

This meet recap has been updated

For an unknown reason the meet results for **Mindy Barrera, Alex Mo, and David Wang** were not in the original data extract. The meet results have been updated to reflect their performance.

Mental Toughness – FAC Meet Recap

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. (Arnold Schwarzenegger)

Competitive swimming is a tough sport with a lot of ups and downs. Some days the sun, the moon, and the stars are aligned, and everything goes well. Other days are a struggle. The November FAC meet challenged our swimmers and there were a lot of great swims as well as some struggles and learning experiences. This happened to a few of our swimmers. They came away from the meet with a lot of learning opportunities (DQs). Did they give up? Did they surrender? No, our coaches say they come to practice with a positive attitude and continue to put in the hard work. Many of these swimmers are signed up for the CCAQ meet. This is strength! They are our future and are the definition of **Mental Toughness**.

Really testing our Mental Toughness has been access to training facilities. With our primary pool shut down for repairs we've had to look to other facilities. Some were struggles but our team persevered, and the results of this meet are the proof that as a TEAM we have become stronger. The award for **Mental Toughness** goes to our parents, our coaches, our swimmers. We are a TEAM!

We had 50 swimmers competing in 267 events, picking up 43 New C Times, 22 New B Times, 5 New BB Times, 6 New A Times, 4 New AA Times, 1 New AAA Time, 1 New AAAA Time. They earned 125 awards for a total of 2753 points. 26 of the swims earned spots in the **TOP 10**.

Beginning their journey are our first time meet swimmers: **Mindy Barrera** - Gold; **Lawrence Huang** – Bronze; **Deborah Liu** – Bronze; **Alex Mo** – Bronze; **Austin Song** – Bronze, **Owen Song** – Bronze; **David Wang** – Bronze; **Kevin Wang** – Bronze; **Charlotte Wu** – Bronze; **Billy Xu** – Bronze.

AMAZING SWIMS

Jonathan Ko, Platinum, what can we say. **Jonathan** continues to dominate the meet picking up another **Quad A (AAAA) time** for his 50 Breast. (We think Jonathan is a Breaststroker). He also picked up another **AAA Time** and 2 more **AA Times**. Another 4 **TEAM RECORDS**, 7 1st Place and 2 2nd place finishes for 176 **TOTAL POINTS**! 6 Top 10 Swims. Fabulous!

Dominic Valdriz, Gold, continues to impress with his consistent amazing swims. He picked up another **A Time** and another **AA Time**, plus qualified an event for JAG and SumAG championships. Dominic finished with 3 1st place, 1 2nd place, 2 3rd place, and a 4th place for 125 **Total Points**. 6 swims were **Top 10** Swims, 1 was a **New Top 10**. Awesome!

Charlotte Ngan, Gold, earned a **New AA Time** and qualified her event for the fastest Age Group championships – SCS AG Elite Championship and Far Westerns. She finished with 2 2nd places, 3 3rd places, 2 4th places, and a 5th place for 140 **Total Points**. 3 of her swims were **Top 10**. One was a **New Top 10**. Well done!

RISING STARS

Amelia Kpaduwa, Bronze, impressed with 2 **New C times** and 3 **New (5-8) B Times**. She placed 1st in 1 event, 2nd in 2 events, 4th in 1 event, and 6th in 1 event picking up **84 Total Points**. Her 50 fly was a **New Top 10** swim. Way to go **Amelia**!

Sebastian Shibata, Bronze, picked up 2 New (5-8) B Times and a New C Time. He earned 1 1st place, 3 2nd place, 2 3rd places, a 4th place, and a 5th place earning 135 Total Points. His 50 fly was a New Top 10 swim. *Sebastian*, you're a Star.

ON THE WATCH LIST

Giovanni Ortega, Gold, made the watch list with his impressive performance. He picked up 2 New B Times and 2 New BB Times. *Giovanni* is in the very challenging 13-14 age group and picked up a 4th place, a 5th place, and a 6th place finish for 53 Total Points.

