

## TMEC Meet Recap - Why Choose Swimming as a Sport?

*Swimming is more than a sport and a form of exercise - it's a way of life. Swimming is an excellent lifetime activity for health and well-being. Athletes in USA Swimming programs learn about perseverance, determination, goal setting, achievement, dedication, and commitment. Swimmers learn time management skills, self-discipline, courage, and self-control. They learn how to win and strive for excellence. Swimmers take these skills with them into school, work, and life. They become good neighbors, friends, employees, and community members. They build character through the pursuit of excellence in competitive swimming.*

This past weekend, September 23-24, TMEC hosted a 'Welcome to Fall A/BB/B' swim meet. This was the first of the season intermediate / advanced meet for the faster age group swimmers in the Eastern Committee. These swimmers were required to have at least a 'B' qualifying time in an event (with non-conforming times included). Our swimmers demonstrated their *perseverance and determination* as they *strived for excellence*. And they did great, just look at what they achieved!

We had 15 swimmers competing in 87 events representing:

- Platinum - 4 swimmers
- Gold – 10 swimmers
- Bronze – 1 swimmer

### **Non-Conforming Times**

Here's a word about 'Non-Conforming Times' from the USA Swimming rules and SCS Swim Guide: There are many descriptions for 'non-Conforming times but these 2 rules apply most appropriately to age group swimming (excluding the Age Group Championships).

1. When a swimmer meets or exceeds the qualifying time standard with a qualifying time in a SCY (Short Course Yards) meet they may qualify that event for an LCM (Long Course Meters) event and vice versa. For example: A 'B' time for a 100 Free in SCY may enter that 100 Free in an LCM meet.
2. When a swimmer has met or exceeded a qualifying time standard in a given ability level, he/she may enter the next longer distance in the same stroke. Example: a B in 100 Free may enter the 200 Free, but not the 500 Free; a 'BB' time in 100 Back may enter the 200 Back with a minimum BB time.

*Parents: If your swimmer has any qualifying times, sign up for the A/BB/B meets and work with your coach to determine which events your swimmer may enter using the non-conforming times rules.*

### **TEAM RECORDS:**

Our swimmers repeatedly demonstrate the highest level of personal performance as team records continue to be broken. The latest records to fall are:

- **Jonathan Ko** - Gold (5-10 200 IM, 50 Breast);

### **FIRST TIME SWIMS**

Our swimmers continue to work hard on technique. Here we acknowledge the swimmers who accepted the challenge of swimming an event for the very first time.

### **New C Times**

Attaining personal excellence and getting their first C times are:

N/A

### **First Time B Times**

Taking personal excellence to the next level these swimmers reached B times the first time swimming these events.

N/A

### **First Time BB Times**

Talk about personal excellence! Getting a BB time for a first time swim. Amazing.

- *Remy Lee* - Gold (5-10 200 Free);
- *Charlotte Ngan* - Gold (5-10 200 IM);
- *Giovanni Ortega* - Gold (11-12 200 Free)

### **First Time A Times**

Above and beyond amazing! Getting an A time for a first-time swim. Wow!

- *Dominic Valdriz* - Gold (5-10 100 Back);

## **NEW TIMES**

More typical are the swimmers exhibiting personal excellence by moving up the time standards from C to B, or to BB, or to A, or to WAG / Age Group Champs (Spring and Summer formerly JO). These swimmers demonstrate their hard work pays off.

### **New B Times**

- *Bobby Han* - Gold (11-12 200 Free);
- *Sebastian Shibata* - Bronze (5-8 25 Fly, 25 Free)

### **New BB Times**

- *Noel Barbero* - Platinum (13-14 200 Free);
- *Ayaan Chudasama* - Platinum (11-12 200 Free, 100 Back);
- *Remy Lee* - Gold (5-10 100 Back, 100 Free, 50 Back, 50 Fly, 50 Free);
- *Charlotte Ngan* - Gold (5-10 100 Back, 50 Fly, 50 Free, 200 Free);
- *Giovanni Ortega* - Gold (11-12 100 Free);
- *Dominic Valdriz* - Gold (5-10 100 Free);
- *Alice Zhu* - Gold (5-10 100 Free, 100 IM, 50 Breast)

### **New A Times**

- *Jonathan Ko* - Gold (5-10 100 Free, 200 Free, 50 Fly);
- *Charlotte Ngan* - Gold (5-10 50 Breast);
- *Giovanni Ortega* - Gold (11-12 50 Breast);
- *Isabelle Sy* - Gold (5-10 50 Back);
- *Dominic Valdriz* - Gold (5-10 50 Back);
- *Elaine Zhang* - Gold (5-10 200 IM)

