

## Gorilla Wrestling .... CCAQ Meet Recap

*“Success is a little like wrestling a gorilla. You don't quit when you're tired. You quit when the gorilla is tired.” (Robert Strauss)*

The December 2023 CCAQ A/BB/B/C WAG Last Ditch swim meet was a lot like Gorilla Wrestling. At times it seemed a toss-up who would tire first ... the Gorilla (meet timeline) or our coaches and parents who had 10 and under and 13 and over swimmers! For them each day was a 12 hour day. It was even longer for the Officials, Admin, and meet host! Many events had 80 - 107 swimmers entered. Thank goodness the meet ran 12 lanes, or we'd still be there.

I am proud to say our 44 swimmers and parents did not quit. They out lasted the Gorilla ... success was theirs! For a rundown of what happened and why the meet ran so long see the Wrapup.

This was an 'everybody can swim' meet. **Dorothy Liu** earned some new times for her first ever swim meet. We know she has just begun to wrestle the gorilla.

We had 44 swimmers competing in events with 80-107 entries. Platinum was represented by 4 swimmers (40%); Gold was represented by 11 swimmers (65%); Silver was represented by 6 swimmers (43%); Bronze Elite was represented by 5 swimmers (22%), Bronze was represented by 17 swimmers (21%); High School Prep was represented by 1 swimmer (13%).

Our swimmers netted 33 New C times, 11 new B times, 3 new BB times, 4 new A times, 2 new AA times, 2 new WAG times, 2 new JAG times, and 2 new SumAG times.

Competition was fierce with 1,027 swimmers competing, many events had 80-107 entries. 20 of our swimmers picked up 75 awards (places 1-6). Now that is success!

## OUTSTANDING SWIMS

**Dominic Valdriz**, Gold, had a great meet. He swam to 3 **New A times**, 1 new AA time, a new **JAG** qualifying time, and a new **SumAG** qualifying time. His 50 Back was a **NEW TEAM RECORD!** **Dominic** placed 7 events (2 1<sup>st</sup> place, 2 2<sup>nd</sup> place, 2 3<sup>rd</sup> place, and 1 4<sup>th</sup> place), earning **123 points**. 6 of his swims were in the **TOP 10 TIMES**. **Dominic** dominated the Gorilla!

## ON THE WATCH LIST

Last September, **Aiden Lee**, Platinum, competed in his very first swim meet ever. All his events were First Time B and BB times. Since then, **Aiden** has competed in every meet he qualified for and continues to impress. At this meet **Aiden** qualified 2 **New WAG** events, a **New JAG** event, and a **New SumAG** event besides adding another **A time** and **BB time** to his impressive inventory. **Aiden** picked up a 1<sup>st</sup> place, a 2<sup>nd</sup> place, a 3<sup>rd</sup> place, and 2 4<sup>th</sup> place awards, earning **98 points** and had 2 **NEW TOP 10** swims. **Aiden** has been on the watch list for awhile now. We cannot wait to see what he does next!

## 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 (7-10 200 IM, 500 Free);
- **Dominic Valdriz** - Gold (7-10 50 Back)

## 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 IM, 200 IM, 50 Breast);
- **Lawrence Huang** - Bronze (11-12 50 Fly);
- **Amelia Kpaduwa** - Bronze (5-8 25 Back);
- **Raymond Li** - Silver (11-12 100 Breast, 100 Free, 100 IM, 50 Back);
- **Deborah Liu** - Bronze (7-10 50 Fly, 25 Back, 25 Free, 50 Back);
- **Terrence Liu** - Bronze (11-12 100 Breast, 50 Fly);
- **Brayden Miller** - Silver (13-14 100 Breast);
- **Grace Miller** - Silver (13-14 100 Breast);
- **Alex Mo** - Bronze (5-8 50 Breast);
- **Owen Song** - Bronze (5-8 25 Back, 25 Free);
- **James Ian Styles** - Bronze (7-10 100 Back, 100 Free);
- **David Wang** - Bronze (5-8 100 Free, 25 Back);
- **Kevin Wang** - Bronze (5-8 100 Free, 25 Fly, 50 Back, 50 Fly);
- **Charlotte Wu** - Bronze (5-8 100 Free, 25 Back, 50 Free);
- **Billy Xu** - Bronze (5-8 25 Back);
- **Austin Zhang** - Bronze (5-8 25 Fly)