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* - Platinum (7-10 50 Fly, 100 IM, 50 Breast, 200 IM)

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:

- *Mindy Barrera* - Gold (11-12 200 Free, 50 Back, 50 Fly);
- *Teng Chan* - Bronze (7-10 100 Free);
- *Arden Chen* - Bronze Elite (7-10 100 IM);
- *Lawrence Huang* - Bronze (11-12 100 Free, 50 Back, 50 Free);
- *Brandon Keffer* - Bronze Elite (11-12 100 IM);
- *Amelia Kpaduwa* - Bronze (5-8 100 Free, 50 Fly);
- *Deborah Liu* - Bronze (7-10 100 Breast, 100 Free, 50 Back);
- *Grace Miller* - Silver (13-14 100 Back, 200 Free);
- *Alex Mo* - Bronze (5-8 100 Free, 25 Breast, 25 Fly, 25 Free, 50 Free);
- *Casper Ngan* - Silver (11-12 200 IM);
- *Camilla Patino* - Gold (13-14 100 Back, 200 Free, 200 IM);
- *Nathaniel Schneider* - Bronze (7-10 100 IM, 50 Back);
- *Sebastian Shibata* - Bronze (5-8 50 Breast);
- *Austin Song* - Bronze (7-10 100 Free, 50 Back);
- *Owen Song* - Bronze (5-8 100 Free, 50 Back);
- *James Ian Styles* - Bronze (7-10 100 IM);
- *Apollo Valdriz* - Bronze (5-8 50 Back);
- *David Wang* - Bronze (5-8 25 Breast, 25 Free, 50 Back, 50 Free);
- *Kevin Wang* - Bronze (5-8 50 Free);
- *Charlotte Wu* - Bronze (5-8 25 Free);
- *Billy Xu* - Bronze (5-8 25 Free);
- *Jolie Yin* - Gold (11-12 100 Back, 200 IM)

First Time B Times

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

- *Noel Barbero* - Platinum (13-14 400 IM);
- *Mindy Barrera* - Gold (11-12 100 Breast, 100 Free, 100 IM, 50 Breast);
- *Bobby Han* - Gold (Open 200 Breast);
- *Aiden Lee* - Platinum (13-14 500 Free);
- *Giovanni Ortega* - Gold (13-14 100 Breast);
- *Jolie Yin* - Gold (11-12 100 Breast)

First Time (5-8) B Times

- *Sebastian Shibata* - Bronze (5-8 100 Free, 50 Fly)

First Time BB Times

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

- *Jovee Andrade* - Platinum (13-14 1000 Free);
- *Alice Zhu* - Gold (7-10 200 IM)

First Time A Times

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

- *Dominic Valdriz* - Gold (7-10 500 Free);

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 (5-8) B Times

- *Amelia Kpaduwa* - Bronze (5-8 25 Fly, 25 Free, 50 Free);
- *Apollo Valdriz* - Bronze (5-8 50 Free)

New B Times

- *Noel Barbero* - Platinum (13-14 100 Fly);
- *Bobby Han* - Gold (11-12 50 Back);
- *Remy Lee* - Gold (11-12 50 Back, 50 Free);
- *Giovanni Ortega* - Gold (13-14 200 IM);
- *Nathaniel Schneider* - Bronze (7-10 100 Free, 50 Free)

New BB Times

- *Ayaan Chudasama* - Platinum (11-12 500 Free);
- *Giovanni Ortega* - Gold (13-14 200 Free, 50 Free)

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New A Times

- *Jonathan Ko* - Platinum (7-10 50 Free);
- *Aiden Lee* - Platinum (13-14 100 Free);
- *Elaine Zhang* - Gold (7-10 100 Back, 50 Back);
- *Alice Zhu* - Gold (7-10 100 Fly)

New AA Times

- *Jonathan Ko* - Platinum (7-10 100 Free, 50 Fly);
- *Charlotte Ngan* - Gold (7-10 50 Breast);
- *Dominic Valdriz* - Gold (7-10 100 Back)

New AAATimes

- *Jonathan Ko* - Platinum (7-10 100 IM);

New AAAATimes

- *Jonathan Ko* - Platinum (7-10 50 Breast);

NEW CHAMPIONSHIP TIMES

WAG

- *Ayaan Chudasama* - Platinum (11-12 500 Free);

JAG

- *Jovee Andrade* - Platinum (13-14 100 Back);
- *Dominic Valdriz* - Gold (7-10 100 Back)

SumAG

- *Jonathan Ko* - Platinum (7-10 200 IM);
- *Dominic Valdriz* - Gold (7-10 100 Back)

SCS AG Elite

- *Charlotte Ngan* - Gold (7-10 50 Breast, 100 Breast);

Far West

- *Charlotte Ngan* - Gold (7-10 50 Breast);

TIME DROPS

BEST TOTAL TIME DROP was earned by *Ayaan Chudasama* - Platinum with a total (-34.91). **BEST SINGLE TIME DROP** was also earned by *Ayaan Chudasama* for dropping (-32.45) for his 500 Free.