### New AA Times

- *Elaine Zhang* - Gold (5-10 100 Free);

### New AAATimes

- *Jonathan Ko* - Gold (5-10 50 Breast);

## CHAMPIONSHIP TIMES

### New WAG

- *Ayaan Chudasama* - Platinum (11-12 100 Back);
- *Charlotte Ngan* - Gold (5-10 200 IM, 50 Breast, 50 Back);
- *Dominic Valdriz* - Gold (5-10 100 Back, 100 Free, 50 Fly)

### New SprAG

- *Jonathan Ko* - Gold (5-10 50 Breast);
- *Charlotte Ngan* - Gold (5-10 50 Breast)

### New JAG

- *Noel Barbero* - Platinum (13-14 100 Breast);
- *Jonathan Ko* - Gold (5-10 50 Breast);
- *Charlotte Ngan* - Gold (5-10 200 IM, 50 Breast, 50 Back)

### New SumAG

- *Noel Barbero* - Platinum (13-14 100 Breast);
- *Jonathan Ko* - Gold (5-10 50 Breast)

### New SCS AG Elite

- *Jonathan Ko* - Gold (5-10 50 Breast);

### TIME DROPS

**BEST TOTAL TIME DROP** was earned by *Charlotte Ngan* with a total ( -50.70). **BEST SINGLE TIME DROP** was earned by *Charlotte Ngan* for dropping (-32.29) for her (200 Free)

Getting those harder to get time drops are:

*Charlotte Ngan* - Gold (-50.7); *Jonathan Ko* - Gold (-35.45); *Remy Lee* - Gold (-30.82); *Alice Zhu* - Gold (-30.38); *Dominic Valdriz* - Gold (-29.62); *Isabelle Sy* - Gold (-17.29); *Elaine Zhang* - Gold (-14.29); *Ayaan Chudasama* - Platinum (-13.88); *Bobby Han* - Gold (-12.51); *Damian Serna Arbow* - Platinum (-7.18); *Jovee Andrade* - Platinum (-6.46); *Giovanni Ortega* - Gold (-5.02); *Noel Barbero* - Platinum (-3.64); *Sebastian Shibata* - Bronze (-3.51)

## AWARDS & POINTS

Our 15 swimmers brought home 50 awards. 9 1<sup>st</sup> place, 10 2<sup>nd</sup> place, 11 3<sup>rd</sup> place, 8 4<sup>th</sup> place, 8 5<sup>th</sup> place, 4 6<sup>th</sup> place. These are our 1<sup>st</sup> thru 6<sup>th</sup> place winners.

### 1<sup>st</sup> place

- *Jonathan Ko* - Gold (5-10 100 Free, 200 IM, 50 Breast);

## Sept 2023 TMEC A/BB/B Meet Recap

- *Charlotte Ngan* - Gold (5-10 50 Breast);
- *Giovanni Ortega* - Gold (11-12 50 Breast);
- *Dominic Valdriz* - Gold (5-10 50 Back);
- *Elaine Zhang* - Gold (5-10 100 Free, 200 IM, 50 Breast)

### 2<sup>nd</sup> place

- *Jovee Andrade* - Platinum (11-12 200 IM);
- *Jonathan Ko* - Gold (5-10 200 Free, 50 Back);
- *Giovanni Ortega* - Gold (11-12 200 Free);
- *Sebastian Shibata* - Bronze (5-8 25 Back);
- *Isabelle Sy* - Gold (5-10 100 Back, 50 Back);
- *Dominic Valdriz* - Gold (5-10 50 Breast);
- *Elaine Zhang* - Gold (5-10 50 Fly, 50 Free)

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

- *Noel Barbero* - Platinum (13-14 100 Breast);
- *Jonathan Ko* - Gold (5-10 100 Back, 50 Fly);
- *Giovanni Ortega* - Gold (11-12 50 Free);
- *Sebastian Shibata* - Bronze (5-8 25 Fly, 25 Free);
- *Dominic Valdriz* - Gold (5-10 100 Back);
- *Elaine Zhang* - Gold (5-10 100 Back, 200 Free, 50 Back);
- *Alice Zhu* - Gold (5-10 100 Fly)

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

- *Jovee Andrade* - Platinum (11-12 100 Fly, 100 Free, 200 Free);
- *Ayaan Chudasama* - Platinum (11-12 50 Breast);
- *Bobby Han* - Gold (11-12 50 Fly);
- *Jonathan Ko* - Gold (5-10 50 Free);
- *Dominic Valdriz* - Gold (5-10 100 Free, 200 Free)

