

From Cool to Awesome – Star Meet Recap

Anyone can be cool, but awesome takes practice (Lorraine Peterson)

Several months ago our *'cool'* kids began their journey to get C times, B times, BB times, and more. The November 2023 Star B/C meet was another opportunity for our beginners and for our more experienced swimmers to get some more new times or to improve their times. This was also the first 2-day beginner meet so there were lots of events to challenge them.

Our swimmers continue to demonstrate the highest level of commitment and determination, putting in many hours of *practice* (training). Our coaches are very enthusiastic about the performance improvements our swimmers are making. We can honestly say our swimmers are going from *Cool*to.... *Awesome*.

We had 14 swimmers competing in 74 events, getting 21 new C times, 8 new B times, and 1 new BB time. They dropped a total of -101.14, brought home 26 awards, and earned 594 Points! *Awesome!*

RISING STARS

Nathan Lee, Silver, brought his coolness and turned it into awesomeness. He competed in 7 events and every one was a **B or BB time**. His 50 Breast and 100 IM were **First Time B Times** and his 100 Fly was a **First Time BB Time!** WOW! *Nathan* placed 1st in 4 events, 2nd in 2 events, and 3rd in 1 event, picking up a whopping 130 **TOTAL POINTS**. Totally *Awesome!*

Remy Lee, Gold, earned 3 new B times; his 200 IM was a **First Time B Time!** 5 of his events earned awards, picking up the **second highest point total** of 92. Remy earned **BEST TOTAL TIME DROP** by dropping a total -22.31 Absolutely *Awesome!*

ON THE WATCH LIST

Attending their first ever swim meet were *Bradley Age* and *Briant Rivera*. Awesome first meet. We are watching!

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:

- There were no new team records

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:

- *Bradley Age* - Bronze Elite (11-12 100 Back, 100 Breast, 100 Free, 200 Free, 50 Back, 50 Fly, 50 Free);
- *Arden Chen* - Bronze Elite (7-10 50 Breast);
- *Brayden Coston* - Bronze Elite (13-14 200 Fly, 200 Free);
- *Briant Rivera* - Bronze Elite (15 & Over 100 Free, 200 IM);
- *Mariam Samaan* - Bronze (7-10 100 IM);
- *Nathaniel Schneider* - Bronze (7-10 100 Back, 100 Fly, 100 Free, 200 Free, 50 Fly);

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- *Jennifer Seabert* - Bronze (7-10 100 Back, 100 Back);
- *James Ian Styles* - Bronze (7-10 100 Breast)

First Time B Times

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

- *Arden Chen* - Bronze Elite (7-10 100 Free);
- *Nathan Lee* - Silver (7-10 100 IM, 50 Breast);
- *Remy Lee* - Gold (11-12 200 IM);
- *Nathaniel Schneider* - Bronze (7-10 100 Breast)

First Time BB Times

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

- *Nathan Lee* - Silver (7-10 100 Fly)

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

- *Remy Lee* - Gold (11-12 100 Back, 200 Free);
- *Damian Serna Arbow* - Platinum (13-14 200 IM)

TIME DROPS

BEST TOTAL TIME DROP was earned by *Remy Lee* - Gold with a total (-22.31). **BEST SINGLE TIME DROP** was earned by *Mariam Samaan* - Bronze for dropping (-10.68) for their 100 Free

Getting those harder to get time drops are:

Remy Lee - Gold (-22.31); *James Ian Styles* - Bronze (-21.95); *Mariam Samaan* - Bronze (-16.7); *Everlyse Sutanto* - Silver (-11.42); *Damian Serna Arbow* - Platinum (-8.65); *Jessica Seabert* - Bronze (-5.83); *Nathan Lee* - Silver (-5.64); *Brayden Coson* - Bronze Elite (-3.33); *Nathaniel Schneider* - Bronze (-2.81);

AWARDS & POINTS

Our 14 swimmers brought home 26 awards. 5 1st place, 4 2nd place, 6 3rd place, 3 4th place, 4 5th place, 4 6th place. These are our 1st thru 6th place winners.

1st place

- *Nathan Lee* - Silver (7-10 100 Fly, 100 IM, 50 Breast, 50 Fly);
- *Damian Serna Arbow* - Platinum (13-14 200 IM)

2nd place

- *Nathan Lee* - Silver (7-10 100 Back, 100 Free);
- *Remy Lee* - Gold (11-12 100 Back);

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- *Nathaniel Schneider* - Bronze (7-10 100 Breast)

3rd Place

- *Nathan Lee* - Silver (7-10 50 Free);
- *Remy Lee* - Gold (11-12 100 Fly);
- *Owen Liu* - Bronze (5-8 25 Free);
- *Nathaniel Schneider* - Bronze (7-10 50 Breast);
- *Jessica Seabert* - Bronze (7-10 100 Free);
- *Everlyse Sutanto* - Silver (7-10 100 IM)

4th Place

- *Brayden Coson* - Bronze Elite (13-14 200 Fly);
- *Remy Lee* - Gold (11-12 50 Breast);
- *Damian Serna Arbow* - Platinum (13-14 100 Fly)

5th Place

- *Bradley Age* - Bronze Elite (11-12 50 Back);
- *Remy Lee* - Gold (11-12 200 IM);
- *Owen Liu* - Bronze (5-8 50 Free);
- *Jessica Seabert* - Bronze (7-10 50 Free)

6th Place

- *Remy Lee* - Gold (11-12 100 Free);
- *Nathaniel Schneider* - Bronze (7-10 100 Back, 200 Free);
- *Everlyse Sutanto* - Silver (7-10 100 Back)

POINTS

Taking **TOP POINTS** at this meet was *Nathan Lee* - Silver with 130 points.

Congratulations to all our point getters.

Nathan Lee - Silver (130); *Remy Lee* - Gold (92); *Nathaniel Schneider* - Bronze (90); *Jessica Seabert* - Bronze (41); *Arden Chen* - Bronze Elite (37); *Everlyse Sutanto* - Silver (36); *Damian Serna Arbow* - Platinum (35); *Bradley Age* - Bronze Elite (30); *Owen Liu* - Bronze (30); *Briant Rivera* - Bronze Elite (23); *Brayden Coson* - Bronze Elite (20); *Jennifer Seabert* - Bronze (15); *James Ian Styles* - Bronze (15).

TOP 10 BEST TIMES

New Top 10

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

- There were no new top 10 swims

Top 10

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

- There were no top 10 swims

RELAYS

We did not have any relay events at this meet.

WRAP UP

There is something inside you that is greater than any obstacle. (Christian D. Larson)

Awesome seems to be my favorite word to define our swimmers. It takes 1-2 hours a day, 5-6 days a week, 50 weeks a year, year after year to commit to **practice** and work hard. Then there's 1-3 swim meets a month at least 10 months out of the year. Along the way are many **obstacles** however our swimmers find that 'something inside' them to persevere and overcome. Yes, our swimmers are **AWESOME!**

But our swimmers couldn't be awesome without their parents who drag them to **practice**, and swim meets. I can't say it enough, "Parents you are demonstrating commitment and overcoming **obstacles** for your kids"! Parents You are **AWESOME!**

GO SHARKS

GMA Sherry (Not Shelly)