### First Time B Times

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

- **Bobby Han** - Gold (11-12 500 Free);
- **Aiden Lee** - Platinum (Open 200 Breast);
- **Remy Lee** - Gold (11-12 500 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 (5-8 100 Free);
- **Apollo Valdriz** - Bronze (5-8 25 Fly)

### New B Times

- **Mindy Barrera** - Gold (11-12 50 Back);
- **Kamdyn Miller** - HS Prep (13-14 100 Free, 200 Free, 50 Free);
- **Nathaniel Schneider** - Bronze (7-10 50 Back);
- **Jennifer Seabert** - Bronze (7-10 50 Free)

### New BB Times

- *Tristan Noel Flores* - Gold (13-14 50 Free);
- *Giovanni Ortega* - Gold (13-14 100 Breast);
- *Jessica Seabert* - Bronze (7-10 50 Free)

### New A Times

- *Aiden Lee* - Platinum (13-14 50 Free);
- *Dominic Valdriz* - Gold (7-10 200 Free, 50 Fly, 50 Free)

### New AA Times

- *Jonathan Ko* - Platinum (7-10 200 Free);
- *Dominic Valdriz* - Gold (7-10 500 Free)

## CHAMPIONSHIP TIMES

### WAG

- *Aiden Lee* - Platinum (13-14 100 Back, 200 Free);

### JAG

- *Dominic Valdriz* - Gold (7-10 50 Back);
- *Aiden Lee* - Platinum (13-14 200 Free)

### SumAG

- *Dominic Valdriz* - Gold (7-10 50 Back);
- *Aiden Lee* - Platinum (13-14 200 Free)

## TIME DROPS

**BEST TOTAL TIME DROP** was earned by *Casper Ngan* - Silver with a total (-42.45). **BEST SINGLE TIME DROP** also goes to *Casper* for dropping (-25.68) for his 100 Breast

Getting those harder to get time drops are:

*Casper Ngan* - Silver (-42.45); *Kamdyn Miller* - HS Prep (-40.48); *James Ian Styles* - Bronze (-21.74); *Bradley Age* - Bronze Elite (-21.11); *Giovanni Ortega* - Gold (-21.1); *Camilla Patino* - Gold (-19.93); *Aiden Lee* - Platinum (-18.95); *Brayden Miller* - Silver (-17.48); *Arden Chen* - Bronze Elite (-16.44); *Amelia Kpaduwa* - Bronze (-16.42); *Lawrence Huang* - Bronze (-10.04); *Dominic Valdriz* - Gold (-8.36); *Jonathan Ko* - Platinum (-8.01); *Noel Barbero* - Platinum (-6.88); *Grace Miller* - Silver (-6.03); *Apollo Valdriz* - Bronze (-5.78); *Jessica Seabert* - Bronze (-5.7); *Brandon Keffer* - Bronze Elite (-5.47); *Mindy Barrera* - Gold (-5.21); *Damian Serna Arbow* - Platinum (-5); *Deborah Liu* - Bronze (-4.85); *Kevin Wang* - Bronze (-4.85); *Jolie Yin* - Gold (-4.77); *Nathaniel Schneider* - Bronze (-4.3); *Tristan Noel Flores* - Gold (-3.71); *Briant Rivera* - Bronze Elite (-2.71); *Nathan Lee* - Silver (-2.5); *Bobby Han* - Gold (-2.46); *Alice Zhu* - Gold (-2.17); *Jennifer Seabert* - Bronze (-1.43); *Austin Zhang* - Bronze (-1.39); *Remy Lee* - Gold (-1.16); *David Wang* - Bronze (-0.83); *Terrence Liu* - Bronze (-0.71); *Alex Mo* - Bronze (-0.2); *Brayden Coson* - Bronze Elite (-0.06)

## AWARDS & POINTS

Our 44 swimmers brought home 75 awards. 17 1<sup>st</sup> place, 19 2<sup>nd</sup> place, 20 3<sup>rd</sup> place, 7 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

- **Mindy Barrera** - Gold (11-12 50 Back);
- **Jonathan Ko** - Platinum (7-10 100 Breast, 100 Fly, 100 IM, 200 Free, 200 IM, 50 Breast, 50 Fly);
- **Amelia Kpaduwa** - Bronze (5-8 25 Fly, 50 Free);
- **Aiden Lee** - Platinum (13-14 200 Free);
- **Remy Lee** - Gold (11-12 100 IM);
- **Kamdyn Miller** - HS Prep (13-14 100 Free, 50 Free);
- **Dominic Valdriz** - Gold (7-10 50 Breast, 50 Fly);
- **Elaine Zhang** - Gold (7-10 50 Breast)

