

Almost everything does NOT require a logon so your swimmer can also look up this information.

GO SHARKS – YOU ROCK!

GMA Sherry