Getting those harder to get time drops are:

Ayaan Chudasama - Platinum (-34.91); *Casper Ngan* - Silver (-28.22); *Mariam Samaan* - Bronze (-26.37); *Noel Barbero* - Platinum (-26); *Giovanni Ortega* - Gold (-20.08); *Serenity Shibata* - Gold (-16.29); *Brayden Cason* - Bronze Elite (-15.8); *Raymond Li* - Silver (-14.48); *Alexander Hastings* - Gold (-13.69); *Nathaniel Schneider* - Bronze (-13.17); *Alice Zhu* - Gold (-12.55); *Jonathan Ko* - Platinum (-

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11.89); **Kecheng Zhu** - Bronze Elite (-9.81); **Amelia Kpaduwa** - Bronze (-9.17); **Everlyse Sutanto** - Silver (-7.93); **Camilla Patino** - Gold (-7.9); **Jolie Yin** - Gold (-7.82); **Kimi Liu** - Bronze (-6.64); **Dominic Valdriz** - Gold (-6.42); **Kamdyn Miller** - HS Prep (-6.35); **Charlotte Ngan** - Gold (-6.14); **Terrence Liu** - Bronze (-5.48); **Apollo Valdriz** - Bronze (-5.46); **James Ian Styles** - Bronze (-4.75); **Remy Lee** - Gold (-4.3); **Teng Chan** - Bronze (-3.42); **Austin Zhang** - Bronze (-3.19); **Nathan Lee** - Silver (-2.44); **Skyler Shibata** - Gold (-2.29); **Elaine Zhang** - Gold (-2.26); **Sebastian Shibata** - Bronze (-2.17); **Brandon Keffer** - Bronze Elite (-2.16); **Grace Miller** - Silver (-1.84); **Qinyao (Olivia) Li** - Bronze (-1.68); **Bobby Han** - Gold (-0.84); **Damian Serna Arbow** - Platinum (-0.67); **Aiden Lee** - Platinum (-0.67); **Jovee Andrade** - Platinum (-0.58).

AWARDS & POINTS

Our 50 swimmers brought home 125 awards. 29 1st place, 28 2nd place, 26 3rd place, 18 4th place, 11 5th place, 13 6th place. These are our 1st thru 6th place winners.

1st place

- **Jovee Andrade** - Platinum (13-14 100 Back, 1000 Free);
- **Noel Barbero** - Platinum (13-14 400 IM);
- **Mindy Barrera** - Gold (11-12 100 Free);
- **Bobby Han** - Gold (11-12 100 Fly, 100 IM, 200 Free);
- **Jonathan Ko** - Platinum (7-10 100 Breast, 100 IM, 200 Free, 200 IM, 50 Breast, 50 Fly, 50 Free);
- **Amelia Kpaduwa** - Bronze (5-8 50 Free);
- **Aiden Lee** - Platinum (13-14 100 Free, 200 Free);
- **Nathaniel Schneider** - Bronze (7-10 100 IM);
- **Sebastian Shibata** - Bronze (5-8 25 Fly);
- **Apollo Valdriz** - Bronze (5-8 25 Back);
- **Dominic Valdriz** - Gold (7-10 100 Back, 50 Breast, 500 Free);
- **David Wang** - Bronze (5-8 50 Back, 50 Free);
- **Elaine Zhang** - Gold (7-10 100 Back, 50 Free);
- **Alice Zhu** - Gold (7-10 100 Fly)

2nd place

- **Noel Barbero** - Platinum (13-14 100 Breast, 100 Fly);
- **Mindy Barrera** - Gold (11-12 100 IM);
- **Ayaan Chudasama** - Platinum (11-12 100 Breast, 200 IM, 500 Free);
- **Jonathan Ko** - Platinum (7-10 100 Free, 50 Back);
- **Amelia Kpaduwa** - Bronze (5-8 25 Free, 50 Fly);
- **Aiden Lee** - Platinum (13-14 500 Free);
- **Remy Lee** - Gold (11-12 200 IM, 50 Free);
- **Alex Mo** - Bronze (5-8 100 Free, 25 Free);
- **Charlotte Ngan** - Gold (7-10 100 IM, 50 Breast);
- **Nathaniel Schneider** - Bronze (7-10 100 Free, 50 Free);
- **Sebastian Shibata** - Bronze (5-8 100 Free, 100 IM, 50 Fly);

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- **Apollo Valdriz** - Bronze (5-8 25 Fly, 25 Free);
- **Dominic Valdriz** - Gold (7-10 100 IM);
- **Elaine Zhang** - Gold (7-10 100 Free);
- **Alice Zhu** - Gold (7-10 200 Free, 200 IM, 50 Fly)