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

- *Ayaan Chudasama* - Platinum (11-12 200 Free);
- *Bobby Han* - Gold (11-12 50 Breast);
- *Remy Lee* - Gold (5-10 100 Fly, 50 Back);
- *Charlotte Ngan* - Gold (5-10 200 IM);
- *Isabelle Sy* - Gold (5-10 200 Free);
- *Dominic Valdriz* - Gold (5-10 50 Fly);
- *Alice Zhu* - Gold (5-10 50 Fly)

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

- *Ayaan Chudasama* - Platinum (11-12 100 Back);

## Sept 2023 TMEC A/BB/B Meet Recap

- **Remy Lee** - Gold (5-10 200 Free);
- **Damian Serna Arbow** - Platinum (13-14 500 Free);
- **Alice Zhu** - Gold (5-10 100 Free)

### POINTS

Taking **TOP POINTS** at this meet was **Elaine Zhang** with 144 points followed closely by **Jonathan Ko** with 143 points.

Congratulations to all our point getters.

**Elaine Zhang** - Gold (144); **Jonathan Ko** - Gold (143); **Dominic Valdriz** - Gold (109); **Remy Lee** - Gold (92); **Jovee Andrade** - Platinum (87); **Isabelle Sy** - Gold (87); **Charlotte Ngan** - Gold (79); **Ayaan Chudasama** - Platinum (71); **Giovanni Ortega** - Gold (71); **Alice Zhu** - Gold (68); **Bobby Han** - Gold (61); **Sebastian Shibata** - Bronze (50); **Noel Barbero** - Platinum (25); **Damian Serna Arbow** - Platinum (13); **Ethan So** - Gold (2)

### **TOP 10 BEST TIMES**

#### New Top 10

Placing their event in the **ALL TIME TOP 10 PERSONAL BEST TIMES** for the first time are:

- **Jovee Andrade** - Platinum (11-12 100 Fly, 200 Free);
- **Noel Barbero** - Platinum (13-14 100 Breast);
- **Remy Lee** - Gold (5-10 100 Fly, 200 Free);
- **Charlotte Ngan** - Gold (5-10 50 Breast);
- **Giovanni Ortega** - Gold (11-12 200 Free, 50 Breast);
- **Isabelle Sy** - Gold (5-10 100 Back, 50 Back);
- **Dominic Valdriz** - Gold (5-10 100 Back, 100 Free, 50 Breast, 50 Fly);
- **Elaine Zhang** - Gold (5-10 200 IM);
- **Alice Zhu** - Gold (5-10 100 Fly)

#### Top 10

Updating their personal bests in the **ALL TIME TOP 10 PERSONAL BEST TIMES** are:

- **Jonathan Ko** - Gold (5-10 100 Back, 100 Free, 200 Free, 200 IM, 50 Breast, 50 Fly, 50 Free);
- **Sebastian Shibata** - Bronze (5-8 25 Fly);
- **Dominic Valdriz** - Gold (5-10 200 Free, 50 Back, 50 Free);
- **Elaine Zhang** - Gold (5-10 100 Free, 50 Back)

### **RELAYS**

Setting a new **TEAM RECORD** and placing **1st**: Female 5-10 200 Free Relay:

- **Isabelle Sy**
- **Alice Zhu,**
- **Charlotte Ngan,**
- **Elaine Zhang**

Setting a new **TEAM RECORD** and placing **1st**: Female 5-10 200 Medley Relay:

## Sept 2023 TMEC A/BB/B Meet Recap

- *Isabelle Sy,*
- *Charlotte Ngan,*
- *Alice Zhu,*
- *Elaine Zhang*

Placing **2<sup>nd</sup>**: Male 5-10 100 Free Relay

- *Dominic Valdriz,*
- *Remy Lee,*
- *Sebastian Shibata,*
- *Jonathan Ko*

## WRAP UP

Our team could not succeed, and our swimmers could not learn these Swimmer's Core Values without the dedication and commitment of our PARENTS who drag their swimmers to training, commit to swim meets, and be the best example to their kids! So, to our Parents and Grandparents we say "WELL DONE – THANK YOU!"

### Swimmer's Core Values

#### 1. CHARACTER:

- Self reliance and acceptance of responsibility
- Commitment, dedication and sacrifice
- Goal setting
- Time management
- Positive attitude
- Learn to embrace victory and manage defeat
- Build self confidence
- Performance Recognition

#### 2. FAMILY:

- Friendly, fun team environment
- Team unity
- Healthy relationship between parent, athlete and coach
- Encourage active participation in team activities, events, and FUNdraising

#### 3. COMMUNITY:

- Promote a healthy lifestyle through the sport of swimming for all ages
- Bring recognition and revenue to the community.

GO SHARKS

GMA Sherry