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

- **Noel Barbero** - Platinum (13-14 100 Breast);
- **Mindy Barrera** - Gold (11-12 100 Breast, 200 Free, 50 Breast);
- **Jonathan Ko** - Platinum (7-10 500 Free);
- **Amelia Kpaduwa** - Bronze (5-8 100 Free, 25 Back);
- **Aiden Lee** - Platinum (13-14 50 Free);
- **Apollo Valdriz** - Bronze (5-8 25 Fly, 50 Back);
- **Dominic Valdriz** - Gold (7-10 100 Back, 200 Free);
- **David Wang** - Bronze (5-8 100 Free, 25 Back);
- **Elaine Zhang** - Gold (7-10 100 Back, 100 IM, 50 Back, 50 Fly, 50 Free)

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

- **Mindy Barrera** - Gold (11-12 100 Free);
- **Arden Chen** - Bronze Elite (7-10 100 IM);
- **Bobby Han** - Gold (11-12 200 IM, 500 Free);
- **Jonathan Ko** - Platinum (7-10 100 Free);
- **Amelia Kpaduwa** - Bronze (5-8 25 Free);
- **Aiden Lee** - Platinum (13-14 100 Back);
- **Nathan Lee** - Silver (7-10 100 Fly);
- **Kamdyn Miller** - HS Prep (13-14 200 Free);
- **Giovanni Ortega** - Gold (13-14 100 Fly);
- **Nathaniel Schneider** - Bronze (7-10 50 Back);
- **Jennifer Seabert** - Bronze (7-10 50 Free);
- **Jessica Seabert** - Bronze (7-10 50 Back);
- **Apollo Valdriz** - Bronze (5-8 25 Free);
- **Dominic Valdriz** - Gold (7-10 100 Breast, 500 Free);

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- **David Wang** - Bronze (5-8 25 Free, 50 Free);
- **Kevin Wang** - Bronze (5-8 50 Fly);
- **Elaine Zhang** - Gold (7-10 100 Free)

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

- **Noel Barbero** - Platinum (13-14 100 Back);
- **Jonathan Ko** - Platinum (7-10 50 Back);
- **Amelia Kpaduwa** - Bronze (5-8 50 Fly);
- **Aiden Lee** - Platinum (13-14 100 Free, 200 IM);
- **Remy Lee** - Gold (11-12 500 Free);
- **Dominic Valdriz** - Gold (7-10 100 Free)

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

- **Mindy Barrera** - Gold (11-12 100 IM);
- **Arden Chen** - Bronze Elite (7-10 50 Fly);
- **Bobby Han** - Gold (11-12 100 Back, 200 Free);
- **Alex Mo** - Bronze (5-8 50 Breast);
- **Nathaniel Schneider** - Bronze (7-10 100 IM);
- **Jessica Seabert** - Bronze (7-10 50 Free);
- **Everlyse Sutanto** - Silver (7-10 100 Free)

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

- **Noel Barbero** - Platinum (Open 200 Breast);
- **Remy Lee** - Gold (11-12 100 Fly);
- **Giovanni Ortega** - Gold (13-14 100 Breast);
- **Apollo Valdriz** - Bronze (5-8 50 Free)

## POINTS

Our swimmers earned a total of nnn points Taking **TOP POINTS** at this meet was **Jonathan Ko** - Platinum with 189 points.

Congratulations to all our point getters.

**Jonathan Ko** - Platinum (189); **Elaine Zhang** - Gold (126); **Dominic Valdriz** - Gold (123); **Mindy Barrera** - Gold (108); **Amelia Kpaduwa** - Bronze (107); **Aiden Lee** - Platinum (98); **Remy Lee** - Gold (82); **Bobby Han** - Gold (78); **Apollo Valdriz** - Bronze (77); **David Wang** - Bronze (68); **Kamdyn Miller** - HS Prep (61); **Noel Barbero** - Platinum (60); **Nathan Lee** - Silver (59); **Alice Zhu** - Gold (51); **Arden Chen** - Bronze Elite (44); **Kevin Wang** - Bronze (44); **Giovanni Ortega** - Gold (40); **Jessica Seabert** - Bronze (37); **Nathaniel Schneider** - Bronze (31); **Bradley Age** - Bronze Elite (27); **Dorothy Liu** - Bronze (21); **Alex Mo** - Bronze (21); **Camilla Patino** - Gold (21); **Everlyse Sutanto** - Silver (20); **Jennifer Seabert** - Bronze (16); **Tristan Noel Flores** - Gold (14); **Billy Xu** - Bronze (13); **Austin Zhang** - Bronze (13); **Damian Serna Arbow** - Platinum (12); **Raymond Li** - Silver (11); **Briant Rivera** - Bronze Elite (9); **Grace Miller** - Silver (7); **Owen Song** - Bronze (7); **Charlotte Wu** - Bronze (7); **Jolie Yin** - Gold (7); **James Ian Styles** - Bronze (6)