3rd Place

- **Mindy Barrera** - Gold (11-12 100 Breast);
- **Ayaan Chudasama** - Platinum (11-12 100 Back, 100 Fly, 50 Breast);
- **Bobby Han** - Gold (11-12 50 Back);
- **Aiden Lee** - Platinum (13-14 100 Back, 100 Breast);
- **Nathan Lee** - Silver (7-10 100 Fly);
- **Remy Lee** - Gold (11-12 100 Fly, 100 IM);
- **Charlotte Ngan** - Gold (7-10 100 Breast, 200 IM, 50 Free);
- **Giovanni Ortega** - Gold (13-14 200 IM);
- **Camilla Patino** - Gold (13-14 200 IM);
- **Nathaniel Schneider** - Bronze (7-10 100 Breast);
- **Sebastian Shibata** - Bronze (5-8 50 Breast, 50 Free);
- **Apollo Valdriz** - Bronze (5-8 50 Free);
- **Dominic Valdriz** - Gold (7-10 50 Fly, 50 Free);
- **David Wang** - Bronze (5-8 25 Free);
- **Alice Zhu** - Gold (7-10 100 Breast, 100 Free, 100 IM, 500 Free)

4th Place

- **Bobby Han** - Gold (11-12 200 IM);
- **Amelia Kpaduwa** - Bronze (5-8 25 Fly);
- **Nathan Lee** - Silver (7-10 100 Back);
- **Remy Lee** - Gold (11-12 200 Free);
- **Charlotte Ngan** - Gold (7-10 100 Fly, 100 Free);
- **Camilla Patino** - Gold (13-14 50 Free);
- **Nathaniel Schneider** - Bronze (7-10 50 Breast);
- **Damian Serna Arbow** - Platinum (13-14 100 Fly, 100 Free, 200 IM);
- **Sebastian Shibata** - Bronze (5-8 50 Back);
- **Apollo Valdriz** - Bronze (5-8 50 Back);
- **Dominic Valdriz** - Gold (7-10 100 Free);
- **Jolie Yin** - Gold (11-12 100 Back, 200 Free);
- **Alice Zhu** - Gold (7-10 50 Breast)

5th Place

- **Noel Barbero** - Platinum (13-14 200 IM, 200 Breast);
- **Bobby Han** - Gold (11-12 50 Fly);

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- **Aiden Lee** - Platinum (13-14 100 Fly, 50 Free);
- **Kimi Liu** - Bronze (7-10 100 Free);
- **Charlotte Ngan** - Gold (7-10 50 Fly);
- **Giovanni Ortega** - Gold (13-14 100 Breast);
- **Mariam Samaan** - Bronze (7-10 100 Back);
- **Sebastian Shibata** - Bronze (5-8 25 Breast);
- **Jolie Yin** - Gold (11-12 100 Breast)

6th Place

- **Jovee Andrade** - Platinum (13-14 100 Fly, 100 Free);
- **Mindy Barrera** - Gold (11-12 50 Fly);
- **Ayaan Chudasama** - Platinum (11-12 50 Fly);
- **Amelia Kpaduwa** - Bronze (5-8 100 Free);
- **Nathan Lee** - Silver (7-10 100 Free);
- **Alex Mo** - Bronze (5-8 25 Fly);
- **Giovanni Ortega** - Gold (13-14 200 Free);
- **Camilla Patino** - Gold (13-14 100 Breast, 200 Free);
- **Nathaniel Schneider** - Bronze (7-10 50 Back);
- **Everlyse Sutanto** - Silver (7-10 100 Free);
- **Jolie Yin** - Gold (11-12 200 IM)

POINTS

Taking **TOP POINTS** at this meet was **Jonathan Ko** - Platinum with 176 points followed closely by **Alice Zhu** - Gold with 162 points.

Congratulations to all our point getters.