## TOP 10 BEST TIMES

### New Top 10

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

- *Aiden Lee* - Platinum (13-14 200 Free, 50 Back);
- *Amelia Kpaduwa* - Bronze (5-8 50 Free)

### Top 10

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

- *Dominic Valdriz* - Gold (7-10 100 Back, 200 Free, 50 Back, 50 Fly, 50 Free, 500 Free);
- *Jonathan Ko* - Platinum (7-10 200 Free, 200 IM, 500 Free);
- *Noel Barbero* - Platinum (13-14 100 Breast, 200 Breast)

## RELAYS

Female 7-10 200 Free Relay - A Team: 3<sup>rd</sup> Place: *Jennifer Seabert, Jessica Seabert, Arden Chen, Elaine Zhang.*

Female 7-10 200 Free Relay - B Team: 5<sup>th</sup> Place: *Everlyse Sutanto, Dorothy Liu, Amelia Kpaduwa, Deborah Liu.*

Male 7-10 200 Free Relay – A Team: 4<sup>th</sup> Place: *Dominic Valdriz, Apollo Valdriz, Nathaniel Schneider, Jonathan Ko*

Male 7-10 200 Free Relay – B Team: 8<sup>th</sup> Place: *James Ian Styles, David Wang, Austin Song, Kevin Wang*

Male 7-10 200 MR – A Team: 2<sup>nd</sup> Place: *Dominic Valdriz, Jonathan Ko, Nathan Lee, Nathaniel Schneider*

Male 11-12 200 Free Relay – A Team: 5<sup>th</sup> Place: *Remy Lee, Bradley Age, Casper Ngan, Bobby Han*

Male 13-14 200 Free Relay – A Team: 4<sup>th</sup> Place: *Noel Barbero, Giovanni Ortega, Tristan Noel Flores, Aiden Lee*

Male 13-14 200 Free Relay – B Team: 9<sup>th</sup> Place: *Kamdyn Miller, Damian Serna Arbow, Brayden Coson, Brayden Miller*

Male 13-14 200 MR – A Team: 2<sup>nd</sup> Place: *Aiden Lee, Noel Barbero, Giovanni Ortega, Tristan Noel Flores*

Male 13-14 200 MR – B Team: 4<sup>th</sup> Place: *Brayden Miller, Kamdyn Miller, Damian Serna Arbow, Brayden Coson*

## WRAP UP

*The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence. (Confucius)*

Our athletes will to win, desire to succeed, and the urge to reach their full potential was pitted against the gorilla. It's easy to tell our kids don't quit until the gorilla is tired and, even then, they don't quit. We are very proud of our swimmers and their parents for committing to unlock the door to personal excellence in a very challenging meet.

So, what happened? Why so many swimmers all of a sudden?

## Dec 2023 CCAQ A/BB/B/C SCY Meet Recap

Prior to the COVID-19 pandemic there were around 26,000 swimmers in Southern California Swimming (SCS). To accommodate that many competitors for 'everybody can swim' meets our Eastern Committee used dual pools (2 different pools for a meet). After the pandemic ended, SCS had about 16,000 registered swimmers. That's a decrease of about 40%. Also, some teams did not recover, and many facilities were slow to return while other pools were no longer available. (And facility costs went up significantly.)

Our Eastern Committee plans meets a calendar year in advance. Meets for 2022 were planned for the normal dual meets but attendance was so low that the dual facility meets had to be combined into one facility. When planning mid 2022 for 2023 no dual facility meets were planned. The good news is that the CCAQ meet showed swimming registration and meet attendance is recovering. The bad news is that we only had one facility planned. According to Julie, the meet Admin, "This was a total surprise, we did not see this coming".

The challenging news is that we have another 'everybody can swim' meet in January. They are working on this. It will be interesting. There are no other 'everybody can swim' meets planned for 2024 so our beginner and 'C' level swimmers need to take advantage of every beginner meet in order to get those minimum B times!

GO SHARKS

GMA Sherry