Jonathan Ko - Platinum (176); **Alice Zhu** - Gold (162); **Charlotte Ngan** - Gold (140); **Sebastian Shibata** - Bronze (135); **Dominic Valdriz** - Gold (125); **Nathaniel Schneider** - Bronze (124); **Aiden Lee** - Platinum (118); **Noel Barbero** - Platinum (117); **Ayaan Chudasama** - Platinum (115); **Mindy Barrera** - Gold (113); **Bobby Han** - Gold (110); **Remy Lee** - Gold (101); **Jovee Andrade** - Platinum (90); **Apollo Valdriz** - Bronze (87); **Amelia Kpaduwa** - Bronze (84); **Camilla Patino** - Gold (73); **Nathan Lee** - Silver (67); **David Wang** - Bronze (67); **Jolie Yin** - Gold (66); **Alex Mo** - Bronze (58); **Elaine Zhang** - Gold (58); **Serenity Shibata** - Gold (55); **Damian Serna Arbow** - Platinum (54); **Giovanni Ortega** - Gold (53); **Skyler Shibata** - Gold (40); **Casper Ngan** - Silver (30); **James Ian Styles** - Bronze (28); **Everlyse Sutanto** - Silver (27); **Arden Chen** - Bronze Elite (26); **Deborah Liu** - Bronze (24); **Austin Zhang** - Bronze (24); **Mariam Samaan** - Bronze (22); **Alexander Hastings** - Gold (21); **Brandon Keffer** - Bronze Elite (21); **Owen Song** - Bronze (21); **Raymond Li** - Silver (18); **Kimi Liu** - Bronze (18); **Qinyao (Olivia) Li** - Bronze (15); **Grace Miller** - Silver (15); **Teng Chan** - Bronze (14); **Kamdyn Miller** - HS Prep (11); **Brayden Coson** - Bronze Elite (10); **Billy Xu** - Bronze (9); **Kevin Wang** - Bronze (6); **Austin Song** - Bronze (3); **Alex Dong** - Silver (1); **Charlotte Wu** - Bronze (1).

TOP 10 BEST TIMES

New Top 10

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

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- *Jovee Andrade* - Platinum (13-14 1000 Free);
- *Ayaan Chudasama* - Platinum (11-12 500 Free);
- *Bobby Han* - Gold (Open 200 Breast);
- *Amelia Kpaduwa* - Bronze (5-8 50 Fly);
- *Charlotte Ngan* - Gold (7-10 200 IM);
- *Sebastian Shibata* - Bronze (5-8 50 Fly);
- *Dominic Valdriz* - Gold (7-10 500 Free);
- *Alice Zhu* - Gold (7-10 200 IM)

Top 10

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

- *Jonathan Ko* - Platinum (7-10 100 Free, 100 IM, 200 IM, 50 Breast, 50 Fly, 50 Free);
- *Charlotte Ngan* - Gold (7-10 100 Breast, 50 Breast);
- *Dominic Valdriz* - Gold (7-10 100 Back, 100 Free, 50 Back, 50 Breast, 50 Free);
- *Elaine Zhang* - Gold (7-10 100 Back, 50 Back, 50 Free);
- *Alice Zhu* - Gold (7-10 100 Fly, 500 Free)

RELAYS

Female 7-10 200 Free Relay (1st Place): *Alice Zhu, Arden Chen, Charlotte Ngan, Elaine Zhang*

Female 7-10 200 MR (1st Place): *Elaine Zhang, Charlotte Ngan, Alice Zhu, Arden Chen,*

Male 5-8 100 Free Relay (2nd Place): *Apollo Valdriz, Kevin Wang, Austin Zhang, Sebastian Shibata*

Male 7-10 200 MR (2nd Place): **TEAM RECORD**: *Dominic Valdriz, Jonathan Ko, Nathan Lee, Nathaniel Schneider*

Male 11-12 200 Free Relay (3rd Place): **TEAM RECORD**: A Team - *Ayaan Chudasama, Remy Lee, Alexander Hastings, Bobby Han*

Male 11-12 200 Free Relay (5th Place): B Team - *Casper Ngan, Terrence Liu, Lawrence Huang, Alex Dong*

Male 11-12 200 MR (2nd Place): **TEAM RECORD**: *Remy Lee, Ayaan Chudasama, Bobby Han, Brandon Keffer*

Male 13-14 200 Free Relay (4th Place): *Noel Barbero, Skyler Shibata, Giovanni Ortega, Aiden Lee*

Male 13-14 200 MR (3rd Place): *Aiden Lee, Noel Barbero, Damian Serna Arbow, Giovanni Ortega*

WRAP UP

I really think a champion is defined not by their wins but by how they can recover when they fall. (Serena Williams)

Over the years I have been blessed to keep statistics and watch so many young swimmers. I see their struggles; I see their hard work; I see them reach new goals; and most never give up. When they fall they get up and work harder. Our swimmers accept the challenges and come to practice with a positive attitude and determination. With each new challenge our swimmers continue to find the strength to rise above any hardships. This is the **Mental Toughness** that makes our athletes 'champions' both in the pool and in life.

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GO SHARKS

GMA Sherry (Not Shelly)